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DuPage ETSB
421 N County Farm
Wheaton, IL 60187
Attn: Eve Kraus

To Eve Kraus,

Attached please find a proposal for a two-day training to be offered to 9-1-1 professionals employed at Addison Consolidated Dispatch Center (ACDC) and DuPage Public Safety Communications (DuComm). The training is entitled Protect 9-1-1: Training to Reduce Risk for PTSD and Enhance Resilience. The training will be offered to all employees at both agencies in groups of approximately 30 employees. This two-day training is specifically designed to address the unique needs and challenges of work within the 9-1-1 industry and will address the following:

1. Signs and symptoms of posttraumatic stress disorder, and the types of calls and conditions present within the 9-1-1 industry that contribute to risk for PTSD.
2. Risk signals for suicide among 9-1-1 telecommunicators, and how work within the 9-1-1 environment can affect key predictors of suicide such as hopelessness and helplessness.
3. Ways to bolster a resilience mindset and incorporate other behavioral strategies to enhance resilience.
4. Benefits of peer support within the 9-1-1 environment, how to build an effective peer support program, limits to confidentiality associated with peer support, and methods for responding effectively to peers who disclose that they are struggling.

Sincerely,

Michelle M. Lilly, Ph.D.

Owner and Trainer

Protect 9-1-1: Training to Reduce Risk for PTSD and Enhance Resilience

Description

A two-day training that provides education on signs and symptoms of PTSD, suicide, and other mental health conditions; information and practice on developing a resilient mindset and identifying values; information on legal and agency considerations in developing peer support; practice in the delivery of peer support.

Trainers

Dr. Michelle Lilly (days one and two): Dr. Michelle Lilly is a Professor of Clinical Psychology at Northern Illinois University (NIU). She completed her undergraduate training at Brown University before earning her doctorate in clinical psychology at University of Michigan in 2008. Throughout her professional career, Dr. Lilly has studied the psychological and physical impact of violence and trauma. Her dissertation focused on how world views and coping affect risk for posttraumatic stress disorder (PTSD) and depression in female survivors of domestic violence. Early in her career at NIU, she became involved in research with 9-1-1 telecommunicators and has continued to focus on this understudied population. Dr. Lilly's research on mental and physical health in the 9-1-1 industry has been used to argue for job reclassification for 9-1-1 telecommunicators across the nation. She has done trainings across the country on the topics of PTSD, stress management, and resilience for a variety of public safety audiences. Currently, Dr. Lilly holds a grant from the state of Illinois to provide free trainings on PTSD and suicide for law enforcement. She is also the owner of Lilly Counseling and Consultation, a telebehavioral health practice for public safety and their families that provides evidence-based intervention for PTSD, depression, and anxiety. In addition, she provides organizational assessment and consultation through Lilly Counseling and Consultation. Dr. Lilly is a licensed clinical psychologist in the state of Illinois with APIT approval to provide therapy services across state lines.

Sergeant Shawn Curry (day one): Sgt Curry is a sworn officer with more than 20 years of experience in law enforcement. Sgt Curry has worked in several areas in law enforcement with an emphasis in investigations. For over a decade within his career he worked homicide detective as well as crimes against children. Sgt Curry has distinguished himself with multiple awards and citations for this work. He is a subject matter expert on the topic of peer support, being the co-author of a legislative bill that protects disclosures provided within the context of peer support conversations, and has researched the format of different department's peer support programs. Sgt Curry and Dr. Lilly worked in collaboration to develop the Saving Blue Lives training. To date, they have trained over 500 public safety personnel across the state of Illinois and have started to gain a national audience for their trainings.

Training venue

Agency will provide the venue for training.

Training dates

Agency will work with Lilly Counseling and Consultation to identify dates for up to four trainings between July 1st of 2026 and June 30th of 2028.

Cost

Speaker fee for Dr. Michelle Lilly:	\$6,500
Speaker fee for Sergeant Shawn Curry:	\$1,500
Total cost per training:	\$8,000
Two-year cost for five trainings:	\$32,000