

BEFORE THE NORTH CAROLINA
ADDICTIONS SPECIALIST
PROFESSIONAL PRACTICE BOARD
EC CASE NO. 843-24

Respondent.

CONSENT ORDER

FINDINGS OF FACT

1. Petitioner Board was established by the North Carolina General Assembly to credential and regulate substance use disorder professionals in North Carolina, in accordance with Chapter 90, Article 5C of the North Carolina General Statutes.
2. Brittany Eldridge (“Respondent”) currently is a citizen and resident of Yancey County, North Carolina; and is neither a minor nor an incompetent person.

3. On August 13, 2018, Respondent was credentialed by the Board as a Licensed Clinical Addictions Specialist ("LCAS") (LCAS No. 22063), which will expire on August 12, 2026, if not renewed.
4. On October 19, 2024, Respondent filed a formal complaint before the Board, a self-report of Respondent's relapse to alcohol use following two (2) years of sobriety. The complaint was designated by the Board as Ethics Complaint ("EC") Case No. 843-24.
5. Upon investigation into EC Case No. 843-24, the Board determined the following:
 - a. During all times relevant to this matter, Respondent was employed by Wings of Flight Center for Change, PLLC ("Wings"), located in Marion, North Carolina.
 - b. On or about early October 2025, Respondent experienced a relapse to impairment, specifically, alcohol use, as a result of life stressors relating to health, family and career. Respondent's reported return to alcohol use was two (2) to three (3) days in duration.
 - c. Respondent reported the relapse to her employer at Wings and voluntarily took time off from work to seek associated treatment.
 - d. Respondent voluntarily submitted herself to related treatment and completed five (5) to six (6) days of detox, starting on or about October 16, 2024, and twenty-eight (28) day at an inpatient treatment program thereafter.
 - e. Respondent returned to work at Wings on or about mid-March 2025.
 - f. Respondent participates in Alcoholics Anonymous ("AA") for continued support in maintaining sobriety.

- g. On January 29, 2024, the Board issued a letter to Respondent requesting she submit to an independent assessment concerning substance use and fitness to practice with Board-approved clinician James “Grey” Johnson (“Johnson”).
- h. Per the Assessment Report dated March 10, 2025, clinician Johnson found Respondent’s overall risk was low.

CONCLUSIONS OF LAW

- 6. Respondent is subject to the North Carolina Addictions Specialist Professional Practice Act and the rules promulgated pursuant to the Act. The Board has jurisdiction over Respondent and the subject matter of this proceeding.
- 7. The acts and omissions of Respondent as described above constitute violations of the following:
 - a. N.C. Gen. Stat. § 90-113.44(a)(2a), for the use of alcoholic beverages to the extent that Respondent suffered impairment;
 - b. N.C. Gen. Stat. § 90-113.44(a)(6), for engaging in an act or practice in violation of any of the provisions of this Article or any of the rules adopted pursuant to it; and
 - c. 21 NCAC 68 .0601(6)(c), for the use of alcohol to the extent that Respondent suffered impairment.
- 8. Respondent committed one or more of the violations described above. Pursuant to N.C. Gen. Stat. § 90-113.33(2), the Board has the authority to deny, suspend, or revoke Respondent’s licensure, certification, or registration to practice in this State or reprimand or otherwise discipline Respondent’s license, certificate, or registration in North Carolina. BASED upon the foregoing Findings of Fact and Conclusions of Law, and in lieu of further proceedings, Respondent wishes to resolve this matter by consent and agrees that Board staff

and counsel may discuss this Consent Order with the Board *ex parte* whether or not the Board accepts this Consent Order as written.

Whereas Respondent acknowledges that she read this entire document and understands it;

Whereas Respondent acknowledges that she enters into this Consent Order freely and voluntarily;

Whereas Respondent acknowledges that she had full and adequate opportunity to confer with legal counsel in connection with this matter;

Whereas Respondent understands that this Consent Order must be presented to the Board for approval; and

Whereas the Board has determined that the public interest is served by resolving this matter as set forth below.

1. Respondent's credential as a Licensed Clinical Addictions Specialist (LCAS No. 22063) is hereby suspended for a period of twenty-four (24) months from the execution of this Consent Order.
2. The above-referenced suspension shall be STAYED, so long as Respondent remains compliant with the following:
 - a. Respondent shall engage in one (1) year of clinical supervision, as follows:
 - i. Respondent shall identify for the Board an associated proposed clinical supervisor within fifteen (15) days of the execution of this Consent Order.
 - ii. Respondent shall provide a copy of this fully executed Consent Order to any proposed clinical supervisor.
 - iii. Respondent's clinical supervisor must be approved by the Board's Ethics Committee before engaging in supervision or clinical practice.

- b. Respondent's clinical supervisor shall submit reports to the Board every six (6) months regarding Respondent's progress and participation in supervision, as follows:
 - i. The above-referenced reports must be drafted by Respondent's current clinical supervisor, drafted on the supervisor's official letterhead, and the reports must be signed and dated by the supervisor. The reports must be transmitted directly from the supervisor to the Board.
 - ii. If Respondent terminates supervision or changes clinical supervisors, Respondent shall notify the Board within ten (10) business days. All clinical supervisors must be preapproved by the Board's Ethics Committee.
 - iii. In the event Respondent fails to ensure timely submission of the above-referenced biannual reports, Respondent's credential shall be actively suspended by the Board.
- c. In the event Respondent returns to substance use, Respondent shall report the impairment to the Board within ten (10) days, and Respondent's LCAS shall be actively suspended by the Board.
- d. In the event the Board receives information evidencing Respondent's return to substance use, Respondent's LCAS shall be actively suspended by the Board.
- e. Within fifteen (15) days of the execution of this Consent Order, Respondent shall provide a copy of this fully executed Consent Order to any other professional credentialing bodies with whom Respondent is currently credentialed.
- f. Respondent shall provide a copy of this fully executed Consent Order upon application for any subsequent professional credential during the pendency of this

Consent Order.

3. In the event Respondent fails to comply with the terms of this Consent Order, Respondent's LCAS (LCAS No. 22063) shall be actively suspended by the Board.
4. The Board shall retain jurisdiction under Article 3A, Chapter 150B for all administrative hearings held in connection with or pursuant to this Consent Order. If the Board receives evidence that Respondent has violated any term of this Consent Order or any other law or rule enforced by the Board, the Board shall schedule a show cause hearing for a determination of the violations. If the Board determines that a violation has occurred, the Board may impose such disciplinary action as it determines is appropriate and is authorized by law.
5. This Consent Order shall take effect immediately upon its execution by the Board and Respondent and reflect the entire agreement between Respondent and the Board, there being no agreement of any kind, verbal or otherwise, which varies, alters, or modifies this Consent Order.
6. No modification or waiver of any provision of this Consent Order shall be effective unless it is in writing, adopted and approved by the Board, and signed by the parties affected.
7. Both the Board and Respondent participated in the drafting of this Consent Order. Any ambiguities herein shall not be construed against either party in any future civil or administrative proceeding.
8. Each party to this proceeding shall bear their own costs, and the Board shall bear its own costs of investigation.
9. Upon its execution by the Board and Respondent, this Consent Order shall become a public record within the meaning of Chapter 132 of the North Carolina General Statutes and shall

be subject to public inspection and dissemination pursuant to the provisions thereof.

CONSENTED TO BY:

BRITTANY ELDRIDGE:

Brittany Eldridge Date: 5/5/2025
Respondent Signature

By Order of the North Carolina Addictions Specialist Professional Practice Board, this the
5th day of May, 2025.

By:

Kathy S. Allen CHDC SAP ICADC
Kathy S. Allen, Ethics Chair