



Professional Endorsement of True North Transitions

As a clinical psychologist with more than 40 years of experience in trauma, addiction, and resilience, I am pleased to offer my wholehearted endorsement of True North Transitions and its co-founders, Tad and Amanda.

My career has included ten years as an active-duty Army psychologist, including deployment to a combat zone, followed by another decade as a senior staff clinical psychologist and faculty member at Madigan Army Medical Center. Most recently, I served as Clinical Director of Holdfast Recovery and AnchorPoint Recovery. I am also Founder and Director of NeuroFaith®, an integrative model informed by neuroscience, evidence-based psychological care, and Christian faith.

Over those four decades, I have witnessed remarkable recoveries. I have also seen far too many people complete residential treatment, intensive outpatient care, or other quality programs, only to struggle once they returned home. The transition from structured treatment back into everyday life is often the most vulnerable stage of recovery, when individuals and families may face relapse, broken relationships, homelessness, incarceration, and, tragically, even death. It is also the season when knowledgeable and compassionate support can make all the difference.

That is precisely the gap True North Transitions fills. Recovery does not end when treatment ends; in many ways, that is when the real work begins. Having trusted people beside you while rebuilding your life, forming healthy relationships, finding meaningful work, reconnecting with faith and community, and discovering renewed purpose can make the difference between relapse and lasting recovery.

I have come to know Tad and Amanda personally and, more importantly, to know their hearts. They are people of integrity, humility, compassion, and unwavering commitment. Their desire is not simply to provide services, but to faithfully help others build stable, meaningful, and sustainable lives in recovery.

What most impresses me is their commitment to seeing the whole person. They recognize that addiction and trauma are not simply matters of willpower or behavior. They have devoted themselves to understanding the neuroscience, psychology, physiology, and spiritual dimensions of recovery. While they are not therapists, they bring informed insight, practical wisdom, and genuine compassion to every person they serve. That combination of knowledge, character, and authentic care is uncommon.

If you or someone you love is navigating the difficult journey from treatment back into everyday life, I encourage you to consider True North Transitions. I offer my wholehearted endorsement and confidently recommend its services to individuals and families seeking informed, compassionate, and dependable support during the transition into long-term recovery.

Dr. Jeffrey E. Hansen

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Founder and Director, NeuroFaith LLC

Former Clinical Director, Holdfast Recovery and AnchorPoint Recovery