

Eastover Clinical Staff

Eastover Awakenings Treatment Services

George Hall, M.D., F.A.A.F.P. Medical Director
Kristin Dickie, LPC, LCAS Clinical Director
Jonathan Hetterly, LPCA IOP Lead Counselor
Robyn Nicholson, LPCA Women's Program Counselor
Jennie Hopper, LPCA, MFT-A Continuing Care Counselor

Psychiatrists

Richard Gellar, M.D.
John Humphrey, M.D.
Ethan Musgrave, M.D.
Marcus Pelucio, M.D.
Brad Reddick, M.D.
Cynthia Shahan, M.D.
Steven Sutherland, M.D.
J. W. Scott Wallace, M.D.

Psychiatric Nurse Practitioner

Valerie Glass, P.M.H.N.P., B.C.

Psychologists

Nicole Cantley, Ph.D.
David Henshaw, Ph.D.
Erin Taylor, Ph.D.

Counselors

Sarah Bond, M.S.W., L.C.S.W.
Jennifer Coleman, L.P.C., N.C.C.
Karen Humphrey, M.S.W., L.C.S.W.
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EASTOVER AWAKENINGS



THE WOMEN'S PROGRAM

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Women and Addiction

Beginning the recovery process as a female can be both exciting and scary. For many women, their drug of addiction was a companion that helped them to escape painful feelings, relationships, and trauma.

The Women's Program is a gender responsive program that addresses the needs of women during recovery. Research now shows that gender responsive treatment early in recovery produces the most successful outcomes, and is the new standard for treating addiction in the early stages.

Treatment Philosophy

At Eastover Awakenings, we utilize the disease model of addiction as our treatment philosophy. We view addiction as a chronic, progressive, and relapse-prone brain disease. During treatment we utilize a holistic and comprehensive approach in order to promote healing in all facets of life. We also feel it is of utmost importance to create a treatment environment that is based on safety, respect, compassion, and mutuality.

**To schedule an Assessment for the Women's Program, please call
704-945-2206**

The Curriculum

The research-based curriculum was developed for women by Dr. Stephanie Covington, and has been tested in clinical settings. Our program consists of twelve group sessions, and covers four main areas of a woman's life: Self, Relationships, Sexuality, and Spirituality.

The Women's Program is an open group of four to eight women. Each group session is three hours in length in order to incorporate the curriculum and also leave some time for sharing experience, strength, and hope. Twelve Step participation and working with a sponsor is required in order to participate in the program.

Getting Started

The Women's Program meets Mondays from 1:30pm-4:30pm, for twelve weeks. Before starting the group, you will need to come in for an assessment with the group counselor. During the assessment, the counselor will gather your substance use and life history, and will discuss at length the goals and topics of the group to make sure they coincide with your own goals for your recovery.

Most health insurance plans will cover the first assessment; however the availability of further health insurance coverage would be assessed upon admission.

Additional Services

Comprehensive Psychiatric Assessments

Comprehensive Substance Use Assessments

Psychological Testing

Individual Counseling

Intensive Outpatient Program for Co-Occurring Disorders

Phase One and Continuing Care Family Programs

Group Counseling

Marriage and Family Counseling

Medication Management

Urine Drug Screening

Continuing Care Groups

Dual Recovery Anonymous Meetings

Al-Anon Meetings