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LIZ & ARLO WEEKLY NOTE #7



Liz and Arlo thinking of you every day with gratitude and hope.

Arlo and I were in Morton Grove, IL at the American Legion Post #134 to support the Legion membership caravan through the state. Thank you,

Commander Andy Hszlakiewicz, for having us attend your post and speak about the work that Arlo and I are doing with Resilient Heroes. This is such an important issue that we witness happening way too often and that we must not ignore. We need to acknowledge suicide in our military and first responder communities even though it is not an easy thing to do. As uncomfortable as it may be to discuss, it is way more difficult to deal with the call that we receive when someone we know has taken their life by suicide.

Arlo and I were at the Haymarket Center Trauma retreat led by the incredible Dr. Kammie Juzwin! This woman is not only well versed in her field as a clinician, but she also has years of experience working directly with first responders. She gets it! It's not a therapy session! This retreat seriously has changed many lives! It is funded by Hatmarket, so that first responders may attend without having to pay for the retreat, their stay, or food. It is all covered and it applies to all first responders (active and retired) whether you have gone through one major outstanding traumatic incident or many smaller cumulative traumatic incidents through your personal life and/or career. You will benefit from this retreat, please look into it, as they are offering 6 more dates in 2025! www.hcenter.org/retreat/. Contact Kammie Juzwin (630)571-0003 info@kjuzwin.com. Thank you so much Haymarket Center and Dr. Kammie Juwin for all that you do for us first responders!!



Last week I was In Boca Ratón, FL at Lynn University with their brilliant professors Debra Ainbinder, Jon Sperry, Ali Cunningham Abbott, PhD, LMHC, QS, The Quell Foundation's CEO-Kevin M. Lynch, Michelle

Fayed, Christopher Scallon, Katrina Carter-Tellison, Barbara Cambia, and Alisha Singh. This is such an incredible group of individuals with so much knowledge and dedication. Thank you so much for having me and for such a great collaboration in the implementation and development of the CRAFT Curriculum & Concentration, The Crisis, Resilience & First Responder Trauma (CRAFT). This program will be a specialized curriculum offered to Lynn University's clinical mental health counseling program graduate students that focuses on the delivery of mental health care to a specific population of clients.



Thank you to all of you for your continued support to Resilient Heroes! We cannot do this work alone and it is because of our support and generosity that we can continue to fulfill this mission. If your agency or an agency that you may know of would be interested in the Trauma and Suicide Psychoeducation training seminar please contact Liz Pol to schedule a date and time. This training is available to agencies all over the country, which includes police, fire, paramedic, emergency dispatchers/telecommunicators, and military agencies.

Resilient Heroes would like to encourage you to please share our work and mission with others who support first responders and military personnel. Please visit our website www.resilient-heroes.com and subscribe to our newsletter.

*If you know of a case of a suicide of a first responder (active or retired) including Police, Firefighter, Paramedic, Dispatcher, and all branches of the military in which there is interest in completing a psychological autopsy please contact Liz Pol.

You can also visit our website to support our efforts with a one time or monthly donation. Thank you to those that have donated and supported our efforts, without you we are not able to make a difference and save lives! Resilient Heroes is a 501c3 tax exempt Not for Profit Federal Tax ID #93-1902230 All contributions are tax deductible to the extent allowable by the law.

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