



**Synergy Psych**  
— SYNERGY-PSYCH.COM —

# Recovery-Friendly Psychiatry

*Delivering exceptional services through the power of collaboration with a special focus on providing recovery-friendly psychiatric care for those with substance use disorders.*

## Our Core Values:

- ✓ Prompt & Responsive Availability
- ✓ Recovery-friendly medications
- ✓ Collaboration with all providers
- ✓ Creative problem solving for effective symptom management



## Working Together Works Better

- ☎ 336.791.7390
- ✉ [info@synergy-psych.com](mailto:info@synergy-psych.com)
- 📍 983 Mar-Don Dr., Winston-Salem, NC 27104
- ✓ In-person & telehealth options

## Who is Synergy?

Synergy was founded by **Ginny Mills, LCAS, LCMHC-S**, an established leader serving the needs of individuals and families affected by co-occurring substance use and mental health needs for over 30 years. Psychiatric provider, **Megan Trawick, PA-C**, joined Synergy in June, 2023 after working for several years at a nationally-recognized residential treatment program. Together, Ginny and Megan are joined by nationally-recognized leaders, **Drs. Christopher Lord, Warren Pendergast, and Eric Hedberg** as collaborators and advisors. Each member of the Synergy team has a deep appreciation for the unmet needs of those in recovery to have safe, responsive and effective management of co-occurring mental health symptoms.

## What defines "recovery-friendly psychiatry?"

We define recovery-friendly psychiatry as the intersection of general psychiatry with neurobiology, addiction medicine, conventional recovery wisdom, compassionate healthcare, and creative problem solving for symptom relief.

- **General Psychiatry:** Medications can help relieve symptoms.
- **Neurobiology:** The brain is healing and creating new neural pathways in early recovery as a result of abstinence and new patterns of behavior.
- **Addiction Medicine:** Some medication-assisted treatment methods can strengthen recovery while making abstinence easier.
- **Conventional Recovery Wisdom:** Anecdotal evidence has led abstinence-based recovery advocates to recommend against the use of controlled medications.
- **Compassionate Healthcare:** Those experiencing distress due to cravings, co-occurring symptoms, and general distress need consistent messages of hope.
- **Creative Problem Solving:** All psychiatry patients need effective symptom relief, but those in recovery have much more at stake if those symptoms persist ~ because they know how to make those symptoms go away temporarily. We need to collaborate and explore a full array of pharmacologic and non-pharmacologic solutions.



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## Who we partner with:

- ✓ Residential Treatment Programs
- ✓ Professional Monitoring Organizations
- ✓ Collegiate Recovery Programs
- ✓ Primary Care Physicians
- ✓ Private Therapists and Counseling Practices
- ✓ Detox Centers
- ✓ General Psychiatric Hospitals/Units
- ✓ Sober Living Homes

Now  
Accepting  
Patients

## "Working Together Works Better!"

Recovery wisdom reminds us that "when one helps another, both get better." This is true whether we are in the rooms of a 12-step program, in a meditation circle, church, fitness center, or counseling practice. No one person has all the answers, but together, we can make great strides despite huge challenges. Addiction recovery is hard, but when providers truly commit to working together, our patients and our programs are better for it.

## Syn-er-gy /'sinərjē/ noun

1. the interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects (eg. "the synergy between artist and record company")
2. when two or more individuals or organizations collaborate to achieve a common goal. The combined entities may benefit from shared research and decision-making.



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## Service & Referral Details that Matter

- Now accepting referrals
- First appointments in-person whenever possible
- In-person services in Winston-Salem, NC, Wednesday & Thursday
- Telehealth via HIPAA-compliant Zoom, Monday, Tuesday, & Friday
- Out-of-network provider, with pending approval for contracts with Carolina Behavioral Health Alliance and Medicare

## Our Commitment to Referral Partners

- Please try to get a release of information prior to referral so that we can collaborate going forward. We will honor your release unless the patient rescinds.
- Send medical records and discharge plans. We'll read them.
- Let us know how much follow-up you prefer. We'll let you know how your patient is progressing and how we can best work together.
- If you'd like regular clinical updates, we'll summarize conclusions from appointments.
- If you'd like to meet with our provider to discuss one or more patients, our provider is available for fee-based multi-provider team meetings (monthly, quarterly, or PRN).
- Please keep us informed if you are aware that a patient we share is not experiencing adequate symptom relief, not taking medications as prescribed, is experiencing significant side effects, or engaging in self-destructive behavior.
- Remember, we're all in this together, because **Working Together Works Better.**



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