

## About Our Providers

Integrated Behavioral Health is a privately owned, full service outpatient psychiatric practice specializing in treating and managing the emotional and behavioral needs of individuals, families, and couples in Northern Alabama and Southern Tennessee. Our team consists of Board Certified Psychiatrists (Child, Adolescent, and Adult), Certified Registered Nurse Practitioners, and Licensed Social Workers and Counselors. IBH offers a variety of different clinical approaches to help you reach your individual goals.

### Keaton Aldrup, CRNP

Keaton Aldrup is a Huntsville, Alabama native. He graduated with his Bachelor's of Science in Nursing from the University of Alabama in Huntsville in 2013. He has worked on the Department of Mental Health adolescent long-term care unit and on an acute adolescent psychiatry unit. He has also worked with adults with severe mental illnesses, including schizophrenia, bipolar, and psychosis. He has also worked with veterans with PTSD. He finished his Master's of Science from the University of Alabama in Birmingham in 2017, specializing in psychiatric-mental health. He has an interest in specializing in the adolescent population.



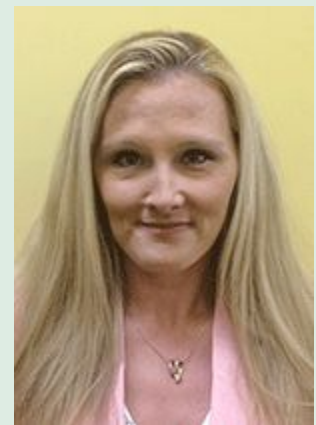
### Ruthann M. Allison, CRNP

Ruthann comes to us with five years of experience in the medical field and is another born and bred Alabama provider. In 2013, she completed her Bachelor of Science in Nursing at the University of Alabama in Huntsville in Huntsville, Alabama. She went on to complete her Master of Science in Nursing at the University of Alabama in Birmingham in Birmingham, Alabama as a Family Nurse Practitioner. She is certified with the American Academy of Nurse Practitioners and currently works in our skilled care and assisted living facilities.



### Tracy L. Braswell, ADN, BSN, MSN, RN, CRNP

Tracy began her medical career as a certified Nursing Assistant at Huntsville Hospital in 2005. She advanced to a RN in 2006 after completing her Associate's degree at Calhoun Community. In 2008, she completed her Bachelor's of Science degree in Nursing from UAHuntsville and became a charge nurse. She completed her Master's of Science at Troy University in 2015. She is currently a Certified Registered Nurse Practitioner through the American Academy of Nurse Practitioners. Her experience spans all age groups, and she is actively pursuing licensure in Tennessee to further expand her availability to provide quality patient care.



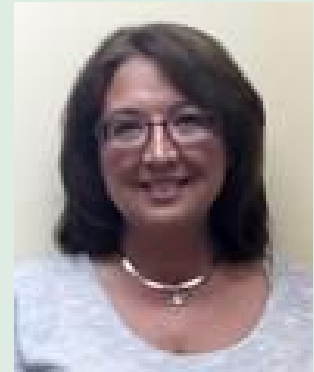
### **Amber R. Dallman, LICSW, PIP**

Amber is a Licensed Clinical Social Worker. She has worked in the field since 2010, receiving her Masters of Social Work from the University of Wisconsin Madison in 2013. Amber started her career working in a non-secure facility for adolescents involved in the juvenile justice system in Madison, Wisconsin. Over the course of her career, Amber has worked with children and families in a variety of settings including home and community-based, outpatient treatment, and residential placement facilities. The focus of her career has been working with children and families in the foster care setting, development of parenting and family dynamics, and helping clients achieve person-centered goals. Amber's approach to therapy is systems oriented, looking at not only the individual but also the environment and interpersonal relationships. Models of therapy most used include cognitive-behavioral, solution-focused, family systems, person - centered, and psycho education. Amber specializes in a variety of emotional and behavioral issues, such trauma issues, anxiety, depression, family system issues, ADHD, and Disruptive, Impulse Control and Conduct Disorders.



### **Julie Fisher Dean, LCSW, PIP**

Julie received her Bachelor of Social Work degree from the University of North Alabama in 1992 and practiced primarily with children and at-risk families. In 2006, she began practicing in the field of adult mental health and after received her Masters of Social Work degree from Alabama A&M University in 2008. Julie has over 20 years of experience in the mental health field and has treated all age groups. Most recently, Julie served as a therapist in an IOP program providing individual, family, and group therapy for those with substance abuse and other related issues. She utilizes a variety of treatment options and now serves as a therapist in the Muscle Shoals office treating adults, children, and adolescents.



### **Amanda N. Dodd, CRNP**

Amanda Dodd is an Alabama native that has been in the healthcare field since the Fall of 2010. She completed her Masters of Science at the University of Alabama in Birmingham just this past Fall and is actively pursuing Certified Registered Nurse Practitioner licensure in Alabama as well as Registered Nurse and Advanced Practice Nurse licensure in Tennessee. Her experience includes working with all age groups, but she has an interest in Alzheimer's disease and the effect it has on the patient and family also.



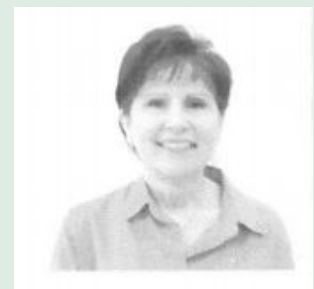
### **Debbie K. Duquette, LICSW, PIP**

Debbie has over 15 years of experience in the mental health field that includes work with ages three and up in a variety of settings. She has successfully managed a large caseload of seriously mentally ill adults with diagnoses from bipolar disorder to anxiety to depression. She has extensive experience helping people who survived trauma, whether abuse was experienced in childhood or adulthood. She is also interested in working with adoption and foster care issues, dissociative disorders, Attention Deficit Disorder, and Post Traumatic Stress Disorder. She welcomes people from diverse backgrounds. When you need help seeing that "Even the darkest night will end and the sun will rise,"(Victor Hugo), Debbie can guide you in your recovery journey to brighter days. She earned her Bachelor of Social Work degree from the University of North Alabama in 1994 and achieved her Master of Social Work degree from Alabama A & M University in 1998. If you are motivated to develop insight, learn to cope better with current stressors or past issues, and improve your life, Debbie is eager to help you reach your goals.



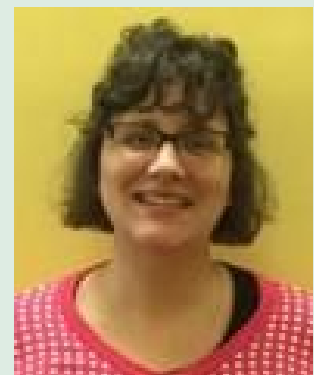
### **Sharon R. Goe, LPC**

A native of Newark, New Jersey, Sharon Goe moved to Hartselle, AL in 1984 and has stayed in AL ever since. She graduated from Calhoun Community College, Athens State College, and the University of Alabama in Birmingham. She has twenty years of wide-ranging experience in the field of mental health with knowledge in treating sexual abuse, severe illness, depression, and anxiety. Sharon Goe primarily practices in our new Decatur outpatient facility.



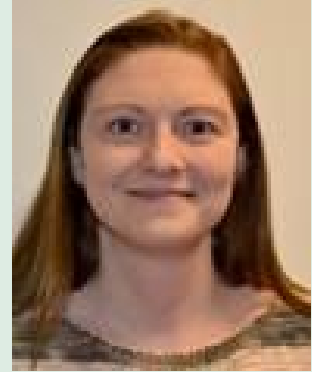
### **Crystal Taylor Gray, MA, LPC**

Crystal is a graduate of UNA with a Master's degree in Counseling and is a Licensed Professional Counselor. She worked primarily with children from 1996 to 2007 and has worked with adults since 2007. Crystal has a varied background in the counseling field; working as an Education Specialist at the Northwest Alabama Children's Advocacy Center (now the Cramer Children's Center) in Florence, Alabama and a Case Manager and Outpatient Therapist at Wellstone Behavioral Health in Huntsville, North Central Mental Health in Hamilton and at the Athens-Limestone Counseling Center. She has treated an assortment of disorders including ADHD, depression, trauma and symptoms of psychosis.



### **Christie D. Hale, MSN, RN, CRNP**

Christie has been practicing as a nurse since 2002 and has worked in med-surg, outpatient surgery, skilled care, and in various nursing supervisory roles. She has extensive experience working with patients who have cognitive deficits. She is a 2014 graduate of Samford University with a Master of Science degree in Nursing. She received her CRNP her 2014.



**Shelly M. Hargrove, MSN, RN, APN, NP-C**

Shelly has served as a nurse since 1995 in various clinical areas such as ER, ICU, and other acute medical settings. Her focus is in family practice, and she received a Master of Science degree in Nursing from Middle Tennessee State University in 2011. Shelly currently serves at LifeSprings in Pulaski, Tennessee, and provides services in assisted living and skilled care facilities.



**Jennifer T. Johnson, LICSW, PIP**

Jennifer received her B.A. in Psychology from the University of Mississippi in 1999. After graduating with her B.A., she worked in various capacities, including the director of child care development centers in both Tennessee and Wisconsin. In 2003, she graduated from Alabama A&M University with an MSW, specializing in mental health. Jennifer has experience in working with children, adolescents, adults and the geriatric population. Most recently, she has worked in the healthcare industry assisting patients in coping with the diagnosis of chronic illness and achieving the most optimal quality of life.



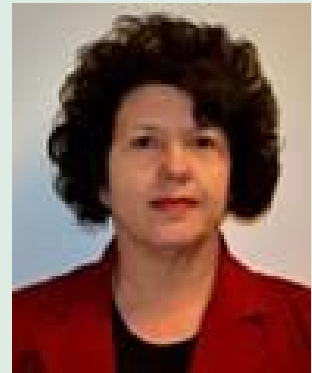
**Tina Jones-Davis, MSW, LCSW, PIP, Director of Counseling Services**

Tina has worked in the field of social services since 1997. She has extensive experience working with children, adolescents, adults, and geriatric patients in both inpatient and outpatient settings. She is a graduate of the Alabama A&M University holding a Master's degree in Social Work. She became a Licensed Clinical Social Worker in 2010. Tina provides therapy for patients in the Decatur office, and also in facilities in Moulton, Decatur, and the Tuscumbia.



**Melissa C. Karrh, MSN, RN, PMHNP-BC, CRNP, Clinical Director**

Since 1985, Melissa has served in a variety of clinical and psychiatric settings with adults. She received her Master of Science degree in Nursing from the University of Alabama, Birmingham and became certified as a Family Psychiatric Mental Health Nurse Practitioner in 2013. She is a member of the Honor Society of Nursing- Sigma Theta Tau International.



**Sabra K. Keenum, MA, LPC**

Sabra is a graduate of UNA with a Master's degree in Counseling and is a Licensed Professional Counselor, and serves as IBH's Director of Marketing. She has worked in aging services since 1996, and serves as a community educator, often speaking on issues related to aging, specifically Alzheimer's disease and other dementias. Sabra has extensive experience in community mental health, inpatient geriatric psychiatry, and outpatient counseling, currently providing counseling services in IBH's outpatient offices and onsite in facilities as needed.



**N. Charlene McLaughlin, LICSW, PIP**

N. Charlene McLaughlin received her Masters in Social Work from Florida State University in 1994. She received her Masters in Rehabilitation Counseling from Thomas University in 2000. Charlene has 21 years of counseling, program development, supervision, psychological testing and clinical evaluations in hospital, public and private outpatient mental health settings. Her areas of professional interest include: Trauma/EMDR, Mindfulness, CBT, Life Coaching, Interpersonal Neurobiology, Exploring family systems and deepening relationships. Away from Integrated

Behavioral Health she enjoys traveling, photography, jazz and cooking for family and friends.



**Tina A. McWilliams, LICSW, PIP**

Tina McWilliams has been a Licensed Clinical Social Worker for 35 years and is licensed in Alabama, Tennessee, and Mississippi. Before joining IBH, she served as Clinical Director for residential, IOP, residential and partial hospitalization substance abuse programs. She served at DHR for 15 years, and has also served as a military social worker. She specializes in treating anxiety, depression, trauma and PTSD, marital and group counseling, addictions, and family issues.



**Janet K.W. Merriam, CRNP**

Janet is a native of Liberia, a small country on the West coast of Africa. She moved to the United States of America in January 2001 to further her education. She graduated from the University of Alabama in Huntsville in May of 2006 with her Bachelor's in Nursing. For the past 11 years, she has worked as a medical surgical nurse; a RN supervisor at a skilled and long-term care facility; and as a hemodialysis nurse. She completed graduate school at the University of Alabama in Huntsville in the Fall of 2016 as a family nurse practitioner. Currently she is a member of the National Honor Society and the American Association of Nurse Practitioners.



**Brandy P. Miller, CRNP**

Brandy Miller has been a registered nurse in Alabama since 2003. She has worked in critical care, home health, travel, and float pool positions throughout the state. Brandy recently completed the adult gerontological acute care nurse practitioner program at the University of South Alabama. She is board certified by the American Nurses Credentialing Center. She is excited to further expand on the gerontological aspect of her degree by caring for and treating the elderly.



### **Amanda N. Morgan, CRNP**

Amanda has extensive experience in behavioral mental health and nursing. She has worked in a variety of settings including hospitals, outpatient medical clinics, home health, hospice, and skilled care facilities. She received her Master of Science degree in Nursing from Samford University in 2010 and became certified that same year. She is a member of the Honor Society of Nursing-Sigma Theta Tau International.



### **Layla S. Niemann, MSW, LICSW, PIP**

Layla has worked in the social service field for fourteen years and has served in several areas including child welfare, bereavement, child advocacy, and adoption. Layla earned her Bachelor of Arts degree from the University of Alabama at Huntsville in 2000, and her Master of Social Work degree from Alabama Agricultural and Mechanical University in 2011. She holds a certification in Trauma Focused Cognitive Behavioral Therapy, and has extensive experience working with survivors of trauma and diverse populations. Layla provides therapy in the IBH outpatient clinic and provides on-site services at area nursing homes and assisted living facilities.



### **Robin A. Pack, CRNP**

Robin began working in the healthcare field in 1997 as a licensed social worker. She completed her Associate of Science degree in Nursing in 2009 at Northeast Alabama Community College and Bachelor of Science in Nursing at Jacksonville State University in 2010. Her nursing experience includes: ICU, Hospice, Adult and Geriatric Inpatient Behavioral Health and Case Management. She received her Master of Science in Nursing from the University of Alabama in Tuscaloosa in Psychiatric Mental Health Nurse Practitioner and Family Nurse Practitioner.



### **Meredith S. Pols, CRNP**

Born and raised in Huntsville, AL, Meredith Pols completed her undergraduate career from the University of Alabama in Huntsville before moving on to graduate from the University of Alabama in Birmingham with a Master of Science in Nursing in 2015. She was granted acceptance to the American Academy of Nurse Practitioners with a specialty in

Adult-Gerontology Primary Care in 2015, and currently practices in Alabama.



### **Suzanne L. Posey, LPC**

Suzanne Posey has lived in Huntsville, Alabama for over 15 years but is originally from Oakland, California. She graduated from the University of Alabama in Birmingham with a Master of Arts in Counseling, and was affiliated with the Mental Health Center of North Central Alabama since 1999 in a variety of roles, including Program Director. Suzanne practices mainly in our Madison outpatient clinic exercising her experience with crisis counseling, adjustment issues, depression, anxiety, and dementia.



### **Rebecca J. Ray, LPC**

Rebecca Ray has excelled in a variety of roles in her 24 year tenure as a professional counselor. She has experience working with gifted students as well as advanced geriatric cases, along with organization and outreach for the Veterans Services Program and involvement with the Red Bay Police Department working as a crisis negotiator. Rebecca Ray has been affiliated with many community committees over the years, including assisting in the development of “A Model Geriatric Program” for community mental health centers through the State of Alabama. She graduated from the University of North Alabama and the University of Mississippi, and will be practicing primarily in our Muscle Shoals office.



### **Lauren P. Ross, CRNP**

Lauren Ross is a Texas native mental health provider who recently obtained her Master of Science in Nursing degree from the University of Alabama in Tuscaloosa, Alabama. She completed her Bachelor of Science in Nursing at this same institution in December of 2010. Her nursing experience is primarily in the outpatient setting treating anxiety disorders, attention deficit



disorders, manic depressive disorders, mood disorders, depression, and stress management.



### **Thomas C. Sargent, CRNP**

Thomas Sargent is an Alabama born and raised Psychiatric Mental Health Nurse Practitioner fresh from his Master of Science in Nursing degree program at the University of Alabama in Birmingham. His previous experience in the mental health field include his stints at Bradford Health Services and Alabama Clinical Schools. His nursing experience is primarily in the outpatient setting with child, adolescent, adult and geriatric mental health patients.



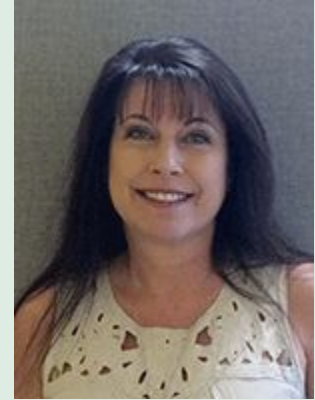
### **Andrea Shoemaker, LICSW, PIP**

Andrea earned her Bachelor's in Social Work in 2001 from the University of West Florida. While residing in Florida, she spent 15 years working at an inpatient setting for chronically mentally ill adults. She was employed as a Military and Family Life Counselor in Florida providing supportive counseling to military children and their families. Andrea also served a brief stint at a Florida Correctional Facility performing assessments and providing crisis intervention. Since returning to Alabama in 2015, Andrea has worked with a Geriatric population on an outpatient basis providing group therapy and individual counseling addressing depression, anxiety, dementia and challenges related to end stages of life.



**Cinthia K. Smith, LICSW, PIP**

Cinthia Smith has worked as a Master’s Level Social Worker/Therapist since 2005. She started with juvenile offenders in 2005, both male and female. She then began working with seriously mentally ill adults with a large variety of mental health issues. She holds both a LICSW and PIP license and has experience with all age groups.



**Tonya M. Smith, CRNP**

During her 13 years of experience in northern Alabama, Tonya Smith has forged a well-rounded knowledge base ranging from pediatrics and women’s health to internal medicine and geriatrics. She attended the University of Alabama in Huntsville and Troy University and is also a member of the American Academy of Nurse Practitioners.



**Heather L. Surber, LICSW**

Heather Surber has been in community mental health since 1993. She earned her bachelor of science from the University of Tennessee and her MSW from Loyola University of Chicago. She has been an Alabama resident since 2000, and holds licenses to practice in both Tennessee and Alabama. She has experience working with all age groups, but currently focuses on work with adults.



### **Sandy Thomas, CRNP**

Sandy has been in healthcare since 2004, initially as a RN in the state of Alabama. She has worked in med-surg and long term care, with her primary experience being in long-term care. She completed her Master's of Nursing FNP track at Samford University in 2014. She has worked as a Family Nurse Practitioner in family care and long-term care. Her experience includes working with all age groups, primarily adults and long-term care.



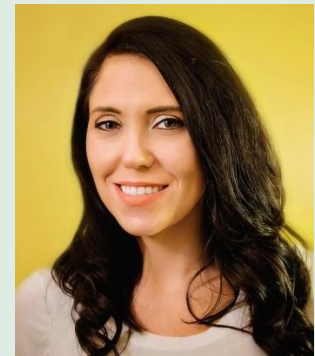
### **Kristin G. Wakefield, MSW, LICSW, PIP**

Kristen is a 2003 graduate of Alabama A & M University with a Master's degree in Social Work. Kristen as provided counseling and other services in a variety of settings including hospice and public health. She also worked at Huntsville Hospital in case management and has worked with both children and adults. Kristen is a therapist at Summerford Nursing Home and other local facilities.



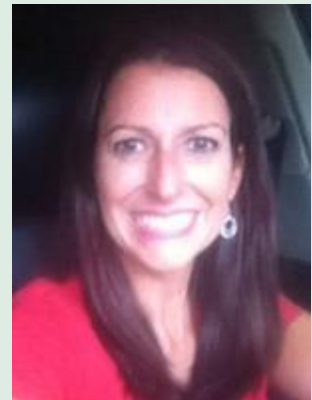
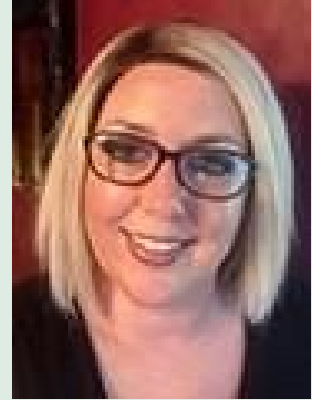
### **Kasey W. West, LCSW, PIP**

Kasey is a 2011 graduate of the University of Alabama with Master's degree in Social Work. Kasey has six years of experience working with children, adolescents, adults, and geriatric patients in both outpatient and inpatient settings. She utilizes cognitive behavioral therapy, trauma-focused CBT and EMDR techniques to provide counseling services in an open-minded, empathetic environment.



### **Kami E. Whorton, CRNP**

Kami Whorton has been active in the healthcare industry since 1995. She initially began as an LPN in a long term care facility, then became an RN, then received MSN in nursing administration and finished with a post-Masters in FNP. She has been a hospitalist NP in Decatur for seven years, and has three years of experience in Mental Health setting as well.



**Mandy L. Wilhite, MSW, LICSW, PIP**

Mandy is a graduate of Alabama A & M University with a Master's degree in Social Work. Mandy has provided counseling, social work, and case management services in a variety of settings including hospice, outpatient mental health counseling, and has worked with children, adults, and geriatric patients for over 13 years. She is a therapist in the Muscle Shoals area and works with families and patients.

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**Kerri L. Wiley, CRNP**

Kerri Wiley has been in the healthcare field since 1999, primarily in Georgia. Initially she started out as a Certified Nursing Assistant and worked in a long term care facility for five years before moving on to the title of Registered Nurse, then Family Nurse Practitioner. She has been working as a Family Nurse Practitioner since 2010 and received examiner certification for the Department of Transportation in April of 2013. She also received certification as a Fundamental Critical Care Support Provider in June of 2015. She is currently holds certification through the American Academy of Nurse Practitioners. Her

experience spans all age groups, and she is actively pursuing licensure in Tennessee to further expand her availability to provide quality patient care.



