

Support the well-being of those who safeguard our communities



MENTAL HEALTH SERVICES INTERNSHIP *at* EMERGENCY RESPONDERS HEALTH CENTER–NORTH

Our Clients

- ⇒ Firefighters
- ⇒ Law Enforcement Officers
- ⇒ Paramedics/EMTs
- ⇒ Dispatchers
- ⇒ Military Veterans
- ⇒ First Responder Spouses

We know that first responders work tirelessly for our community. They face **extreme working conditions**, exposure to **vicarious/secondary trauma**, and **life-threatening encounters** – compounded by long shifts and sleep disruptions. The demands of active duty place them at elevated risk for **depression**, **anxiety**, **trauma**, **substance abuse**, **relationship distress**, and **suicidality** – jeopardizing their quality of life and career longevity.

Our Approach

- ⇒ **Occupationally Relevant & Trauma-informed Care**, calibrated to address the stressors of public service
- ⇒ **Experienced therapists** familiar with the challenges and rewards of emergency response professions
- ⇒ **Seamless collaboration** with ERHC North medical providers for pharmacotherapy, Workers' Comp PTSD treatment, and inpatient admission referrals
- ⇒ **Highly confidential services** separate from those accessible to the general public
- ⇒ **Responsive to barriers to care**, such as occupational stigma and shift work schedules

Our Team Lead



STEPHANIE THOET | LMHC, BCN

Certified First Responder Therapist

Individual Therapy | EMDR

Biofeedback/Neurofeedback

Whitworth University Alum

- ⇒ Supervisory Experience, State of Washington
- ⇒ Approved Supervisor, State of Idaho



Grow with ERHC North

Make your next career move caring for dedicated first responders!

Licensure-Seeking Internship Opportunity

- Observe sessions, co-facilitate support groups, and deliver individual therapy under qualified supervision
- Tailor your internship to your clinical interests, including caring for adults, youth, and/or couples
- Receive mentorship in occupational culture and trauma-informed care

Qualified Candidates

- Enrolled in a master's degree-seeking program (i.e., LMHC, MFT, LICSW) and participating in a formal internship program through an accredited institution* -or-
- Associate-level therapists actively pursuing licensure
- Committed to customized, evidence-based care of emergency response personnel and their family members
- Ability to pass a background check

To Inquire

- Please submit your CV to: aarnold@er-hc.org

Questions? ☎ (509) 824-7323



*The ERHC North Mental Health program will evaluate the internship terms and conditions stated by your respective institution to determine whether our opportunity is an appropriate fit for your educational requirements.

Get to know us: erhcnorth.org

