

shield

FOUNDATIONAL TRAINING FOR CLINICIANS
WORKING WITH FIRST RESPONDERS

Supporting first-responder health, insight, empathy, and learning development

Shield is an eight-hour training session that equips clinicians with critical knowledge, cultural fluency, and practical tools to ethically and effectively support first responders. The course emphasizes a trauma-informed, system-sensitive approach that respects the unique culture of first responder groups while addressing individual and systemic barriers to wellness.

Through lecture, discussion, case studies, and an interactive first-responder panel, clinicians deepen their understanding of responder subcultures, peer support structures, and the realities of working with departments, unions, and multidisciplinary teams.

Topics include clinical considerations for confidentiality and mandated reporting, navigating stigma, addressing substance abuse, working with first-responder families, and much more.

There will be a panel presentation during lunch; lunch will be provided.

What you will learn

By the end of this training module, you will learn to:

- Demonstrate cultural competency by identifying shared and role-specific occupational stressors, values, and barriers to care among diverse first responder groups.
- Integrate cultural insights into clinical practice by adapting rapport-building, conducting assessments, and using proven intervention strategies.
- Select and apply clinical, consultative, and evaluative roles, including wellness checks, therapy, and fitness-for-duty evaluations while adhering to Washington state's documentation and confidentiality standards.
- Identify and address co-occurring mental health and substance use conditions using screening tools, culturally adapted interventions, and integrated care approaches.
- Formulate and implement continuity-of-care strategies, including warm handoffs, collaborative networks, and treatment plans that support sustained engagement.
- Apply knowledge to complex and realistic case scenarios by selecting and justifying culturally adapted interventions and by resolving embedded ethical dilemmas.

Register today! Go to <http://bit.ly/46u6fU0> for details.

Questions: Send email to bhcore@uw.edu

Certificate of Completion issued upon successful participation in all course activities.

8 CEUs available for licensed clinicians who complete the training.



About Dr. Stacy Cecchet



I am a licensed and board-certified psychologist with specialized expertise in operational psychology, criminal behavioral analysis, and human performance optimization. For over a decade, I have worked side-by-side with law enforcement agencies, tactical teams, and covert investigators - not as an outside observer, but as an embedded partner.

My work integrates psychology into mission planning, investigative strategy, and officer resilience. From developing undercover personas to guiding interrogation strategies, from analyzing offender behavior to strengthening tactical readiness, I support the people and agencies tasked with society's most difficult responsibilities.

Stacy Cecchet, Ph.D., A.B.P.P.
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About BHCore

Established in 2024, BHCore serves the crisis response community in Washington state by providing training opportunities, funding innovative programs, supporting workforce development, and collecting data that helps shape policy and improve service delivery systems.

The center supports all frontline responders including law enforcement, firefighters, emergency medical services, co-responders, social workers, mental health counselors, dispatchers, peers and others delivering effective and humane assistance to people in crisis.

The University of Washington School of Social Work administers the state-funded initiative informed by a wide range of subject-matter experts in behavioral health and first response—and by the individuals who have articulated and shared their behavioral health challenges and triumphs.

BHCORE BEHAVIORAL HEALTH
CRISIS OUTREACH RESPONSE AND EDUCATION

Our Vision

To establish standards of excellence and training in communities across our state so that all frontline responders deliver an efficient, effective and equitable response to people facing behavioral health challenges.

Our Mission

To reimagine how frontline responders deliver emergency and crisis behavioral health services and to transform how those dedicated responders are recruited, trained and supported.