



**Understanding Responder Mental Health and Wellness, Traumatic Stress Management,
and Suicide Prevention Support and Education**

**Intensive Supportive Retreat for
First Responder & Essential Emergency Personnel
Mental Health & Wellness, Traumatic Stress Management, Suicide Prevention & Awareness,
Schedule for 2025 (Sunday-Wednesday)**

Haymarket Center of Chicago, is offering a four-day intensive trauma-focused supportive retreat for Law Enforcement Officers, Corrections, Telecomm, FF, EMS, Disaster and Essential Emergency/Medical Personnel, Emergency Management & Responders who have experienced critical incident related trauma through their work. The cost of functioning as a responder over a career of the stressor and exposure to traumatic events specific to responder culture comes at a cost, often leading to burn-out, cynicism, physical, emotional and spiritual impacts, critical incident trauma and post-traumatic critical incident related stress. This intensive retreat addresses these concerns and offers support, skills and information to help manage accumulative and critical incident stress responders face in their work across their careers. This event has limited opening and requires registration.

The program involves group seminar discussions and education on the personal impact of professional critical incident stress, trauma, post-traumatic stress injury, resiliency, stress management, suicide prevention, and focuses on wellness, and mental health topics. Participants also have the opportunity to have discussions in peer support small-group format.

Who: Open to Law Enforcement, Corrections, Essential Emergency Hospital/Nursing, FF, EMS, Disaster, Emergency Medical Responder Personnel, Telecommunication, Emergency Management
Where: Chicago/Northwest Suburbs (information provided upon registration)
When: Sunday, Registration 11:30 am, Start 12 noon – Wednesday 2pm
How: Registration open as listed below
Cost: Grant funded through to Haymarket Center of Chicago
Staff/Peers: Our volunteer team are first responder/essential personnel culturally competent

How to apply: Limited openings. *Pre-registration for next event is available with name, best direct phone number and direct email, and preferred date.* There is a brief screening at registration. Once registered, specific information will be provided. For more information Kammie Juzwin at info@kjuzwin.com; 630-517-0003. Haymarket website: <https://www.hcenter.org/retreat/>

Additional anticipated dates:

Dates:	Registration closes 12 days prior to date
Jan 19-22	01/07/25
Feb 16-19	01/31/25
March 23-26	03/10/25
June 29-July 02	06/11/25
Aug 03-06	07/18/25
Nov 09-12	10/18/25
Dec 07-10	11/20/25

**Four-Day Intensive Trauma Recovery Retreat & Seminar
Haymarket Center of Chicago**

**Stress Management, Suicide Awareness, Mental Health & Wellness
For First Responders/Essential Response Personnel**

Program Specific Information

Haymarket Center of Chicago offers this grant-funded event as part of their mission to serve their community. Their belief is that a healthy community starts with taking care of and supporting their first responders and essential personnel.

This is a limited registration event (15-18). It is held in a Chicago metropolitan hotel with easy access from major highways. Registration begins at 11:30am, the program begins Sunday at 12:00n and concludes Wednesday at 2:00pm. The day begins at 8:00am and concludes after dinner.

All arrangements are made for you. All participants are housed in a single occupancy room. Parking and meals are provided. Other specific details will be sent in another mailing when registration is confirmed. If you are flying in, please arrive at O'Hare, there is a hotel shuttle available (*hotel specifics provided at registration*).

Related to specific components of the program:

1. Educational training discussions which focus on specific issues related to mental health and wellness in first/essential personnel. Taught by professionals competent in MH/first responder culture.
Topics include:
 - a. Traumatic Stress Spectrum related to responders/essential personnel
 - i. Personal and professional career contributions/maintaining factors
 - ii. Types of traumas, traumatic exposure and impact
 - iii. Understanding the spectrum of stress and trauma (including critical incident stress)
 - b. Psychology of Responders & Cost of Responding Perspective
 - i. Understanding the connection to self-destructiveness, hopelessness & suicide
 - ii. Connections to lifestyle, relationship, mental health, physical health and behavioral risk factors
 - c. Suicide Recognition and Prevention
 - i. The importance of perspective, acknowledgment, openness, commitment to self-maintenance, and purpose in life
 - ii. Risk and protective factors
 - iii. How to talk about It
 - d. Stress Management and Lifestyle Healthy Coping
 - i. Health and Wellness Over the Course of Your Career
 - e. Officer Wellness Initiatives & Resources
 - i. Recognizing limits and available resources
 - ii. Recognizing how to access support throughout the career
2. Small Group discussions lead by MH/first responder specialists, trained Peer Support and ICISF/CISM trained professionals
 - a. Trauma and Critical Incident Stress Discussion related to personal challenges and experiences
 - b. Personal impact of the profession/career on personal life
 - c. Personal life challenges and management strategies
3. Interventions & Activities
 - a. Specific intervention resources; Stress Management Techniques - Mind/Body relaxation, tension reduction including somatic interventions (tai chi, yoga, tapping, guided imagery, relaxation), meditation, stress management apps and resources
 - b. Eye Movement Reprocessing & Desensitization (EMDR) in UFR application - Optional
 - c. Lifestyle practices & career mindset techniques