

Kellie Murphy, Budget and Review Analyst
Village of Oak Park
123 Madison Street
Oak Park, Illinois 60302

4/27/20

Dr. Carrie Steiner
First Responders Wellness Center
477 East Butterfield Road Suite 204
Lombard, Illinois 60148

To Kellie Murphy and the Village of Oak Park,

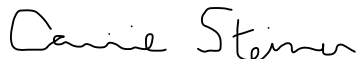
I am pleased to enclose my business plan for the Mental Health Professional-Wellness Check proposal number #20.001 police department. The contact person and mailing address for contract questions are the following:

Dr. Carrie Steiner
477 E. Butterfield Rd. Suite 204
Lombard, IL 60302
Phone: 1-630-909-9094
Fax: 1-630-597-2583
Email: csteiner@firstresponderswellnesscenter.com

I am eager to hear your comments and answer any questions you might have. Again, you can reach me directly at 630-909-9094.

Thank you for your time and attention.

Sincerely,

A handwritten signature in cursive script that reads "Carrie Steiner".

Dr. Carrie Steiner
Licensed Police and Public Safety Psychologist

FIRST RESPONDERS WELLNESS CENTER

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RESPONDENT BACKGROUND

First Responder Wellness Center, LLC

Main Office: 477 E. Butterfield Rd. Suite 204 Lombard, Illinois 60148

Main contact: 630-909-9094 Fax: 1-630-597-2583

Additional Location: 540 Frontage Road #2125 Northfield, Illinois 60093

Date of Incorporation: July 14, 2015

Practicing since March 2010

Owner & Account Executive:

Dr. Carrie Steiner, Psy.D.

Licensed Clinical Psychologist in State of Illinois #071.008311

csteiner@firstresponderswellnesscenter.com

Alternate Office Support Staff:

Lynn Gricus, Office Manager

info@firstresponderswellnesscenter.com

Clinicians:

Name:	Title:	Years with Company:
Dr. Carrie Steiner, Psy.D.	Owner & licensed Clinical Psychologist	10 (Since March 2010)
Robert Casale, MS, LCP	Licensed Professional Counselor	3 (Since January 2017)
Dawn Sage-Chychula, MS, LCP	Licensed Professional Counselor	2 (Since April 2018)

Biography & Experience:

Dr. Carrie Steiner is a licensed clinical psychologist and founder of the First Responders Wellness Center, a private practice full-service psychological agency to meet the needs of police and first responders' emotional wellness. Dr. Steiner is a 13-year former Chicago Police Officer, Crisis Intervention Team (CIT) Leader, peer support member, and Chicago Police Academy instructor. While working for the Chicago Police Department she spearheaded their veteran CIT training and autism spectrum training for law enforcement. She also has FBI hostage negotiation training, has worked as a psychologist for Cook County and Kane County Jails and has collaborated with federal government agencies on high risk cases. She speaks nationally on officer wellness, police suicide, mental illness and police response, cumulative trauma, CIT, wellness, peer support, PTSD, and has received several national and local awards.

As a psychologist, Dr. Steiner specializes in trauma therapy using EMDR, exposure, and cognitive behavioral therapy. Further, Dr. Steiner develops wellness programs for police departments including yearly wellness checks and provides individual and group de-briefings after critical incidents. Dr. Steiner conducts fitness for duty evaluations and pre-employment psychological evaluations. Dr. Steiner is a certified trauma professional and member of the ILCAP and ICAP. She is also the clinical advisor for Blue HELP, a nonprofit agency for first responders to reduce mental health stigma through education, advocate for benefits and former clinical advisor for Serve and Protect.

Robert Casale is a licensed professional counselor and recently retired from the Chicago Police Department after a 22-year career. He spent the last 3 years at the Education and Training Division as a Master Trainer. He played an integral part in the development and implementation of the two-day mandatory in-service training program that included de-escalation of force, suicide awareness, and wellness. He spent most of his career in a tactical unit, which focused on gang suppression, narcotic sales, and assisting with homicide and shooting investigations. Over his career, Rob received numerous awards, including five department commendations, lifesaving awards, and over 100 honorable mentions.

Prior to his career in law enforcement, Rob was a Firefighter/Paramedic working with the Hanover Park Fire Department and other private ambulance companies for seven years. He brings 29 years of experience as a first responder, with a unique understanding of the lifestyle and emotional toll the job can take on an officer over the years.

Rob graduated from Adler University in 2015 with a Master's degree in Counseling Psychology. He has been with the First Responders Wellness Center for over 3 years and is now working full-time at the center. Rob has extensive experience working with first responders over the years. He is able to bring his experience and understanding of the complexities of the career into session giving his client's genuine empathy.

He uses Mindfulness Based Cognitive Behavioral Therapy and Prolonged Exposure Therapy to treat complex PTSD. He is trained in and practices Eye Movement Desensitization and Reprocessing (EMDR), the leading treatment for PTSD. He is also trained in Trauma Treatment Mastery and Intensive Cognitive Behavioral Therapy. Rob is also a member of the American Counseling Association. He is available for public speaking and has developed training courses for stress management and mental health awareness.

Dawn Sage-Chychula is licensed professional counselor and is a retired paramedic of 27 years with the Chicago Fire Department with over 30 years of experience in EMS service. Dawn also has 2 years of teaching at the Chicago EMS Fire Academy. She graduated with a M.A. in Counseling Psychology from the Chicago School of Professional Psychology with a concentration in Trauma and Crisis Intervention.

Dawn's theoretical approach is integrative and centers on Trauma Focused Cognitive Behavior Therapy (TF-CBT) and Mindfulness-Based Cognitive Therapy (MBCT). She is also trained in Eye Movement Desensitization Reprocessing Therapy (EMDR) an evidence based and effective form of therapy to treat trauma. She has a direct but caring and trusting relationship with her clients that creates a safe, supportive, and non-judgmental environment. She engages her clients in their own treatment and collaborates with them in order to problem solve, cultivate personal growth, and to maximize the effectiveness of their treatment.

Scope of Services:

The First Responders Wellness Center, LLC provides full psychological services to first responders and their departments including annual wellness checks. The First Responders Wellness Center (FRWC) clinicians are all licensed in the State of Illinois.

All FRWC clinicians are former first responders (police and fire) which helps officers quickly feel rapport during wellness checks. As former first responders, we treat each officer like our brother or sister. This puts officers at ease as they feel comfortable that FRWC clinicians understand first responder culture, duties and challenges they face. This sets FRWC apart from other providers who may not have police or fire experience. Further, FRWC is dedicated to solely first responders. We do not see civilians, which mitigates the risk that an officer might encounter someone they have arrested. This is often a concern expressed by officers when making doctor appointments. It is also common for first responder clients at the FRWC to arrive in uniform or partial uniform and carrying their weapon, which makes officers feel more comfortable to be who they are.

A 'wellness check' is a 55 minute one-on one session with one of our licensed mental health professionals to assess an employee's current abilities to cope with job stressors and to learn additional healthy ways to deal with these and future stressors. The wellness check offers an opportunity for an employee to discuss coping strategies and solutions to deal with the various stressors of being a first responder. It also presents the opportunity to receive psychoeducation about individual mental health wellness. The wellness check is not a fitness for duty evaluation and is not a form of punishment. The wellness check is not intended to screen for a mental health diagnosis or disorder. If an officer presents with mental health issues, the clinician will recommend the employee seek treatment voluntarily and they will be given relevant resources.

During the wellness check, our clinicians will begin by discussing confidentiality. Officers are typically asked to sign their name on an attendance sheet that will be forwarded to their department. The officer is informed that this is the only documentation that is provided to the police department. Then the clinician will discuss the stressors of working in law enforcement to normalize many of the stressors. The clinician will also discuss the officer's personal responses and expectations of working at the Oak Park police department and in law enforcement. The clinician will commend them on positive coping skills and, when appropriate, offer suggestions for additional coping skills for areas of challenge. The officer will also be given several handouts and resources to encourage psychological health and wellness.

FRWC also provides many other services which include individual/group therapy, psychological testing, crisis intervention, individual and group critical incident debriefing and psychoeducation, trauma support, consultation and training. For therapy, FRWC clinicians use evidenced based treatment for trauma informed care which includes: Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR) therapy, trauma and Prolonged Exposure (PE) therapy. Dr. Steiner conducts psychological testing for fitness for duty evaluations and pre-employment psychological evaluations.

Due to the COVID-19, FRWC offers telehealth for individual therapy which is a virtual face-to-face appointment. Telehealth is provided via Simple Practice which is HIPAA compliant. FRWC has a Business Associate Agreement (BAA) to ensure confidentiality and privacy of our clients. Telehealth can be used from any phone or computer that uses Google Chrome, Mozilla Firefox or Safari.

Proposed Schedule of Implementation:

To start a wellness program, FRWC suggests a one-hour meeting with the Police Chief LaDon Reynolds, Village Manager Cara Paulicek or representative, Human Resource Kira Tchang, and any other supervisor and/or FOP union representatives of the police department to discuss what the 'wellness check' entails and what it does not entail.

The first meeting is an opportunity to meet Dr. Steiner and discuss implementation and questions and answers about the wellness checks. Oak Park Police Department wellness checks will be held at 477 E. Butterfield Road #204 Lombard Illinois, which is 14.7 miles away from the department and a 20-minute drive. All Oak Park police officers can come on duty or off duty, in uniform, partial uniform and can be armed during the wellness check or any meetings. At the meeting, confidentiality issues will be clarified, to ensure that the content of the wellness checks will not be shared with the department. The only documentation that the Oak Park Police Department will receive is a signature that their officer participated in a wellness check at their scheduled appointment time. Wellness checks are not a fitness for duty and mental health screenings are not conducted. If any signs of mental health issues arise with an officer during the wellness check, the FRWC therapist will encourage the officer to attend voluntary psychological services which may include FRWC therapists but also other clinical providers and/or services.

Discussions at the first meeting usual include formulating dates for wellness checks and hours of consideration. Generally, wellness checks are conducted between 0830-1600 or 1200-2030 hours to accommodate police shift work and office building hours. FRWC can schedule dates as soon as two weeks from the meeting date.

FRWC encourages wellness checks to be mandatory to reduce stigma and to encourage the wellness check to be like any other training that is required by the department. FRWC will encourage the Oak Park Police Department and department members to view wellness checks as an officer safety training given more officer's commit suicide than die in the line of duty. However, FRWC will conduct wellness checks that are not mandatory as well.

Once the department has received all of the information needed, a contract will be signed to ensure transparency to department members and that FRWC asserts that FRWC clinicians are licensed and have liability insurance.

The second meeting is an option for all department members from the patrol officer to the Chief to meet Dr. Steiner and be given information about wellness checks. The presentation is often at the end and beginning of shifts as a "roll call training" to ease department time burdens. Department members will be informed about wellness checks, confidentiality, and how it can help officer's wellbeing. All department members will be given an opportunity to ask questions or discuss concerns. Usually this meeting is around 30 minutes. This meeting is to ensure all officers are informed about wellness checks and can see the transparency with the process of wellness checks to reduce negativity about participation in the program. A handout and contact information will be given to all department members. If any officer has questions, they can call Dr. Steiner directly.

After the two meetings are conducted, the wellness checks can begin, or another meeting can be conducted if there are still questions or concerns. Once the wellness check dates and times are agreed

to, the department will be given or may create a sign-up sheet for an hour slot for each of the days agreed to do wellness checks. FRWC prefers 6-8 wellness checks per day. The Oak Park Police Department can decide the officers' schedule or allow each officer to choose the date and time to attend a wellness check. Once the sign-up sheet is complete, a sign-in sheet will be forwarded to Dr. Steiner at csteiner@firstresponderswellnesscenter.com. It is also recommended that the department notify or remind all officers of their appointment time and location of the wellness check.

On the day of the wellness check, officers will need to be on time as each wellness check will be scheduled by the hour. The sign-in sheet will be presented to the officer for their signature which will be forwarded to the department at the end of the day to document attendance to wellness checks.

At the end of the wellness check, officers will also have the option to complete a 4-question anonymous survey at the end of the wellness check to give feedback on their experience. The questions are as follows:

OFFICER WELLNESS PROGRAM EVALUATION

0 (Not at All)- 5 (Extremely)

- | | | | | | | |
|--|-------|---|---|---|---|---|
| 1. Do you feel you learned anything today about wellness? | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Did you feel the wellness check was beneficial? | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Did you feel comfortable with your therapist? | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Are there any recommendations you have about wellness checks? | _____ | | | | | |
-

The survey will be collected in a manilla envelope. A summary of all of the scores can be sent to the contact person at the department upon completion of all wellness checks. FRWC will not share any identifiable or potentially identifiable information with the Oak Park Police Department for any written responses.

During the wellness checks meetings, Dr. Steiner will be the contact person if issues arise such as cancelations due to a late arrest, court, illness, etc. Generally, FRWC can accommodate wellness checks 2-3 days a week for 8 hours each day seeing 8 clients a day. Therefore, if Oak Park Police Department wanted 106 officers seen, this could be accomplished within 5-6 weeks.

At the end of the wellness checks, Dr. Steiner will follow up with the department to let them know of any missed appointments or that the wellness checks have been completed. Dr. Steiner may give general advise or recommendations to the department on how to continue to develop their wellness program. Dr. Steiner again will not expose or share any information with department members on individual members or the content of any sessions.

REFERENCES:

Eric Guenther, Mundelein Police Chief (3rd year of Wellness Checks)

847-968-3777

eguenther@mundelein.org

Anthony Novak, Village of Plainfield Police Chief (2nd year of Wellness Checks)

815-267-7234

anovak@plainfieldpd.com

Gary Lunn, Commander of Lake County Major Crimes Task Force (2nd year of Wellness Checks)

847-546-2127

glunn@roundlakebeachil.gov

Teri White, Chief Deputy of Administrative Services, Lake County States Attorney Office

(1st year of Wellness Checks)

847-377-3049

TWhite@lakecountyil.gov

Jeffrey Burgner, Village of Oswego Chief of Police (1st year of Wellness Checks)

630-551-7327

JBurgner@oswegoil.org

COST OF PROPOSAL

The total cost for preparation, implementation and conducting wellness checks for 106 sworn Oak Park police officers is \$17,490.00.

The cost for an individual wellness check is \$165.00 for departments with over 100 sworn officers.

FRWC requires a retainer fee for 15 wellness checks which would be \$2475.00 to secure dates with FRWC clinicians. After FRWC clinicians have completed 15 wellness checks (the retainer), the remainder of the wellness checks will be billed after each day of completion.

Payments should be made within 30 days of receipt.

LICENSE TO PROVIDE SERVICES

All FRWC clinicians are licensed in the state of Illinois.

Dr. Carrie Steiner, Licensed Clinical Psychologist	IL. Lic # 071.008311
Rob Casale, Licensed Professional Counselor	IL. Lic # 178.014516
Dawn Chychula, Licensed Professional Counselor	IL. Lic # 178.014396

The FRWC has not been involved in any litigation in the past 5 years nor in any pending litigations regarding the quality or pricing of FRWC services.

FRWC has commercial business liability insurance and each therapist has professional liability insurance in congruence with the professional services agreement for the Village of Oak Park.

ATTACHMENT LIST

- I. Cost Proposal Form**
- II. Compliance Affidavit**
- III. M/W/DDE Status**
- IV. EEO Report**
- V. Organization of Proposing Firm**
- VI. Three Letter of References**



Attachment I. Cost Proposal Form

A respondent shall state as part of its proposal a written description of its quality assurance method to be utilized to ensure proper indexing of all documents.

Provide cost proposal based on the proposed operations schedule under Section II in the space provided below:

The total cost for preparation, implementation, and conducting wellness checks for 106 sworn officers is \$17,490.00.

The cost for an individual wellness check is \$165.00 for departments with over 100 sworn officers.

FRWC requires a retainer fee for 15 wellness checks of \$2,475.00 to secure dates. After FRWC has completed 15 wellness checks (the retainer) subsequent wellness checks will be billed for each date. Payments should be made within 30 days of receipt.

Proposal Signature: Carrie Steiner

State of IL, County of DuPage

CARRIE STEINER, being first duly sworn on oath deposes and says that the respondent for the above Proposal is organized as indicated below and that all statements herein made on behalf of such Consultant and that their deponent is authorized to make them, and also deposes and says that deponent has examined and carefully prepared their proposal from the Specifications and has checked the same in detail before submitting their Proposal; that the statements contained herein are true and correct.

The signature of the respondent authorizes the Village of Oak Park to verify references of business and credit at its option.

The signature of the respondent shall also be acknowledged before a Notary Public or other person authorized by law to execute such acknowledgments.

The UPS STORE
Organization Name
(Seal - If Corporation)

By: [Signature] Dated: 04/27/2020
Authorized Signature

201 Nevada Sq W Wheaton IL 60187
Address

788 630-653-8700 Steve 4659@theupsstore.com
Telephone E-mail

Subscribed and sworn to before me this

27 day of April, 2020.

[Signature]
Notary Public

"OFFICIAL SEAL"
GREGORY HERATY
NOTARY PUBLIC, STATE OF ILLINOIS
MY COMMISSION EXPIRES 3/30/2022

"OFFICIAL SEAL"
GREGORY HERATY
NOTARY PUBLIC, STATE OF ILLINOIS
MY COMMISSION EXPIRES 3/30/2022



Attachment II. Compliance Affidavit

I, Carrie Steiner being first duly sworn on oath depose and state as follows:
(Print Name)

1. I am the (title) owner of the Proposing Firm ("Firm") and am authorized to make the statements contained in this affidavit on behalf of the Firm.
2. The Firm is organized as indicated on Exhibit A to this Affidavit, entitled "Organization of Proposing Firm," which Exhibit is incorporated into this Affidavit as if fully set forth herein.
3. I have examined and carefully prepared this proposal based on the Request for Proposals and verified the facts contained in the proposal in detail before submitting it.
4. I authorize the Village of Oak Park to verify the Firm's business references and credit at its option.
5. Neither the Firm nor its affiliates¹ are barred from proposing on this project as a result of a violation of 720 ILCS 5/33E-3 or 33E-4 relating to bid rigging and bid rotating, or Section 2-6-12 of the Oak Park Village Code related to "Proposing Requirements".
6. Neither the Firm nor its affiliates is barred from contracting with the Village of Oak Park because of any delinquency in the payment of any debt or tax owed to the Village except for those taxes which the Firm is contesting, in accordance with the procedures established by the appropriate revenue act, liability for the tax or the amount of the tax. I understand that making a false statement regarding delinquency in taxes is a Class A Misdemeanor and, in addition, voids the contract and allows the Village of Oak Park to recover all amounts paid to the Firm under the contract in a civil action.
7. I am familiar with Section 13-3-2 through 13-3-4 of the Oak Park Village Code relating to Fair Employment Practices and understand the contents thereof; and state that the Proposing Firm is an "Equal Opportunity Employer" as defined by Section 2000(E) of Chapter 21, Title 42 of the United States Code Annotated and Federal Executive Orders #11246 and #11375 which are incorporated herein by reference.
8. All statements made in this Affidavit are true and correct.

Signature: Carrie Steiner

Printed Name Carrie Steiner

Name of Business: First Responders Wellness Center Your Title: owner + psychologist

Business Address: 477 E. Butterfield Rd #204 Lombard IL 60148

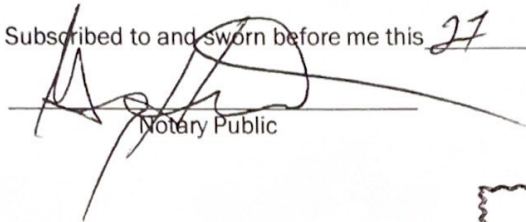
(Number, Street, Suite #)

(City, State & Zip)

¹ Affiliates means: (i) any subsidiary or parent of the bidding or contracting business entity, (ii) any member of the same unitary business group; (iii) any person with any ownership interest or distributive share of the bidding or contracting business entity in excess of 7.5%; (iv) any entity owned or controlled by an executive employee, his or her spouse or minor children of the bidding or contracting business entity.

Telephone: 630-909-9094 Fax: 630-597-2583 Web Address: www.Firstresponderswellnesscenter.com

Subscribed to and sworn before me this 27 day of April, 2020.



Notary Public





Attachment III. M/W/DBE Status

Please fill out this form completely. Failure to respond truthfully to any questions on this form, or failure to cooperate fully with further inquiry by the Village of Oak Park will result in disqualification of proposal. An incomplete form will disqualify your proposal.

1. Vendor Name: First Responders Wellness Center, LLC
2. Check here if your firm is:
☐ Minority Business Enterprise (MBE) (A firm that is at least 51% owned, managed and controlled by a Minority.)
☒ Women's Business Enterprise (WBE) (A firm that is at least 51% owned, managed and controlled by a Woman.)
☐ Owned by a person with a disability (DBE) (A firm that is at least 51% owned)
☐ None of the above

(Copies of all certification letters must be included)

3. What is the size of the firm's current stable work force?
2 Number of full-time employees
2 Number of part-time employee

Signature: Cam Ska

Date: 4-27-20

Attachment IV. EEO Report

EEO REPORT

Please fill out this form completely. Failure to respond truthfully to any questions on this form, or failure to cooperate fully with further inquiry by the Village of Oak Park will result in disqualification of this Bid. An incomplete form will disqualify your Bid.

An EEO-1 Report may be submitted in lieu of this report

Vendor Name First Responders Wellness Centers LLC
Total Employees 4

Job Categories	Total Employees	Total Males	Total Females	Males				Females				Total Minorities
				Black	Hispanic	American Indian & Alaskan Native	Asian & Pacific Islander	Black	Hispanic	American Indian & Alaskan Native	Asian & Pacific Islander	
Officials & Managers	1		1									0
Professionals	3	1	2									0
Technicians												
Sales Workers												
Office & Clerical												
Semi-Skilled												
Laborers												
Service Workers												
TOTAL	4	1	3									0
Management Trainees												
Apprentices												

This completed and notarized report must accompany your Bid. It should be attached to your Affidavit of Compliance. Failure to include it with your Bid will be disqualify you from consideration.

Gregory Heraty, being first duly sworn, deposes and says that he/she is the Notary
(Name of Person Making Affidavit) (Title or Officer)

of The UPS Store and that the above EEO Report information is true and accurate and is submitted with the intent that it be relied upon.

Subscribed and sworn to before me this 27 day of April, 2020.

[Signature]
(Signature)

4/27/20
(Date)





Exhibit A. Organization of Proposing Firm

(a) **Corporation:** The Contractor is a corporation, operating under the legal name of First Responders Wellness Center, LLC is organized and existing in good standing under the laws of the State of _____ and is authorized to conduct business in the State of Illinois. The full names of its officers are:

President Dr. Carrie Steiner

Secretary NONE

Treasurer NONE

The Name and Address of its Registered Agent is: Carrie Steiner
(Name)
36 Winners Cup Circle Wheaton IL 60189
(Number, Street, Suite #) (City, State & Zip)

The corporation has a corporate seal. (In the event that this proposal is executed by a person other than the President, attach hereto a certified copy of that section of Corporate By-Laws or other authorization by the Corporation that permits the person to execute the offer for the corporation.)

(b) **Partnership:** The Contractor is a Partnership operating under the name:

None

The following are the names, addresses and signatures of all partners:

Name <u>DNA</u>	Address _____	Signature _____
Name _____	Address _____	Signature _____
Name _____	Address _____	Signature _____

(Attach additional sheets if necessary.) If so, check here _____.

If the partnership does business under an assumed name, the assumed name is _____ which is registered with the Cook County Clerk and the partnership is otherwise in compliance with the Assumed Business Name Act, 805 ILCS 405/0.01 et seq.

April 13, 2020

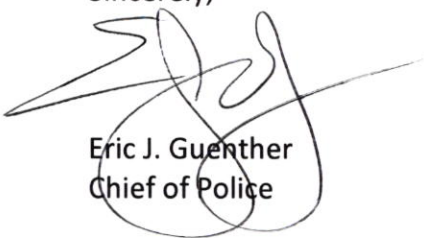
Dr. Carrie Steiner
477 East Butterfield Road, Suite 204
Lombard, IL 60148

To Whom It May Concern:

I am writing you with a written recommendation regarding Dr. Carrie Steiner. I have known Dr. Steiner professionally for the past few years, working closely with her on an officer wellness program for the Mundelein Police Department. Dr. Steiner presents a very unique and valuable perspective having been a law enforcement officer herself. I find that she has a true passion for those working in the law enforcement field and a desire "to take care of those that take care of us." Dr. Steiner has earned the respect of many law enforcement agencies in the Northern Illinois area, so much so she is the first and only Psychologist to work with the Lake County Major Crimes Task Force which serves a population of over 700,000 residents. I would recommend Dr. Steiner to any department without any reservation.

Should you have any questions or require additional information, please don't hesitate to contact me.

Sincerely,



Eric J. Guenther
Chief of Police

EJG/jlm



LAKE COUNTY

MAJOR CRIME TASK FORCE

Commander Gary Lunn / desk (847) 546-2127 / cell (847) 989-4079

To: Dr. Carrie Steiner

Date: 4/16/20

Starting in 2019, the Lake County Major Crime Task Force mandated annual wellness exams for all of its personnel. The Task Force entered into a partnership with *First Responders Wellness Center* and after the first year I am happy to report very positive results. Task Force personnel have relayed to the command staff that they believe the exams they took part in were beneficial. The members of the Task Force are exposed to a large number of critical and violent incidents during the course of the tenures, and we believe in seeking out any potential ways to mitigate the impact of this trauma. The Task Force would like to thank Dr. Steiner and her staff for their dedication to this pursuit.

Sincerely,

Gary Lunn

"We Speak For Those Who No Longer Can"



Jeffrey R. Burgner
Chief of Police

VILLAGE OF OSWEGO POLICE DEPARTMENT

3355 Woolley Road • Oswego, Illinois 60543



Emergency: 911

Non-Emergency (630) 554-3426

Administration: (630) 551-7300

Fax: (630) 554-9379

April 13, 2020

Oak Park Police Department
LaDon Reynolds, Chief of Police
123 Madison Street
Oak Park, IL 60302

RE: FIRST RESPONDER WELLNESS CENTER

Dear Chief Reynolds,

I am writing this letter to show my support for Dr. Carrie Steiner and the First Responder Wellness Center located in Lombard, Illinois. One of my goals for the Oswego Police Department was to have wellness education and screenings for our sworn personnel and after completing extensive research on this topic, I chose this firm.

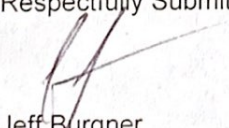
It has been extremely easy to work with Dr. Steiner and the staff from the First Responder Center and they are always very responsive. They have been flexible with the scheduling to accommodate the hours of our personnel, especially as situations arise and adjustments are required. Due to the COVID19 condition we are all faced with, we had to cancel the remaining wellness appointments; however, the feedback thus far from our sworn staff has already been very positive.

Just this past week we reached back out to the First Responder Wellness Center with an immediate response and flexibility to accompany appointment dates/times for the rest of our staff. As they state on their website, they are there to offer opportunities and coping strategies for the various stressors that first responders deal with, and psychoeducation about individual mental health wellness. I am very grateful to have the resources in order to provide this needed support and will continue this in the future.

I am confident in the First Responder Wellness Center's ability to provide this education and wellness checks for the first responders of the Oswego Police Department.

If you should have any questions, please do not hesitate to contact me at 630-551-7327.

Respectfully Submitted,


Jeff Burgner
Chief of Police

Preserving the Past - Protecting the Future