

# MEET THE ADDICTION RECOVERY TEAM



## ABBIE VAN ARCKEN, LMSW

Abbie is a licensed master social worker (LMSW) on the UAB Addiction Recovery Team, working towards being a Licensed Independent Clinical Social Worker (LICSW). Abbie earned her undergraduate degree in psychology and Spanish from Auburn University in 2017. From there she went on to receive her master's degree in social work from the University of Georgia, where she was awarded an Addiction and Treatment Scholarship. Abbie facilitates both group and individual sessions. Abbie is working towards a certification in Cognitive Processing Therapy (CPT). She enjoys guiding clients who are early in their recovery

through the phases of CPT, which pinpoints what has them "stuck" in non-recovery from PTSD and past traumas. Abbie believes that every client already possesses the resilience they need to move forward in life; sometimes people just need help "tapping into" those inner resources. When not at work, Abbie enjoys working out with her husband, aimlessly wandering the aisles of TJ Maxx, and gathering with loved ones around home-cooked meals.



## KIM BEAM, LICSW

Kim is a licensed independent clinical social worker (LICSW) on the UAB Addiction Medicine Consult Team and has been practicing for over 20 years. She earned her undergraduate degree in sociology and child development from Berry College and a master's in social work from the University of Alabama. As a member of the Consult Team, Kim enjoys meeting patients where they are in their substance use disorder recovery process. She uses her skills to link patients to resources that will meet their needs and provides practical treatment information to help patients make the best possible recovery choices. Kim

strives to provide excellent care to every patient she serves.



## MARK BROWN, LGSW

Mark is a licensed graduate social worker (LGSW) who works as a primary counselor with the UAB Addiction Recovery Program in the Center for Psychiatric Medicine. He facilitates the grief and loss tract and manages insurance certifications for admission and utilization review for the program. He obtained his master's degree in social work from the University of Alabama in 2000 and his Alabama Certificate of Thanatology (the study of death and dying) in 2008. Mark has worked in the field of substance use disorder treatment for 30 years, the last 14 of those at UAB. He is an avid antique collector and beekeeper.



### LAMOINE CAMPBELL, RN

Lamoine, nicknamed “Mo” and known to staff and patients as “Nurse Mo”, is the registered nurse for the UAB Addiction Recovery Program. She received an Associate of Science in nursing in 2006 and a Bachelor of Science in nursing in May 2022. She came to UAB with vast nursing experience working in specialties and units such as the ICU, ER, oncology, hospice, and detox. Mo’s compassion and understanding of addiction as a disease allows her to develop open and trusting relationships with patients.



### ANDRIA DAVIS, ALC

Andria is an associate licensed counselor (ALC) and working toward becoming a licensed professional counselor (LPC). She received a Master of Education (MEd) in counseling from the University of Montevallo and a Bachelor of Arts in psychology from Talladega College. She’s also a certified mental health first aid instructor. An experienced clinician, Andria specializes in individual and group counseling for couples and families and also provides services for children and adolescents. She uses cognitive behavioral therapy (CBT) and solution-focused therapy to facilitate change within patients, and her goal is to empower, educate, and meet them where they are. Andria values the importance of providing a judgment-free safe space to help patients navigate their healing journey. She enjoys spending time with family, shopping, and all things décor.



### RICHARD DE SHAZO, LICSW

Richard is a licensed independent clinical social worker (LICSW). He coordinates the Health Care Professional Program, which evaluates and treats health care professionals from across the southeast. He received a Bachelor of Social Work (BSW) from Auburn University in 2002 and a Master of Social Work (MSW) from the University of Alabama in 2015. Richard has worked at UAB since 2018 and has a passion for working with individuals and providing group therapy. He has extensive experience working in the areas of trauma, men’s issues, and adolescent treatment, and he is trained in cognitive behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), dialectical behavior therapy (DBT), and relapse-prevention therapy. In his off time, Richard enjoys playing music, experiencing the arts, cooking for his family and friends, and college football, but he loves his children and spouse above all else.



### VIKKI FORTE, CRSS

Vikki is a certified recovery support specialist. She has worked for UAB for 28 years in various roles serving families and children until retirement in 2021. Vikki received her AA degree from Lawson State and her BS degree from Miles College, she is active on several boards in the community regarding children and families and substance use disorder. Vikki is a person in long term recovery with 30 years of sobriety. Vikki was recognized in the Birmingham Times in 2019 for her "Heart Work." Vikki believes in self-care and practices it intentionally every chance she gets. Hobbies include walking, music, cooking, and being of service to others. She believes that what leaves the heart, touches the heart. Her experience is her greatest strength.



### CAROLINE HOLMAN, MSW, LICSW, CCTSW-MCS

Caroline is a substance abuse counselor with the UAB Addiction Recovery Program (ARP), providing psychosocial support and assisting with the program's Consult Service. She received a bachelor's degree in social work from Troy University and a master's from the University of Alabama. She worked with the UAB Heart/Lung Transplant Program for five years before transferring to the ARP in 2022. Her certifications include licensed independent clinical social worker (LICSW) and certified clinical transplant social worker-mechanical circulatory support (CCTSW-MCS). She's pursuing a certified clinical mental health counseling (CCMHC) designation as a graduate student at UAB. Caroline is passionate about helping others and serves as vice president of the junior board for Red Mountain Grace, a nonprofit organization that provides affordable housing for families of out-of-town patients receiving long-term medical care in Birmingham. Her favorite thing to do is travel, and she's always planning her next trip. Fun fact: Caroline lived in Italy for a month between undergrad and graduate school.



### PETER LANE, DO

Dr. Lane has worked at the UAB Addiction Recovery Program (ARP) for over 20 years, and he serves as its medical director and as an associate professor in the UAB Department of Psychiatry. He earned his undergraduate degree from the University of Alabama in Huntsville and his doctorate of osteopathic medicine in 1994 from Kirksville College of Osteopathic Medicine. He completed a residency in family medicine at UAB. While working in family medicine, Dr. Lane discovered his passion for addiction medicine and has been board-certified since 2006. He is known for his passionate patient advocacy, research on detoxification, and excellence in working with residents and medical students. In his spare time, he enjoys woodworking, hunting, motorcycle riding, and spending time with his grandchildren.



### **MICHAEL MARTIN, LPC**

Michael is a licensed professional counselor (LPC) with 25 years of service in the behavioral health field. He received a Master of Divinity in pastoral counseling from Southern Seminary in 1989, and he completed a master's degree in education, with a concentration in agency counseling, from the University of Montevallo in 1997. He earned his certification in sexual addiction treatment (CSAT) in 2015. Michael directs the family program at the UAB Addiction Recovery Program (ARP) using an integrative psychodynamic approach, with an emphasis on a solution-focused perspective. His areas of training and therapeutic focus include men's issues, emotionally focused therapy for couples, crisis intervention, and spirituality and recovery. His goal is to offer compassion, support, and hope for families in crisis. When Michael is not working, he enjoys watching and playing sports, music, and poetry. He has two adult sons and is a longtime resident of Homewood.



### **REBECCA LATHAM, LPC-S, CCMHC**

Rebecca is a substance use disorder counselor for the UAB Addiction Recovery Program (ARP), and she has eight years of experience working in the behavioral health field. She received a bachelor's degree in history from the University of Montevallo in 2008 and a master's in community agency counseling from Jacksonville State University in 2012. Rebecca's career has given her the opportunity to serve a diverse population at all levels of care. During her time at UAB, she has learned to incorporate therapeutic approaches such as dialectical behavior therapy (DBT) and eye movement desensitization and reprocessing (EMDR) into the services provided by ARP. Her experience provides a solid foundation for addressing a wide variety of mental health concerns often associated with substance use disorder, such as anxiety, mood and personality disorders, interpersonal relationship issues, grief, trauma, and changes in the life cycle. When Rebecca is not helping others, she enjoys spending time outdoors and dining out.



### **BRONWYN MCINTURFF, LICSW**

Bronwyn is director of the UAB Addiction Recovery Program and an adjunct faculty member in the UAB Department of Social Work. A licensed independent clinical social worker (LICSW), she has served mental health needs in the Birmingham community for over 20 years. She earned a bachelor's degree in psychology from Birmingham-Southern College and a master's in social work from the University of Alabama. Addiction medicine is her passion, and her other areas of interest include wellness coaching, executive coaching, second victims, and healing through expressive arts. Bronwyn was raised in Birmingham and resides in Homewood with her two daughters.



### **REBEKKAH A. "BEKKAH" SMITH, MPA, MSW, LICSW, PIP**

Bekkah is a licensed independent clinical social worker (LICSW) and a member of the UAB Addiction Medicine Hospital Consult Service. She earned a bachelor's degree in social work from the University of North Alabama in 2005, a master's in social work from the University of Alabama in 2009, and a master's in public administration from the University of Alabama at Birmingham in 2020. Bekkah has over 16 years of social work and leadership experience in both community and medical settings, and she's been part of the UAB family for over six years. She joined the UAB Addiction Recovery Program in 2019, and she appreciates the variety that comes with each new day and challenge. In her free time, Bekkah loves nature, traveling, storytelling, and listening to live music.



### **SHEILA TYSON, CRSS**

Sheila is in long-term recovery, with 18-plus years of sobriety. Employed with UAB since 2016, she holds the certified recovery support specialist (CRSS) designation from the Alabama Department of Mental Health and serves as a CRSS trainer. She is a board member for Friends of Recovery Alabama, a statewide advocacy organization for substance use disorder, and an executive board member for treatment provider Aletheia House. As a peer recovery support specialist with the UAB Addiction Recovery Program, Sheila developed a liver transplant support group that meets weekly to provide hope and resources to pre- and post-transplant patients. She has previously worked for organizations such as Alabama Therapeutic Education Facility, Pearson Hall, and Aletheia House. Sheila is a proud grandmother of four girls.



### **QIANA WHITE, LPC, NCC, ICADC**

Qiana is a licensed professional counselor (LPC), a national certified counselor (NCC), and an internationally certified alcohol and drug abuse counselor (ICADC). As the admissions counselor for the UAB Addiction Recovery Program, she is the first point of contact for our patients. Qiana received a Master of Arts in clinical mental health and counseling from Chicago State University in 2017 and a Bachelor of Arts in psychology from the University of Iowa in 2012. For the past eight years, she's worked with patients who struggle with substance use disorder and mental health issues, and she helps them in the areas of depression, anxiety, stress management, relationship issues, and self-care.

When potential patients call in – broken, alone, and ready to change their life – she is there to listen and help guide them through the process. Qiana says offering people hope and an opportunity for a life change is what she most enjoys about her job.



### CAROL HOLLIS-WHITE, LPC-S

Carol graduated with a master's degree in counseling from UAB in 1989 and has been a licensed professional counselor (LPC) in the Birmingham area for 30 years. She joined the UAB Addiction Recovery team in 2015 and developed a deep passion for working in the field. She is a primary therapist in the program and facilitates both group and individual sessions. Over the years, Carol has sought training and gained expertise in a wide variety of therapeutic topics and techniques, including expressive art therapies, eye movement desensitization and reprocessing (EMDR), equine-assisted therapy, massage, experiential therapies, cognitive behavioral therapy (CBT), leadership, trauma, women's issues, anxiety, relationships, and substance use disorders. Carol also is certified as a clinical supervisor for new counselors seeking licensure. She considers this role a privilege and enjoys mentoring and teaching others in the counseling profession. For Carol, therapy is a journey of discovering what has been covered up by shame and fear and returning to a place of authenticity and self-acceptance. When not at work, she enjoys gardening, art, cooking, reading, Sea-Doos on the lake, and spending time at the ocean. Carol is married and has two grown daughters, a dog, and a cat.



### ELIZABETH SHAHID, LMFT

Elizabeth Shahid is a Licensed Marriage and Family Therapist who has worked in a flexi position with the UAB Addiction Consult Team since 2020. She goes house wide providing addiction medicine consults. She provides information on recovery resources, while helping patients determine the most appropriate care for their personal needs. Elizabeth sees therapy as practicing the "art and science of change" and utilizes her creativity when helping patients. As a Marriage and Family Therapist, she believes change occurs in relationships. She received a Bachelor of Science in Human Development and Family Studies from the University of Alabama in 2012 and a Master of Science in Marriage and Family Therapy from Valdosta State University in 2014. In her free time, Elizabeth enjoys spending time with family, eating tasty food, and traveling.