

Selecting Therapists

A recent survey revealed that law enforcement officers experienced overwhelmingly stressful and traumatic events on the job that impacted their mental health, with 90% adding that law enforcement's culture creates barriers to seeking emotional help. Ensuring that your department has access to high-quality, culturally competent therapists should be a top priority, and vetting therapists to ensure they are culturally competent to work with law enforcement is critical.

If you are interested in learning how to vet therapists for your department, you can read the article "[Vetting Therapists for the Sheriff's Office](#)" by Dr. David Black, President and founder of Cordico. Below is an email your department can use to gauge the interest of therapists in your area to work with your department. Other options for gathering a list of therapists include reaching out to other surrounding agencies or reaching out to your EAP provider.

If you are part of an EMS, Dispatcher, or Firefighter department, the National Volunteer Fire Council ([NVFC](#)) is the leading nonprofit membership association representing the interests of the volunteer fire, EMS, and rescue services. The NVFC and their partners have created a directory of behavioral health professionals. The providers listed in this directory are vetted [behavioral health professionals](#) that either have firsthand experience with the fire and emergency services or have completed a training course through the Firefighter Behavioral Health Alliance to educate them on the fire service and the specific challenges they face. This directory is updated on a monthly basis as new providers are added. Information about each provider, their credentials, and how to contact them is included. In addition to licensed healthcare professionals, there are also other resources for assistance such as chaplains and peer support specialists.

Dear [Therapist Name]

The [Agency Name] is dedicated to providing the highest quality of service and support for our community. In line with this pursuit, providing high-quality wellness support for our personnel is a key priority. As you may know, first responders are exposed to high levels of stress and trauma throughout their careers, and it is vital that we continually strive to ensure that our dedicated professionals have access to the best available support resources.

We are seeking qualified providers in our region who are interested in being considered for placement on a special referral list for our personnel. Ideal candidates will be culturally competent (e.g., possess a strong understanding of the stressors faced by first responders), skilled at treatment, highly professional, ethical (including strict adherence to confidentiality requirements), and responsive. Selected providers will be highlighted within a wellness app for our department, to help facilitate direct referrals from our personnel.

If you are interested in being considered for this special opportunity, please email me at [email address] and provide the following information:

- First and Last Name
- Professional License Number (e.g., psychologist, therapist, etc.)
- Work phone number
- Practice address
- Years in practice
- Description of any experience with first responders (if no direct experience, please summarize your interest in this opportunity)

Thank you so much for your time, consideration, and support.

[Signature]

[Contact Information]