

SIGNS YOU MAY NEED SUPPORT:

- Anger
- Irritability
- Anxiety
- Worry
- Avoidant behaviors
- Isolating
- Burnout
- Changes in appetite or sleep
- Chronic fatigue
- Crying
- Depression
- Drinking too much
- Excessive substance use
- Flashbacks
- Headaches
- Increase in gambling
- Hypersensitivity
- Insomnia
- Intrusive memories and thoughts
- Lack of enjoyment in hobbies and activities
- Easily frustrated
- Muscle tension
- Nausea
- Stomachaches
- Nightmares
- Panic attacks
- Poor concentration
- Forgetfulness
- Sadness
- Unhappiness
- Thoughts of suicide

HOURS OF OPERATIONS

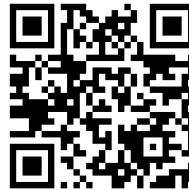
Monday	8:00am - 8:00pm
Tuesday	8:00am - 8:00pm
Wednesday	8:00am - 8:00pm
Thursday	8:00am - 8:00pm
Friday	8:00am - 8:00pm
Saturday	By Appointment
Sunday	By Appointment



**707 RAILROAD AVE.
ROUND LAKE, IL 60073**

PHONE: 847-201-7095

INFO@FRONTLINECARECENTER.ORG



**24/7 Crisis Line of Lake County
847-377-8088**

FRONTLINE CARE CENTER

To support those who give their all to protect our community and country.

A wellness center for first responders, active duty service members, reservists, veterans, and their families.

FRONTLINECARECENTER.ORG



FREQUENTLY ASKED QUESTIONS



How is Frontline Care Center different than meeting with a department therapist?

Frontline Care Center acts as a complement to the therapeutic work of the departments, and other agencies first responders, active duty service members, reservists, and veterans are involved with, but maintain a high level of confidentiality to protect your privacy and create a safe space built on mutual understanding and trust. Consent must be given by you for Frontline Care Center to communicate with your employer.

Will anyone from my department find out if I go to Frontline Care Center?

No. The Illinois Mental Health and Developmental Disabilities Act and HIPAA are highly specific regarding protected, privileged, and confidential communications. We require written consent to release information to other parties.

Can I come in uniform with my duty belt?

Yes. Individuals are encouraged to come in however they feel most comfortable whether it be in full uniform, partial uniform, or plain clothes.

If I go to therapy, will I lose my FOID card?

No. According to the FOID Act, attending outpatient therapy does not require reporting to the DHS Mental Health Reporting System.

COMMON REASONS SEEN

Anxiety, panic attacks, depression, post-traumatic stress disorder, trauma issues, grief counseling, adjustment concerns, unstable housing, substance use, gambling, significant work/life stress, divorce, preventative mental wellness checks **and MORE.**

SERVICES PROVIDED:

- Individual Therapy
- Group Therapy
- Trauma Therapy
- Individual & Group Debriefing
- Yearly Wellness Checks
- Consultations
- Crisis Intervention
- Wellness Visits per SAFE-T Act
- Yoga and Meditation
- Nutrition and Other Holistic Wellness Services
- Family Advocacy and Support
- Warm Connections to Local Assistance Programs and Providers
- Onsite Visits
- Mental Health and Gambling trainings
- Eye Movement Desensitization and Reprocessing (EMDR)
- Pulsed Electromagnetic Field Sessions
- Infrared Sauna
- Biosound Therapy



WELLNESS CHECKS

Wellness Checks are offered for every member of a police and/or fire department. A “Wellness Check” qualifies for the mental health screening mandated by the Illinois SAFE-T Act.

- One-on-One session with a licensed mental health provider.
- Individualized to meet your current stressors and skills.
- Individualized safety plans.

WELLNESS CHECKS ARE NOT A FITNESS FOR DUTY EVALUATION.



CEO **BRUCE JOHNSON**

A veteran with 28 years of service in the United States Marine Corps, retired Chief of Police, and active criminal justice educator, trainer, and consultant that is committed

to providing behavioral health and social services to those who protect and serve our community and country, currently and previously.

Executive Director **CINDY MCKNIGHT** LCPC, CCTP, BC-TMH, CFRC, CISD, CISM



Mental health therapist with over 20 years of experience and owner of Living Pono Counseling.

Dedicated to establishing trust and resources for the first responder and veteran community. She specializes in providing support for those who have faced intense experiences with PTSD and other stressors through traditional and alternative therapies that are individualized to the person's needs.