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Dr. Elissa C. Mendenhall, N.D.

Education

2000 - 2005 NCNM Portland, OR

Doctorate of Naturopathic Medicine

102 hours of behavioral and psychological classwork

1997–2000 New College Sarasota, FL

Bachelor of Arts, Biology

96 hours of behavioral and psychological classwork

1993-1995 Smith College Northampton, MA

Undergraduate study of Biology

Experience

2016 – current

Prescriber, Windhorse Integrative Mental Health

Prescribe integrative protocols and manage medications for intensive outpatient program

2012 - current

Director, Amenda Clinic

Portland, OR

Founded and direct a holistic mental health and addiction treatment clinic

2007 – current

Portland, OR

Private Practice

Independent practice

Mental health and addiction, general medicine, primary care

2008 – 2009

Medical Director, Center for Behavioral Health

Salem, OR

Review and medical supervision of clients of adolescent addiction treatment center

2009 – 2011

Wellness Coordinator, Windhorse Team

Portland, OR

Provided healthcare and attendance for patient on psychosis recovery team

**Awards,
Presentations,
Publications**

April 22, 2014, April 21, 2015, and February 9, 2016, [Talk] – “Introduction to Integrative Mental Health.” Oregon Health and Sciences University, psychiatric nurse program, Advanced Psychopharmacology Course.

February 14, 2016. [Talk] – “Food Allergies and Mental Health.” National College of Natural Medicine. Food As Medicine Conference.

October 8, 2015. [Talk] Class presentation, “Mental Health and Genetics.” National College of Natural Medicine. Interviewing Techniques class

March 2, 2015. [Talk] “Holistic Mental Health, Updates and Resources.” National College of Natural Medicine Grand Rounds Presentation.

January 17, 2015. [Talk] “Orthomolecular Psychiatry and Epigenetics.” National College of Natural Medicine. Neurology and Biochemistry Conference.

April 19, 2014 [Talk] – “Riding The Waves – Natural Treatment for Bipolar Disorder.” NCNM Health Biz Expo.

March - Sept 2013 – [Talk] “How Food Allergies Affect Mood” Six New Seasons locations.

Feb 28th, 2011 – [Talk] Grand Rounds, “Naturopathic Approaches in Mental Health” National College of Natural Medicine.

May 26, 2011 – [Talk] “Nutrition and Mental Health” Oregon Health and Sciences University School of Nursing.

Nov. 2010 – [Talk] “Alternative Treatments for Mental Health – Collaborations in transformation.” Continuing Education for counselors and therapists. Downtown Library.

Nov. 2010 – [Talk] “Holistic Mental Health Care.” People’s Community Room.

2009 – [Radio Interview] KWMR Radio, Parent Talk with Susannah Baldwin. “Treating Adolescents and Children with ADHD, Depression and Anxiety.”

2008 – [Talk] “Alternative Treatments for Mental Health – New Hope.” People’s Community Room.

Publications:

2007 - “The effect of *Echinacea purpurea*, *Astragalus membranaceus* and *Glycyrrhiza glabra* on CD25 expression: a pilot study.” [Phytotherapy Research](#). July 2007.

2007 – “Guard against Gardasil: as Merck’s “One Less” campaign floods the media, we ask: do we really know enough about the new HPV vaccine to mandate it for all preadolescent girls?” [Mothering](#). May 1, 2007.

2006 – “The effect of *Echinacea purpurea*, *Astragalus membranaceus* and *Glycyrrhiza glabra* on CD69 expression and immune cell activation in humans.” [Phytotherapy Research](#) 20:8, 687 – 695.

2005 - Graduated with Honors in Research, NCNM
2004 – NCNM Founder Scholarship
2004 – American Medical Association Seed Fund Grant
2003 – Presentation - National Conference of the American Association of Naturopathic Physicians. “Effects of Reiki on Immune Cell Stimulation – Original Research.”
1999 – New College Alumni Association – Independent Research Grant
1999 – New College Foundation – Independent Research Grant
1993-1994 – Dean’s List, Smith College

Volunteer

2009 – 2010 Portland Hearing Voices Portland, OR
Facilitator, “Healthy Minds” Group
Helped educate voice-hearers about ways to improve diet and lifestyle to decrease reliance on and side effects of medications.

2003-2004 The Warrior Project Portland, OR Director
Led group of 3-10 adolescent and young at-risk women through an interactive “mental self-defense” training. Hosted by Outside-In.

1995 Necessities/Necesidades Northampton, MA
Domestic violence hotline operator, assistant for domestic violence center

Additional Training

January 2016 – “Walsh Research Institute Physician Education Workshop.” In-depth training in orthomolecular protocols for mental health. 32 hours

April 2015 – “Beyond Trauma: understanding, neuroscience, epigenetics and interventions.” Lydia Bartholow, PMHNP. 7 hours

March 2014 – “Methylation and Clinical Nutrigenomics: Latest Findings and Updates.” Ben Lynch, ND. 15 hours

January 2014 – “Mastering Brain Chemistry” Glen Zilenski, DC, and Apex Energetics. 22 hours

Oct 2013 – “Methylation and Clinical Nutrigenomics.” Ben Lynch, ND. 15 hours

Nov 2010 – “Hearing Voices” training for practitioners. Ron Coleman and Paul Baker. 8 hours

2009 - 2011 - 35 hours psychopharmacology training completed with Dr. Robert Julien, PhD.

Feb 2009 – “Integrative Psychiatry, the Evidence Base.” Dr. James Lake, MD. 8 hours

May 2008 – “Balancing Body Chemistry.” Dr. William Walsh, cofounder of the Pfeiffer Treatment Center. 8 hours

Dec 2008 – Windhorse training – mindfulness-based treatment team for people who experience psychosis. 16 hours

August 2007 - “Amino Acid Therapy: Eliminating Negative Emotions and False Appetites that Block Healing.” Julia Ross, MA. 16 hours

**Pharmacology
training**

2016 – 10 psychopharmacology hours

2015 – 9 hours in antipsychotic medication training

2014 – 9 psychopharmacology hours

2013 – 1 psychopharmacology hours

2012 – 6 psychopharmacology hours

2011 – 11 psychopharmacology hours

2010 – 12 psychopharmacology hours

2009 – 12 psychopharmacology hours

