

Dragonfly Medical and Behavioral Health Johnson City Expands Telehealth Services Across Tennessee, North Carolina and Virginia

October 30, 2026

JOHNSON CITY, TN - October 30, 2026 -
As North Carolina and Virginia direct substantial new funding toward rural mental health and behavioral care, Dragonfly Medical and Behavioral Health in Johnson City, Tennessee, continues to serve patients across all three states through its established telehealth program, offering consistent addiction and behavioral health treatment to individuals who live far from in-person providers.

The focus on rural access follows recent state-level commitments. On October 7, 2026, Governor Josh Stein and the North Carolina Department of Health and Human Services announced an investment of more than $17 million in mental health services through the state's Rural Health Transformation Program. Reporting on the announcement noted that roughly 4 million North Carolinians, about two in five residents, live in a designated mental health professional shortage area. Virginia is also receiving about $189.5 million in rural health funding for fiscal year 2026, with a focus on behavioral health and telehealth access.

Telehealth remains central to those efforts. FAIR Health data shows that mental health was the most common reason for telehealth visits among privately insured patients in early 2026. For addiction treatment,

the Drug Enforcement Administration's telemedicine prescribing flexibilities for controlled medications are currently extended through December 31, 2026, keeping continued access to remote care in national focus.

Dragonfly, a Joint Commission accredited clinic, already reaches patients in North Carolina and Virginia who might otherwise face long drives for treatment. Established patients can attend appointments from home on a phone or computer, or use a telehealth device at the clinic, and group telehealth sessions are also available.

"Many people in rural parts of our region simply cannot travel long distances every week to maintain their care," said a spokesperson for Dragonfly Medical and Behavioral Health. "The state investments in North Carolina and Virginia reflect a reality the clinic has worked to address for some time, and a steady telehealth program allows patients to stay connected to treatment from wherever they are."

The Dragonfly Medical & Behavioral Health telehealth program includes individual, couples, family and group counseling, group support, certified peer recovery specialist support, and nursing services such as medication management. The clinic also provides treatment for substance use disorders, including opioid addiction through buprenorphine and Suboxone, as well as alcohol, nicotine, methamphetamine and kratom use. New and re-establishing patients attend their first appointment in person, after which remote visits become available.

"Consistency matters a great deal in behavioral health and addiction recovery," the spokesperson added. "Telehealth helps patients keep appointments, continue counseling and manage medication without disruption, which supports better long-term outcomes."

Dragonfly Medical and Behavioral Health is an outpatient addiction and behavioral health provider based in Johnson City, Tennessee. The clinic is owned and led by Dr. Alicia Caffrey, a licensed clinical psychologist, and its team treats a range of substance use disorders alongside mental health conditions. Services include substance abuse treatment, counseling, group support, peer recovery support and telehealth care for both new and established patients.

Patients and families can find patient reviews and directions through the clinic's online listings. Dragonfly Medical and Behavioral Health serves patients across the Tennessee, North Carolina and Virginia region.

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Dragonfly Medical and Behavioral Health Johnson City

Dragonfly Medical and Behavioral Health in Johnson City, TN offers primary care, substance abuse treatment, and counseling services. We welcome TennCare Medicaid and Virginia Medicaid patients. Visit our website for more information.

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