

# Heidi Sara Melbostad

## CURRICULUM VITAE

### ADDRESS

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University of Vermont  
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### EDUCATION

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Projected: May 2020	PhD	University of Vermont General/Experimental Psychology Graduate Advisor: Sarah H. Heil., PhD
Conferred: 2007	MS	San Francisco State University Clinical Psychology Graduate Advisors: Dawn Terrell, PhD and David Gard, PhD
Conferred: 1999	BA	Kenyon College Psychology and Neuroscience

### RESEARCH EXPERIENCE

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University of Vermont, Vermont Center on Behavior and Health  
*Pre-Doctoral Trainee*, NIDA T32 DA 007242. 2014-current. PI: Sarah H. Heil, PhD.  
Current behavioral pharmacology research is investigating opioid use disorder with a specific focus on family planning, psychosocial risk factors, and potential treatment interventions.

University of California, San Diego, Department of Surgery  
*Research Coordinator*. 2002-2005. PI: Raul Coimbra, MD, PhD.  
Research focused on the molecular inflammatory pathways of sepsis and hemorrhagic shock.

Harvard University School of Medicine, Brigham and Women's Hospital  
*Research Associate*. 2000-2001. PI: Frank Kuo, MD, PhD.  
Research utilized microarray technology to identify genetic compositions of human sarcomas.

Washington University School of Medicine, Department of Psychiatry  
*Research Assistant*. 1999-2000. PI: Steven Mennerick, PhD.  
Laboratory research concentrated on understanding of alcohol exposure and neuronal excitation and inhibition by glutamate and GABA neurotransmitters and their receptors.

### CLINICAL EXPERIENCE

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Springfield Area Parent Child Center (SAPCC), Learning Together Program  
*Mental Health Program Director*. 2011-2014.  
The Learning Together program provides life skills and parenting support to assist young mothers (16–24 years old) in negotiating various obstacles to self-sufficiency to address their needs and those of their children. Provided individual and family psychotherapy, crisis intervention, and case management in office and home-based environments. Provided staff consultations and trainings.

Health Care and Rehabilitation Services (HCRS), Early Childhood and Family Mental Health  
*Child and Family Mental Health Clinician*. 2008-2011.

HCRS is a community mental health organization that provides comprehensive services for children and adults in rural Vermont communities. Addressed mental health needs of families with children less than six years old and pregnant women (22 years old and younger) by providing home and clinic-based parent-child psychotherapy and case management.

University of California, San Francisco, The Infant-Parent Program, SF General Hospital  
*Intern*. 2006-2007.

The Infant-Parent Program is a multifaceted mental health program serving a primarily low-income, ethnically diverse population in the Bay area. Provided in-home based assessments, infant-parent psychotherapy, and child development education for families with children zero to three years old; cases included abused and neglected children, custody and placement concerns, and parents experiencing extreme psychological distress and substance use disorders.

San Francisco State University Psychology Clinic  
*Intern*. 2006.

The Psychology Clinic provides individual, long-term outpatient psychotherapy for the diverse San Francisco State University student body and Bay area community. Addressed mental health needs of adults struggling with depression, anxiety, relationship problems, and prodromal psychotic symptoms using empirically validated treatment interventions.

San Francisco Unified School District  
*Intern*. 2005.

The San Francisco Unified School District provides educational services for children residing in San Francisco. 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.

Polinsky Children's Center  
*Residential Counselor*. 2002-2003.

The Polinsky Center offers emergency shelter for abused and neglected children in San Diego County. Worked with young children residing in the shelter and co-facilitated group therapy. Attended the crisis hot line and collaborated with social services organizations.

Archway Communities: Substance Abuse Treatment Center  
*Drug and Alcohol Detox Counselor*. 1999-2000.

Archway Communities provides detox, outpatient, and residential substance abuse treatment programs for adult populations. Screened adults for admission into detox program; conducted intake and assessment interviews.

## PRESENTATIONS AND PUBLICATIONS

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Rey, C., Badger, G., **Melbostad, H.**, Wachtel D., Sigmon, S., MacAfee, L., Dougherty, A., & Heil, S. (2019). Perceptions of Long-Acting Reversible Contraception among Women Receiving Medication for Opioid Use Disorder in Vermont. Manuscript under review.

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.

- 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. Abstract presented at the Society of 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. Abstract 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. Increasing Contraceptive Use Among Women with Opioid Use Disorder at Risk for Unintended Pregnancy. Poster presented in Rwanda at the International Conference on Family Planning, November 12-15, 2018.
- Melbostad, H.,** Rey, C., Sigmon, S., MacAfee, L., Dougherty, A. & Heil, S. (2018). Contraceptive Knowledge of Men and Women Receiving Medication-Assisted Treatment for Opioid Use Disorder. Poster presented at the College on Problems of Drug Dependence (CPDD) annual conference, June 15-19, 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.
- 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.
- 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.,** Badger, G., Matusiewicz, A., & Heil, S. (2016). Contraceptive Choice and Rates of Use Among Female Smokers. Poster presented at the Vermont Center on Behavior and Health (VCBH) annual conference, October 6-7, 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.,** Badger, G., Matusiewicz, A., & Heil, S. (2016). Contraceptive Use Among Female Smokers. Poster presented at the College on Problems of Drug Dependence annual conference, June 11-16, 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 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 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 annual conference, October 1-2, 2014

Deree, J., Martins, J., **Melbostad, H.**, Loomis, W., & Coimbra, R. (2008). Insights into the regulation of TNF alpha production in human mononuclear cells: the effects of non-specific phosphodiesterase inhibition. *Clinics (Sao Paulo)*, 63(3), 321-328.

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.B. (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.B. (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.D., 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.D., **Melbostad, H.**, Loomis, W., Tobar, M., Hoyt, D.B., & 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.D., & Hoyt, D.B. (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.J., Isenberg, K.E., Zorumski, C.F., & Mennerick, S. (2002). Ethanol-induced death of postnatal hippocampal neurons. *Neurobiology of Disease*, 10(3), 396-409.

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

## HONORS AND AWARDS

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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

## EDITORIAL ACTIVITY

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Reviewer, Manuscript for *Drug and Alcohol Dependence*, December 2019  
Reviewer, Manuscript for *Drug and Alcohol Dependence*, August 2019  
Reviewer, Manuscript for *Preventive Medicine*, August 2019  
Reviewer, Manuscript for *Drug and Alcohol Dependence*, July 2019  
Reviewer, Manuscript for *Addictive Behaviors*, March 2019  
Reviewer, Manuscript for *Preventive Medicine*, March 2019  
Reviewer, Manuscript for *Drug and Alcohol Dependence*, November 2018  
Reviewer, Manuscript for *Drug and Alcohol Dependence*, July 2018  
Reviewer, Manuscript for *International Journal of Experimental Research and Public Health*, January 2018  
Reviewer, Manuscript for *The Journal of Women's Health*, June 2017  
Reviewer, Manuscript for *The Journal of Maternal-Fetal & Neonatal Medicine*, March 2017

## TRAINING AND SEMINARS

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**Navigating the NIH Workshop**, Society of Family Planning, Los Angeles, CA, October 18, 2019

**Motivational Interviewing Workshop**, 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

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**Co-Instructor.** University of Vermont, Organizational Psychology. Fall semester, 2018.  
25 undergraduate students.

**Teaching Assistant.** University of Vermont, Introduction to Psychological Science. Spring semester, 2017.  
250 undergraduate students.

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## **PROFESSIONAL AFFILIATIONS**

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American Association for Marriage and Family Therapists

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)