

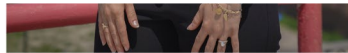


**HAPPILY RETIRED**  
**What to know about EAP and  
taking care of yourself**

PRESENTED BY  
CHICAGO FIRE DEPARTMENT  
EMPLOYEE ASSISTANCE PROGRAM



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# **CHICAGO FIRE DEPARTMENT EMPLOYEE ASSISTANCE PROGRAM**

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# The mental health portion of retirement

- Retirement is more than financial –it's mental
- Big shift in identity, routine, and purpose
- Most people don't prepare for this part

# What changes?

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Loss of daily structure

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Less time with your company

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More unstructured/free time

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Shift in identity

# EAP: Another tool in the toolbox

- Confidential support for active members, retirees, and their households
- Individual counseling, referrals to other mental health providers
- Not just for crises

## **Common areas of support**

- Stress, anxiety, sleep issues
- Family & relationship issues
- Financial & legal referrals
- Substance use concerns

## Common Risks

- Isolation
- Increased alcohol use
- Irritability/short temper
- Loss of purpose

## Why it happens

- Job provided structure and identity
- Retirement removes those guardrails
- More time = more thinking

# What helps

## **Structure**

- Keep a daily routine
- Set a wake-up time
- Plan your day/week

## **Connection**

- Stay in touch with your company and other members
- Schedule regular meetups
- Build connections outside the job

# What helps

## Physical Health

- Exercise regularly
- Stay active
- Protect your sleep schedule

## Purpose

- Find a new mission
- Part-time work, mentoring, volunteering
- Stay engaged in something meaningful

# Family Adjustment

- More time at home = change for everyone
- Roles may shift
- Communication is key
- EAP can support couples/families

# When to reach out

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Feeling isolated

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Increased alcohol/substance use

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Sleep issues

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Loss of interest

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Old stress/trauma resurfacing

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Early intervention is key!

24/7 Firefighter & Family Crisis ☎ 844-525-FIRE  
(3473)



Chicago Fire

Department Resources

All Asse

**FIRESTRONG WEBSITE**  
**FREE 24/7 ACCESS**  
**WWW.FIRESTRONG.ORG**

**USERNAME: CHICAGO911**  
**PASSWORD: CHICAGOFIRE**



Testimonials	Counseling	Anxiety	Sleep Deprivation
Financial Fitness	Depression	PTSD	Resilience
Suicide	Crisis	Drug Addiction	Codependency
Mindability	Membership	Parenting	IAFF Center of Excellence

**Firestro**  
**s To Build A Strong**



# Need EAP?

Contact EAP: *now available 24/7!*

- (312) 746-6956
- [cfdeap@cityofchicago.org](mailto:cfdeap@cityofchicago.org)
- 1338 S. Clinton Street, Room 105 Chicago, IL 60607

## Referrals

- Mental health providers: Psychiatrist, psychologists, biofeedback or neurofeedback practitioners
- Assistance utilizing your insurance benefits
- Finding treatment facilities

## Resources

- Navigating retirement