

LYDIA ANNE M. BARTHOLOW

DNP, PMHNP, CARN-AP, FIANN

| 541-556-3392 |

lydiabartholow.pmhnp@gmail.com

| 4327 NE Simpson Street, Portland, OR 97218 |

CAREER PROFILE

Skilled addiction psychiatry provider who infuses heart and vision into health care quality improvement. Committed to deep cultural shifts toward client-centered and trauma informed substance use and psychiatric treatment through education, leadership, and modeling of exemplary practice.

EDUCATION

2016 Doctor of Nursing Practice, Oregon Health and Science University, Portland, OR

2012 Master of Nursing, Oregon Health and Science University, Portland, OR

2010 BS, Nursing Major, Oregon Health and Science University, Portland, OR

LICENSURE AND CERTIFICATION

- Certified Addictions Registered Nurse, Advanced Practice (2015–Current)
- PMHNP, Oregon (2012–Current)
- ANCC Credentialed PMHNP (2012–Current)
- Registered Nurse, Oregon (2012–Current)
- DATA Waiver 2000 to 100 (275 in qualified settings)

PROFESSIONAL EXPERIENCE

Associate Medical Director of E-SUDS & Assistant Professor

Oregon Health and Sciences University (School of Medicine, Department of Psychiatry) at Unity Center for Behavioral Health, Portland, OR

Jan 2024- Current

- Provide rapid intervention, including assessment, psychiatric prescribing and care planning within psychiatric emergency services
- Envision, implement and initiate Unity's substance use disorders emergency services and unit
- Work with payers and community stakeholders to create community care pathways for patients with co-occurring disorders
- Provide all staff education for best practices in Addiction Medicine

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Assistant Clinical Professor

University of California San Francisco, School of Nursing, S.F., CA

Jan 2021-Current

- Faculty of record for post-graduate psychotherapies course
- Design psychotherapies curriculum with an emphasis on motivational interviewing and harm reduction psychotherapy
- Faculty of record for clinical case conference
- Offer student advising

Affiliate Faculty

Oregon Health and Science University; School of Nursing, Portland, OR

2019-current

- Offer specialty didactics on substance use disorders including diagnoses & assessment, treatment and management and pharmacotherapies, for PMHNP students.
- Precept PMHNP students in the clinical setting

ECHO Faculty: Effective Systems for Treating Addiction in Ambulatory Care

Oregon Health and Science University, Portland, OR

2020-current

- Offer consult, via two-way video conferencing, on addiction medicine implementation in ambulatory care
- Provide specialty didactics on trauma informed care within the treatment of SUD in primary care settings

Associate Medical Director

Central City Concern, Substance Use and Disorder Services, Portland, OR

April 2020-July 2023

- Act as primary leader of vision and stewardship of co-occurring disorder programming and best practices across the agency
- Through education and leadership, effectively change staff and organizational culture to embrace trauma informed care, harm reduction, and patient-centered substance use disorder services
- Provide medical leadership to three SUD programs, including residential and outpatient, ensuring that best practices are aligned within the SUD continuum
- Carry clinical supervision for psychiatric licensed medical providers
- Deliver direct client services to patients with co-occurring disorders

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Opioid Treatment Program Licensed Medical Provider

CODA, Inc, Portland, OR

2020

- Deliver Intake and annual addiction medicine exams for opioid treatment program
- Develop behavioral health and trauma informed training for OTP and residential program staff

Associate Medical and Clinical Director for Behavioral Health

Central City Concern, Blackburn Center, Portland, OR

2019-2020

- Provide both medical and clinical oversight to an integrated substance use disorder treatment program serving approximately 1500 patients a year including embedded OBOT services
- Oversee both medical and clinical operations for integrated specialty mental health program focusing on vulnerable populations with both substance use disorders and serious mental illness
- Generate overall clinical vision for the Blackburn Building, centered on harm reduction, trauma informed care, and diversity, equity, and inclusion
- Deliver clinical supervision to PMHNPs, addiction medicine providers, qualified mental health providers and certified alcohol and drug counselors
- Provide direct client services to patients with co-occurring disorders

Associate Medical Director

Central City Concern, Substance Use Disorder Services, Portland, OR

2017–2019

- Invited by Central City Concern to design a clinical vision and integration matrix for the Blackburn Center, a large integrated health clinic focused on homeless and vulnerable populations
- Design and implement OBOT services into a pre-existing substance use disorder program
- Design and implement same-day induction clinic into pre-existing OBOT clinic
- Medical oversight at two mid-sized medical centers for opioid use disorder
- Through education and leadership, effectively change staff and organizational culture to embrace trauma informed care, harm reduction, and holistic interventions as substance use disorder treatment
- Design and host a series of workshops and lectures for a wide cross section of professionals such as parole officers, health and human services, and state agents to better understand trauma informed care, substance use disorders, and pharmacological treatments
- Provide direct patient care to clients engaged in office-based opiate treatment programs including all forms of medication supported recovery and psychiatric medication management

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Guest Faculty

National University of Natural Medicine, Portland, OR

2015–2018

- Develop and implement comprehensive curriculum on psychopharmacology and substance use disorders for Master’s level programming
- Create core competencies for naturopathic doctor students to connect classroom principals to professional application
- Invited to lecture in classes and conferences on PTSD, health justice, and trauma informed care

Integrated Psychiatric Mental Health Nurse Practitioner

Central City Concern, Old Town Clinic, Portland, OR

2012–2017

- Manage psychiatric medication and brief psychotherapies within an integrated primary care clinic model serving the homeless and unstably housed population
- Provide psychiatric and consult services to culturally specific programming including latinx and undocumented SUD services, and transgender health services
- Develop, plan, implement, and maintain multiple clinic-wide initiatives including the Zero Suicide paradigm and Naloxone Co-prescribing
- Respond to and de-escalate a variety of mental health crisis across the clinic

Psychiatric Mental Health Nurse Practitioner

Amenda Clinic LLC, Portland, OR

2012–2014

- Provide psychiatric services within a holistic, integrative specialty mental health clinic
- Collaborate with a clinical care team of social workers, counselors, naturopathic doctors, acupuncturists, and nutritionists to manage psychiatric treatment with botanical and functional medicine
- Coordinate and deliver community education workshops on botanical medicine for mental wellness

Research Assistant

OHSU School of Nursing Research Department, Portland, OR

2008–2012

- Coordinate culturally competent, community driven research on the efficacy of cognitive behavioral therapy for women with disabilities and depression
- Co-author qualitative research meta-summary on experiences among nursing and medical faculty of color
- Compile, organize, and present data for PI review

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- Code audio files for fidelity

CONSULTING AND EDUCATIONAL WORK

Portland Street Response

2021-2023

- *Monthly supervision for harm reduction, street outreach team. Supervision focused on trauma informed care, harm reduction, and structural violence competency.*

Fora Health

2020-2023

- *Weekly clinical supervision for psychiatric mental health nurse practitioner(s)*
- *Education series for behavioral health staff on stigma, trauma informed care and addiction*

Kaiser Permanente Addiction Medicine Services

2022

- *All staff didactic on integrating harm reduction into addiction medicine services*

Oregon Health Authority

2021 & 2022

- *Educational support for direct services working with a focus on trauma informed care, harm reduction and substance use.*

Multnomah County Health Department (within the Multnomah County Jail)

2021

- *All Staff Didactic training on pharmacotherapies for addiction treatment with a focus on liberalizing the use of buprenorphine for inmates via a review of evidence-based practice*
- *Specialty training and curriculum development for deputies on addiction, and pharmacotherapies for addiction treatment with a focus on understanding stigma and it's role in addiction treatment*

Legacy Health Perinatal Services

2021

- *Series of educational events on trauma informed care for families with substance use disorders for perinatal providers (MDs, CNMS, doulas, peers, etc)*

Cascadia Behavioral Health Care

2020-2021

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- Educational series for behavioral health line staff on the intersections of trauma informed care and harm reduction

PUBLICATIONS

- Bartholow, L.A.M. (2022) Integrating Trauma Informed Care into Addiction Treatment: Expert Q&A. *Carlat Addiction Treatment Report*. Nov/Dec 2022 Edition.
- Bartholow, L.A.M., & Huffman, R (2021) The Necessity of a Trauma Informed Paradigm in Substance Use Disorder Services. *Journal of the American Psychiatric Nurses Association*, 10783903211036496.
- Bartholow, L.A.M., & Pope, J. (2018) Use of Buprenorphine to treat Opioid Use Disorder. *Journal of psychosocial nursing and mental health services*, 56(11), 9-12.
- Empie, B., & Bartholow, L.A.M.(2013) Raze the Walls: Race and the PIC. Life During Wartime (pp. 62-74). San Francisco, CA: AK Press.

PRESENTATIONS

- Bartholow, L.A. (2024) The Necessity of a Trauma Informed Lens in SUDS Services. OHSU Psychiatry Grand Rounds. Portland, OR.
- Rakesh, J., Rakesh S., Bartholow, L.A. (2023) Challenging the Stigma with Benzodiazepines: has the pendulum swung too far? Psych Congress. Nashville, TN.
- Bartholow, L.A. (2023) Beyond PTSD: Incorporating Trauma Informed Care into Your Practice. Psych Congress Elevate. Las Vegas, NV.
- Bartholow, L.A. (2023) "Stigma and Addiction" Substance Use and Addiction Nursing Conference. UCSF. San Francisco, CA
- Bartholow, L.A. (2022) "Benzos are the only thing that work" and other tales of woe: trauma informed difficult conversations. Psych Congress. New Orleans, LA.
- Bartholow, L.A. (2022) The Silent Killer: how stigma sabotages health and healing. OPAT. Sunriver, OR
- Bartholow, L.A. (2022) Understanding trauma informed care and Harm Reduction. Oregon Society Addiction Medicine. Virtual.
- Bartholow, L.A. (2022) Keynote: Trauma Informed Care for Substance Use Disorders. Gorge Recovery Summit. Hood River, OR
- Bartholow, L.A. (2021) Trauma Informed Care, Addiction and Neonatal Considerations. Swanman Perinatal Conference. Portland, OR.

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- Bartholow, L.A. (2019) Keynote: Trauma, Addiction, Mental Health and Stigma. Coastal Opioid Summit. Seaside, OR.
- Bartholow, L.A. (2019) Keynote: Trauma informed care for the treatment of pregnant women with substance use disorders. Health Share Conference. Portland, OR.
- Bartholow, L.A. & Greenfield, L. (2019) Trauma Informed Medication Supported Recovery Systems. OPAT. Bend, OR.
- Bartholow, L.A. (2019) Trauma, substance use disorders and mental health. OPAT. Bend, OR
- Wheelhouse Leadership (Noice, A., Kern, K., Mendenhall, A., Klein, E and Bartholow, LA. (2018) Expanding Medication Assisted Treatment. (2018). NWAIS. Portland, OR.
- Bartholow, L.A. (2017) Trauma Informed Difficult Conversations. The International Benzodiazapine Symposium. Bend, OR.
- Bartholow, L.A. (2017) Xanax is the only thing that works and other tales of woe: treating anxiety in the primary care setting. ACCT. Portland, OR.
- Bartholow, L.A. (2016) Naloxone co-prescribing in primary care. Coastal Opiate Summit. Seaside, OR.
- Bartholow, L.A. (2016) Trauma, Addiction and LGBTQ Identity. Meaningful Care Conference. Portland, Or.
- Bartholow, L.A (2015). Naloxone co-prescribing in Primary Care: Cure for an epidemic. CCO State Summit. Portland, OR
- Bartholow, L.A. (2015) The gut-brain connection and mental health. Traditional Roots Conference. National College National Medicine. Portland, OR.
- Bartholow, L.A (2014) Trauma, Addiction and LGBTQ Identity. Portland's Meaningful Care Conference. Portland, Or.
- Bartholow, L. A. (2013). The Body Remembers: Stress, Trauma and Botanical Intervention. Traditional Roots at National College of Natural Medicine, Portland, Or.

AWARDS AND HONORS

- 2024 Fellow - International Society of Addictions Nurses
- 2023 Top PMHNP, *PDX Monthly*, Portland, OR
- 2022 Top PMHNP, *PDX Monthly*, Portland, OR
- 2022 Distinguished Alumni Award, OHSU SON, Portland, OR
- 2021 Top PMHNP, *PDX Monthly*, Portland, OR

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- 2019 Top PMHNP, *PDX Monthly*, Portland, OR
- 2018 Health Care Hero, National Health Center Week, Portland, OR
- 2018 Top PMHNP, *PDX Monthly*, Portland, OR
- 2016 Health Equity in Oregon Award, Oregon Primary Care Association, Portland, OR
- 2012 Carol A. Lindeman Award, OHSU SON, Portland, OR
- 2012 STTI Graduate Leadership Award, OHSU SON, Portland, OR
- 2012 Volunteer Educator of the Year Award, OHSU All-Hill, Portland, OR
- 2011 Volunteer of the Year Award, OHSU All-Hill, Portland, OR
- 2011 Volunteer of the Year Award, Multnomah County Health Department, Portland, OR

SPECIAL SKILLS

- Ability, per Oregon Administrative Rules, to provide clinical supervision to Certified Alcohol and Drug Counselors
- Proficient in equity-based facilitation, creating non-hierarchical learning and training environments

COMMUNITY SERVICE

- 2014–Current Motherhood
- 2012–2014 Sexual Assault Resource Center: Trauma Educator and Consultant
- 2009–2011 Multnomah Country HIV Prevention Program
- 2008–2010 President, Nursing Students for Reproductive Justice
- 2008–2010 OHSU Student Council Senior Community Health Chair
- 2005–2007 Whitebird Community Health Clinic and Crisis Center