



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

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March 3, 2023

VIA CERTIFIED MAIL AND EMAIL

Brenda Carey, LCMHCS  
20307 Praxis Way  
Cary, NC 27519  
Email: [bsbcarey@gmail.com](mailto:bsbcarey@gmail.com)

RE: *North Carolina Board of Licensed Clinical Mental Health Counselors, Case No. 1907*

Dear Ms. Carey:

I am the Investigator for the North Carolina Board of Licensed Clinical Mental Health Counselors (the Board). On February 16, 2023, the Ethics Review Committee of the Board (the Committee) reviewed the information pertinent to the above referenced matter. 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 and the American Counseling Association Code of Ethics (2014).

Specifically, the Committee alleges the following:

On or about March 21, 2021, you provided tele-health counseling services as a licensed clinical mental health counselor to Client X, who was located in Washington, D.C. at this time. You admitted that you did not verify with the D.C. Board of Professional Counseling whether you were permitted to provide counseling services to clients located in the District of Columbia.

In advance of meeting with Client X, you sent intake counseling paperwork to Client X that included your Professional Disclosure Statement, Consent for Treatment, and Scheduling Policy, among other documents. Client X signed the forms and returned them to you. During the investigation of this matter, you were unable to provide any clinical documentation or records of the intake session with Client X.

In addition, you displayed unprofessional behavior by utilizing a walking desk throughout the duration of the intake session with Client X.

Furthermore, after the intake session, Client X contacted you by text and email to schedule another appointment, which was according to your scheduling policy. You failed to

respond to Client X's correspondence. As a result, Client X reported experiencing emotional distress.

If true, the above-referenced conduct constitutes violations of Sections A.1.a., A.1.b., A.1.c., A.4.a., B.6.a., B.6.h., H.1.b., and H.5.a. of the American Counseling Association Code of Ethics (2014) and violations of N.C. Gen. Stat. §§ 90-340 (a)(7), (a)(9) and (a)(10) of the North Carolina Licensed Clinical Mental Health Counselors Act.

The aforementioned allegations relate to your conduct as a Licensed Clinical Mental Health Counselor, 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,

A handwritten signature in black ink, appearing to read "Nick DeJesus", with a long horizontal flourish extending to the right.

**Nick DeJesus** | LCMHCS

*Ethics Consultant & Board Investigator*

**NC Board of Licensed Clinical Mental Health Counselors**

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Cc: Melonie Davis, Executive Director  
Alesia Balshakova, Attorney for the Board