

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
2017-Current

Associate Medical Director

- 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
- Provide leadership to clinical systems integration and conceptual framework for Blackburn Building
- 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.

National University of Natural Medicine Portland, OR
2012-2017

Guest Faculty

- Develop and implement curriculum for masters level programming on both psychopharmacology, and substance use disorders
- Create core competencies for naturopathic doctor students regarding allopathic psychopharmacology
- Create core competencies for naturopathic doctor students regarding substance use disorders
- Guest lecture on PTSD, health justice, and trauma informed care

Old Town Clinic, Central City Concern Portland, OR
2012-2017

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

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| ▪ 2018 Health Care Hero | NHCW | 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 |

PUBLICATIONS AND LECTURES

- Empie, B., & Bartholow, L. A. (2013) Raze the Walls: Race and the PIC. *Life During Wartime* (pp. 62-74). San Francisco, CA: AK Press.
- 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. (2018) Trauma Informed Difficult Conversations. OPAT. Eugene, OR.
- Bartholow, LA. (2018) Trauma and Addiction. Coastal Opioid Summit. Seaside, OR.

- Bartholow, L.A. (2017) Trauma Informed Difficult Conversations. The International Benzodiazapine Symposium. Bend, OR.
- 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. (2017) Beyond Trauma: neuroscience, epigenetics and health justice. Q center. 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. Natural 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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| ▪ Motherhood | 2014-current |
| ▪ 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 |