

## Ruthie Wilhite, LMSW, Delivers Compassionate, Trauma-Informed Addiction Treatment at Bradford Health Services

Licensed Master Social Worker Combines Mental Health Expertise, Trauma-Informed Care, and Evidence-Based Therapy to Support Individuals on Their Journey to Lasting Recovery



**Birmingham, Alabama Jul 31, 2026 ([Issuewire.com](https://www.issuewire.com))** - Ruthie Wilhite, LMSW, is dedicated to helping individuals overcome substance use disorders through compassionate, evidence-based care at Bradford Health Services in Birmingham, Alabama. As a therapist specializing in both individual and group therapy, she utilizes her mental health training and clinical expertise to guide clients through the

challenges of addiction while empowering them to build healthier, more fulfilling lives in recovery.

Drawing on extensive experience working with trauma survivors and conducting comprehensive psychosocial assessments, Ruthie integrates trauma-informed approaches into every aspect of her practice. She recognizes that each client's journey is unique and tailors treatment plans to address the complex relationship between substance use, mental health, and personal life experiences.

The field of addiction treatment requires cultural humility, flexibility, and a deep understanding of the diverse factors that contribute to substance use disorders. Throughout her work, Ruthie has supported individuals from a wide range of backgrounds, recognizing that age, ethnicity, socioeconomic status, gender identity, and lived experiences all influence both addiction and recovery. She has navigated challenges including generational differences in substance use patterns, family dynamics surrounding recovery, and the need to create safe, welcoming environments for marginalized individuals who may have experienced discrimination within healthcare settings.

While these complexities present challenges, Ruthie considers them among the most rewarding aspects of her profession. Witnessing clients encourage one another during group therapy sessions and reconnect with their personal and cultural strengths continually reminds her of the resilience that exists within every individual. These experiences have expanded her therapeutic perspective, strengthened her clinical skills, and reinforced her belief that recovery is possible for everyone.

Ruthie views addiction treatment as an essential component of the broader mental health continuum. Many individuals initially seek support for concerns such as depression, anxiety, or post-traumatic stress disorder, only to discover that substance use has developed into a co-occurring disorder requiring specialized treatment. By addressing both behavioral health and substance use simultaneously, she helps clients receive comprehensive care that promotes lasting healing and sustainable recovery.

Her therapeutic approach emphasizes practical coping strategies, behavioral change, community support, and reducing the stigma surrounding addiction. Ruthie believes substance use disorders should be understood as treatable mental health conditions rather than moral failings, and she is committed to helping clients replace shame with hope while developing the skills necessary to maintain long-term wellness.

Throughout her career, Ruthie has cultivated a diverse professional background that combines clinical practice, education, and business leadership. In addition to her work as a therapist, she brings valuable organizational and strategic skills developed through years as a business owner. At Bradford Health Services, she integrates those experiences with her expertise in family systems, trauma-informed care, and group facilitation to provide individualized support for clients ranging from adolescents to older adults.

Ruthie attributes her success to the values instilled in her throughout her upbringing. Coming from a long line of strong women, she learned the importance of hard work, integrity, and believing that every person has a unique purpose. Inspired by her mother's example, she has remained committed to developing her talents in service of others.

"Always dream! Even if people laugh at your dreams and say they will never come to fruition. Everything is possible!" says Ruthie.

Outside of her professional life, Ruthie enjoys spending time near the ocean whenever possible. She

also has a passion for music, playing the piano, hiking, swimming, drawing, and creating art—activities that provide balance and creative expression alongside her work serving others.

Guided by faith, family, and a steadfast commitment to helping people heal, Ruthie Wilhite continues to make a meaningful impact in addiction treatment and mental health care, empowering individuals and families throughout the Birmingham community to embrace recovery with hope, resilience, and confidence.

### **Learn More about Ruthie Wilhite:**

Through her findatopdoc profile: <https://www.findatopdoc.com/doctor/85024470-Ruthie-Wilhite-Social-Worker>

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