



**NORTH CAROLINA BOARD**  
*of* **LICENSED CLINICAL**  
**MENTAL HEALTH**  
**COUNSELORS**

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May 18, 2023

**By regular and certified mail:**

**By email:**

RE: *North Carolina Board of Licensed Clinical Mental Health Counselors,  
Case Nos. 1898, 2013, 2015, 2019, 2025, 2035, and 2037*

Dear Ms. Isaacs:

On May 4, 2023, the Ethics Review Committee of the Board (the Committee) reviewed the information pertinent to the above-referenced matters. The Committee has reached its conclusion and has instructed me to inform you of its findings.

The Committee found probable cause to believe that you had violated provisions of the North Carolina Licensed Clinical Mental Health Counselors Act, the Board's Administrative Rules, and the American Counseling Association Code of Ethics (2014).

Specifically, the Committee alleges the following:

During the time period beginning on or about August, 2019 through on or about September 16, 2021, you were employed as a counselor at a private practice in North Carolina. You were seeing clients and providing counseling services to them. You were also holding yourself out as a counselor to the public and clients. During this time, you were not licensed in North Carolina as a licensed clinical mental health counselor ("LCMHC") (formerly "licensed professional counselor"), and you engaged in an unauthorized practice of counseling.

Furthermore, during the period beginning on or about September 17, 2021 through on or about March 3, 2023, you engaged in the practice of counseling as a Licensed Clinical Mental Health Counselor Associate ("LCMHCA") under the supervision of a North Carolina licensed psychologist. You engaged in the supervised counseling practice without the necessary Board's approval of your supervisor and supervision contract. As a result, you also engaged in the unauthorized practice of counseling during this time.

On or about April 26, 2023, you provided to the Board your Professional Disclosure Statement ("PDS"). In your PDS, you described your counseling experience as follows: "I have five years of counseling experience, beginning with my internships and practicum as part of my degree requirements." You cited your unauthorized practice of counseling as described above in support of your description of your counseling experience to the Board and your clients.

In addition, before and after you became licensed as a LCMHA, you have made several statements on social media and in a public context which failed to delineate between your personal perspectives and statements as a counselor. You held yourself out as a counselor while making the statements and appeared to speak on behalf of the counseling profession. In addition, you publicly solicited clients as a counselor from the same Twitter account.

Furthermore, you made several statements on social media which inappropriately supported the use of substances as a coping mechanism to address mental health trauma, were made outside the scope of your demonstrated counseling competence, and encouraged others to engage in fraudulent activity involving medical records. Specifically, on August 19, 2022, you wrote that “if a client has had a trauma anniversary and, being of age, needs a stiff drink to sleep, sometimes that’s what makes the most sense for a week or so.” You also made statements about the use of Benzos, melatonin, and Selective Serotonin Reuptake Inhibitors (“SSRI”), which were outside the scope of your demonstrated competence. Furthermore, on September 29, 2022, you wrote on your Twitter account, “If your professor or job requires a doctor’s note due to a missed day, take the logo of the dr’s office from their website and write it in Word. This is a bullshit requirement, doctors don’t have time for that, and your doctor cannot verify whether you are a pt. or were seen.” These statements are in conflict with professional and legal standards.

Lastly, your conduct and statements have raised concerns regarding your professional competency and impairment of your professional judgment. You also admitted experiencing emotional distress and trauma resulting from your interactions with others on Twitter as well as the consequences of these interactions. You also admitted that your social media interactions continue to negatively impact you and the practice where you work as a counselor.

If true, the above-referenced conduct constitutes violations of Sections C.1, C.2.a., C.2.c., C.2.g., C.3.a., C.4.a., C.4.b., C.6.c., C.8.a., F.5.a., F. 5.b., F. 5.c., H.6.a., and I.1.a. of the American Counseling Association Code of Ethics (2014) and violations of N.C. Gen. Stat. §§90-331, 90-340(a)(4), (a)(5), (a)(7), (a)(9), (a)(11), and (a)(12) of the North Carolina Licensed Clinical Mental Health Counselors Act, as well as the Board’s Administrative Rules 21 NCAC 53. 0208 and 21 NCAC 53. 0702.

The aforementioned allegations relate to your conduct as a Licensed Clinical Mental Health Counselor Associate, and if proven, could provide cause for sanctions to be taken against your license. The information which the Board has received does not in itself provide sufficient evidence that these alleged acts have occurred. Consequently, the Board does not consider that any determination regarding possible sanctions against your license can be made without first providing you the opportunity to exercise your due process rights.

If you would prefer to resolve this matter through a Consent Order, please contact the Board’s counsel, Alesia M. Balshakova, at [abalshakova@ncdoj.gov](mailto:abalshakova@ncdoj.gov). You may decline to do so and request a hearing before the Board regarding these allegations. You are entitled to request a hearing on these allegations by responding in writing within thirty (30) days of the receipt of this letter and requesting a formal hearing. If the Board does not receive a written response requesting a hearing within thirty (30) days of the receipt of this letter, the Board will hold a hearing, whether you are present or not. In either case, you will receive Notice of Hearing no later than fifteen (15)

days prior to the date of the hearing notifying you of the specific time, date, and location of the hearing. You are entitled, with or without requesting a formal hearing, to present any additional statements or materials you may wish.

The above proceeding is a quasi-judicial evidentiary hearing conducted by the Board pursuant to Chapter 150B of the General Statutes of North Carolina as required by G.S. § 90-340(e). You are entitled to present witnesses and introduce evidence on your own behalf and to cross-examine witnesses and examine evidence introduced on behalf of the Board. At the hearing, the Board will hear evidence regarding the charges set forth in this letter and will determine what, if any, disciplinary action should be taken against your license to practice counseling. You are entitled to be represented by an attorney of your choosing and at your expense, or you may represent yourself. The Board will be represented by counsel at such a hearing. Following the hearing, the Board will issue a final decision, pursuant to G.S. § 150B-42.

**Should you have any questions about the procedure in such matters, or if you wish to discuss informal resolution of this matter, you may direct them to the Board's counsel, Alesia M. Balshakova at [abalshakova@ncdoj.gov](mailto:abalshakova@ncdoj.gov).**

Sincerely,

*Melonie Davis*

**Melonie Davis, Executive Director**

NC Board of Licensed Clinical Mental Health Counselors

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