



Dr. Tammie Gainey
SBC Founder
PhD, FNP-BC, PHMP-BC

About Tammie Gainey.

Dr. Tammie Gainey, a Nurse Practitioner licensed by the North Carolina Board of Nursing, completed her undergraduate studies at UNC Charlotte and earned a Master of Science in Nursing from Kennesaw State University. After several years of providing psychiatric care in rural, underserved areas, she attended the University of South Carolina in Columbia, where she obtained a Post Master's Certificate in Psychiatric Mental Health Nurse Practitioner. Dr. Gainey is dually trained and board-certified in family practice and psychiatry. She completed her doctoral studies at the University of Missouri in Columbia, with research focusing on pharmacogenetics and mental health.

Before founding Sandhills Behavioral Care, Dr. Gainey practiced psychiatry and family medicine in Greenville, S.C. She also served as a faculty member at the University of South Carolina Upstate Campus in Spartanburg, S.C., and has been actively teaching and mentoring nursing students since 2008. Her research has been published in the Journal of Nursing Education, and she has delivered national presentations on psychiatric and educational topics. Dr. Gainey is an active member of the American Psychiatric Nurses Association and the Neuroscience Education Institute.