

Clara Futura SL: Well-Being Advisor's Profile

**Robert P. Medzie, MA****Education and Professional Background**

Robert P. Medzie, MA, is a behavioural health provider with a longstanding career in mental health counselling. He holds a Master of Arts (M.A.) degree.

Robert has been active in the field for well over three decades (his National Provider Identifier registration has been active since 2006). Robert spent the latter part of his career with the South Carolina Department of Mental Health (SCDMH), where he assumed a leadership role in community mental health services. Notably, he served as the Director of Harrington Place, a psychiatric rehabilitation clinic in Beaufort, SC, for 14 years (from 2005 until 2019).

In that capacity, Robert oversaw day-to-day clinical operations and programming for adults with serious mental health conditions, managing a multidisciplinary team of counsellors and rehabilitation specialists. His background also includes collaboration with local institutions: for example, he worked with the University of South Carolina - Beaufort and the Technical College of the Low Country nursing program faculty to provide in vivo clinical rotations in community mental nursing for Registered Nurse (RN) degree requirements and for medical school students, as well as hosting annual wellness events for clinic clients, Art in Recovery, and training for Beaufort County Sheriff's Department, reflecting a commitment to interprofessional and community-oriented care.

Introduction

Robert's approach is holistic and community-oriented: he works not only on symptom management but also on improving clients' overall quality of life, often in collaboration with hospitals, schools and community groups. With a reputation for compassionate care, Robert is viewed as a reliable and expert behavioural health professional. His practice philosophy – emphasising recovery, empowerment and community integration – has made a lasting impact on the Beaufort area's mental health services landscape.

Clinical Specialisations and Services

Primary Areas of Practice: Robert is specialised in mental health counselling for adults, including individuals facing mood disorders (such as depression and anxiety), severe and persistent mental illnesses (such as bipolar disorder or schizophrenia), and other behavioural health challenges. At Harrington Place (the SCDMH psychosocial rehabilitation program he led in Beaufort), his focus was on helping clients develop coping skills, improve their daily functioning, and increase engagement with their communities of choice despite chronic mental illness.

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He is experienced in providing one-on-one psychotherapy as well as facilitating group therapy and psychosocial skills training. Under his direction, Harrington Place offered a range of evidence-based treatment approaches – including individual psychotherapy, group therapy, cognitive-behavioural therapy (CBT), dual-diagnosis support for co-occurring substance use issues, Peer Support and Individual Placement and Support services. This comprehensive service array was geared toward holistic rehabilitation, addressing both the clinical symptoms and the social/life skills needs of clients. Secondary Areas of Practice: In addition to general counselling, Robert has expertise in psychiatric rehabilitation, including the Individual Placement and Support (IPS) model of supported employment within the public mental health setting. In fact, he served as an IPS coordinator for the Coastal Empire Community Mental Health Centre (the regional SCDMH centre in Beaufort), integrating employment support into treatment plans. In an interview about this initiative, Robert explained that “we see their work as a part of their recovery and mental health treatment” – underscoring his philosophy that gaining meaningful work or volunteer roles can be therapeutic for individuals recovering from mental illness. His team provided vocational rehabilitation services on-site (resume building, job placement assistance, etc.) as a core component of treatment. This emphasis on community integration and real-life skill development distinguishes Robert’s practice approach.

Licensure and Credentials

Robert is a state-certified professional counsellor in South Carolina. His credential is categorised under “Behavioural Health & Social Service Providers – Mental Health” in the national registry, which corresponds to mental health therapist which he has maintained in good standing. Public records show that his NPI (National Provider Identifier) profile has been active since September 2006 with no lapses. In terms of additional certifications, Robert’s primary professional designation is his M.A. degree; there are no indications of separate board certifications (e.g. no specific listing of an NCC or other post-graduate certification in the sources reviewed).

Organisational Affiliations

Throughout his career, Robert has been closely affiliated with the South Carolina Department of Mental Health, specifically the Coastal Empire Community Mental Health Centre which serves Beaufort and surrounding counties. His practice mailing address and administrative base were at the Beaufort County Mental Health Clinic (1050 Ribaut Road), and his primary clinical site was Harrington Place (1211 Harrington Street) – both of which are SCDMH-operated facilities. As Director of Harrington Place, Robert worked in partnership with Beaufort Memorial Hospital and other local agencies when coordinating patient care (for instance, ensuring smooth referrals for psychiatric hospitalisation or medical care when needed, though he was not directly on hospital staff). Internally, he was part of the Coastal Empire CMHC leadership team and reported to the centre’s executive director. In addition to

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his SCDMH roles, Robert engaged with professional and community organisations. He liaised regularly with vocational rehabilitation services and non-profits as part of the IPS supported employment program. He also collaborated with academic institutions: for example, records indicate he undertook adjunct work or training projects with the Technical College of the Lowcountry in an effort to advance mental-health education in the community (during his tenure at SCDMH). Robert's public profile, however, has been primarily defined by his role within the state mental health system and local service collaborations rather than by positions in national organisations.

Community Engagement and Practice Philosophy

Robert's work has extended beyond clinical duties to encompass community outreach and advocacy for mental wellness. At Harrington Place, he initiated or supported several public-facing programs aimed at reducing stigma and improving quality of life for individuals with mental illness. One notable example is the Harrington Place Fall Festival, an annual event in which Robert's clinic partnered with university nursing students to host a day of food, music, and socialising for clients. This event – focused on adults with chronic mental illness in psychosocial rehab – not only provided enjoyment and social connection for the participants but also allowed future healthcare professionals (the nursing students) to engage with and learn from the mental health community. Such initiatives demonstrate Robert's belief in community integration and education as part of treatment. Robert's treatment philosophy centres on a recovery-oriented, strengths-based approach. He advocates for empowering clients by building on their strengths and helping them assume meaningful roles in society. His implementation of the IPS program is a case in point: by helping clients find and maintain employment, he addressed not just their symptoms but also their sense of purpose and independence. "We see their work as a part of their recovery," Robert has noted, emphasising that employment and community involvement can be therapeutic. In clinical practice, colleagues and clients have known him for utilising compassionate, evidence-based methods – blending talk therapy techniques (like cognitive-behavioural strategies) with practical life-skill coaching. He is described as person-centered in his approach, tailoring treatment plans to everyone's personal goals (be it improving daily living skills, managing stress and anxiety, or pursuing education/job opportunities).

Public Record and Reputation

In the public domain, Robert's professional record is solid and free of adverse incidents. A search of records reveals no disciplinary history or sanctions. He has maintained compliance with all continuing education and ethical requirements expected of South Carolina Department of Mental Health providers. Additionally, his contributions to the Beaufort community have been noted in local media and organisational newsletters – for instance, his role as the IPS program coordinator was highlighted in a local news article about innovative mental health employment programs. Colleagues within the SCDMH system have recognised

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Robert for his dedication to client welfare and his collaborative spirit in working with other agencies and professionals. Now semi-retired, he remains a respected figure in the Lowcountry’s mental health community. Any public-facing presentations or speaking engagements he has done were typically in service of advocacy for mental health recovery or to explain new programs (such as speaking to civic groups about supported employment or consulting with community colleges on mental health curricula). While he has not published academic research to our knowledge, his legacy is evident in the thriving rehabilitation programs he helped build and in the many individuals in Beaufort who have benefitted from his care and guidance.

Summary

Robert P. Medzie, MA, is a seasoned mental health counsellor known for his leadership in community behavioural health in Beaufort, South Carolina. His educational background in psychology and counselling (M.A.) and his certification as a professional counsellor underpin a career dedicated to serving adults with mental health challenges. Robert’s primary clinical focus has been on adult mental health and psychiatric rehabilitation – guiding those with serious mental illness toward recovery through therapy, skill-building, and support in real-world roles.

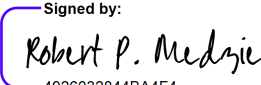
He led the Harrington Place rehabilitation clinic for many years, developing programs that included individual/group therapy, peer support, and innovative supported employment services. State licensing records confirm his credentials and good standing as a provider.

As a Well-being Advisor to Clara Futura, Robert is an influential member of our team who provides specialist advice and expert consultation on psychology, mental health and well-being topics that informs our decisions related to ongoing development and training of our AI entity called Clara. Robert contributes psychological and behavioural insights and assessments to enhance Clara Futura’s initiatives such as participating in regular dialogue and collaboration sessions, digitally, virtually and in-person.

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