

Honoring Brian D. West-Pearson: DNP, CRNP – Advancing integrative mental health and addiction care across Maryland.

Maryland Nurse Practitioner Combines 30 Years of Experience with Innovative Approaches to Patient-Centered Care



New York City, New York Apr 14, 2025 ([Issuewire.com](https://www.issuewire.com)) - Brian D. West-Pearson, DNP, MPA, CRNP, FNP-BC, PMHNP-BC, is a distinguished healthcare professional with over three decades of experience in nursing, urgent care, and addiction treatment, specializing in mental health and addiction medicine. Based in Maryland, Brian's extensive qualifications include being a Certified Registered

Nurse Practitioner and a Board-Certified Family and Psychiatric-Mental Health Nurse Practitioner. His commitment to providing flexible, patient-centered care through both in-person and remote consultations has made a significant impact in his community.

Brian's healthcare journey began in 2002 when he earned an Associate of Applied Science in Registered Nursing from Delaware Technical Community College. His pursuit of knowledge led him to further his education at Wilmington University, where he obtained a Master of Public Administration in 2003 and a Bachelor of Applied Science in Nursing Science in 2014. Demonstrating an unwavering dedication to his field, Brian completed a Master's Degree in Family Practice Nursing from Walden University in 2016 and earned a Doctor of Nursing Practice from the said establishment in 2020. Most recently, he specialized in Psychiatric/Mental Health Nursing at Wilkes University, completing his training in 2022.

Currently, Brian serves at Breakthrough Integrative Care, LLC, where he is the Founder and primary practitioner, and at Grow Therapy, where he conducts initial psychiatric evaluations and collaborates with patients to create individualized treatment plans. These plans may include medication, therapy, or a combination of both. His ongoing reassessments and prescription management ensure that treatment strategies are adapted to meet the evolving needs of each patient. With a holistic approach to mental health care, Brian integrates therapy and medication management, maintaining a flexible remote or hybrid schedule to accommodate his patients' unique circumstances.

In addition to his work at Breakthrough Integrative Care, Brian is a key player at Riverside Treatment Center, where he specializes in treating patients with substance use disorders. Utilizing advanced clinical assessments, he identifies acute and chronic health conditions, providing evidence-based care and education to support self-management in addiction and mental health. His comprehensive treatment plans involve close collaboration with primary care providers and medical directors, ensuring optimal patient outcomes.

At Brighter Days Mental Health Recovery, Brian further extends his expertise by providing psychiatric care for individuals in Partial Hospitalization (PHP), Intensive Outpatient (IOP), and Outpatient (OP) programs. He performs Mental Status Examinations and Safety Assessments, evaluates treatment appropriateness, and manages medication, including Medication-Assisted Treatment (MAT). His role also encompasses educating clients on co-occurring disorders and withdrawal symptoms, reinforcing the importance of a multidisciplinary approach to enhance the quality of psychiatric and addiction treatment.

Brian's approach to psychiatric care is characterized by clinical excellence, patient education, and collaborative teamwork. By blending compassion, medical expertise, and innovative treatment strategies, he empowers his patients on their journey to mental wellness and recovery. His unwavering dedication to advancing mental health care continues to improve the lives of those he serves across multiple organizations.

Learn More about Brian D. West-Pearson:

Through his online profile, <https://todaysnurse.org/nurse/4150542> or through Breakthrough Integrative Care, LLC, <https://www.breakthroughintegrative.com/>

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