



Dr. Bridgette Adams D.N.

Dr. Bridgette S. Adams D.N., a native Chicagoan, is a veteran who served 10 years in the U.S. Air Force Reserves as a mental health technician assigned to a mobility unit (served worldwide).

While a Reservist at Wright Patterson Air Force base at Orinda House in Akron, Ohio work release program for the Department of Probation as a case specialist which monitored all inmates' activities.

Later, she served in Desert Storm and served the community as CPS special education instructor. She later became a Victims Advocate Counselor at Bobby E. Wright Community Mental Health Center on the West Side of Chicago, under the tutelage of Dr. Lucy Chapple, Director.

After completing her first degree in Criminal Justice, she later continued her education and acquired her Masters in Criminology. Her career led her to Loretto Crisis Department where she clinically assessed emergency room patients for mental health and substance abuse as well as provide supportive services via telephone crisis networks for non-domiciled individuals. Dr. Adams later joined The Ryan White Case Management/Public Health Education Department at Cermak Health Services/CCDOC (Cook County Dept. of Corrections) for 12 years until budget constraints dismantled the department.

While on staff at Cermak, the case management program was slated for being discontinued until she spear-headed the grant proposal that continued funding the program for six additional years which afforded herself and 3 other employees to remain until the department was closed. Dr. Adams was nominated and selected to present the actual grant-funded program which aided post offenders to transition back into the community for the NCAA [corrections conference]. The significance of this opportunity was far-reaching as it served as a representation of 1 of 5 state pilot studies for management of chronic diseases in the correctional setting. It emphasized the early contributions of Public Health education and the impact of case management services that continues to be utilized to this day at the Ruth Rothstein Core Center of Chicago and Cermak Health Services. She later returned to Loretto Hospital Behavioral Health Department to serve the urban health community.

As a commitment to her own journey, Dr. Adams turned her education to studying the holistic approach to caring for the body and spirit. Her Naprathy degree enhanced her abilities to identify and nurture the whole being. While recently acquiring her Esthetics License, she serves as a public and private servant as a wellness educator and consulting practitioner with Chicago-based Triple B Consultants. She continues to enhance her education in wellness and grass-roots health programming.