

DR. RICHARD J. STRIDE

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SUMMARY

With over 26 years of diverse experience in the field of mental health, I have developed a comprehensive expertise encompassing substance use disorders, child custody issues, and extensive clinical practice. My leadership roles have included serving as the President and Chief Executive Officer at the Community Mental Health Center in Washington, where I honed skills in public speaking, community relations, and navigating legislative and regulatory landscapes. Additionally, I held positions as Clinical Director and Internal Operations Director for two public mental health centers in Eastern Washington, supervising clinical staff and managing fiscal responsibilities for agency operations.

My clinical acumen spans psychotherapy, hypnotherapy, psychological testing, behavioral analysis, diagnosis, and forensic evaluations. I specialize in providing care for intellectually disabled and geriatric clients, offering a range of therapies from brief to long-term counseling for individuals, families, adolescents, and children. I address complex relational issues, past and present abuse (physical, emotional, sexual), and other adjustment challenges.

In the legal and forensic domains, I bring extensive experience performing evaluations for law enforcement and attorneys, focusing on ethical practices, professional standards, fitness for duty, and custody evaluations. My involvement in over 100 legal cases touches on various aspects of community mental health, wrongful death, diminished capacity, and ethical practices. I have been an expert witness in court cases across multiple states including Connecticut, New Mexico, Colorado, Washington, Michigan, and South Dakota, providing insights on child abuse, trauma, counseling malpractice, competency trials, PTSD, and jury selection.

As a seasoned conference speaker and trainer, I frequently lead discussions and training sessions on mental health practices, professional ethics, and community engagement, contributing to the education and advancement of mental health professionals.

PROFESSIONAL MENTAL HEALTH AND FORENSIC PRACTICE

CASCADE COMMUNITY HEALTHCARE | Washington

2013-Present

Chief Executive Officer

- Oversee all aspects of operations at the Community Mental Health Center, including personnel management, financial oversight, clinical operations, and contract management.
- Ensure compliance with state center licensure and regulatory requirements.
- Provide administrative supervision for adult in-patient facilities and mental health services for children, adolescents, and adults.
- Lead programmatic implementation of new Behavioral Health programs and facilities.
- Act as a key advocate for behavioral health services with state representatives and senators.
- Engage actively in state and federal behavioral health legislation and health integration efforts.

TEACHING AND CONSULTATION PRACTICE | Washington

1995-Present

Private Forensic Mental Health, Counseling

- Conduct specialized trainings focused on mental health ethics, suicide assessment, and forensic practices for practitioners and agencies across Washington.
- Provide comprehensive consultation, training, and mental health services to regional agencies.
- Perform forensic mental health evaluations and Guardian ad Litem (GAL) services for courts and local attorneys.

CATHOLIC FAMILY & CHILD SERVICES | Washington

2003-2013

Clinical Director/Internal Operations Director

- Supervised all aspects of clinical practice within the mental health program, ensuring high standards of care and compliance.
- Conducted training sessions for staff and community organizations to enhance service delivery and community engagement.
- Actively participated in the agency's management team, contributing to strategic planning and operational decisions.
- Authored grant proposals to secure funding for agency programs, successfully supporting financial stability and program expansion.
- Performed testing and clinical assessments for clients of the agency and the Department of Child and Family Services, facilitating tailored treatment plans.

CHELAN-DOUGLAS BEHAVIORAL HEALTH CLINIC | Washington

2001-2003

Clinical Director

- Supervised all aspects of clinical practice within the mental health center, ensuring high standards of care and compliance.
- Conducted training sessions for clinicians and community organizations to enhance service delivery and professional development.
- Managed interactions with contractual agencies, addressing obligations, policies, and clinical concerns to maintain effective partnerships and operations.

FAIRFAX HOSPITAL | Washington

2000-2001

Psychiatric Assessment Team

- Conducted assessments at area hospitals to evaluate patients for potential hospitalization.
- Consulted with hospital nurses, doctors, and social workers to coordinate care and provide necessary referrals for aftercare.

BSM COUNSELING AND TRAINING CENTER | Washington

2000

Supervisor (Part Time Contract)

- Supervised a clinical team, ensuring high standards of care and effective team performance.
- Conducted comprehensive trainings for support staff and clinicians to enhance their skills and knowledge.
- Managed all aspects of clinical operations within the agency, maintaining compliance with health standards.
- Coordinated with contractual agencies to address policies, ensure compliance, and discuss general clinical concerns.
- Served as a member of the Child Protection Team, contributing to child welfare strategies and safety protocols.
- Performed administrative tasks as assigned by the Deputy Director and Executive Director, supporting broader organizational objectives.

UNITED STATES ARMY RESERVE | Washington

1999-2008

Captain, Classified as 73 Bravo Clinical Psychologist, 1972 Medical Detachment (Combat Stress Control)

Honorable Discharge

- Engaged in continuous officer and military training as mandated by the United States Army.
- Provided psychological evaluations, consultations, and therapy recommendations at area VA hospitals during drill weekends.
- Achieved expert status in weapons qualifications, demonstrating proficiency in military readiness and safety protocols.

AURORA MENTAL HEALTH CENTER | Colorado

1999-2000

Clinician Emergency and Crisis Evaluator/ Social Service Consultant

- Conducted comprehensive testing and evaluation services, specializing in crisis and emergency assessments for hospitalization.
- Facilitated debriefings for mental health crises within community area schools and centers.
- Provided grief therapy for families and individuals, addressing acute emotional needs during critical times.
- Offered mental health consultation and supervision to Arapahoe Social Services, supporting administration and caseworkers in effective service delivery.

JEFFERSON CENTER FOR MENTAL HEALTH | Colorado

1997-1999

Clinician, Child and Family/Social Service Consultant

- Provided testing and evaluation services, crisis intervention, and brief psychotherapy for adolescents and children in foster care.
- Served as a liaison between the mental health center and the Department of Human Services, supporting caseworkers and foster families.
- Conducted workshops and offered consultation to local mental health agencies on specific issues and cases.
- Consulted with social services on matters related to funding and employee training.
- Supervised and directed funding sources for families in Jefferson County.

HUERFANO COUNTY DEPARTMENT OF SOCIAL SERVICES | Colorado

1997-2000

Psychotherapist/Clinician/ Consultant

- Conducted psychological testing and evaluation services to support client assessments.
- Provided case consultation for caseworkers, aiding in the development of appropriate intervention strategies.

SOUTHEAST COLORADO HOSPITAL, ALZHEIMER'S UNIT | Colorado

1996-1997

Psychotherapist

- Provided testing and counseling for patients as well as for residents of Springfield.
- Consulted with doctors and nursing staff concerning neuropsychological testing and counseling for families and residents.

LAS ANIMAS COUNTY DEPARTMENT OF SOCIAL SERVICES | Colorado

1995-2000

Psychotherapist/Clinician/Consultant

- Conducted psychological testing and evaluation services for diverse client populations.
- Provided family therapy sessions focused on improving communication, resolving conflicts, and fostering healthier relationships.
- Offered training and consultation services to enhance the skills and effectiveness of caseworkers.
- Supervised and directed the Intensive Family Treatment program, leading to measurable improvements in family dynamics and client outcomes.

BACA COUNTY DEPARTMENT OF SOCIAL SERVICES | Colorado

1995-1997

Psychotherapist/Clinician/Consultant

- Conducted testing and evaluation services, focusing on individual and family therapy sessions.
- Provided training and consultation for caseworkers to enhance their skills in handling sensitive cases.
- Acted as an expert witness in court for sexual and physical abuse cases.
- Supervised caseworkers and led the Intensive Family Treatment Team, focusing on high-risk families.

DRUG FREE COMMUNITIES | Colorado

1993-1994

Psychotherapist

- Provided consultation and group therapy for drug and alcohol concerns.

NAZARENE CHURCH | CO, MT, AZ, NM

1984-1993

Senior Pastor

- Led pastoral duties, including counseling, teaching, and administration across multiple congregations in CO, MT, AZ, and NM.
- Managed direct interfaces with businesses, agencies, schools, and the broader community to foster strong relationships and community engagement.
- Supervised all church activities, coordinating events and programs to align with church goals and objectives.
- Oversaw the overall operations and programmatic functions of the church, ensuring effective implementation and operation.

EL REFUGIO FAMILY SERVICES | New Mexico

1989

Psychotherapist

- Provided counseling to victims of domestic violence, offering support and therapeutic interventions aimed at recovery and empowerment.
- Co-led a children's play therapy group, facilitating emotional healing and behavioral improvements through structured play activities.
- Directed a program for male perpetrators of domestic violence and sexual abuse, focusing on behavior modification and rehabilitation.

TEACHING EXPERIENCE/APPOINTMENTS

Academic Positions:

LAMAR COMMUNITY COLLEGE | Lamar, Colorado

1990-1997

Head of Psychology Department & Adjunct Faculty

- Courses taught: General Psychology, Personality, Normal and Abnormal Psychology, Human Growth and Development, Sociology, Learning Theory, Ethics and Professional Issues, Psychology of Gender, Stress Management.

REGIS UNIVERSITY | Denver, Colorado

1995-1999

Course Consultant

- Provided guidance for graduate and undergraduate level psychology and counseling programs.

CENTRAL WASHINGTON UNIVERSITY | Ellensburg, Washington

2003

Clinical Practicum Supervisor

ARGOSY UNIVERSITY | Seattle, Washington

2004

Clinical Practicum Supervisor

CITY UNIVERSITY WASHINGTON | Seattle, Washington

2006

Clinical Practicum Supervisor

CASCADIA PROFESSIONAL TRAINING | Seattle, Washington

2004-2019

Professional Development Instructor

Conduct ongoing workshops for professional development focusing on ethics, court system interactions, and mental health testing and assessment.

Courses Taught:

- Leadership principles in business, Fitness for Duty Evaluations & Law Enforcement Mental Health, Mental Health Ethics and Practice Standards, Myers Briggs Type Indicator (MBTI), School Shootings: Addressed psychological impacts and prevention strategies., Expert Witness Testimony and Psychological Testing

EDITORIAL EXPERIENCE

COLLEGE PSYCHOLOGY TEXT REVIEW AND EDITING COMMITTEE | Lamar, Colorado

1996

Editorial Consultant

- Developmental Psychology (Adult and Child), Abnormal Psychology, Psychological Theories, Brain Development Sections – Delmar Publishers

EDUCATION

- 2014 Master of Business Administration in Healthcare Management
California Coast University
- 2012 Executive Leadership for Healthcare Professionals Certificate
Cornell University
- 2009 Gerontology Certificate
Wenatchee Valley College
- 2000 Diploma - US Army AMEDD Officer Basic Course
Academy of Health Sciences
US Army, Fort Sam Houston, Texas
- 1996 Psy.D., Doctor of Psychology
Magna Cum Laude
California Southern University
School of Behavioral Science
- 1998 M.S., Master of Science – Psychology
Magna Cum Laude
Member of Delta Epsilon Tau Honor Society.
California Coast University
School of Behavioral Science
- 1986 B.S., Bachelors of Science – Religion/minor Philosophy
Southern Nazarene University

LICENSE AND CERTIFICATIONS

- 2023 Certified Forensic Behavioral Analyst #15
- 2022 Licensed Private Investigator, Washington State # 22004849
- 2021 Certified Nonprofit Executive
Certified Development Executive
Certified Nonprofit Consultant
National Association of Nonprofit Organizations & Executives
- 2010 Approved Clinical Supervisor # ACS01030
National Board for Certified Counselors-Center for Credentialing & Education
- 2008 Certified Child Custody Evaluator, # 00004
National Board of Forensic Evaluators

- 2004 Diplomate in Forensic Mental Health # 000017
National Board of Forensic Evaluators
- 2001 Licensed Mental Health Counselor # LH00003685
Washington Licensed Mental Health Counselors Board
- 1997 Licensed Professional Counselor # 1599
Colorado Board of Licensed Professional Counselors Examiners

SPECIAL CREDENTIALS

Geriatric Specialist
Washington State

Developmental Disabilities Specialist
Washington State

Child Mental Health Specialist
Washington State

POST-DOCTORAL TRAINING

HEALTHCARE AND MANAGEMENT EDUCATION:

- Executive Decision-Making
Cornell University, Online
- Strategic Planning for Healthcare Organizations
Cornell University, Online
- Risk & Return: How to Identify, Measure, and Incorporate into Capital Budgeting Decisions
Cornell University, Online
- Learning Through Creativity
Cornell University, Online
- Revising and Implementing your Strategic Plan
Cornell University, Online

LEGAL AND ETHICAL TRAINING:

- Training in 42 CFR (Confidentiality in Substance Abuse Disorders)
- HIPAA and 42CFR in Clinical Mental Health
Relias Training, Centralia, WA
- Ethics and the Law
Centralia, WA
- California Licensed Psychologist study program
Examination for Professional Practice in Psychology, Online

FORENSIC AND MILITARY PSYCHOLOGY:

- 12 hour training on Complex Death Investigations & Blood Spatter
Oregon-Washington Lawmen's Association, Lincoln City, OR
- Forensic Evaluator Training
National Board of Forensic Evaluators, Ormond Beach, FL
- Conducting a Psychological Autopsy
United States Army Reserve, Psychological Training

- Command Directed Mental Health Evaluations
United States Army Reserve, Seattle WA
- Espionage and Counter Intelligence
United States Army Reserve, Military Debriefing
- Military Officer Advancement
United States Army Reserve, Seattle WA

CRISIS AND TRAUMA RESPONSE:

- Suicide Prevention Training
United States Army Reserve, Seattle, WA
- PTSD-Military Trauma-A Community Response
Seattle, WA
- Disaster Counseling
SAMSHA, Online
- Critical Incident Stress Debriefing Advanced Training
Ft Lewis Washington, Madigan Army Hospital, Tacoma, WA
- Critical Event Debriefing for Reducing Impact of Traumatic Events
United States Army Reserve, Ft. Sam Houston, TX
- Disaster Debriefing for Victims of Trauma
Jefferson Center for Mental Health and Mayflower Organization, Denver, CO

CHILD AND ADOLESCENT PSYCHOLOGY:

- Treating and Understanding Sexual Abuse
Catholic Family & Child Services, Children's Home Society, Wenatchee, WA
- Family
Residential Treatment Center Placement for Chronically Mentally Ill Children – Denver, CO
- Group Counseling Skills with Children and Adolescents
American Counseling Association, Alexandria, VA
- Innovative Techniques in Child and Adolescent Psychotherapy
Center for Applied Psychology, King of Prussia, PA, Denver, CO

SUBSTANCE ABUSE AND MENTAL HEALTH:

- Violence in the Workplace
Relias Training, Centralia, WA
- Sexual Harassment – What Supervisors Need to Know
Relias Training, Centralia, WA
- Neuropsychological Developmental Issues in Childhood Trauma
Dr. Perry, Denver, CO
- Schizophrenia and ADHD as Related Psychological Phenomenon
Aurora Mental Health Center, Aurora, CO
- ADHD as Neuropsychological Phenomenon
Snowmass, CO
- The Addictive Brain
Snowmass, CO
- Rational Cognitive Behavioral Treatment
Dr. Albert Ellis, Las Vegas, NV; Center for Rational-Emotive Behavior Therapy, NYC, NY
- Colorado Rational Recovery Symposium – Denver, CO
- Pharmacology for Psychotherapist
Porter Memorial Hospital, Denver, CO

- DSM-IV, Mental Illness Decision Making through Proper Diagnosis
University of Denver, Denver, CO
- Sexual Abuse Conference
Mesilla Valley Hospital, New Mexico, Albuquerque, NM
- Basic Counseling Skills
Colorado State Alcohol and Drug Abuse Division, Lamar, CO
- Child Abuse Cases
Southeastern Colorado Area Education Center, Pueblo, CO

MISCELLANEOUS TRAINING AND CERTIFICATIONS:

- Certified Nonprofit Executive, Development Executive, Consultant
National Association of Nonprofit Organizations & Executives (NANOE), Online
- Rorschach Supervision and Training
*Jefferson Center for Mental Health
Dr. Mary-Margaret Johnson, Denver, CO*
- CPR for Adults and Children
Aurora Mental Health, Aurora, CO
- Fundamentals of Accounting
Wenatchee Valley College

BOARD AND COMMITTEE MEMBERSHIPS

2015-Present	Board Member, Past Board Chair, Chair of the Council, Chair for the Nominations Committee <i>Washington Council for Behavioral Health</i>
2009-Present	Member Board of Directors, Board Secretary <i>National Board for Forensic Evaluators</i>
2008-Present	Affiliate Trainer <i>National Board for Forensic Evaluators</i>
2019-2024	Board Member <i>United Way of Lewis County</i>
2019-2023	Board Member <i>CHOICE Regional Network of South West Washington</i>
2017-2023	Board Member <i>Providence Southwest Division</i>
2015-2022	Board Member <i>Housing Resource Center of Lewis County</i>
2015-2021	President Elect/President/Past President <i>Chehalis Rotary</i>
2013-2014	President <i>Washington Mental Health Counselors Association</i>
2008-2013	Chair Oral Examination Committee <i>National Board for Forensic Evaluators</i>

PROFESSIONAL MEMBERSHIPS

2022-2024	Oregon-Washington Law enforcement Association (OWLA) <i>Defunct as of 2024</i>
2022-Present	Washington Association of Legal Investigators (WALI)
2021-Present	National Association of Nonprofit Organizations & Executives
2018-Present	Mental Health Corporation of America
2014-Present	Washington Council for Behavioral Health
2010-Present	Washington State Mental Health Counselors Association
2010-Present	American Mental Health Counselors Association
2006-Present	National Board for Forensic Evaluators

HONORS AND AWARDS

BUSINESS OF THE YEAR 2024

- Awarded by the Centralia-Chehalis Chamber to Cascade Community Healthcare under the leadership of the CEO.

BEST BEHAVIORAL HEALTH AGENCY 2023 & 2024

- Consecutive awards for Cascade Community Healthcare as led by the CEO.

PROVIDER OF THE YEAR 2021

- Recognized by the National Alliance on Mental Illness (NAMI) Washington State for exemplary services.

PERSON OF THE YEAR NOMINEE 2020

- Nominated for significant community contributions in Lewis County, Washington.

LEADERS IN QUALITY CARE AWARD 1997

- Presented to the team at Southeast Colorado Hospital, Springfield, Colorado, for excellence in healthcare.

UNITED STATES ARMY COMMENDATION MEDAL 2003

- Honored for outstanding leadership and performance with the 396th Combat Support Hospital, Vancouver, Washington.

PUBLIC SERVICE

SONS OF UNION VETERANS OF THE CIVIL WAR (SUVCW)

Patriotic Instructor, Department of the Columbia, Camp #1

2016-Present

SONS OF THE AMERICAN REVOLUTION (SAR) | Olympia, WA

Member, George Rogers Clark Chapter

2015-Present

CHELAN-DOUGLAS BEHAVIORAL HEALTH

Trainer, Suicide Awareness for Parents and Students

2021

CHEHALIS & CENTRALIA ROTARY CLUB Lewis County, Washington President	2014
UNITED STATES ARMY RESERVE Location Captain, Army Psychologist (73 Bravo), Combat Stress Control Unit Honorable Discharge <ul style="list-style-type: none"> • Affiliations: The United States Army Medical Department Regiment, The Surgeon General 	1999-2008
CHELAN/DOUGLAS COUNTIES Washington Member and Team Leader , Critical Incident Stress Debriefing Team	2000-2005
US ARMY RESERVE Panel Member , National Depression Screening Day	1999
AURORA MENTAL HEALTH CENTER Littleton, Colorado Columbine Disaster Debriefing	1999
CHELAN, DOUGLAS, GRANT, OKANOGAN, AND THURSTON COUNTIES, WASHINGTON Guardian Ad Litem Roles: Title 11 & 26 Cases	2003

PRESENTATIONS AND WORKSHOPS

Leadership Development and Organizational Behavior:

- "Transformational Leadership: What It Means to Be Transformative"
- "The Future of Leadership: Principles, Practices, and Participation"
- "Emotional Intelligence: Why It's Critical for Leaders"
- "Leadership Lessons from the American Revolutionary War"
- "Leadership Lessons from the Battle of Gettysburg" - Washington Behavioral Health Conference
- "Dealing with Change in Organizations and Businesses" - Continuing Education Series, Lamar Community College

Mental Health and Clinical Ethics:

- "Expert Witness for Mental Health Professionals"
- "Ethics for Mental Health Counselors" - Cascadia Training
- "Ethical Living in Your Mental Health Professional Role and in Life" - Cascadia Training
- "Clinical Mental Health Ethics" - Catholic Family & Child Services
- "Current Issues in Public Mental Health" - Catholic Family & Child Services
- "Clinical Report Writing for DSHS and the Courts" - BSM Counseling and Training Center

Specialized Training Sessions:

- "Myers-Briggs Type Indicator: Team Building" and "Implications in the Workplace"
- "Diversity, Equity, and Inclusion for Non-Profit Boards"
- "Forensic Evaluations for Social Services Court Cases" - Arapahoe County Department of Social Services
- "Clinical Skills with Underserved Populations" - CDBHC, Wenatchee, WA
- "Community Clinical Services and Dealing with Anti-Social Teens" - Volunteer GAL, Denny Youth Center, Everett, WA

Health and Psychological Well-being:

- "Mindfulness Practice in the Workplace"
- "Stress for Healthcare Workers" - Southeast Colorado Hospital, Springfield, CO
- "Depression: Coping with It and Its Treatment" - 1ST United Methodist Church, Lamar, CO
- "Overcoming Depression" - Call-in Talk Show, KPQ Radio, Wenatchee, WA
- "Grief and Trauma" - 7th Day Adventist Church, for the Good Grief Center
- "Self-Esteem and Issues of Personal Development" - Lamar Community College, Continuing Education
- "Compulsive Eating" - Weight Watchers Speakers Forum

Community Outreach and Education:

- "Recognizing Sexual Abuse in Children" - Wenatchee CASA Program
- "Counseling Theories and Interventions" - Ft. Lewis Army Reserve Base
- "Defusings and Debriefings After a Trauma for Families and Victims" - Ft. Lewis Army Reserve Base
- "Parenting for Children and Adolescents" - Grace United Methodist Church, Denver, CO
- "Time-Limited Group Therapy" - Aurora Mental Health, Psychology Intern Program
- "Post-Traumatic Stress and Other Anxiety Disorders" - Aurora Mental Health, Psychology Intern Program
- "Marriage Enrichment" - Southeast Colorado Enrichment Series

Radio Shows and Public Engagements:

- "KPQ-Morning Update" - Weekly Radio Show, Eastern Washington (December 2005 to 2009)
- "Evidenced-Based Clinical Practices in Mental Health" - Catholic Family & Child Services

PUBLICATIONS AND RESEARCH

1. "Columbine to Aurora to Boulder-Why?" Expert Article for HG experts, 2021
2. Newspaper Columnist for various area newspapers, 2021-present
3. "PAS, is it a real Syndrome?" Expert Article for HG experts, 2008
4. "Competency - A real life catch 22" Expert article for HG experts, 2007
5. "How mental health experts can help" Expert article for HG experts, 2007
6. "Fun in Psychotherapy with Children", Family Counseling Journal, September 1996
7. "Assessment of the Effects of Self-Instructed vs. Instructed Cognitive-Behavioral; A Training Program on Student's Worry and Emotionality as Components of Test Anxiety", Doctoral project publication, California Southern University, 1994