

Jessica E. Meads, MSW, LCSW, LCASA: Recognized By America's Best In Medicine For Championing Mental Health & Recovery

Committed to Supporting Clients and Promoting Excellence in Community-Based Behavioral Health Services



Morrisville, North Carolina Feb 10, 2026 (IssueWire.com) - Jessica E. Meads, MSW, LCSW, LCASA, is the IIH Team Lead and Therapist at Coastal Southeastern United Care by Broadstep,

reinforcing the organization's commitment to providing exceptional mental health and substance use support in the Carteret, Craven, and Onslow counties. With a compassionate and client-centered approach, Jessica is dedicated to fostering growth, healing, and resilience in every individual and family she serves.

Jessica believes that the essence of her work lies in helping others. "What I enjoy most about practicing medicine is helping others. Being able to support, guide, and make a meaningful difference in people's lives is the most rewarding part of my work," she shares. This philosophy drives her day-to-day practice and guides her interactions with clients, ensuring they receive personalized care tailored to their unique needs.

Jessica holds a Master's Degree in Clinical Social Work with a concentration in Mental Health and Substance Use from East Carolina University. Her educational background also includes a Bachelor of Arts in Psychology and a Bachelor of Science in Organizational Leadership from North Carolina Wesleyan University. This diverse educational foundation equips her with a deep understanding of human behavior and effective leadership strategies, enabling her to empower both clients and her team.

As a Licensed Clinical Social Worker (LCSW) and Licensed Clinical Addictions Specialist Associate (LCASA), Jessica combines her clinical expertise with strong leadership skills to create supportive environments that promote mental wellness. Her passion for helping clients navigate complex challenges is evident in her approach, which emphasizes empowerment and holistic well-being.

In her role as IIH Team Lead, Jessica not only provides therapeutic support but also guides and mentors her team to deliver the highest standard of care. Her leadership fosters collaboration and innovation among team members, ensuring that clients receive the most effective and compassionate services possible.

Through her work with Coastal Southeastern United Care by Broadstep, Jessica E. Meads remains committed to advancing mental health and substance use recovery efforts while supporting clients, colleagues, and the broader community.

Learn more about Jessica E. Meads:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/jessica-meads>

America's Best in Medicine

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