



100 CLUB OF ILLINOIS  
**FRONTLINE**  
CONVENTION

**MARCH 3-4, 2025**

**HILTON CHICAGO OAK BROOK HILLS RESORT  
3500 MIDWEST ROAD | OAK BROOK, IL**

# ABOUT THE 100 CLUB OF ILLINOIS

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The 100 Club of Illinois is a non-profit organization that provides support to the families of first responders killed in the line of duty, and offers training and programming to active-duty first responders throughout our state. We provide resources, financial assistance, access to training, and moral support. Our goal is to help these families navigate after the loss of a loved one, and to assist with the needs of active-duty first responders in any way we can. We are proud to be able to offer this support, and we are dedicated to serving those who risk so much to keep us safe.

## 100 CLUB OF ILLINOIS STAFF

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## 100 CLUB APP

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Download the 100 Club App, developed by Lighthouse Health and Wellness. Within the app you will find 24/7 assistance hotlines, a variety of wellness resources, and more information about the 100 Club program and services. Available to download through iOS, Android, and web-based platforms. Find our secret message during Frontline Convention within the app for an extra raffle ticket!



# 100 CLUB FIRST RESPONDER PROGRAMS

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## WELLNESS TRAINING

Our training events feature topics across the first responder health and wellness spectrum, education for first responder families, as well as department policy as it relates to critical incident response. Keep an eye out for our ongoing release of training dates or contact us if you are interested in hosting a regional training.

## EMERGENCY ON-CALL RESPONSE

Our emergency on-call response service provides immediate triage for crisis situations involving first responders and their families, ensuring timely connections to appropriate clinicians and resources. We facilitate access to both in-patient and out-patient facilities, as well as coordinate critical incident debriefings and in-person responses when needed.

## VALOR AWARDS

The 100 Club Valor Awards are presented annually to police officers, firefighters, and paramedics who, by their actions, performed above and beyond the call of duty and in the highest traditions of their respective departments. Submissions for recipients are collected by January of each year.

## LINE OF DUTY RESPONSE

In the event of a line of duty death the 100 Club has resources to support your department and the family of your fallen hero. Our team can respond for logistical support, hospital and/or funeral coordination, benefit filing, and more. If you do not have a line of duty policy or would like to review any benefit paperwork, we are happy to assist you.

## FRONTLINE FUNDING

Our goal is to provide first responders with the health and wellness opportunities they need to be most effective on the job. We recognize that financial constraints may impact an individual's or department's ability to do this as well as they otherwise could. Grant funds are available to individual first responders and departments.

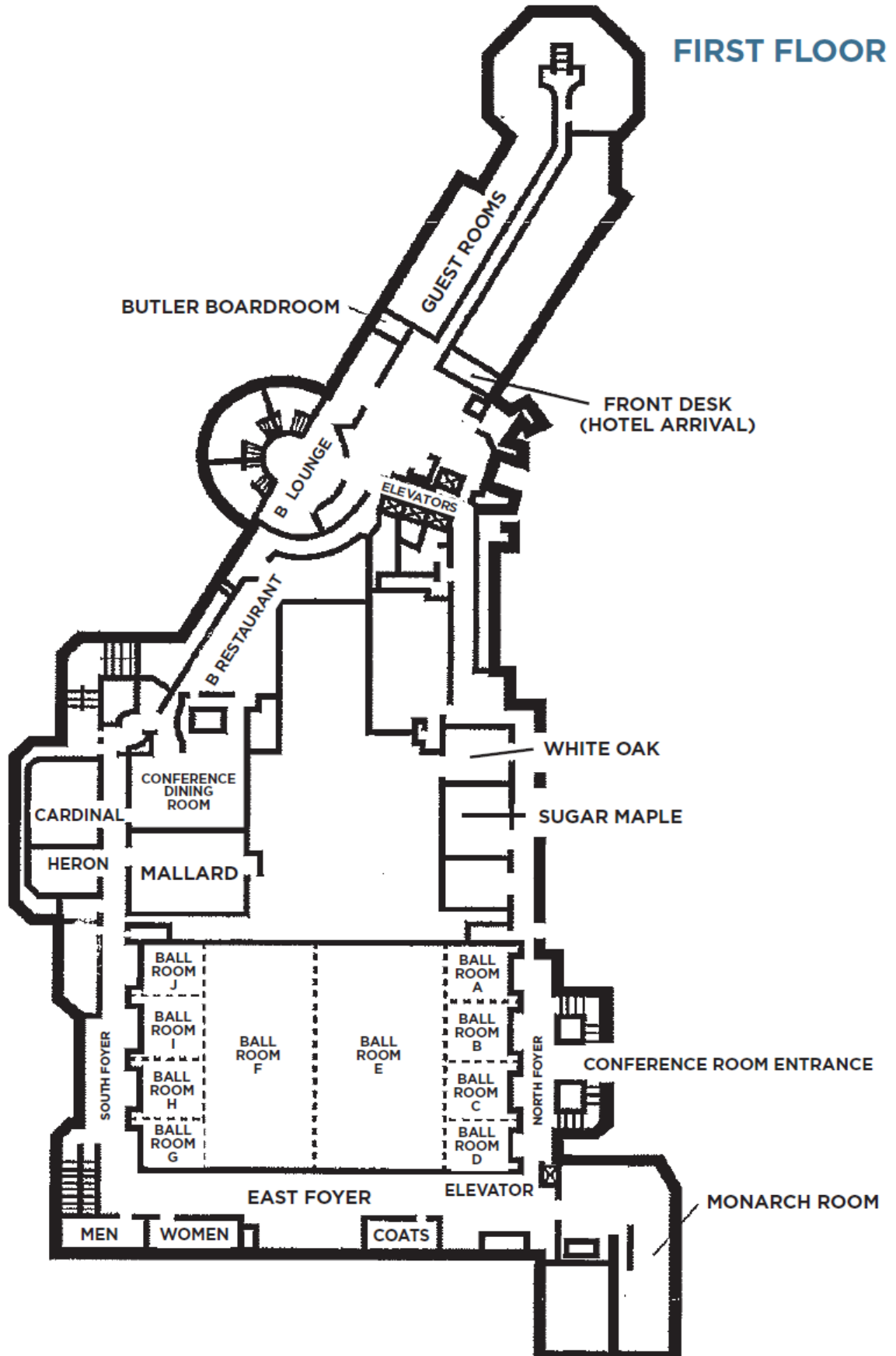
## FIRST RESPONDER EVENTS

Throughout the year we invite first responders and their families to join us for exclusive semi-private events to engage with one another in a safe and comfortable atmosphere. From bonfires and hayrides to ice skating and baseball games, there's something for every family to enjoy. For updates of upcoming events, join our newsletter and check back on our website.



For more information about all of these opportunities and more visit our website: [100clubil.org/first-responder-programs/](https://100clubil.org/first-responder-programs/)

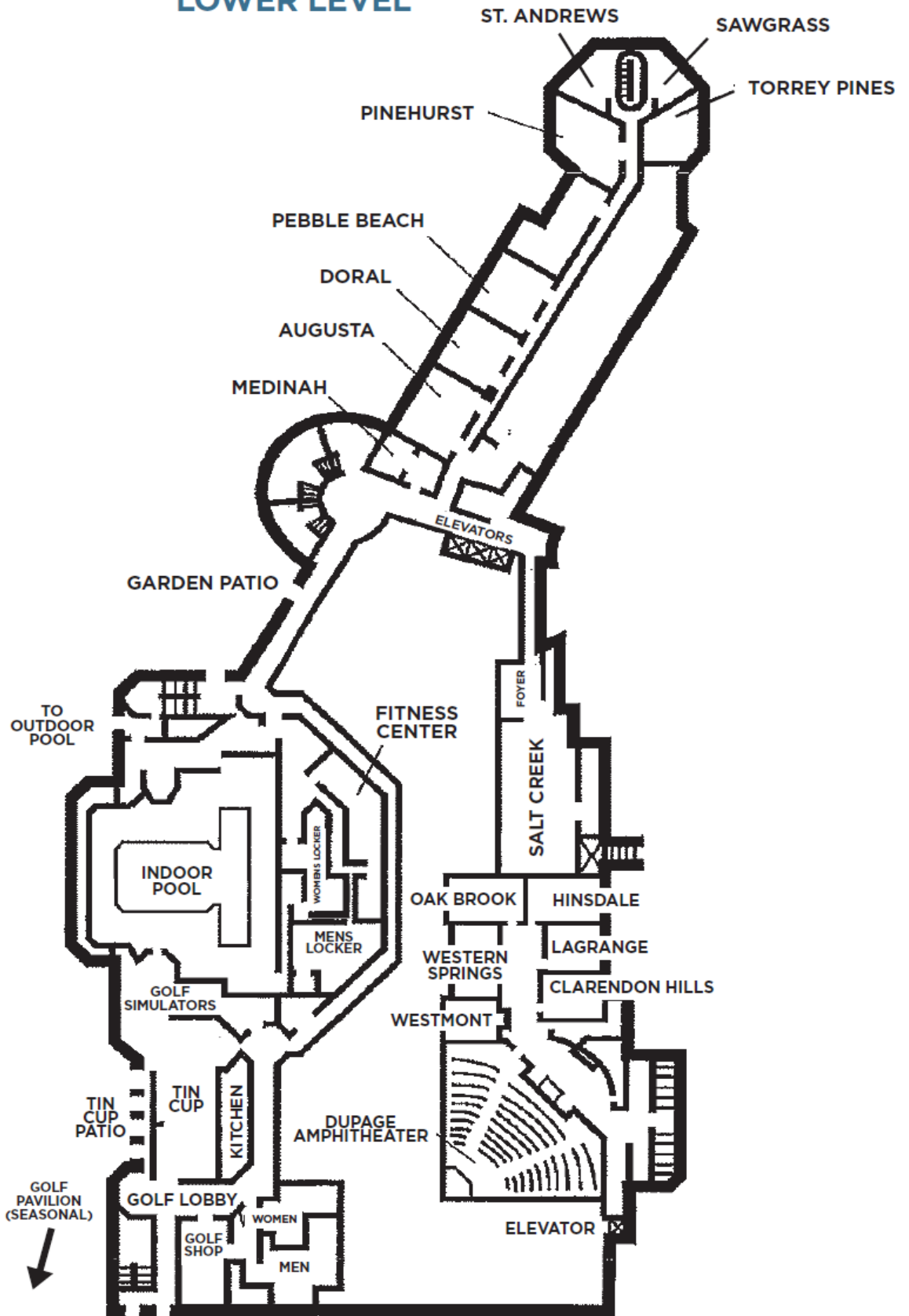
# HOTEL MAP





# HOTEL MAP

## LOWER LEVEL



# THANK YOU TO OUR SPONSORS

## PRESENTING SPONSOR

**WINTRUST**  
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## SUPPORTING SPONSOR



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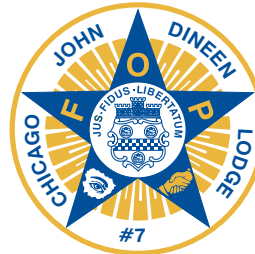
## PARTICIPATING SPONSOR



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# THANK YOU TO OUR ENDORSEMENTS

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# 2025 FRONTLINE CONVENTION

# AGENDA

AT A GLANCE

## DAY 1 - MARCH 03

8:00-9:00	REGISTRATION, VENDOR TABLES, & BREAKFAST
9:00-10:30	WELCOME & KEYNOTE SPEAKER
10:45-12:00	WORKSHOP SESSIONS
12:00-1:15	LUNCH & VENDOR TABLES
1:15-2:30	WORKSHOP SESSIONS
2:45-4:00	WORKSHOP SESSIONS
4:15-5:30	WORKSHOP SESSIONS
5:30-6:30	DINNER

## DAY 2 - MARCH 04

8:00-9:00	REGISTRATION, VENDOR TABLES, & BREAKFAST
9:00-10:30	WELCOME & KEYNOTE SPEAKER
10:30-11:45	WORKSHOP SESSIONS
11:45-12:45	LUNCH & VENDOR TABLES
12:45-2:00	WORKSHOP SESSIONS
2:15-3:30	CLOSING STRATEGY SESSION

## EVALUATIONS

We value your feedback and would love to hear from you about your experience at Frontline Convention. Use the QR codes below to submit your evaluations.



Scan this QR code to submit your overall feedback of Frontline Convention.

Scan this QR code to submit your feedback during each workshop session.





# FEATURING KEYNOTE SPEAKERS



## “FIREMAN ROB” VERHELST

FIREMAN ROB, A RESPECTED FIREFIGHTER, FORMER MILITARY MEDIC, MOTIVATIONAL SPEAKER, PODCAST HOST, AND ACCOMPLISHED AUTHOR, HAS DEDICATED HIS LIFE TO INSPIRING OTHERS THROUGH HIS INCREDIBLE JOURNEY OF RESILIENCE. HIS SEVEN CATALYSTS FOR PERSONAL GROWTH—PASSION, OWNERSHIP, DECISIONS, EMOTIONAL CONTROL, RESILIENCE, FAITH OVER FEAR, AND MENTAL STRENGTH—SERVE AS THE FOUNDATION FOR HIS MOTIVATIONAL TEACHINGS. THROUGH SPEAKING ENGAGEMENTS, HIS PODCAST, AND WRITTEN WORK, HE CONTINUES TO INSPIRE COUNTLESS INDIVIDUALS TO FIND STRENGTH IN ADVERSITY AND LIVE A LIFE OF PURPOSE.

## BRIAN MURPHY

LT. BRIAN MURPHY SERVED IN THE US MARINES FROM 1980 TO 1985 BEFORE BECOMING A UNITED NATIONS OFFICER FOR FIVE YEARS. IN 1990 HE MOVED TO JEFFERSON, WI AND WORKED FOR THE SHERIFF DEPARTMENT FOR ONE YEAR BEFORE MOVING TO THE OAK CREEK POLICE DEPARTMENT. LT.

MURPHY SERVED WITH THE OCPD FOR OVER 22 YEARS AND WAS A MEMBER OF THE OCPD EMERGENCY RESPONSE UNIT FROM 1992-2009. HE WAS AN ENTRY TEAM MEMBER, EXPLOSIVE BREACHER AND ERU TEAM LEADER. IN HIS CAREER, LT. MURPHY HAS RESPONDED TO 2 ACTIVE SHOOTER SITUATIONS. IN AUGUST 2012, LT. MURPHY WAS THE FIRST OFFICER TO RESPOND TO THE SIKH TEMPLE MASSACRE IN OAK CREEK, WI, WHERE HE WAS SHOT 15 TIMES WHILE ENGAGING THE SUSPECT, LIKELY PREVENTING FURTHER LOSS OF LIFE. HE HAS BEEN RECOGNIZED AT BOTH STATE AND NATIONAL LEVELS FOR HIS HEROIC ACTIONS.



# WORKSHOP SUMMARY

## MONDAY, MARCH 3

	BALLROOM A/B	BALLROOM C/D	CARDINAL	MONARCH	HERON
10:45 AM-12:00 PM	Kelly Springer Nutrition as it Relates to Mental Health	Karen Mills Getting Your Affairs in Order At Any Age	Dr. Michelle Lilly Moral Injury in First Responders: The Silent Epidemic	Dr. Beau Nelson Combatting Stigma: Mental Health & PTSD in First Responders	Heather McCutcheon Energy Medicine: Flaky Fantasy or Simple Solution?
1:15 PM-2:30 PM	Don Mitckess Understanding Innovative Behavioral Health Treatments for First Responders	Joe Smarro We Need to Talk	Michael Nila Optimizing Performance Through Resilience	Jason Demas, Jason Kern, and Margaret McGreal Empowering Teams: Insights from Top Leaders	James Di Naso Remediation for First Responders, Dispatchers, & Support Staff
2:45 PM-4:00 PM	Clark Beckley Under Fire: The Emotional Ambush of First Responders and Their Families	Dr. Ron Rufo First Responder Suicide: Culture, Mindset, and the Hidden Cost of Heroism	Tim Barfield #RANGE of Resilience	Tim Cooney Justice in Your Wallet: Equipping Officers for Success	Drew Masters Coming Out of the Storm
4:15 PM-5:30 PM	Doreen Rottman Leadership in Action: Career Development for First Responders	Tiffany Decker Question Persuade Refer-QPR	Rich Creamer "Why Incentivize?" A Deeper Look at Creating a Genuine, Proactive Wellness Program	Aaron Zamzow Improve Resilience and Performance with E.M.S. and a Dose of Reality	Meg Krase and Katelyn Potempa One Size Doesn't Fit All, Finding a Provider that Works

## TUESDAY, MARCH 4

	BALLROOM A/B	BALLROOM C/D	CARDINAL	MONARCH	HERON
10:30 AM-11:45 AM	Kim Poulos Simplifying Money in a Complex World	Nick Greco Stronger Together: Building and Maintaining a Healthy Relationship for First Responder Couples	Jennifer Goss Mental Health Matters: Exploring Diagnoses from ADHD to Autism	Jerry Marzullo Legal Considerations of Mental and Physical Health for First Responders	Meg Krase and Rhonda Anderson Grounding On The Go
12:45 PM-2:00 PM	Kelly Springer Prioritizing Breakfast and Healthy Snacks	Lyndsey McIntyre Navigating The Risks of Alcoholism: Effective Strategies for First Responders	Chuck Volpentesta Protecting Your Legacy – Putting Our First Responders First	Joseph Gray Ghostblood	Caitlyn Brennan and Meg Krase Navigating Career Shifts

# WORKSHOP SESSIONS

## MARCH 3, 10:45 AM - 12:00 PM

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### NUTRITION AS IT RELATES TO MENTAL HEALTH

#### BALLROOM A/B

***Kelly Springer, MS, RD, CDN, Founder and CEO, Kelly's Choice***

Did you know that nutrition can improve your mental health? In this presentation you will learn how to activate serotonin and dopamine (your happiness neurotransmitters) through specific nutrient-dense food choices.

### GETTING YOUR AFFAIRS IN ORDER AT ANY AGE

#### BALLROOM C/D

***Karen R. Mills, Attorney, Aronberg Goldgehn***

This course offers an essential overview of estate planning, covering key tools like wills, trusts, and other strategies to secure your financial legacy. Through expert guidance, you'll learn to protect your assets, honor your wishes, and provide for loved ones. Whether you are new to estate planning or refining your approach, this course provides practical knowledge to build a lasting legacy.

### MORAL INJURY IN FIRST RESPONDERS: THE SILENT EPIDEMIC

#### CARDINAL

***Dr. Michelle Lilly, LCP, Founder and Owner, Lilly Counseling and Consultation***

While the last two decades have been marked by increased research examining the mental health of first responders, only recently has the field started to consider the potential impact of moral injury.

Moral injury is psychological distress that results from witnessing, perpetrating, or failing to prevent events that violate one's deeply held beliefs and values. This workshop will provide an overview of the impacts of moral injury in first responders with an emphasis on its prevalence and defining features, followed by discussion of the implications for prevention and intervention efforts.

### COMBATting STIGMA: MENTAL HEALTH & PTSD IN FIRST RESPONDERS

#### MONARCH

***Dr. Beau Nelson, DBH, LCSW, Chief Clinical Officer, FHE Health/Shatterproof***

Stigma prevents many first responders from seeking help for mental health and PTSD. This workshop will explore ways to reduce stigma through education, training, peer support, and improved access to services, empowering communities to create positive change and ensure first responders get the care they need.

### ENERGY MEDICINE: FLAKY FANTASY OR SIMPLE SOLUTION?

#### HERON

***Heather McCutcheon, Founder and Executive Director, Reiki Brigade***

Western medicine, once slow to embrace mind-body practices, is increasingly incorporating mind and body practices to address rising concerns such as PTSD in veterans and opioid addiction. Energy medicine, valued worldwide for its use of life force energy (chi or prana), offers simple, accessible techniques that promote holistic healing. Research supports its effectiveness in reducing pain and anxiety, enhancing outcomes dramatically. The Reiki Brigade will demonstrate these practices with an interactive session and share actionable ways to integrate mind-body modalities.

# WORKSHOP SESSIONS

## MARCH 3, 1:15 PM - 2:30 PM

### UNDERSTANDING INNOVATIVE BEHAVIORAL HEALTH TREATMENTS FOR FIRST RESPONDERS

#### BALLROOM A/B

***Don Mitckess, LCPC, CRADC, Director of Clinical Strategy, Relief Mental Health***

Many first responders silently struggle with serious mental health challenges, including Depression, Anxiety, PTSD, and Mood Disorders. Fortunately, advancements in behavioral health now offer effective treatments, from talk therapies like DBT and EMDR, to medications and innovative approaches like Transcranial Magnetic Stimulation (TMS). This session will explore these options and provide practical guidance on becoming an informed consumer, including key questions to ask potential providers.

### WE NEED TO TALK

#### BALLROOM C/D

***Joe Smarro, Founder and CEO, SolutionPoint+***

This presentation will take the audience on an emotional journey from laughter to awareness and reflection. It talks about the culture of law enforcement and pushes back on the “norms” that have been accepted for far too long, without being offensive. Joe shares his personal testimony as to why this work matters so much to him and why he is so passionate about the first responder community learning the skills to help themselves.

### OPTIMIZING PERFORMANCE THROUGH RESILIENCE

#### CARDINAL

***Michael Nila, Founder and Chairman, Blue Courage***

First responders face constant volatility, uncertainty, complexity, and ambiguity. This course offers practical tools to build resilience, enhance energy, and combat burnout. Participants will learn strategies to prepare, adapt, and recover from challenges with Blue Courage providing holistic education for clarity, well-being, and renewed purpose.

### EMPOWERING TEAMS: INSIGHTS FROM TOP LEADERS

#### MONARCH

***Jason Demas, Division Chief of Training, Aurora Fire Department***

***Jason Kern, Executive Director, Lake Consolidated Emergency Communications***

***Margaret McGreal, Retired, Illinois State Police***

This dynamic session offers participants the chance to learn from seasoned public safety leaders.

During this panel discussion featuring a State Police Colonel, Fire Deputy Chief, and Dispatch Supervisor, they will share their personal leadership insights and experiences, highlighting the challenges of managing teams in high-pressure, life-impacting environments.

### REMIEDIATION FOR FIRST RESPONDERS, DISPATCHERS AND SUPPORT STAFF

#### HERON

***James Di Naso, Co-Owner and Performance Director, Practical Kinesiology Company***

Joshua Blackwell of IPMG will provide a brief overview of risk management solutions that protect departments from potential threats. James Di Naso will then discuss how muscular, structural, and biochemical imbalances impact pain, mental stress, job performance, and quality of life. The workshop will cover remediation strategies, nutrition, fitness, and wellness, offering practical, science-based insights from top human performance coaches and experts.



# WORKSHOP SESSIONS

## MARCH 3, 2:45 PM - 4:00 PM

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### UNDER FIRE: THE EMOTIONAL AMBUSH OF FIRST RESPONDERS AND THEIR FAMILIES

BALLROOM A/B

**Clark Beckley, MSW, LCSW, Founder & Therapist, Your Story Counseling**

First responders face intense, emotionally taxing events daily, with lasting impacts on their well-being, families, and communities. This seminar explores how systemic barriers and cultural perceptions affect their ability to cope and heal. It offers insights into supporting first responders, their families, and their broader systems for greater awareness and resilience.

### FIRST RESPONDER SUICIDE: CULTURE, MINDSET, AND THE HIDDEN COST OF HEROISM

BALLROOM C/D

**Dr. Ron Rufo, Published Author**

This engaging presentation will examine first responder's emotional issues and how it effects their overall health. Stress is a major factor for all first responders. How first responders deal with stress is pivotal, and the particular solutions they choose to implement can help them survive physically, mentally, emotionally, spiritually, and learn to live a better life immediately.

### #RANGE OF RESILIENCE

CARDINAL

**Tim Barfield, Training Coordinator, First H.E.L.P**

#RANGEofResilience by First H.E.L.P. offers a comprehensive, evidence-based approach to enhance first responders' physical and mental health, resilience, and performance. Focused on movement, mindfulness, and mental skills, it integrates easily into various training domains and adapts to diverse professions, promoting well-being and adaptability.

### JUSTICE IN YOUR WALLET: EQUIPPING OFFICERS FOR SUCCESS

MONARCH

**Timothy Cooney, Certified Financial Coach, TPC Financial Coaching**

Join Timothy for an interactive session inspired by Dave Ramsey's 7 Baby Steps, offering a practical framework for achieving financial freedom. Tailored for first responders, this session explores eliminating debt, making intentional financial decisions, and building lasting success. Engage in real-time polls and discussions, leaving with actionable strategies for financial resilience and goal alignment.

### COMING OUT OF THE STORM

HERON

**Andrew Masters, Firefighter/Paramedic, Fort Lauderdale Fire Rescue**

Hear Drew's powerful story of hitting rock bottom and rising to become a respected leader in first responder mental wellness. Drawing from personal experiences and major incidents like the Surfside collapse and a west coast hurricane, he shares lessons, tips, and tactics for resilience. Walk away inspired, reminded that no storm lasts forever, and you are never alone.

# **WORKSHOP SESSIONS**

## **MARCH 3, 4:15 PM - 5:30 PM**

### **LEADERSHIP IN ACTION: CAREER DEVELOPMENT FOR FIRST RESPONDERS**

**BALLROOM A/B**

***Doreen Rottman, Paramedic Field Chief, Chicago Fire Department***

This course provides essential tools for succeeding as a first responder. It helps you navigate the chain of command and achieve your career goals. We will reflect on your journey from academy to the streets, addressing biases, leadership skills, training, career advancement, stress factors, and promotional exams. You will also learn mentoring strategies and how to inspire others. The goal is to leave your organization better than you found it and realize your full potential as a first responder leader.

### **QUESTION, PERSUADE, REFER - QPR**

**BALLROOM C/D**

***Tiffany Decker, Deputy Chief of Support Services, Lake in the Hills Police Department***

QPR is not a form of counseling or treatment. It is intended to help recognize the warning signs, clues, and suicidal communications of people in trouble. It also provides attendees the skills they need to act vigorously to prevent a possible tragedy.

### **“WHY INCENTIVIZE?” A DEEPER LOOK AT CREATING A GENUINE, PROACTIVE WELLNESS PROGRAM**

**CARDINAL**

***Rich Creamer, Director of Public Safety Insights, Lighthouse for Public Safety***

This workshop explores how to foster a proactive wellness culture by incentivizing participation through tangible rewards like time off or money. More importantly, it highlights the deeper value of making people feel appreciated and demonstrating that wellness is a true agency priority for all.

### **IMPROVE RESILIENCE AND PERFORMANCE WITH E.M.S. (EATING, MOVING, SLEEPING) AND A DOSE OF REALITY**

**MONARCH**

***Aaron Zamzow, Fire Lieutenant and Training Officer, Owner, Fire Rescue Fitness***

Resilience helps first responders recover from trauma and stress, improving job satisfaction and career longevity. The key to resilience is E.M.S. (Eating, Moving, Sleeping). Aaron will explain how stress and inflammation affect first responders' health, define resilience, and review research on the correlations between fitness, nutrition, sleep, and improved resilience. Attendees will leave with practical tips to improve their health and performance.

### **ONE SIZE DOESN'T FIT ALL: FINDING A PROVIDER THAT WORKS**

**HERON**

***Meg Kruse, Program Outreach Director, 100 Club of Illinois***  
***Katelyn Potempa, Engagement Manager, 100 Club of Illinois***

In today's diverse healthcare landscape, the needs of individuals—especially those of first responders—are unique and varied. This course, "One Size Doesn't Fit All: Finding a Provider that Works," equips participants with the knowledge and tools to identify and select the right providers tailored to specific needs.

# **WORKSHOP SESSIONS**

## **MARCH 4, 10:30 AM - 11:45 AM**

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### **SIMPLIFYING MONEY IN A COMPLEX WORLD**

**BALLROOM A/B**

***Kim Poulos, Senior Vice President, Primerica***

If you have ever wondered how to improve your financial future, plan for retirement, manage your investments, reduce debt, or protect money from taxes, this presentation is for you! Kim will cover the causes of financial stress, strategies to cope, setting financial goals, and creating a solid financial plan.

### **STRONGER TOGETHER: BUILDING AND MAINTAINING A HEALTHY RELATIONSHIP FOR FIRST RESPONDER COUPLES**

**BALLROOM C/D**

***Nick Greco, President and Founder, C3 Education and Research, Inc.***

The life of a first responder can be stressful, affecting both the individual and their family. While responders are trained for the job's emergencies, they often are not prepared for its impact on personal life. This can lead to strained relationships, heightened worries, and breakdowns in communication. This presentation will teach first responders and their families how to manage stress, rebuild trust, improve communication, and achieve a healthy balance in physical and mental health.

### **MENTAL HEALTH MATTERS: EXPLORING DIAGNOSES FROM ADHD TO AUTISM**

**CARDINAL**

***Jennifer Goss, MA, NCC, LCPC, CCTP, CGP, CTMH, CCATP-CA, CFRC***

In this workshop, you will learn about five common mental health disorders: ADHD, Generalized Anxiety Disorder, Depression, Bipolar Disorder, and Spectrum Disorders. The session covers the basics of each disorder, key elements, and coping strategies. You will leave with greater confidence in managing these disorders and knowing when to seek help for yourself or others.

### **LEGAL CONSIDERATIONS OF MENTAL AND PHYSICAL HEALTH FOR FIRST RESPONDERS**

**MONARCH**

***Jerry Marzullo, Shareholder, Asher, Gittler, & D'Alba, Ltd.***

This presentation will discuss any and all of the legal issues facing first responders and answer any questions attendees may have including but not limited to understanding disability pensions; FOID cards; leaves of absence, and discipline as well as the intersection between mental health and job status of first responders.

### **GROUNDING ON THE GO**

**HERON**

***Meg Kruse, Program Outreach Director, 100 Club of Illinois***  
***Rhonda Anderson, Founding Vice President, Light the Line***

This program has been designed to provide first responders with skills on how to utilize brief, effective grounding practices that can be seamlessly incorporated into their day, enhancing overall well-being and reducing stress. This session will also teach attendees how to recognize in others the need to ground, and how to help others incorporate grounding techniques for improved well-being and stress management.

# **WORKSHOP SESSIONS**

## **MARCH 4, 12:45 PM - 2:00 PM**

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### **PRIORITIZING BREAKFAST AND HEALTHY SNACKS**

**BALLROOM A/B**

***Kelly Springer, MS, RD, CDN, Founder and CEO, Kelly's Choice***

Breakfast sets the foundation for your entire day! Learn what you can eat for breakfast that will give you a major boost in energy. Discover why snacks are a necessity when you have gaps of over 3-4 hours between meals. You will walk away with over two dozen protein or fiber-rich snack ideas that are healthy and delicious!

### **NAVIGATING THE RISKS OF ALCOHOLISM: EFFECTIVE STRATEGIES FOR FIRST RESPONDERS**

**BALLROOM C/D**

***Lyndsey McIntyre, MAC-CRC, NCC, Therapist, Living Pono Counseling***

In a high-stress world, many first responders turn to alcohol to cope. This training aims to shift that by promoting mindfulness, education, and self-awareness around alcohol use. Participants will explore addiction, mental wellness, and strategies for building a healthier relationship with alcohol, focusing on self-reflection, proactive self-care, and supporting the mental and physical wellness of themselves and their peers.

### **PROTECTING YOUR LEGACY – PUTTING OUR FIRST RESPONDERS FIRST**

**CARDINAL**

***Chuck Volpentesta, Financial Advisor, Northwestern Mutual***

This session explores how proactive planning can define your legacy, focusing on values, care, and security for your loved ones. Learn strategies to minimize taxes, protect family members, and ensure your wishes are honored. Discover how planning supports long-term care, financial privacy, and prepares future generations to carry your legacy.

### **GHOSTBLOOD**

**MONARCH**

***Joseph Gray***

This presentation shares personal experiences with trauma in law enforcement, maladaptive coping mechanisms, and the impact of chronic stress. It covers resilience, the effects of hypervigilance, and the importance of healthy coping techniques like sleep, nutrition, exercise, and saunas. This session emphasizes optimism and taking the first step toward better mental health.

### **NAVIGATING CAREER SHIFTS**

**HERON**

***Caitlyn Brennan, Chief Executive Officer, 100 Club of Illinois***

***Meg Krase, Program Outreach Director, 100 Club of Illinois***

This course provides first responders with strategies to navigate key career transitions, from training to retirement. It covers adapting to active duty, advancing in your career through leadership and networking, continuous skill development, managing work-life balance, planning for retirement, and exploring post-retirement career options.



# ANNOUNCEMENTS AT FRONTLINE CONVENTION

## VENDOR TABLES

MON & TUES

EAST FOYER

Stop by and visit all of the Vendor Tables lining the East Foyer throughout the conference and have them mark off your "passport" with a sticker. Once you have completely filled out your "passport" with all of the stickers from each table, you may drop it off at the 100 Club Table to be entered into the raffle drawings that will be announced Tuesday during lunch. Good luck!

## REIKI BRIGADE

MON, MARCH 3

CLAREDON HILLS

Chicago Police Department's secret anti-stress weapon! Visit the Reiki Brigade in Claredon Hills on the lower level for a ten-minute session. This gentle healing modality is used in hospitals around the world to alleviate stress and pain. Check it out for a tangible experience of your fundamental energetic nature and a new outlook on wellness.



win a trip to

## 2025 NATIONAL POLICE WEEK



National Police Week offers honor, remembrance, and peer support, while allowing law enforcement, survivors, and citizens to gather and pay homage to those who lost their lives in the line of duty.

Enter for your chance to win a trip for two, including roundtrip airfare and hotel accommodations from Monday, May 12th - Thursday, May 15th.

Winner will be drawn on Tuesday, March 4th at the 100 Club of Illinois FrontLine Convention.

**\$20 = 1 ENTRY    \$50 = 3 ENTRIES**

## CONTINUING EDUCATION CREDITS

To receive ILETSB, CEU, or IDPH credits for each session, follow these steps:

1. Scan the QR code for the evaluation at the end of each session.
2. Complete the evaluation form.
3. Enter your PTIB/License Number and the unique code provided by the speaker.

*Note: You must complete this process for each session attended in order to receive credit.*



## THERAPY K9'S

Meet Walter! The 100 Club of Illinois' Therapy K9 along with his paw-se! Throughout the conference, K9 Therapy dogs will be available, walking the halls and attending sessions. We encourage you to stop and say hello to the handlers and their furry friends!



**SCAN HERE TO ENTER**

# 2025 FRONTLINE WELLNESS AWARD



Frontline Wellness Awards are given to an individual and an agency who exemplify what it means to have strength behind the badge. It is our intention that through this recognition, we can showcase their work, thank them for their efforts, and inspire hope and continued dedication to others aspiring to serve their colleagues' mental health and well-being. Each year, we hear about the many success stories and inspirational testimonies of first responders who have gone above and beyond to reduce the mental health stigma and/or provide programming and resources to better serve their members. Now, we are honored to be able to formally recognize them!

## EVAN DAVIDSON Carthage Fire Department Individual Wellness Award



The 100 Club of Illinois is proud to recognize Evan's dedication to mental health advocacy and support within the Carthage Fire Department as a recipient of the inaugural Frontline Wellness Award. Evan is also a strong partner with the 100 Club of Illinois as he is on our clinician vetting committee and has helped spearhead local CISM trainings. His leadership in promoting wellness initiatives, such as hosting Travis Howze, training a therapy dog, and expanding peer support, has created a positive, resilient work environment and set an inspiring example for others. Thank you, Evan, for your outstanding commitment to first responder wellness!



## BLOOMINGTON POLICE DEPARTMENT Department Wellness Award

The Bloomington Police Department's Officer Wellness Program focuses on physical, financial, emotional, and spiritual well-being. After the tragic loss of two officers to cancer, the department accelerated efforts, introducing a mandated wellness class and expert-led sessions on these four areas. A Peer Support Team, consisting of 16 CISM-trained members, was formed to provide critical incident support and emotional care, alongside partnerships with local clinicians. In 2024, a Chaplain Team was added, supporting both critical incidents and ceremonial duties. The program has received exceptional feedback, significantly improving officers' health, stability, resilience, and well-being, with lasting positive impacts on the department. The 100 Club of Illinois is truly honored to celebrate their accomplishments!

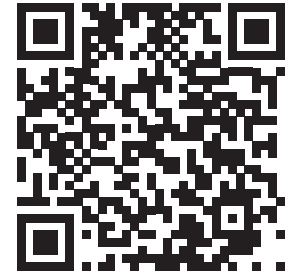
# FRONTLINE RESOURCE NETWORK

The 100 Club of Illinois has vetted resources for the first responder community since our inception in 1966. These providers have offered a variety of professional services to provide support to our families of fallen heroes as well as active-duty members of the first responder community. Our First Responder Frontline Resource Network is comprised of:

## PROVIDER NETWORK

Explore a variety of first responder support professionals who have been vetted and utilized by other first responders, and learn tips and tricks for finding a provider best suited for you or your department's needs.

- Peer Supporters
- Clinicians
- Therapy K9 Teams



## SUPPORT SERVICES

Build your resource network with a list of first responder support services organizations including:

- Mental Wellness & Resiliency Support Services Organizations
- Financial Resources & Assistance
- First Responder Professional Associations

## CONTINUING EDUCATION

Find self-guided learning resources on resilience, leadership, and wellness topics to build your skills and knowledge for command, peer supporters, wellness coordinators, and every first responder and their family members. Explore our list of:

- Books
- Articles
- Podcasts
- Video trainings

Visit [100clubil.org/frontline-resource-network](http://100clubil.org/frontline-resource-network) or scan the QR code above to view our compiled network, or help us continue to build this network by submitting your resources.

## FRONTLINE CARE CENTER NOW OPEN!



The Frontline Care Center is a dedicated wellness hub for former and current First Responders, Veterans, Active Duty, Reservists, and their families who are experiencing mental health challenges and overwhelming symptoms. As the first of its kind in the area, they serve Lake County and surrounding communities to help those who have served and sacrificed for their local community and country.





# TRAININGS & EVENTS

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The 100 Club of Illinois offers a variety of free wellness trainings for first responders and agencies to attend or host such as:

## FIRST RESPONDERS

- Fortifying the Foundation: Building a Strong Support System
- Wellness As An Operations Plan
- Navigating Career Shifts
- One Size Doesn't Fit All: Finding A Provider That Works
- Re-Framing Resiliency
- Re-Energizing the Peer Supporter
- Grounding on the Go
- Retire Well

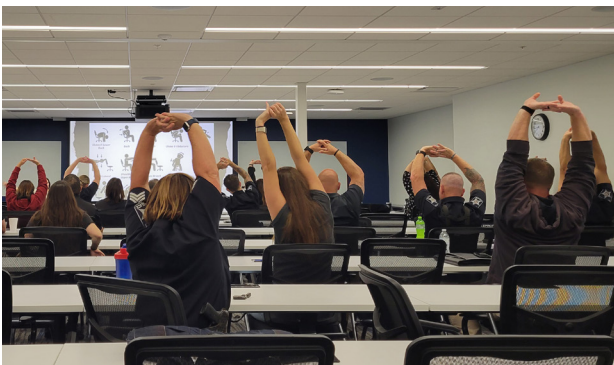
## AGENCIES

- Leadership for Law Enforcement
- Leadership for the Fire Service
- Building a Family Wellness Program
- Building or Enhancing Your Peer Support Team
- Unleashing Healing: Establishing a Therapy K9 Program
- Navigating Crisis: Critical Incident & Line of Duty Policy
- Enhancing Wellness and Performance: A Comprehensive Audit of First Responder Agencies

Our goal is to empower first responders to take the time for self-care and wellness to perform their duties at their best capacity. Visit our website at [100clubil.org/first-responder-training](http://100clubil.org/first-responder-training). We are also open to suggestions for future training topics. Please contact Meg Krase [mkrase@100clubil.org](mailto:mkrase@100clubil.org) with inquiries.

## UPCOMING IN 2025

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- March 31-April 2: ICISF Training | Carthage
- April 17: First Responder Wellness Training | Round Lake Beach
- June 3: Golf Outing | Orland Park
- June 23-25: ICISF Training | Mount Vernon
- September 14: Crappie Fishing Tournament | Lake Shelbyville
- October 8-10: ICISF Training | Streamwood
- October 25: First Responder Family Bonfire | Harvard

**SCAN THE QR CODE TO LEARN MORE ABOUT FUTURE TRAINING AND EVENT OPPORTUNITIES!**







# 8 Dimensions of Wellness Worksheet

Have it      Need it      Fix it

Ideas to take back

**Financial-**  
Satisfaction with current and future financial situations

**Occupational-**  
Personal satisfaction and enrichment derived from one's work

**Physical-**  
Recognizing the need for physical activity, diet and nutrition, and sleep

**Emotional-**  
Coping effectively with list and creating satisfying relationships

**Social-**  
Developing a sense of connection, belonging, and a developed support system

**Intellectual-**  
Recognizing creative abilities and finding ways to expand knowledge and skills

**Environmental-**  
Good health by occupying pleasant, stimulating, environments that support well-being

**Spiritual-**  
Expanding our sense of purpose and meaning in life



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**#frontlineconvention #strengthbehindthebadge**