



Motorola Solutions
Foundation

OFFICER WELLNESS SEMINAR

DRURY LANE CONFERENCE CENTER
100 Drury Lane, Oakbrook Terrace, IL 60181
Wednesday, February 19, 2025
8:00am-3:30pm

7:30am Registration

8:00am Introduction: Maureen Biggane, Chicago Police Memorial Foundation

- Posting of Colors- Oak Brook Police Department's Honor Guard
- Opening Prayer- Chicago Police Department Chaplain's Unit
- Welcome Address Maureen Biggane (CPMF) & Erica Huff (Oak Brook PD)

8:30-9:30 Segment #1 – Complex Trauma: The Mental and Physical Well-being of Law Enforcement

Presenter: Dr. Robert Sobo

Dr. Robert Sobo is the Director of the Chicago Police Department's Professional Counseling Division / Employee Assistance Program (EAP), which is a unit of the Chicago Police Department that's dedicated to providing free and confidential programs for all active and retired department members and their families. This unit was established to assist department members in the management of the demands of their job and the impact on their family and professional life. EAP is committed to the Department's members' mental, physical, emotional, spiritual, and financial health.

Course topics:

- Physical and mental health issues- general population and law enforcement
- Biology and preparedness: biochemical changes that impact mental health
- Accumulated stress, trauma, post-traumatic stress disorder
- Case examples
- Culture and control
- Personal, peer, family, and department roles in growth, recovery, and resilience.

****9:30-9:45 Break****

9:45-10:45 Segment #2- All in the Family: Overview of Stressors / Vulnerabilities & Seeking Support

Presenters: Jason Relle, M.F.T, LCPC & Matthew Quinn, M.A., LCPC, CADC

Jason Relle is the Director of Crisis Services at Rosecrance, overseeing Mobile Crisis Response, 988, the Crisis Co-Response Team, and the Pathways to Success wraparound program in northern Illinois. He earned his bachelor's degree in psychology from Miami University and his master's degree in marriage and family therapy from the Adler School of Professional Psychology. Jason is a Licensed Clinical Professional Counselor who has worked with children, adolescents, families, and adults in various roles within Rosecrance, including within the school, community, outpatient, and residential treatment settings. He takes a strengths-based approach to his clinical interactions, supervision, and training style.

Matthew Quinn is a Licensed Clinical Professional Counselor and Certified Alcohol and Drug Counselor in Illinois. He leads all clinical components of Rosecrance, Illinois's outpatient clinics and recovery homes in the Chicago area as Rosecrance's Director of Chicagoland. He is a member of the Community Alliance for Prevention in Naperville, the Juvenile Justice Council in Kane County, and a consultant for the Connect for Life program through the Naperville Police Department. He earned a master's degree in clinical psychology at the Illinois School of Professional Psychology. Matthew has been counseling adolescents and adults in individual, couples, and family counseling for the past 15 years.

Course topics:

- Recognize & respond to the impact of the stressors facing law enforcement families
- Identification of key factors influencing stress
- How stressors affect adults: symptoms & behaviors
- How stressors affect children & teens: symptoms & behaviors
- Managing these stressors effectively: what to do and resources available
- Suicide trends with children and with law enforcement
- Warning signs
- How to get help

****10:45-11:00 Break****

11:00-11:30 Segment #2 continued - Navigating the Process of Seeking Help

Presenter: Maria Campobasso, M.A., CADC

Maria Campobasso is the Clinical Outreach Coordinator for Rosecrance Behavioral Health, where she supports clients and their families in accessing care and provides education and consultation on Transcranial Magnetic Stimulation (TMS). She is a Certified Alcohol and Drug Counselor with an Adolescent Treatment Endorsement and has a bachelor's degree from Knox College and master's degree from National Louis University. Maria has worked extensively with individuals facing mental health and substance use disorders by helping them engage in treatment. Maria bridges access to treatment by collaborating with physicians, referral sources, and community partners to promote innovative solutions for behavioral health needs.

Course topics:

- I've asked for help, now what? Demystifying the first call.
- Understanding the referral process and treatment options
- Beyond the call: after initiation and engagement, the mental health support journey and what that looks like for officers, their families, and the department

****11:30-12:30 Lunch (on site) ****

12:30-1:30 Segment #3- Simplifying Money in a Complex World: Strains, Awareness & Freedom

Presenter: Kim Poulos, Senior VP Primerica

Kim Poulos is a registered investment advisor and financial professional with over 25 years' experience. Many in her family are or have been first responders; her son is a firefighter/paramedic, and her father, brother and grandfather were police officers. She specializes in communicating complicated financial concepts to people with limited financial experience utilizing a workshop format. The Chicago Police Department selected her to present Officer Resilience Training under the Federal Consent Decree.

Course Topics:

- Fixing financial stress
- Investment and account options as goals shift
- Investments and taxes
- Social security changes
- Simple steps to a stronger financial position

****1:30-1:45 Break****

1:45-3:00 Segment #4 - Shatterproof: Post-traumatic Stress, Substance Abuse and Addiction

Presenter: Raymond McDaniel, LCAC

Raymond McDaniel is a 22-year veteran of the United States Air Force, where he served worldwide, including in rescue and combat missions during both war and peace. His career involved extensive international missions in Japan, the Philippines, Korea, Guam, Okinawa, Thailand, Great Britain, Europe, Central America, Asia, and Africa. Notable missions include Operation Desert Storm in the Middle East and the United States invasion of Panama, among various other conflicts around the globe. Raymond is a graduate of the NCO and Senior NCO Academy, Supervisory and Management Training, and Strategy Planning Tools and Techniques programs. He also attended the Academy of Addiction Professionals. He holds credentials as a Licensed Certified Addiction Counselor (LCAC) and a Certified Trauma Professional (CTP). Raymond has worked in the fields of trauma, PTSD, and addiction for the past twelve years.

Course Topics:

- First Responders' stressors
- Trauma and post-traumatic stress
- Substance abuse and addiction
- Treatment and support

3:00-3:30 Panel Q & A and Collect Surveys
