

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

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## EDUCATION

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

## LICENSURE AND CERTIFICATION

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

## PROFESSIONAL EXPERIENCE

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<b>Central City Concern – Substance Use Disorder Services, Portland, OR</b> <i>Associate Medical Director</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	
▪ 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	



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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|---|------------------------------------|--------------|
| ▪ 2019 Top PMHNP                            | PDX Monthly                        | Portland, OR |
| ▪ 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

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- 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. (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

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- 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    |