

Heather Adams, D.O.

Professional History

Assistant Professor/University of Colorado/Children's Hospital Colorado

Attending Physician Intensive Services/Inpatient service and Partial Hospital Program

Honors, Special Recognition and Awards

Chief Resident

- Triple Board Chief/2011-2012/Cincinnati Children's Hospital Medical Center

Phi Beta Kappa

Academic Appointments

2012-Present	Assistant Professor	University of Colorado/Children's Hospital Colorado/Pediatric Mental Health Institute, Denver, CO
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Education

2003	Bachelor of Science in Genetics/ Minor in Molecular Cell Biology and Spanish	Washington State University, Pullman, WA
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2007	Doctor of Osteopathy	Midwestern University; Chicago College Osteopathic Medicine, Downers Grove, IL
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2012	Triple Board Residency; Pediatrics/Adult Psychiatry/Child and Adolescent Psychiatry	Cincinnati Children's Hospital Medical Center, Cincinnati, OH
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Hospital, Government or Other Professional Positions

2012-present: Pharmacy and Therapeutics Committee Member

Membership in Professional Organizations

AACAP member

CCAP member

Major Committee and Service Responsibilities

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AACAP psychotherapy Committee Member

Licensure and Board Certification

Oct 2011: Board certification by the American Board of Pediatrics

Sep 2013: Board certification by American Board of Psychiatry and Neurology

Sept 2016: Board certification by ABPN for Child and Adolescent Psychiatry

2012-present : CO medical license

Invited Extramural Lectures, Presentations, Visiting Professorships

May 2010: Senior Rounds on Environmental effects on childhood health

June 2013: Social media and its role in adolescent mood disorders. Wyoming medical society annual meeting

Oct 2013: AACAP presentation: Clinical Case Conference: What's Your Lens- Discussion on ethics in complicated overlapping medical/psychiatric patient.

Jan 2014: Psychiatry Grand Rounds University of Colorado (UC): - Co-led grand rounds with Adult Psychiatry resident and intensive services behavioral health clinician. Title: Confabulation and Identity Formation: Seen through the lens of Family Therapy.

Feb 2015- Psychiatric Medication Lecture (UC): Medication Education for social work trainees. 6 attendees.

Oct 2015AACAP: Transitional Age Youth: Tics and Obsessive Compulsive Disorder: Habit Reversal Therapy and CBT Skills Training

Oct 2015: Clinical Case Conference: What's Your Lens? Bringing Clarity to Complex Clinical Work with Adolescents Struggling With Non-suicidal Self-Injurious Behavior: Integrating Through Psychodynamic, Family Systems, Medico-Legal, and Ethical Lens

Clinical Experience

2012- present Children's Hospital Colorado

- Attending on Psychiatric intensive services(inpatient and partial hospital program for children and adolescents)

2010-2012 Cincinnati Children's Hospital Medical Center (CCHMC)

- Fellow in movement disorders clinic
- Fellow in Health-works: Abnormal weight gain clinic

2011 July-August CCHMC

Group Co-Therapist for Tics/Tourette's Habit Reversal Therapy

- HRT in group setting for children with Tics

2010 July-August CCHMC

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Group Co-Therapist for OCD Cohort

CBT in group setting to target OCD in children

Teaching Record

- Redesign of educational curriculum for trainees on intensive services rotation
- Mentor ship of one Child Fellow yearly
- Pediatric Behavioral Medicine: 2013-current- Combined class for first year child fellow and psychology trainees to discuss non-pharmacological interventions for a variety of medical and psychiatric problems.
- Neuroscience & metabolism blocks (IDPT 6001) Fall 2013- Basic Psychiatry Sequence: small group co-leader for medical student education on interviewing techniques for psychiatry patients.
- Supervise bedside teaching of general psychiatry residents, child psychiatry fellows and medical students on inpatient psychiatric rotation. Lead and demonstrate skills in running rounds and oversight of multidisciplinary treatment group. Have 1 general psychiatry resident for 4 months and rotate supervision of child fellow every 4 months. Have medical students for 1 month rotation as they request.
- Supervise the training of nurse practitioners without their prescribing privileges.

Bibliography

[Adams H](#), [Winston MT](#), [Heersink J](#), [Buckingham-Meyer KA](#), [Costerton JW](#), [Stoodley P](#). Development of a laboratory model to assess the removal of biofilm from interproximal spaces by powered tooth brushing. [Am J Dent](#). 2002 Nov;15 Spec No:12B-17B

Delgado, S.V., Strawn, J.R., Pedapati, E.V. Contemporary Psychodynamic Psychotherapy for Children and Adolescents: Springer 2015. Named in acknowledgement section. Helped to contribute to ideas during writing and editing.

Muther, E.F., Adams H., Ashby, B., Tarbell, S. Integrated and Embedded Behavioral Health Care in Pediatrics. Colorado Journal of Psychiatry 2015 May; Vol. 1 Issue 1.