




Heather Gotham

Clinical Associate Professor, Psychiatry and Behavioral Sciences

 Curriculum Vitae available Online

Bio

BIO

Dr. Heather J. Gotham is a Clinical Associate Professor in the Department of Psychiatry & Behavioral Sciences, and member of the Center for Behavioral Health Services and Implementation Research in the Division of Public Mental Health & Population Sciences.

She is the Director of the Network Coordinating Office of the Mental Health Technology Transfer Center (MHTTC) Network funded by SAMHSA. The MHTTC Network consists of 10 regional centers, a National American Indian & Alaska Native Center, and a National Hispanic & Latino Center. The overarching goal of this network is the implementation and sustainment of evidence-based mental health prevention, treatment, and recovery support practices across US states and territories. She is also a co-investigator on a National Institute on Drug Abuse (NIDA) funded project studying the implementation of substance use disorder treatments in HIV care settings.

Dr. Gotham has served as principal investigator, co-investigator or evaluator on SAMHSA, NIH, HRSA, and CDC grants. Her research focuses on implementation science, including factors affecting implementation, training and education of health care providers, and longitudinal course of implementation. Topics include substance use and mental health treatments for adolescents and adults, co-occurring mental health and substance use disorders, and screening, brief intervention, and referral to treatment (SBIRT).

Dr. Gotham assisted in the development of the Dual Diagnosis Capability in Addiction Treatment (DDCAT) index with Mark McGovern, and led the development of the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT) index. She co-authored practice guidelines for co-occurring disorders treatment in the State of Missouri, and led the evaluation for Missouri's COSIG (Co-occurring State Infrastructure Grant) grant as well as another foundation-funded multi-site co-occurring disorders initiative. She has served on several national and state-level expert panels, and provided training and technical assistance on co-occurring disorders at the national, state, and local levels.

Paired with her work in assisting providers to implement clinical protocols, Dr. Gotham has significant experience in clinical teaching and training behavioral health and health care students and professionals. This work includes serving as the supervisor of a clinical research rotation in an APA-approved psychology internship, and designing curricula and providing training and technical assistance to behavioral health and health professionals on treatments for adult and adolescent substance use disorders (including opioid use disorder), implementing EBPs into behavioral health settings, co-occurring mental health and substance use disorders and treatment, integrating behavioral and primary health, and SBIRT. Dr. Gotham led two SAMHSA-funded SBIRT health professions training grants, developing didactic, role play, standardized patient scenarios, and training vignettes for SBIRT, and teaching medical students and residents; baccalaureate and advanced practice nursing, dental,

dental hygiene, master's level social work, and clinical psychology PhD students; medical, dental, nursing, and behavioral health faculty; clinical preceptors; and community healthcare providers. She also has experience developing interactive online training.

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Psychological Resident, St. Louis VA Medical Center , Medical/Health Psychology (2000)
- PhD, University of Missouri-Columbia , Clinical Psychology (1999)
- Internship, St. Louis VA Medical Center , Clinical Psychology (1999)
- MA, New School for Social Research , General Psychology (1993)
- BA, University of Wisconsin-Stevens Point , Psychology (1991)

LINKS

- MHTTC Network: www.mhttcnetwork.org
- Center for Behavioral Health Services Research: <http://med.stanford.edu/cbhsir>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Gotham's research focuses on implementation science, including factors affecting implementation, and training and education of health care providers, across a range of evidence-based practices for adolescent and adult substance use and mental health disorders, co-occurring mental health and substance use disorders, and screening, brief intervention, and referral to treatment (SBIRT).

PROJECTS

- Mental Health Technology Transfer Center (MHTTC) Network Coordinating Office - Stanford University School of Medicine (8/15/2018 - 8/14/2023)
- HD2A Research Adoption Support Center (RASC) - Stanford University School of Medicine
- Improving alcohol and substance use care access, outcomes, and equity during the reproductive years: A Type 1 Hybrid Trial in Family Planning Clinics - Columbia University/Emory University
- : Identifying and Disseminating Substance, Treatment, Strategy (STS) recommendations to AIDS Service Organizations - The Ohio State University

Publications

PUBLICATIONS

- **Correction to: Learning Collaboratives: a Strategy for Quality Improvement and Implementation in Behavioral Health.** *The journal of behavioral health services & research*
Gotham, H. J., Paris, M., Hoge, M. A.
2023
- **Educator-Informed Development of a Mental Health Literacy Course for School Staff: Classroom Well-Being Information and Strategies for Educators (Classroom WISE).** *International journal of environmental research and public health*
Semchuk, J. C., McCullough, S. L., Lever, N. A., Gotham, H. J., Gonzalez, J. E., Hoover, S. A.
2022; 20 (1)
- **Learning Collaboratives: a Strategy for Quality Improvement and Implementation in Behavioral Health.** *The journal of behavioral health services & research*
Gotham, H. J., Paris, M., Hoge, M. A.
2022

- **Virtual training and technical assistance: a shift in behavioral health workforce access and perceptions of services during emergency restrictions.** *BMC medical education*
Powell, K. G., Chaple, M. J., Henry, M., Morton, C., Becker, S. J., Gotham, H. J., Hagle, H. N., Helle, A. C., Krom, L. J., Martin, R., Molfenter, T. D., Roget, N., Rutkowski, et al
2022; 22 (1): 575
- **The Setting-Intervention Fit of Nine Evidence-Based Interventions for Substance Use Disorders Within HIV Service Organizations Across the United States: Results of a National Stakeholder-Engaged Real-Time Delphi Study.** *Journal of acquired immune deficiency syndromes (1999)*
Garner, B. R., Knudsen, H. K., Zulkiewicz, B. A., Tueller, S. J., Gotham, H. J., Martin, E. G., Donohoe, T., Toro, A. K., Loyd, K., Gordon, T.
2022; 90 (S1): S206-S214
- **Applying implementation science in mental health services: Technical assistance cases from the Mental Health Technology Transfer Center (MHTTC) network.** *General hospital psychiatry*
Gotham, H. J., Cummings, J. R., Dolce, J. N., Druss, B., Gill, K. J., Kopelovich, S. L., Molfenter, T., Olson, J. R., Benson, F., Chwastiak, L.
1800; 75: 1-9
- **Health Facts Medication Adherence in Transplantation (H-MAT) Study: A Secondary Analysis of Determinants and Outcomes of Medication Nonadherence in Adult Kidney Transplant Recipients.** *International journal of nephrology*
Russell, C. L., Gotham, H. J., Cheng, A., Sahil, S., Yerram, P.
2022; 2022: 9653847
- **Rural mental health care during a global health pandemic: Addressing and supporting the rapid transition to tele-mental health** *Journal of Rural Mental Health*
Schroeder, S., Roberts, H., Heitkamp, T., Clarke, B., Gotham, H. J., Franta, E.
2021; 45 (1): 1-13
- **Resilience-Focused HIV Care to Promote Psychological Well-Being During COVID-19 and Other Catastrophes.** *Frontiers in public health*
Brown, L. L., Martin, E. G., Knudsen, H. K., Gotham, H. J., Garner, B. R.
2021; 9: 705573
- **The Prevalence and Negative Impacts of Substance Use Disorders among People with HIV in the United States: A Real-Time Delphi Survey of Key Stakeholders.** *AIDS and behavior*
Garner, B. R., Gotham, H. J., Knudsen, H. K., Zulkiewicz, B. A., Tueller, S. J., Berzofsky, M., Donohoe, T., Martin, E. G., Brown, L. L., Gordon, T.
2021
- **Barriers and Challenges to Making Referrals for Treatment and Services for Opioid Misuse in Family Planning Settings.** *Journal of women's health (2002)*
Viera, A. n., Gotham, H. n., Cheng, A. L., Carlson, K. n., Witt, J. n.
2021
- **Main findings from the substance abuse treatment to HIV care (SAT2HIV) project: a type 2 effectiveness-implementation hybrid trial**
Garner, B., Tueller, S., Martino, S., Gotham, H., Speck, K., Chaple, M., Vandersloot, D., Bradshaw, M., Ball, E., Toro, A., Kluckmann, M., Roosa, M., Ford, et al
BMC.2020
- **The implementation and sustainment facilitation strategy improved implementation effectiveness and intervention effectiveness: Results from a cluster-randomized, type 2 hybrid trial.** *Implementation research and practice*
Garner, B. R., Gotham, H. J., Chaple, M., Martino, S., Ford, J. H., Roosa, M. R., Speck, K. J., Vandersloot, D., Bradshaw, M., Ball, E. L., Toro, A. K., Griggs, C., Tueller, et al
2020; 1
- **INTEGRATED BEHAVIORAL HEALTH: PATIENT AND PROVIDER PERSPECTIVES FROM TWO PRIMARY CARE CLINICS**
Garneau, H., Chen, I. Q., Gotham, H., Dent, K., Mahoney, M. R., Seay-Morrison, T., Filipowicz, H., McGovern, M.
OXFORD UNIV PRESS INC.2020: S599
- **Implementing Substance Use Screening in Family Planning** *JNP-JOURNAL FOR NURSE PRACTITIONERS*
Gotham, H. J., Wilson, K., Carlson, K., Rodriguez, G., Kuofie, A., Witt, J.
2019; 15 (4): 306–10
- **Distance Versus On-Site Educational Strategies for Competency-Based Screening, Brief Intervention, and Referral to Treatment Education** *JOURNAL OF ADDICTIONS NURSING*
Kelly, P., Gotham, H. J., Knopf-Amelung, S., Kohnle, K., Kuofie, A.
2018; 29 (4): E1–E8

- **Comparison of Instructional Methods for Screening, Brief Intervention, and Referral to Treatment for Substance Use in Nursing Education** *NURSE EDUCATOR*
Knopf-Amelung, S., Gotham, H., Kuofie, A., Young, P., Stinson, R., Lynn, J., Barker, K., Hildreth, J.
2018; 43 (3): 123–27
- **The relationship between several staff-reported mechanism of change measures and an independently rated measure of implementation integrity**
Garner, B., Kaiser, D., Bradshaw, M., Ball, L., Wolfe, A., Ford, J., Zehner, M., Gotham, H., Rieckmann, T., Chaple, M., Speck, K., Vandersloot, D., Roosa, et al
BIOMED CENTRAL LTD.2018
- **Testing the effectiveness of a motivational interviewing-based brief intervention for substance use as an adjunct to usual care in community-based AIDS service organizations: study protocol for a multisite randomized controlled trial** *ADDICTION SCIENCE & CLINICAL PRACTICE*
Garner, B. R., Gotham, H. J., Tueller, S. J., Ball, E. L., Kaiser, D., Stilen, P., Speck, K., Vandersloot, D., Rieckmann, T. R., Chaple, M., Martin, E. G., Martino, S.
2017; 12: 31
- **Testing the implementation and sustainment facilitation (ISF) strategy as an effective adjunct to the Addiction Technology Transfer Center (ATTC) strategy: study protocol for a cluster randomized trial** *ADDICTION SCIENCE & CLINICAL PRACTICE*
Garner, B. R., Zehner, M., Roosa, M. R., Martino, S., Gotham, H. J., Ball, E. L., Stilen, P., Speck, K., Vandersloot, D., Rieckmann, T. R., Chaple, M., Martin, E. G., Kaiser, et al
2017; 12: 32
- **Reflecting on care: Using reflective journaling to evaluate interprofessional education and clinical practicum experiences in two urban primary care clinics** *Journal of Interprofessional Education & Practice*
Bzowycyk, A. S., Brommelsiek, M., Lofgreen, M., Gotham, H. J., Lindsey, C. C.
2017; 8: 6-9
- **Consider the setting: Challenges in integrating Screening, Brief Intervention, and Referral to Treatment into nursing and social work students' clinical practice** *Journal of Addictive Behaviors, Therapy & Rehabilitation*
Knopf-Amelung, S., Gotham, H., Kuofie, A.
2017; 6
- **Evoking a reciprocity of caring: Integration of a humanities-based content into an interprofessional education immersion course for advanced practice nursing and health professions students** *Journal of Nursing Education and Practice*
Brommelsiek, M., Gotham, H. J., Peterson, J. A.
2016; 6: 10-121
- **Integrating substance use disorder and health care services in an era of health reform: Models, interventions, and implementation strategies** *American Journal of Medical Research*
Sacks, S., Gotham, H. J., Johnson, K., Padwa, H., Murphy, D., Krom, L.
2016; 3: 75-124
- **Nursing Students' Experiences With Screening, Brief Intervention, and Referral to Treatment for Substance Use in the Clinical/Hospital Setting** *JOURNAL OF ADDICTIONS NURSING*
Braxter, B. J., Puskar, K., Mitchell, A. M., Hagle, H., Gotham, H., Terry, M.
2014; 25 (3): 122–29
- **Dual Diagnosis Capability in Mental Health and Addiction Treatment Services: An Assessment of Programs Across Multiple State Systems** *ADMINISTRATION AND POLICY IN MENTAL HEALTH AND MENTAL HEALTH SERVICES RESEARCH*
McGovern, M. P., Lambert-Harris, C., Gotham, H. J., Claus, R. E., Xie, H.
2014; 41 (2): 205-214
- **Screening, Brief Intervention, and Referral to Treatment Overview of and Student Satisfaction with an Undergraduate Addiction Training Program for Nurses** *JOURNAL OF PSYCHOSOCIAL NURSING AND MENTAL HEALTH SERVICES*
Mitchell, A. M., Puskar, K., Hagle, H., Gotham, H. J., Talcott, K. S., Terhorst, L., Fioravanti, M., Kane, I., Hulsey, E., Luongo, P., Burns, H. K.
2013; 51 (10): 29–37
- **Confirming the factor structure of the alcohol and alcohol problems questionnaire (AAPPQ) in a sample of baccalaureate nursing students** *RESEARCH IN NURSING & HEALTH*
Terhorst, L., Gotham, H. J., Puskar, K. R., Mitchell, A. M., Talcott, K. S., Braxter, B., Hagle, H., Fioravanti, M., Woomeer, G. R.
2013; 36 (4): 412–22
- **Effects of Screening, Brief Intervention, and Referral to Treatment (SBIRT) Education and Training on Nursing Students' Attitudes Toward Working With Patients Who Use Alcohol and Drugs** *SUBSTANCE ABUSE*

- Puskar, K., Gotham, H. J., Terhorst, L., Hagle, H., Mitchell, A. M., Braxter, B., Fioravanti, M., Kane, I., Talcott, K. S., Woomeer, G. R., Burns, H. K.
2013; 34 (2): 122–28
- **Assessing the Co-occurring Capability of Mental Health Treatment Programs: the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT) Index** *JOURNAL OF BEHAVIORAL HEALTH SERVICES & RESEARCH*
Gotham, H. J., Brown, J. L., Comaty, J. E., McGovern, M. P., Claus, R. E.
2013; 40 (2): 234-241
 - **Curriculum Infusion of SBIRT into a Baccalaureate Nursing School**
Puskar, K., Burns, H. K., Terhorst, L., Gotham, H. J., Hagle, H., Mitchell, A., Braxter, B., Fioravanti, M., Kane, I., Talcott, K. S., Woomeer, G. R.
ROUTLEDGE JOURNALS, TAYLOR & FRANCIS LTD.2012: 218
 - **Addiction training for undergraduate nurses using screening, brief intervention, and referral to treatment** *Journal of Nursing Education and Practice*
Burns, H., Puskar, K., Flaherty, M. T., Mitchell, A. M., Hagle, H., Braxter, B., Fioravanti, M., Gotham, H. J., Kane, I., Talcott, K. S., Tershors, L., Woomeer, G.
2012; 2 (4): 167-177
 - **Research to practice in addiction treatment: key terms and a field-driven model of technology transfer.** *Journal of substance abuse treatment*
2011; 41 (2): 169–78
 - **Increasing program capability to provide treatment for co-occurring substance use and mental disorders: Organizational characteristics** *JOURNAL OF SUBSTANCE ABUSE TREATMENT*
Gotham, H. J., Claus, R. E., Selig, K., Homer, A. L.
2010; 38 (2): 160–69
 - **Victimization among African-American adolescents in substance abuse treatment** *JOURNAL OF PSYCHOACTIVE DRUGS*
Perron, B. E., Gotham, H. J., Cho, D.
2008; 40 (1): 67–75
 - **An implementation story: Moving the GAIN from pilot project to statewide use** *JOURNAL OF PSYCHOACTIVE DRUGS*
Gotham, H. J., White, M. K., Bergethon, H. S., Feeney, T., Cho, D. W., Keehn, B.
2008; 40 (1): 97–107
 - **Advancing the implementation of evidence-based practices into clinical practice: How do we get there from here?** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*
Gotham, H. J.
2006; 37 (6): 606–13
 - **Trajectories of dynamic predictors of disorder: Their meanings and implications**
Sher, K. J., Gotham, H. J., Watson, A. L.
CAMBRIDGE UNIV PRESS.2004: 825–56
 - **Diffusion of mental health and substance abuse treatments: Development, dissemination, and implementation** *CLINICAL PSYCHOLOGY-SCIENCE AND PRACTICE*
Gotham, H. J.
2004; 11 (2): 160–76
 - **Alcohol involvement and developmental task completion during young adulthood.** *Journal of studies on alcohol*
Gotham, H. J., Sher, K. J., Wood, P. K.
2003; 64 (1): 32–42
 - **Older adults, substance use, and HIV/AIDS: Preparing for a future crisis** *Journal of Mental Health and Aging*
Topolski, J. M., Gotham, H. J., Klinenberg, W. D., O'Neill, D. L., Brooks, A.
2002; 8: 349-363
 - **The problem of college drinking: insights from a developmental perspective.** *Alcoholism, clinical and experimental research*
Schulenberg, J. n., Maggs, J. L., Long, S. W., Sher, K. J., Gotham, H. J., Baer, J. S., Kivlahan, D. R., Marlatt, G. A., Zucker, R. A.
2001; 25 (3): 473–77
 - **Transitioning into and out of large-effect drinking in young adulthood.** *Journal of abnormal psychology*
Jackson, K. M., Sher, K. J., Gotham, H. J., Wood, P. K.
2001; 110 (3): 378–91

- **Pathological alcohol involvement: a developmental disorder of young adulthood.** *Development and psychopathology*
Sher, K. J., Gotham, H. J.
1999; 11 (4): 933–56
- **Determinants of exercise among children. II. A longitudinal analysis** *PREVENTIVE MEDICINE*
DiLorenzo, T. M., Stucky-Ropp, R. C., Vander Wal, J. S., Gotham, H. J.
1998; 27 (3): 470–77
- **Predicting stability and change in frequency of intoxication from the college years to beyond: Individual-difference and role transition variables** *JOURNAL OF ABNORMAL PSYCHOLOGY*
Gotham, H. J., Sher, K. J., Wood, P. K.
1997; 106 (4): 619–29
- **Risperidone in the management of violent, treatment-resistant schizophrenics hospitalized in a maximum security forensic facility** *JOURNAL OF THE AMERICAN ACADEMY OF PSYCHIATRY AND THE LAW*
Beck, N. C., Greenfield, Gotham, H., Menditto, A. A., Stuve, P., Hemme, C. A.
1997; 25 (4): 461–68
- **A prospective, high-risk study of the relationship between tobacco dependence and alcohol use disorders** *ALCOHOLISM-CLINICAL AND EXPERIMENTAL RESEARCH*
Sher, K. J., Gotham, H. J., Erickson, D. J., Wood, P. K.
1996; 20 (3): 485–92
- **Do codependent traits involve more than basic dimensions of personality and psychopathology?** *JOURNAL OF STUDIES ON ALCOHOL*
Gotham, H. J., Sher, K. J.
1996; 57 (1): 34–39
- **The course of psychological distress in college: A prospective high-risk study** *Journal of College Student Development*
Sher, K. J., Wood, P. K., Gotham, H. J.
1996; 37: 42-51