



FIRST RESPONDERS WELLNESS CENTER

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Wellness Visit Proposal for Orland Park Police Department

This proposal outlines a comprehensive wellness visit program designed to support the mental and emotional health of the Orland Park Police Department officers, in alignment with the Illinois Safe T Act.

Introduction

We are pleased to present this proposal to provide wellness visits to the dedicated officers of the Orland Park Police Department. Recognizing the unique stressors and challenges faced by law enforcement personnel, we are committed to delivering high-quality services that promote a culture of well-being within your department.

Proposed Services

Individual Wellness Visits

Each of the 129 sworn personnel will receive a 30-minute individual wellness visit with one of the First Responders Wellness Center's licensed mental health professionals who specialize in therapy with police and public safety officers. The mental health professional will help explore an officer's current abilities to cope with job stressors as well as learn additional and healthy ways to deal with current and future stressors.

The wellness visit is not a fitness for duty evaluation and is not a form of punishment. The wellness visit is an individualized training program. The First Responders Wellness Center clinicians consider it an 'officer safety' course as more officers commit suicide than are killed in the line of duty. If an officer presents with mental health issues, the clinician will recommend the officer seek treatment voluntarily and they will be given relevant resources. The wellness visit is not intended to give a mental health diagnosis but to discuss the strengths and weaknesses of each individual officer to help them build psychological resiliency.

The wellness visit offers an opportunity for the officer to discuss their work and personal problems. The clinician will offer coping strategies and solutions to deal with the various stressors of being a first responder and individual stressors. The wellness visit also

presents the opportunity for an officer to receive psychoeducation about mental health, be aware if they are having mental health struggles, and when they may need additional help.

- **Session Cost:** \$103.00 per 30-minute session.
- **Total Annual Cost for All Officers at one (1) session per year:** \$13,287 (129 officers x \$103)

Prices are predicated on delivery of at least twelve (12) wellness visits for daytimes hours if we come to your location. We request eight (8) wellness visits in a row for evenings and weekends. We also suggest that you plan to have a backup officer in place of any officer that cannot show for their scheduled appointment as we do require 24-hour notice for cancellations.

Roll Call Sessions

As part of this proposal, up to two roll call sessions will be provided by Dr. Steiner or another licensed mental health professional. These sessions will focus on general wellness topics, stress management techniques, and resources available to officers.

- **Included Sessions:** Up to two roll call sessions included in the overall program cost.

Compliance with Illinois Safe T Act

Our wellness visits will be delivered in full compliance with the Illinois Safe T Act, ensuring that all guidelines and requirements related to officer well-being are met.

Additional Services Pricing

If additional services are requested beyond the initial offering, the following pricing will apply:

Service	Cost	Description
Additional Individual Session	\$103 per session	30-minute session
Training Sessions	\$225 per hour \$820 for 4 hours \$1,600 for 8 hours	Training/presentation
Individual Critical Incident Debriefs	\$200 per person	On-call availability for critical incidents

Service	Cost	Description
Group Critical Incident Debriefs	\$330 for 90 minutes	On-call availability for critical incidents

Implementation Plan

1. **Initial Consultation:** We will schedule an initial meeting with the Orland Park Police Department leadership to discuss specific needs and requirements and to identify any issues/incidents affecting officer wellness at the department (e.g. critical incidents).
2. **Scheduling:** Individual wellness visits will be scheduled collaboratively to meet the needs of the department and its officers.
3. **Delivery of Services:** Wellness visits and roll call sessions will be conducted by licensed mental health professionals who specialize in therapy with police and public safety officers.

Conclusion

We are confident that our wellness visit program will significantly benefit the Orland Park Police Department and its officers. By prioritizing mental health and well-being, we can help create a healthier, more resilient, and more effective law enforcement team.

We look forward to the opportunity to partner with you and support the well-being of your officers.