

LYDIA ANNE M. BARTHOLOW, DNP, PMHNP, CARN-AP

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EDUCATION

Oregon Health and Science University, Portland, OR <i>Doctor of Nursing Practice</i>	2013-2016
Oregon Health and Science University, Portland, OR <i>Master of Nursing</i>	2010-2012
Oregon Health and Science University, Portland, OR <i>BS, Nursing Major</i>	2007-2010

LICENSURE AND CERTIFICATION

▪ Certified Addictions Registered Nurse, Advanced Practice	2015-Current
▪ PMHNP, Oregon	2012-Current
▪ ANCC Credentialed PMHNP	2012-Current
▪ Registered Nurse, Oregon	2010-Current

PROFESSIONAL EXPERIENCE

Central City Concern – Substance Use Disorder Services, Portland, OR <i>Associate Medical Director of Substance Use Disorder Services</i>	2017-Current
▪ Provide clinical oversight and management to two office based opiate treatment centers	
▪ Develop and implement innovative ways of providing substance use disorder treatment, with an emphasis on trauma informed care, harm reduction and holistic interventions	
▪ Provide agency and state-wide education on medication assisted treatment and substance use disorders	
▪ Work with payers and community partners to expand access, and decrease barriers, to medication assisted treatment for substance use disorders	
▪ Provide direct patient care to clients engaged in office based opiate treatment programs, including all forms of medication assisted treatment and psychiatric medication management.	

- Old Town Clinic, Central City Concern** Portland, OR 2012-Current
- Integrated Psychiatric Mental Health Nurse Practitioner*
- Develop, implement, plan and maintain multiple clinic-wide initiatives to promote healthy equity, including Zero Suicide and Naloxone Co-prescribing
 - Provide psychiatric medication management and brief psychotherapies within an integrated primary care clinic model.
 - Provide clinic-wide mental health crisis intervention and de-escalation as needed.
- Amenda Clinic LLC**, Portland, OR 2012-2014
- Clinical Herbalist and Psychiatric Mental Health Nurse Practitioner*
- Provide comprehensive mental health services within a holistic, integrative specialty mental health clinic.
 - Provide psychiatric medication management, including botanical and functional medicine, as part of a larger clinical care team consisting of social workers, counselors, naturopathic doctors, acupuncturists and nutritionists.
 - Provide narrative and body-focused psychotherapies for addictions and psychosis.
 - Provide and coordinate community education on botanical medicine for mental wellness.
- Central City Concern – Old Town Clinic**, Portland, OR 2012-2012
- Psychiatric Registered Nurse*
- Provide mental health services within an integrated primary care clinic model.
 - Implement clinic-based population interventions for clients with mental health and substance abuse related needs.
 - Provide logistical and educational support to primary care providers and care team members.
 - Provide clinic-wide mental health crisis intervention and de-escalation as needed.
- OHSU School of Nursing Research Department**, Portland, OR 2008-2012
- Research Assistant*
- 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 of nursing and medical faculty of color.
 - Compile, organize and present data for review.
 - Code audio files for fidelity and accuracy.

AWARDS AND HONORS

- 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

PUBLICATIONS AND LECTURES

- Hassounch, D., & Bartholow, L. A. (Under Review). Faculty of color in health professions education: a qualitative metasummary of experiences. RINAH.
- Empie, B., & Bartholow, L. A. Raze the Walls: Race and the PIC. *Life During Wartime* (pp. 62-74). San Francisco, CA: AK Press.
- Bartholow, L.A. (2017) Opiates: How to have difficult conversations with patients. Coastal Opiate Summit. Seaside, 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) Opiates: Having the difficult conversations. Coastal Opiate Summit. Seaside, 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 and Solotaroff, R. (2016) Trauma informed opiate prescribing and management in primary care. Health Share Equity 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) Mental illness in underserved populations. OHSU Health Equity Week. OHSU. Portland, OR.
- Bartholow, L.A. (2015) The gut-brain connection and mental health. Traditional Roots Conferene. 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. (2014) Mental Health Care for the Underserved. OHSU Health Equity Week. Oregon Health and Science University, School of Medicine.

- Bartholow, L. A. (2013). That Gut Feeling: The brain-gut connection. Portland Plant Medicine Conference. National College of Natural Medicine. Portland, Or.
- Bartholow, L.A. (2013) A Herbal Mental Health Primer. Brietenbush Herbal Conference. Detroit. Or.
- Bartholow, L. A. (2013). The Body Remembers: Stress, Trauma and Botanical Intervention. Traditional Roots at National College of Natural Medicine, Portland, Or.
- Bartholow, L. A. (2012 & 2011 & 2010). Stress, Trauma, Depression and Botanical Intervention. Portland Plant Medicine Conference. Lecture conducted from National College of Natural Medicine, Portland, Or.
- Bartholow, L.A. (2012 & 2011) Health Justice for Herbalists. Portland Plant Medicine Conference. National College of Natural Medicine. Portland, Or.
- Bartholow, L. A. (2011). The Physiology of Trauma and Trauma Stewardship. Taking Care Conference. Portland State University, Portland, Or.
- Bartholow, L.A. (2010) Public Health and the Prison Industrial Complex. Reed College, Portland, Or.

SPECIAL SKILLS

- Trauma-Informed Care Trainer.
- Advanced training in group facilitation and consensus building.
- Crisis Intervention Training (CPI).
- Multiple Certificates in Botanical Medicine.

COMMUNITY SERVICE

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