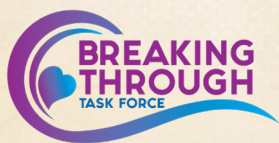


# LIVING WELL WITH PAIN



## Pain Management 2020 Resource Guide



# **DID YOU KNOW...**

**up to one quarter of patients  
receiving prescription opioids  
long term in a primary  
care setting struggle with  
addiction?**

Centers for Disease Control and Prevention  
[www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose)

Information in this guide was current at the time the document went to press in February 2020. Other resources may be available in Dare County. Subsequent changes will be reflected in the next edition. See local telephone directory for additional services.

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# ABOUT THE GUIDE

The Opioid Epidemic continues to be an issue of national concern, and Dare County has not been immune to the problem. Many programs and initiatives have been established locally to help prevent, intervene, reduce harm, and treat addiction to opioids.

This resource guide was developed to share approaches to pain management that will not lead to addiction or to harmful reactions within a person’s body. The goal is to help individuals deal with pain either without medication or offer assistance as a supplement to medication.

On the pages that follow, you will find a list of practitioners whose work has been found to assist with pain management.

# EMERGENCY NUMBERS

**Police & Ambulance**  
.....911

**Outer Banks Hospital**  
.....252.449.4500

**Carolinas Poison Center**  
.....800.222.1222

**Mobile Crisis by Integrated  
Family Services**  
.....866.437.1821

**Hotline Crisis Counseling**  
.....252.473.3366

**National Drug & Alcohol  
Information, Treatment &  
Referral Hotline**  
.....800.662.4357

**Outer Banks Community  
Service Collaborative**  
.....211

# INTEGRATIVE MEDICINE

**Integrative Medicine** is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.

## The Center for Healthy Living

Christina Bowen, MD.....252.449.5978

# PAIN SPECIALISTS

**Pain Specialists** also called pain doctors or pain management specialists, are medical doctors (M.D.) or doctors of osteopathy (D.O.) who specialize in pain medicine. Pain doctors specialize in the management of pain as a symptom of disease and primary pain disorders.

## Atlantic Pain Management & Rehabilitation

Dr. Theodore Nicholas.....252.261.5868

## Comprehensive Rehabilitation & Pain Specialists

Dr. Jessica Gore.....252.715.1032

## ECPC Pain Specialists - Outer Banks Hospital

Juan B. Firnhaber, MD

Lynn R. Johnson, MD

Christopher T. Grubb, MD

José G. Avila-Calles, MD, PhD.....252.449.5860

# ACUPUNCTURE

**Acupuncture** involves the insertion of extremely fine needles into the skin. This may relieve pain by releasing natural pain-killing chemicals in the body, and by affecting the part of the brain that governs mood.

## **Advanced Chiropractic**

**Dr. William Tuttle Hall**

**Dr. Christine N. Bui**

252.480.1001

## **Balance Acupuncture & Massage**

**Heather Geoghegan**

252.767.9229

## **Balanced Meridian**

**Michael Brone, DC**

252.916.1709

## **Island Acupuncture & Massage**

**Cheryl Blankenship, LAC**

252.449.8122

# CHIROPRACTORS

**Chiropractors** use hands-on manipulation and other alternative treatments. The belief in proper alignment of the body's musculoskeletal structure, will enable the body to heal itself without surgery or medication.

## **Advanced Chiropractic**

**Dr. William Tuttle Hall**

**Dr. Christine N. Bui**....252.480.1001

## **Outer Banks Chiropractic**

**Dr. David Hargraves**...252.441.1585

## **Clearview Chiropractic**

**Wellness Center**

**Dr. Casey Titus**.....252.261.3100

## **Seaside Wellness**

**Dr. Dave Keller**.....252.722.2713

## **Family Chiropractic**

**Dr. Gene Flynn**.....252.261.8885

## **The Wellness Center**

**Dr. Daniel Goldberg**...252.261.5424

## **Hatteras Island Chiropractic**

**Dr. Howard Ruderfer**.252.489.1688

## **Thrive Chiropractic**

**Dr. Brent Vuyovich**.....252.207.5453

## **Island Chiropractic**

**Dr. B.L. Ackley**.....252.480.9909

# MASSAGE THERAPISTS

**Massage therapy** is manual manipulation of soft body tissues to enhance health and well-being. There are dozens of massage therapy methods.

## **A Sanctuary Massage**

Carol Koon.....252.489.8949

## **Aqua Spa**

Mike Reynolds • Keith Seal

Lisa Jones • Melanie Butler

.....252.261.9709

## **Atlantic Massage**

May Eaton.....757.871.3075

## **Awesome Salon & Spa**

Teresa Speight.....252.599.6520

## **Balance Acupuncture & Massage**

Heather Geoghegan

.....252.767.9229

## **Beach Massage & Yoga**

Sarah Letchford • Erin Jackson

.....252.573.9883

## **Better Body Massage**

Lori Hillyer.....252.305.1176

## **Bodywork by Liza**

Liza Yowell.....252.202.2011

## **Even Keel Massage Therapy**

Lisa West • Michelle Curtiss

.....252.480.3561

## **Experience Massage**

Stephanie Burch.....252.216.8305

## **Hairoics Salon & Spa**

Heather Pittman.....252.441.7983

## **Hatteras Island Chiropractic & Massage**

Dr. Howard Ruderfer.252.489.1688

## **In Touch Massage & Wellness**

Dhanyo Merillat-Bowers • Julia

Coker.....252.995.4067

## **Island Acupuncture & Massage**

Cheryl Blankenship • Tracie Rosso

Jamie Mundy.....252.449.8122

## **Laughing Sky Massage**

Skyla Lamberto-Egan

.....252.305.1125

## **Massage by Jaline**

Jaline Laplante.....252.256.0364

## **Mother Nurture Therapeutic Massage & Bodywork**

Brandi Miss.....252.305.3303

## **OBX Bodyworker**

Ashli Marshall.....252.591.1629

### **Relax OBX Massage**

Jamie Presgrave.....252.564.8656

### **Seaside Wellness**

Jill Keller.....252.722.2713

### **Sound to Sea Massage**

Hannah Cox

.....252.216.5737

### **Windswept Wellness**

Shelley Davis • Susie Nelson

Brittany Byers • Maddie

Brandimarte.....252.564.8731

## **YOGA CLASSES**

**Yoga** is a mind-body and exercise practice that helps stretch and strengthen muscles. Yoga can help people with arthritis, fibromyalgia, migraine, low back pain, and many other types of chronic pain.

### **Aqua Spa**

.....252.261.9709

### **Beach Massage & Yoga**

.....252.573.9883

### **Duck Village Yoga**

.....252.256.2219

### **Gentle Ocean Yoga**

.....252.256.2356

### **Hatteras Yoga**

.....252.996.0713

### **Lotas Yoga**

.....252.489.6599

### **OBX Hot Yoga**

.....252.573.9883

### **Outer Banks Dance Academy**

.....252.305.7400

### **Outer Banks YMCA**

.....252.449.8897

### **Outer Banks Sports Club**

.....252.441.8361

### **Outer Banks Yoga & Pilates Studio**

.....252.305.3791

### **Soulshine Yoga**

.....757.897.7505

### **The Studio**

.....252.305.1414

### **The Well**

.....252.267.4125

### **Village Yoga**

.....252.564.2219

### **Windswept Wellness**

.....252.564.8731



## ADDITIONAL OPTIONS

### Hypnotherapy

**Melinda Mogowski, MS, LPC,  
LCSW**.....252.441.3536

.....252.305.1939

(in process of certification by American Society of  
Clinical Hypnosis)

### Island Hand & Upper Body Rehabilitation

**Mickey Calhoun, OT**

.....252.255.5252

**Dry Needling** is used for the treatment of pain and mobility. A “dry” needle, without medication or injection, is inserted through the skin into the muscle. It is also called trigger point dry needling, and intramuscular manual therapy.

### Island Acupuncture & Massage

**Cheryl Blankenship, LAC**

.....252.449.8122

### Outer Banks Hospital

**Lauren Schaefer, CDNP**

.....252.449.4560

**Tai Chi** is one of the most effective exercises for health of mind and body. It offers a slow moving, low-impact exercise, which provides opportunity for individuals with chronic pain to remain active.

### Carolee Wescott

.....252.423.0969

### Debbie Monday

.....252.475.5635

### Marlene Cohen

.....609.532.2382

## COUNSELORS AND THERAPISTS

### Crystal Abernathy, LPCA

.....252.255.2733

### Rebekah Cahoon, LCAS, LPC

.....252.455.2805

### Kathleen Brehony, Ph.D

.....252.473.4004

### Karla Coughenour, MA, RDN,

**LDN, LPCA**.....252.455.2805

### Cary Buscemi, LCSW, LCAS

.....252.255.1902

### Jan Culpepper, LPC, CCTP,

**CTP-C**.....757.373.4155



**Katie Dunavant, LPC, NCC**  
.....252.339.4915

**Amberly Dyer, LCSW**  
.....252.955.2478

**Andrea Facci, LPC, LCAS, CCTP**  
.....252.255.1847

**Sarah Gist, LCSWA**  
.....252.475.5097

**Nellene Groetsch, LPC**  
.....252.561.5315

**Kinga Gudor, PhD, LCSW**  
.....757.319.5416

**Elizabeth Hoffmier, LCSW**  
.....252.441.7053

**Marie Holland, LPCS, LCAS,  
NCC, BC-TMH**  
.....252.255.2733

**Michelle Hossinei, LMFT, LCAS**  
.....252.255.2733

**JoAnn Hummers, LCAS,  
LPC, CCS, NCC, CRC-Master  
Addictions Counselor**  
.....252.261.4512

**Jeff Jaworski, LPC, LCAS, CCS**  
.....252.441.1802

**James Layton, Ph.D, LPC**  
.....252.449.8595

**Richard Martin, LCAS, CCS**  
.....252.202.7636

**Christie McEwan, LCAS, CTT**  
.....252.564.2804

**Melinda Mogowski, MS, LPC,  
LCSW, NCC**.....252.441.3536  
.....252.305.1939

**Shirley Parker, LPC, LCAS, CMC**  
.....252.207.3837

**Rosie Rankin, LPC, LCAS, CMC**  
.....252.305.5107

**Christopher Roberts, LCAS,  
LCSW**.....252.473.4727

**Kelly Roberts, LCSW, TF-CBT**  
.....252.473.4727

**Stephanie Ryder, MSSA,  
LCSWA, CTTS**.....252.715.6516

**Jen Thor, LPC, NCC**  
.....252.996.0706

**Rebecca Woods, LCSW, LCASA**  
.....252.475.5097

# LOCAL RESIDENTIAL TREATMENT

**Changing Tides Addiction  
Treatment Center**.....252.715.3905

**Oxford Recovery House**  
.....[www.oxfordhousenc.org](http://www.oxfordhousenc.org)

**Outer Banks Dare Challenge**  
.....252.473.6462

**Two Dreams Outer Banks**  
.....708.613.4750

## OUT OF TOWN TREATMENT

**Albemarle Teen Challenge**  
Elizabeth City.....252.338.8263

**PORT Health Detox Centers**  
Ahoskie, Greenville, Washington  
.....252.561.6084

**Children's Hospital of the  
King's Daughter Pediatric  
Psychology**  
Norfolk.....757.668.7247

**The Blanchard Institute**  
Charlotte.....704.247.1629

**Dove's Nest**  
Charlotte.....704.333.4673

**The Farley Center at  
Williamsburg Place**  
Williamsburg.....866.470.7830

**Fellowship Hall**  
Greensboro.....800.659.3381

**Triangle Residential Options  
for Substance Abusers**  
Durham.....919.419.1059

**Holly Hill Hospital Inpatient**  
Raleigh.....919.250.7600

**Virginia Beach Psychiatric  
Center**  
Virginia Beach.....757.496.6000

**House of Prayer**  
Jamestown.....336.882.1026

**Loaves & Fishes**  
Beaufort.....252.838.1156

**Walter B Jones Alcohol & Drug  
Abuse Treatment Center**  
Greenville.....252.830.3426

# LOCAL OUTPATIENT TREATMENT

## PORT Health

.....252.441.2324

## Right Path Addiction Center

.....252.986.3100

## Nags Head Treatment Center

.....252.715.6556

## OTHER SUPPORT SERVICES

### 2-1-1

.....www.211.org

### Alcoholics Anonymous

.....252.256.0850

.....www.aaobx.org

### Al-Anon

.....www.al-anon.org

### Co-Dependents Anonymous

.....obx1coda@gmail.com

### Hotline

.....252.473.3366

### Kids First Inc

.....252.338.5658

.....www.kidsfirstinc.org

### Mobile Crisis by Integrated Family Services

.....866.437.1821

### NAR-ANON

.....703.402.3501

### Narcotics Anonymous

.....www.na.org

### NC Problem Gambling Program

.....877.718.5543

### Saving Lives Response Team

.....252.216.8036

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## For More Information SAVING LIVES TASK FORCE

visit: [savinglivesobx.com](http://savinglivesobx.com) • call: 252.475.5619  
email: [Roxana.Ballinger@darenc.com](mailto:Roxana.Ballinger@darenc.com)