

ILFFPS Clinical Consultant

Jada Hudson, MS, LCPC
HUDSON.ILFFPS@ATT.NET

ILFFPS Peer Support Team

Andy Perry
Peer Support Program Coordinator
ANDREWPERRY100@YAHOO.COM

Peer Support Regional Coordinators

John Sardina
Northern Illinois Regional Coordinator
FIREDMED197@GMAIL.COM

Tim Grutzius
SW Suburbs/Cook Regional Coordinator
TIMGTRUTZIUS@GMAIL.COM

Jimmy Zindars
Central Illinois Regional Coordinator
FFMEDIC514@GMAIL.COM

Kurt Litteken
Southern Illinois Regional Coordinator
KULITT82@GMAIL.COM

ILFFPS Family/Significant Others

Colleen Murphy
Family & Sig. Other Program Coordinator
COLLEENMURPHY79@GMAIL.COM

ILFFPS Faith Program

Tom Howard
Faith Program Coordinator
TPHOWARD22@GMAIL.COM

ILFFPS/Rosecrance Florian

Paul Gardner, Jr.
ILFFPS/Florian Coordinator
PAUL@FIREIC.COM

ILFFPS Retiree Program

Chuck Wehrli
Retiree Program Coordinator
FIREL7@AOL.COM



EVERYONE GOES HOME®

ILFFPS is in support of the National Fallen Firefighters' Foundation and the Everyone Goes Home® project.
<http://www.everyonegoeshome.com>

Life Safety Initiative #13
Firefighters and their family members must have access to counseling and psychological support services.



www.ILFFPS.org
www.facebook.com/ILFFPS
(855) 90- SUPPORT

Executive Director

Matt Olson

Molson3005@gmail.com

Clinical Director

Cody Todd, PsyD, LCPC, NCC

CCTodd1@gmail.com

Program Director

Joshua Jessup

JJessup10@gmail.com

Public Relations Director

Kelli Krupa

ILFFPS.PRDirector@gmail.com



ILLINOIS FIRE FIGHTER PEER SUPPORT

Firefighters Helping Each Other

(855) 90- SUPPORT
ILFFPS1@gmail.com

Mission Statement

Illinois Fire Fighter Peer Support's (ILFFPS) mission is to recognize that all fire service and emergency medical service members are human beings who will be exposed to, and experience emotions. ILFFPS will provide a safe, non-judgmental and confidential environment where members can engage in a healing conversation with a peer. ILFFPS also seeks to share the concept of peer support and the structure of our program with those that request.

Value Statement

Illinois Fire Fighter Peer Support values the concepts of Making it Safe and Making it Matter. These values are upheld by an understanding that we have a calling to care for all firefighters and emergency responders equally, and that we are all deserving of genuine support by our peers in a time of need, no matter the need.

Vision Statement

Illinois Fire Fighter Peer Support seeks to contribute and provide ongoing emotional wellness resources that are readily needed in the fire service and for emergency responders.

Peer Support Defined

Illinois Fire Fighter Peer Support is defined as assistance provided by a trained individual or group of trained firefighters and emergency responders who answer the call to their brothers and sisters in need, regardless of the need.

Peer Support is Totally Voluntary

Peer support is only provided to individuals and groups of firefighters who request it. In-person, by phone, and/or email contact is scheduled by appointment. Peer support cannot be required, or mandated. When a firefighter wants the help, we will provide the support. This makes ILFFPS different from other services that can be mandated through the fire service chain-of-command.

Peer Support within Your Department

Peer supporters are activated or requested through *ilffps.org* and eventually, through our hotline. ILFFPS peer supporters may provide peer support within their departments formally or informally as it is requested. However, firefighters may need to talk to someone else who is outside of their department. Firefighters should never think they have to talk to a peer supporter they did not personally choose.

Critical Incident Stress Management

(CISM) has been a part of the fire service for a long time. ILFFPS views CISM as an umbrella term that refers to many options for firefighters. ILFFPS wants to be an option for firefighters. However, we are not looking to replace any of the other options. We are not a CISD team. ILFFPS is not trained in providing CISD service. Also, ILFFPS is not an emergency service. We are a part of a huge CISM group who also care about the wellbeing of firefighters.

Clinical Considerations

ILFFPS's Clinical Director and Consultants work closely with ILFFPS's Leadership and Supporters. They are an integral part of the Team and help with development, training and if there are questions needing clinical guidance from ILFFPS members regarding any of the peers ILFFPS's members are trying to help. They also are continuing to develop an approved list of Firefighter/EMS friendly therapists across the state. If you have someone you have had success with please contact Dr. Todd and/or Jada Hudson.

Family & Significant Others

Peer support for family & significant others is also a part of ILFFPS. This important part of what we do is addressed by Colleen Murphy.

Rosecrance Florian Program

Firefighters and Paramedics encounter traumatic events on a regular basis in the line of duty. To manage this stress, some turn to alcohol, drugs or other unhealthy coping behaviors.

ILFFPS works side-by-side with Rosecrance in offering support services to those dealing with addiction and/or co-occurring disorders/issues.

The Rosecrance Florian Program (www.rosecrance.org) is the only program of its kind that's specifically treating and serving firefighters and paramedics only. The Florian Program's Director is a 25+ year Chicago Fire Department member.