

## Biography

My name is Christopher H. Gerhart and I have been a substance abuse counselor for over twenty years. I am licensed and certified in both Arkansas and Texas. I have a Masters' Degree in Addiction Studies from the University of South Dakota and an undergraduate degree from Sam Houston State University.

I am also a person who has first-hand experience in substance abuse recovery.

After years of working for a number of great agencies and individuals, I decided that it was time to do something different, taking what works from various mentors and teachers, and offering substance abuse counseling on a fee-for service basis.

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Christopher Gerhart, LLC

*Confidential Substance Abuse Services*

*Substance Abuse Counseling*

*DOT Assessments*

*Tobacco Cessation*



## Why Self-Pay?

Quite simply, without some figurative skin in the game, outpatient substance abuse counseling just does not work well. One of the things that I decided to do when starting this venture was to make the client the customer. Too often insurance companies and government regulatory agencies become the client, leaving the patient as a disempowered consumer of services that they do not want and sometimes do not need. By paying for your own services, we can move as quickly, or as slowly, as you would like.

## Can I Use My Insurance?

Sure, you can file a claim with your insurance company. However, I am out of network and do not do billing so payment is due at the time of service, even if your insurance company does not pay.

## Substance Abuse Counseling

Substance use problems are often difficult, embarrassing, costly and life-threatening. I offer frank, open discussion, screening, assessment and treatment planning. Many people feel more comfortable talking with a professional instead of, or in addition to, involvement in a 12-step or other support group.

## DOT/SAP Assessments

I am qualified to perform Department of Transportation assessments for persons that are employed in safety-sensitive positions. This includes an initial interview, referral to an appropriate agency and an exit interview where recommendations regarding aftercare and ongoing services, if needed, will be made. As part of this process, I also provide specific instructions to employers regarding follow-up drug and alcohol testing.

## Tobacco Cessation

According to some really smart folks, tobacco use is one of the most costly and difficult substance related problems to treat. I am one of a very few people in Arkansas certified at the Masters' level to provide Tobacco Cessation services.

## The Four L's

*This is a condensed version of a very popular post that I had made on my website. You can see the full text at: [www.christopherhgerhart.com](http://www.christopherhgerhart.com)*

Liver, lover, livelihood, legal. These are the four main reasons people seek substance abuse services.

1. Liver, or any physical health issue, caused, or exacerbated by substance use.
2. Lover, not only the boyfriend-girlfriend stuff here. Substance use disorders effect the ability to be a good spouse, sibling, parent, or child.
3. Livelihood, or the ability to maintain or improve a means of making a living. Think money here.
4. Legal, possession, DWI, criminal and even civil law circumstances are often related to substance use.

If you, a friend, a family member or an employee are having trouble coping with a substance abuse issue, please call.

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