

Heidi S. Melbostad, PhD, MFT

CURRICULUM VITAE

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EDUCATION

- Ph.D.** **University of Vermont**, General/Experimental Psychology
Dissertation: A cost-effectiveness analysis of two contraceptive services interventions for women receiving medication for opioid use disorder and at risk of unintended pregnancy
- M.S.** **San Francisco State University**, Clinical Psychology, Marriage and Family Therapy Training Program
Master's Thesis: Military medical personnel and the psychological impact of combat exposure
- B.A.** **Kenyon College**, Psychology, Neuroscience, and Sociology

PROFESSIONAL EXPERIENCE

- Mountain Community Health, Bristol, VT 2024-current
Chief Executive Officer (CEO). Responsible for the overall strategic, operational, and financial leadership of this federally qualified health center in Addison County, Vermont, ensuring the organization fulfills its mission, meets its goals, and complies with federal, state, and local regulations. Lead the executive and management teams, manage relationships with the Board of Directors, and represent the organization to external stakeholders to support high-quality patient care and drive initiatives to address community health needs.
- University of Vermont, Department of Psychiatry, Burlington, VT 2021-current
Research Assistant Professor. Faculty member at the Vermont Center on Behavior and Health, an academic research center committed to understanding the intersection of behavior patterns and morbidity and mortality risks. Strong foundation in both experimental and translational aspects of behavioral health research, including expertise navigating Institutional Review Board (IRB) protocols, adhering to ICH and GCP guidelines, and executing clinical trials. Principal Investigator of an NIH Centers of Biomedical Research Excellence (COBRE)-funded project exploring strategies to increase reproductive and sexual health care services for people in treatment for substance use disorders. Possess exceptional skills in research design, project management, regulatory compliance, data analysis, and scholarly writing.
- Howard Center, Chittenden Clinic, Burlington, VT 2021-2024
Director. Dynamic and compassionate director of a large opioid treatment program (OTP) that implemented innovative, evidence-based treatment protocols that significantly improved patient outcomes, expanded access to care, and increased staff recruitment and retention. Executed strategic initiatives, transformed service delivery models, managed multimillion dollar budget, developed compliance and quality improvement initiatives, maintained accreditation and adherence to regulatory agencies. Implemented risk management and incident reporting system to identify, assess, and mitigate risks within program. Managed 65+ interdisciplinary staff, forged strong community partnerships, and promoted values of respect, inclusion, diversity and the de-stigmatization of mental health and substance use disorders.
- University of Vermont, Vermont Center on Behavior and Health, Burlington, VT 2020-2021
Postdoctoral Fellow, Department of Psychiatry, National Institute of Drug Abuse (NIDA) T32 funded. Mentors: Sarah H. Heil, Ph.D. and Donald S. Shepard, Ph.D. (Brandeis University). Principal Investigator of Health Resources

and Service Administration (HRSA) funded translational research pilot project aimed at decreasing stimulant use among adults with opioid use disorder using technology-based delivery of contingency management. Conducted a financial evaluation of the effect of the COVID-19 pandemic on healthcare service delivery costs. Co-managed multi-site NIH-funded research study examining differences in maternal, fetal, and neonatal outcomes of different treatment approaches for pregnant women with opioid use disorder.

University of Vermont, Department of Psychological Sciences, Burlington, VT 2014-2020
Predoctoral Fellow. Behavioral pharmacology research investigated substance use disorders among reproductive-age women. Managed a five-year, National Institute of Drug Abuse (NIDA) funded randomized controlled trial aimed at increasing contraceptive use among women. Conducted cost and cost-effectiveness analyses of clinical trial interventions and provided clinical oversight. Developed and executed a quality improvement project to assess barriers to contraceptive services. Investigated a novel strategy to objectively assess neonatal opioid withdrawal syndrome (NOWS)/Neonatal Abstinence Syndrome (NAS) to improve maternal and child outcomes.

Springfield Area Parent Child Center (SAPCC), Learning Together Program, Springfield, VT 2011-2014
Mental Health Coordinator. The Learning Together program provides education, life skills, and parenting support to young mothers (16–24 years old). Created and supervised clinical program within a trauma-informed and harm reduction framework to support young women presenting with mental health and substance use disorders, relational conflict, and personality disorders. Networked with local and state agencies. Conducted staff trainings, provided professional consultations, and collaborated with community providers to coordinate services.

Health Care and Rehabilitation Services (HCRS), Early Childhood and Family Mental Health, Springfield, VT 2008-2011
Marriage and Family Therapist. HCRS is a community mental health organization that provides comprehensive services for children and adults living in rural communities. Addressed mental health needs of women and families with children zero to six years old. Provided home- and clinic-based services: conducted psychological assessments, individual, parent-child, and play psychotherapy, crisis interventions, and case management. Established multi-disciplinary collaborations with WIC, Reach-UP, the Department of Children and Families, Housing Department, pediatricians, psychiatrists, primary care providers, and childcare and education providers.

University of California, The Infant-Parent Program, Zuckerberg San Francisco General Hospital and Trauma Center, San Francisco, CA 2006-2007
Practicum. The Infant-Parent Program is a multifaceted, evidence-based mental health program serving a primarily low-income, culturally diverse population in the San Francisco Bay area. Provided culturally informed in-home services: infant-parent psychotherapy, child development training, and case management for families with children zero to three years old. Cases included failure to thrive, attachment issues, abuse and neglect, custody and placement concerns, and parents presenting with extreme psychological distress and substance use disorders.

San Francisco Unified School District, San Francisco, CA 2006
Practicum. The San Francisco Unified School District provides education for diverse community of children residing in San Francisco Bay Area. Provided year-long psychotherapy for children in the Special Education Program at Aptos Middle School referred for mental health services because of poor academic performance, behavioral issues, and emotional disturbances. Consulted with teachers and resource specialists.

San Francisco State University Psychology Clinic, San Francisco, CA 2005
Practicum. The Psychology Clinic provides individual, long-term outpatient psychotherapy for the diverse San Francisco State University student body and Bay area community. Within a marriage and family therapy framework, addressed the mental, emotional, and behavioral health needs of adults with struggling with depression, anxiety, grief, substance use, and psychosis using evidence-based treatment strategies.

University of California, San Diego, Department of Surgery, San Diego, CA 2002-2005
Research Project Manager. PI: Raul Coimbra, MD, PhD. Research focused on understanding the inflammatory pathways of sepsis and hemorrhagic shock to improve acute medical care provided to US military service members in combat areas. Designed, planned, and executed cellular and molecular experiments to examine the biological processes involved in inflammation and tissue injury. Analyzed data, presented results, and drafted manuscripts. Collaborated with US Navy to support development of novel resuscitation techniques.

Harvard University School of Medicine, Brigham and Women's Hospital, Boston, MA 2000-2001
Research Associate. PI: Frank Kuo, MD, PhD. Cancer research focused on identifying human sarcomas utilizing novel genetic diagnostic techniques. Determined genetic sequences common to various types of sarcomas using DNA microarray to measure gene expression. Supported hospital pathologist in diagnostic laboratory testing of clinical samples.

Washington University School of Medicine, Department of Psychiatry, St. Louis, MO 1999-2000
Research Assistant. PI: Steven Mennerick, PhD. Laboratory research concentrated on understanding impact of alcohol exposure on neural functioning. Conducted electrophysiology experiments to identify the interaction of alcohol and neurotransmitter pathway activation including GABAergic and glutamatergic neuron responses.

PUBLICATIONS

Heil, S., **Melbostad, H.** & Cioffredi, L. (2024). Neonatal abstinence syndrome. *The oxford handbook of opioids and opioid use disorder* (Chapter 9). New York: Oxford University Press.

Kock, L., **Melbostad, H.** & Heil, S. (2024). Prevalence of psychosocial issues among pregnant women who do and do not use illicit substances. *Psychology of Addictive Behaviors, 38(2):205-210*.

Oliver, A., **Melbostad, H.**, Matusiewicz, A., Rey, C., Badger, Heil, S. (2023). Correspondence of verified and self-reported prescription contraceptive use. Manuscript under review.

Melbostad, H., Wachtel, D., Lipke, K., Badger, G., Matusiewicz, A., Rey, C., MacAfee, L., Dougherty, A. & Heil, S. (2022). Preliminary side effect profile, safety, and tolerability of hormonal contraception among women receiving opioid-agonist therapy. *Contraception, 110:16-20*.

Melbostad, H., Savage, P., Mahoney, K., Gaalema, D., Ades, P. & Shepard, D. (2021). Financial analysis of cardiac rehabilitation and the impact of COVID-19. *Journal of Cardiopulmonary Rehabilitation and Prevention, 41(5):308-314*.

Heil, H., **Melbostad, H.**, Matusiewicz, A., Rey, C., Badger, G., Shepard, D., Sigmon, S., MacAfee, L. & Higgins, S. (2021). Efficacy and cost-benefit analysis of contraceptive services with and without incentives among women with opioid use disorder and at high risk for unintended pregnancy: A randomized controlled trial. *JAMA Psychiatry, 78(10):1071-1078*.

Melbostad, H., Badger, G., Rey, C., MacAfee, L., Dougherty, A., Sigmon, S. & Heil, S. (2020). Contraceptive knowledge among females and males receiving medication treatment for opioid use disorder compared to those seeking primary care. *Substance Use and Misuse, 55(14), 2403-2408*.

Rey, C., Badger, G., **Melbostad, H.**, Wachtel, D., Sigmon, S., MacAfee, L., Dougherty, A. & Heil, S. (2020). Perceptions of long-acting reversible contraception among women receiving medication for opioid use disorder in Vermont. *Contraception, 101, 333-337*.

Heil, S., **Melbostad, H.** & Rey, C. (2019). Innovative approaches to reduce unintended pregnancy and improve access to contraception among women who use opioids. *Preventive Medicine, 128, 105794*.

Matusiewicz, A., **Melbostad, H.** & Heil, S. (2017). Knowledge of and concerns about long-acting reversible contraception among women in medication-assisted treatment for opioid use disorder. *Contraception, 96(5)*, 365-369.

Deree, J., **Melbostad, H.**, Loomis, W., Putnam, J. & Coimbra R. (2007). The effects of a novel resuscitation strategy combining pentoxifylline and hypertonic saline on neutrophil MAPK signaling. *Surgery, 142(2)*, 276-283.

Deree J., Lall, R., **Melbostad, H.**, Loomis, W., Hoyt, D. & Coimbra, R. (2006). Pentoxifylline attenuates stored blood-induced inflammation: A new perspective on an old problem. *Surgery, 140(2)*, 186-191.

Deree, J., Lall, R., **Melbostad, H.**, Grant, M., Hoyt, D. & Coimbra, R. (2006). Neutrophil degranulation and the effects of phosphodiesterase inhibition. *Journal of Surgical Research, 133(1)*, 22-28.

Coimbra, R., **Melbostad, H.**, Loomis, W.H., Porcides, R., Wolf, P., Tobar, M. & Hoyt D. (2006). LPS-induced acute lung injury is attenuated by phosphodiesterase inhibition: Effects on proinflammatory mediators, metalloproteinases, NF-kappaB, and ICAM-1 expression. *Journal of Trauma, 60(1)*, 115-125.

Coimbra, R., Porcides, R., Loomis, W., **Melbostad, H.**, Lall, R., Deree, J., Wolf, P. & Hoyt, D. (2006) HSPTX protects against hemorrhagic shock resuscitation-induced tissue injury: An attractive alternative to ringer's lactate. *Journal of Trauma, 60(1)*, 41-51.

Coimbra, R., **Melbostad, H.**, Loomis, W., Tobar, M. & Hoyt, D. (2005). Phosphodiesterase inhibition decreases nuclear factor-kappaB activation and shifts the cytokine response toward anti-inflammatory activity in acute endotoxemia. *Journal of Trauma, 59(3)*, 575-582.

Coimbra, R., Loomis, W., **Melbostad, H.**, Tobar, M., Porcides, R., Lall, R., Holbrook, T. & Hoyt D. (2005). Role of hypertonic saline and pentoxifylline on neutrophil activation and tumor necrosis factor-alpha synthesis: A novel resuscitation strategy. *Journal of Trauma, 59(2)*, 257-265.

Coimbra, R., Porcides, R., **Melbostad, H.**, Loomis, W., Tobar, M., Hoyt, D. & Wolf, P. (2005). Nonspecific phosphodiesterase inhibition attenuates liver injury in acute endotoxemia. *Surgery and Infection, 6(1)*, 73-85.

Coimbra, R., Loomis, W., **Melbostad, H.**, Tobar, M., Porcides, R. & Hoyt, D. (2004). LPS-stimulated PMN activation and proinflammatory mediator synthesis is downregulated by phosphodiesterase inhibition: Role of pentoxifylline. *Journal of Trauma, 57(6)*, 1157-1163.

Coimbra, R., **Melbostad, H.** & Hoyt, D.B. (2004). Effects of phosphodiesterase inhibition on the inflammatory response after shock: Role of pentoxifylline. *Journal of Trauma, 56(2)*, 442-449.

Moulder K.L., Fu, T., **Melbostad, H.**, Cormier, R., Isenberg, K., Zorumski, C. & Mennerick, S. (2002). Ethanol-induced death of postnatal hippocampal neurons. *Neurobiology of Disease, 10(3)*, 396-409.

Cormier, R., Mennerick, S., **Melbostad, H.** & Zorumski, C. (2001). Basal levels of adenosine modulate mGluR5 on rat hippocampal astrocytes. *Glia, 33(1)*, 24-35.

PRESENTATIONS

Melbostad, H., Harfmann, R. & Heil, S. (2021). Psychosocial issues among women who use illicit drugs during their pregnancy. Abstract presented at the College on Problems of Drug Dependence (CPDD) annual conference, June 21-24, 2021.

Melbostad, H., Wachtel, D., Lipke, K., Matusiewicz, A., Rey, C., MacAfee, L. & Heil, S. (2020). Safety and tolerability of hormonal contraception among women receiving medication treatment for opioid use disorder. Abstract presented at the National Title X Reproductive Health Conference (NRHC), August 11-12, 2020.

Melbostad, H., Wachtel, D., Lipke, K., Matusiewicz, A., Rey, C., MacAfee, L. & Heil, S. (2020). Safety and tolerability of hormonal contraception among women receiving medication treatment for opioid use disorder. Abstract presented at the College on Problems of Drug Dependence (CPDD) annual conference, June 20-24, 2020.

Melbostad, H., Badger, G., Rey, C., Sigmon, S., MacAfee, L., Dougherty, A. & Heil, S. (2019). A comparison of contraceptive knowledge among females and males receiving medication treatment for opioid use disorder or primary care services. Poster presented at the Society for Family Planning (SFP) annual conference, October 19-21, 2019.

Melbostad, H., Shepard, D., Rey, C., Matusiewicz, A., Sigmon, S., MacAfee, L., Higgins, S. & Heil, H. (2019). Benefits and costs of an ongoing family planning intervention for women enrolled in medication treatment for opioid use disorder. Poster presented at the College on Problems of Drug Dependence (CPDD) annual conference, June 15-19, 2019.

Melbostad, H., Matusiewicz, A., Rey, C., Badger, G., MacAfee, L., Sigmon, S., Higgins, S. & Heil, S. (2018). Increasing contraceptive use among women with opioid use disorder at risk for unintended pregnancy. Poster presented at the International Conference on Family Planning (ICFP), Kigali, Rwanda, November 12-15, 2018.

Melbostad, H., Hack, M., MacAfee, L. & Heil, S. (2018). Contraceptive knowledge of patients receiving medication treatment for opioid use disorder. Poster presented at the American Society for Addiction Medicine (ASAM) annual conference, April 12-15, 2018.

Melbostad, H., Wachtel, D. & Heil, S. (2017). Increasing contraceptive use among women with opioid use disorder at risk for unintended pregnancy. Poster presented at the Association for Addiction Professionals (NAADAC) annual conference, September 22-26, 2017.

Melbostad, H., Matusiewicz, A. & Heil, S. (2017). Knowledge and attitudes about pregnancy prevention among women who are opioid-maintained. Poster presented at the College on Problems of Drug Dependence (CPDD) annual conference, June 17-22, 2017.

Melbostad, H., Badger, G., Matusiewicz, A. & Heil, S. (2016). Contraceptive choice and rates of use among female smokers. Poster accepted for presentation at the Society for Research on Nicotine & Tobacco (SRNT) annual conference, March 8-11, 2017.

Melbostad, H., Matusiewicz, A. & Heil, S. (2016). Sexual behavior, reproductive health, and contraceptive use among opioid-maintained women. Abstract accepted to the North American Forum on Family Planning, November 5-7, 2016.

Melbostad, H., Matusiewicz, A., Wachtel, D. & Heil, S. (2016). Contraception use and pregnancy intention among opioid-maintained women. Poster presented at the American Psychological Association (APA) annual conference, August 4-7, 2016.

Melbostad, H., Matusiewicz, A., Higgins, S. & Heil, S. (2015). Prenatal smoking and pregnancy intention. Poster presented at the Vermont Center on Behavior and Health (VCBH) annual conference, October 1-2, 2015.

Melbostad H. & Heil, S. (2015). Postpartum contraceptive behavior of opioid-maintained pregnant women. Poster presented at the College on Problems of Drug Dependence (CPDD) annual conference, June 13-18, 2015.

Melbostad H. & Heil, S. (2014). The prevalence of psychosocial issues in pregnant women who use illicit substances. Poster presented at the Vermont Center on Behavior and Health (VCBH) annual conference, October 1-2, 2014

HONORS AND AWARDS

University of Vermont Award for Outstanding Doctoral Dissertation, Notable Mention, 2020

International Women's and Children's Health and Gender Group Conference, Travel Award, 2020

International Women's and Children's Health and Gender Group Conference, Travel Award, 2019

University of Vermont, The Ronald Suiter Prize, 2018

American Society of Addiction Medicine (ASAM), NIDA Young Investigator Travel Award, 2018

International Women's and Children's Health and Gender Group Conference, Travel Award, 2017

NIAAA/NIDA, Travel Award for Early Career Investigators, 2016

American Psychological Association (APA), Student Travel Award, 2016

University of Vermont Graduate College, Mini Grant, 2016

Kenyon College, Biology Department Award, 1999

TRAINING AND SEMINARS

Strozzi Institute, Leadership: Embodied Transformation, Barcelona, Spain, November 30 – December 3, 2023

The Inclusive STEM Teaching Project, Boston University, Virtual, June 15 – August 1, 2021

Principal Investigator (PI) Crash Course (Skills for Leaders), Columbia University, Virtual, June 10-11, 2021

Enhancing Health Disparities Research Related to Substance Use and Addiction: Research Gaps and Opportunities, National Institute of Drug Abuse, Office of Research Training, Diversity, and Disparities, Virtual, February 16-17, 2021

Trauma-Informed Care in the Family Planning Setting, National Clinical Training Center for Family Planning, Virtual, September 23, 2020

Leadership Skills for Advancing Health Equity in Family Planning Services, National Reproductive Health, Title X, Virtual, August 11, 2020

Navigating the NIH Grant Writing, Society of Family Planning, Los Angeles, CA, October 18, 2019

Opioid Overdose Prevention Training, Vermont Department of Health, Burlington, VT, August 11, 2019

Motivational Interviewing, American Society of Addiction Medicine (ASAM), San Diego, CA, April 12, 2018

Introduction to Economic Evaluation Training and Workshop, Center for Health Economics of Treatment Interventions for Substance Use Disorder, HCV, and HIV (CHERISH), Bethesda, MD, March 19, 2018

Using Stata Effectively, STATA Corporation, Washington, D.C., January 23-24, 2018

REDCap Training, University of Vermont, Burlington, VT, November 1, 2017

Grant Writing and Career Development Workshop, National Institute on Drug Abuse (NIDA), Montreal, Canada, June 17, 2017

Integrating Screening, Brief Intervention, and Referral with Treatment in Diverse Health Care Settings, American Psychological Association (APA), Denver, CO, August 5, 2016

Multigroup and Multilevel Modeling with Cross-National Data: Applications, Issues, and Complexities, American Psychological Association (APA), Denver, CO, August 5, 2016

TEACHING EXPERIENCE

Co-Instructor. University of Vermont, Industrial-Organizational (I-O) Psychology. Course applied psychological theories, principles, and research methods to understand and solve problems related to human behavior in the workplace with aim to optimize job performance, improve employee satisfaction, and promote the overall well-being of employees within organizations. 25 undergraduate students. Fall semester, 2018.

Teaching Assistant. University of Vermont, Introduction to Psychological Science. Course provided a comprehensive overview of the field of psychology, its history, major theories, and applications; designed to expose students to the broad range of topics from the biological basis of behavior to cognitive processes, emotional responses, developmental patterns, and the impact of social environments on individual behavior. 250 undergraduate students. Spring semester, 2017.

TECHNICAL SKILLS

Microsoft Office Suite, STATA, Electronic Health Record Systems, Project Management, Grant Writing, Cost/Benefit Analysis, CARF Accreditation, NCQA Accreditation

SERVICE ACTIVITIES

Ad Hoc Journal Reviewer:

Addictive Behaviors

Drug and Alcohol Dependence

International Journal of Experimental Research and Public Health

Preventive Medicine

Substance Use and Misuse

The Journal of Women's Health

The Journal of Maternal-Fetal & Neonatal Medicine

Women's Health

Public Relations:

Mercy Connections and Vermont Department of Corrections, Burlington, VT 2020-Current
Mentor for woman involved with criminal justice system

Green Mountain Rock Climbing Center, Quechee, VT 2010-2013
Volunteer

Nablus Smile Project, Hebron, West Bank 2010
Volunteer

Health and Human Services, Child Welfare Services, San Diego, CA 2003-2005
Mentor for teen girl placed in Child Protective Services

Polinsky Children's Center, San Diego, CA 2002-2003
Crisis counselor

New Directions: Battered Women's Shelter, Mt. Vernon, OH 1997-1999
Crisis hotline attendant

PROFESSIONAL AFFILIATIONS

AcademyHealth

American Psychological Association (APA; Division 28)

American Society of Addiction Medicine (ASAM)

The College on Problems of Drug Dependence (CPDD)

The Association for Addiction Professionals (NAADAC)