



2022 Reflection

2022 was a fantastic year for The Well as we continue to see growth and improvements in the mental, relational, physical, and spiritual health of our First Responders and their families. We have also experienced growth in the number of First Responders we reach, the social programs we offer and our staff. Along with this growth we are witnessing at The Well, we are continuing to see the need for the work and resources The Well provides to The First Responder Community. **In 2022 alone, the Chicago Police Department had 11 officers or recently retired officers die by suicide.** Our city continues to see officers retiring early or switching to work for other departments at alarming rates with not enough recruits to fill the void. The need for the mental health services that The Well offers is evident now more than ever. Because of your support, we have reached and cared for more officers and their families than ever before.

Vision for 2023

The Well continues to build a reputation as an inviting and reliable resource to all First Responders, particularly for the Chicago Police Department. **Fifty percent of Well's clients that receive therapy from one of our licensed therapists on staff heard about this resource in roll call.**

The Well attends over 30 roll calls a month and can build trust and relationships with nearly 1,000 Chicago Police Officers. The Well only attends roll calls at districts that we are invited to and because of the growing reputation as a positive resource we have been invited to attend roll call 16 of the 22 Chicago Police districts and all five of the detective areas. We have found a formula that is successful in building trust that allows these officers the comfortability to reach out and utilize the services The Well offers. 30 roll calls a month is only 5 police districts. What about the other 11 districts that we are invited to? Our success at roll call is based on consistency. We simply do not have enough staff to attend all the places that are asking us to come. Currently our staff members Matt Blair and

Cyrus Martinez are responsible for attending these roll calls. **For us to duplicate the success that we are seeing in these roll calls and reach more officers we need more staff.**

As word spreads about The Well our need for more mental health resources grows. What makes The Well unique and unlike any other first responder mental health organization is we provide programs that offer community like Jiu Jitsu and Yoga. This allows people to feel more comfortable and build trust in the organization they are seeking help from.

The Well is growing, and we need our support system that makes it all possible to grow alongside it. We need more people to hear the vision of The Well and to partner with us by making financial contributions that allow us to continue to care for the first responder community in the way they deserve. **Last year The Well raised just under \$250,000. Our goal this year is to raise \$380,000.** In 2023, we anticipate hiring more staff. Currently we have a 2,000 square foot space that accommodates our needs, but we anticipate out growing it within the year. To purchase the building we are in, we need an additional \$500,000, which would triple our current space. With your continued partnership we can reach more in the first responder community that need the resources The Well provides.

4 licensed **therapists** and 1 pastoral counselor on staff see 48 clients monthly. Of these:

- 50% hear about therapy from Roll Call
- 32% hear about therapy from another client of The Well
- 10% from social media
- 8% from their church



1,000 officers per month are encouraged and made aware of the resources The Well provides. These practical tools like conversations at Higgins Social, outings together or other activities improve First Responders mental, physical, relational and spiritual health.

61% of the women from Midweek have themselves gone to individual therapy or have sent a loved one.

If you or anyone you know would like to join this fun group of women as they discuss the challenges of being a partner/spouse of a first responder or just enjoy an evening socializing together, please contact audra@thewellrc.org



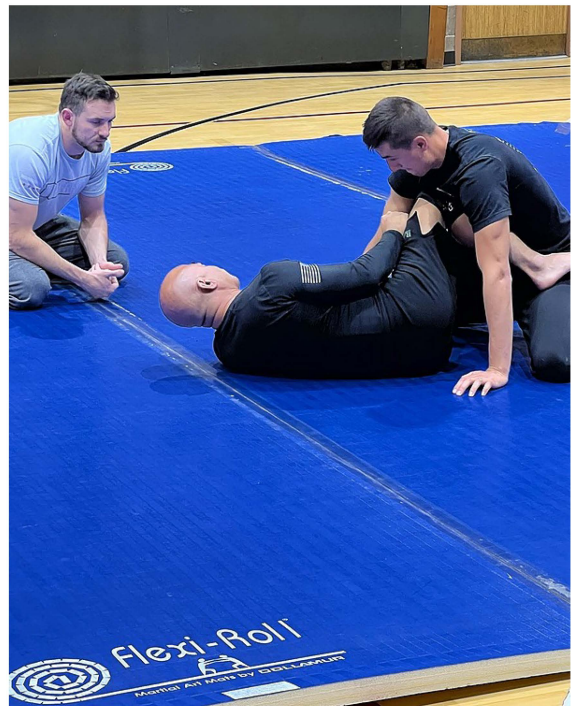
Please consider the following for 2023.

- Continue to pray for our first responder community and our staff as we strive to provide high quality care.
- Share the vision of The Well with your own community.
- Shift your mindset from partnering with The Well to being an “owner” of The Well. Shift from “The work THEY do at The Well” to “The work WE do at The Well.” We invest time, resources, and prayer into the things we own. We share the vision for things we own. The Well needs more owners.

The Well has existed for 5 short years and has already seen an amazing impact in the first responder community and is only possible because of your generosity. You are a part of impacting an entire community of people that our city, our state, and our country desperately needs to be healthy. Not just for the here and now but for generations to come. We are full of faith as we step into 2023 excited to see more stories of transformation and individual impact. You are all invited to be a part of it!

Donate Now

Jiu-Jitsu, Yoga, and Basketball were all Well sponsored activities in 2022. One hundred First responders attended one or multiple of these programs.



FREE FIRST RESPONDER JIU-JITSU

8-week session
STARTING TUESDAY, JANUARY 17
Tuesdays at 4:00-5:30pm OR 5:30-7:00pm
15 spots per class
Location: The Branch Community Church Gym
6125 W Foster Ave

Please rsvp to matt@thewellrc.org or cyrus@thewellrc.org,
and let us know if you are at a beginner, intermediate,
or expert level.

REGISTER TO
matt@thewellrc.org or
cyrus@thewellrc.org





FIRST RESPONDER FOCUSED YOGA



FIRST & THIRD THURSDAY EACH MONTH 10:00 A.M.
THE BRANCH COMMUNITY CHURCH - GYM
BRING YOUR OWN MAT
ALL LEVELS WELCOME!
QUESTIONS & RSVP TO MATT@THEWELLRC.ORG

 **THE WELL**



Thanks to a multitude of donors and volunteers, we were able to bless five districts and one fire station in December with Lou Malnati's pizza and handmade cards to show our appreciation for all that they do.



Officer Nate (left center) led us in a prayer at our November Fundraising event. He weekly leads the 15th district in prayer as well and is a strong advocate for The Well.