



President's Message

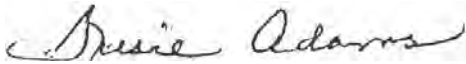
Dear Colleagues,

In keeping with APNA's purpose to promote psychiatric-mental health care through educational programs, I'd like to bring you up to date on two very important programs that APNA has developed for not only psychiatric-mental health nurses, but also all nurses:

The *APNA Transitions in Practice Certificate Program* is now online. This self-paced program was developed in response to needs identified by facilities that provide care to persons with mental health concerns. It includes 15 contact hours, on-demand content presented by APNA members and experts in their content area, and the foundational psychiatric-mental health nursing knowledge that RNs need as they transition into mental health practice settings. It will be especially beneficial for new graduates, nurses returning to practice and nurses changing clinical practice areas – a practical refresher on the basics of PMH nursing practice.

As a part of our commitment to helping to reduce the tragic rate of suicide in our country, APNA developed the *APNA Psychiatric–Mental Health Nurse Essential Competencies for Assessment and Management of Individuals at Risk for Suicide* and accompanying *Competency Based Training for Suicide Prevention*. These two resources are especially important resources for PMH-RNs in the inpatient setting. To begin to meet the needs of nurses across settings, an APNA workgroup is currently working to adapt these resources for nurses in critical care and med-surg settings. For more information see the article inside.

Of course, the APNA Annual Conference is the go-to for in-person continuing education, networking, and collaboration. I look forward to seeing you this October at Disney's Coronado Spring's Resort in Florida for the Annual Conference – I wouldn't miss it!



Susie Adams, PhD, APRN, PMHNP-BC, PMHCNS-BC, FAANP

BY THE NUMBERS: APNA ANNUAL CONFERENCE PROGRAM

The BIG Picture

28.5 Contact Hours on-site
 Session Tracks to choose from **35+**
120+ Contact Hours Total (on-site & online)
 Educational Sessions & Poster Presentations } **300+**
1600+ Attendees

LEARN MORE & REGISTER AT

www.apna.org/AnnualConference

Session Breakdown by Topic

16 Practice	} Child and Adolescent Inpatient	6 {	Suicide
15 Education			Psychopharmacology
12 Nonpharmacologic Interventions			Recovery
11			Simulation
10 {	} Addictions/Substance Use Military	4 {	Undergraduate Education
8 {			Policy
7 {	} Integrated Care Therapy	3 {	Older Adults
7 {			Emergency Departments
7 {	} Research Outpatient PTSD	3 {	Caregivers
7 {			Violence
			Administration
			Graduate Education
			Access
			Culture
			Forensics
			Community Mental Health
			Stress
			Genetics



Addressing the Gaps in Assessment & Management of Individuals at Risk for Suicide

Suicide is the tenth leading cause of death in the United States and psychiatric-mental health RNs are one of the largest workforces providing care to patients at risk for suicide. However in 2013, no standard competencies for these nurses existed, widely accepted nursing practices did not meet suicide-specific standards of care or evidence-based criteria, and there were serious gaps in education and training for inpatient RNs in suicide assessment, management and prevention (Puntill, York, Greene, Limandri, & Hobbs, 2013). The *APNA Psychiatric-Mental Health Nurse Essential Competencies for Assessment and Management of Individuals at Risk for Suicide* and corresponding curriculum, *Competency Based Training for Suicide Prevention*, were developed to address these issues.

APNA's nursing-specific competencies were based on a comprehensive review of the literature and adapted from nationally recognized competencies developed by the Suicide Prevention Resource Center and the American Association of Suicidality. The resulting competencies integrate interventions and frameworks unique to nursing and form the basis for the *APNA Competency-Based Training for Suicide Prevention*. Through continuing education, the training enhances the knowledge, skills, and attitudes necessary for expert inpatient psychiatric-mental health nursing care, particularly for working with those who are acutely suicidal in the inpatient setting.

The competency-based training was most recently piloted on June 11th in Baltimore, Maryland. Live and online educational presentations were complemented with interactive sessions during which groups used a case study to apply the skills learned. Initial data show that the participants' confidence and competence in caring for persons at risk for suicide increased after completing the skills-based education. 100% of the approximately 70 participants reported that they will exercise their new appreciation of the importance of the

APNA Psychiatric-Mental Health Nurse Essential Competencies for Assessment and Management of Individuals at Risk for Suicide

Note: These are the 9 broad competencies. To view the full competencies visit www.apna.org/SuicideCompetencies.

1. The psychiatric nurse understands the phenomenon of suicide.
2. The psychiatric nurse manages personal reactions, attitudes, and beliefs.
3. The psychiatric nurse develops and maintains a collaborative, therapeutic relationship with the patient.
4. The psychiatric nurse collects accurate assessment information and communicates the risk to the treatment team and appropriate persons (i.e. nursing supervisor, on duty M.D., etc.).
5. The psychiatric nurse formulates a risk assessment.
6. The psychiatric nurse develops an ongoing nursing plan of care based on continuous assessment.
7. The psychiatric nurse performs an ongoing assessment of the environment in determining the level of safety and modifies the environment accordingly.
8. The psychiatric nurse understands legal and ethical issues related to suicide.
9. The psychiatric nurse accurately and thoroughly documents suicide risk.

Nurse Role in Suicide Prevention

Systems Level

- Assess and maintain environmental safety.
- Develop protocols, policies, and practices consistent with zero suicide.
- Participate in training for all milieu staff.

Patient Level

- Assess risk for suicide.
- Provide suicide-specific psychotherapeutic interventions.
- Monitor and supervise at-risk patients.
- Assess outcomes of all interventions.

risk assessment, patient warning signs, risk/ protective factors, and early intervention.

Interested in the training?

It will be offered at the APNA 29th Annual Conference as a 6-hour course during pre-conference blocks 1, 2, and 3 on Wednesday, October 28th.

Expanding the Competencies to Empower More Nurses

We know that persons at risk for suicide enter the health care system at a variety of entry points. That's why work is now under way to systematically modify and adapt the competencies for use by nurses in the acute care hospital settings and critical care units. APNA member volunteers with varying backgrounds are now collaborating with representatives from the American Association of Critical Care Nurses and the Association of Medical Surgical Nurses so that these competencies can be applied by nurses providing care in these settings. This work is a step towards helping to reduce the rate of suicide in our country by ensuring that nurses across settings are equipped to assess and manage suicide risk.

Puntill, C., York, J., Limandri, B., Greene, P., Arauz, E. & Hobbs, D. (2013). Competency-based training of PMH nurse generalists: Inpatient intervention and prevention of suicide. *Journal of the American Psychiatric Nurses Association*, 19(4), 205-210. doi: 0.1177/1078390313496275

Congratulations to...

The 2015 APNA Annual Awards Recipients

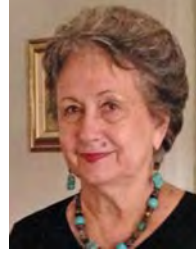


**Kathleen Delaney, PhD,
PMH-NP, RN**

Chicago, IL

Psychiatric-Mental Health Nurse of the Year

“To me, there are few psychiatric mental health nurses who have demonstrated such unwavering vision, perseverance, dedication, and facilitation in the delivery of mental health services as Dr. Delaney.”



**Jeanne Clement,
EdD, APRN, PMHCNS-BC, FAAN**

Upper Arlington, OH

Award for Distinguished Service

“Jeanne Clement has been a forceful influence on APNA, PMH nursing, and the care provided for people with mental illness. I am honored to call her my colleague and my friend.”

**Mary Conklen, MSN, APN,
PMHCNS-BC**

New Holland, IL

Award for Excellence in Practice - APRN

“Personally, I can attest to Mary's dedication and commitment to the group of underserved patients we treat. She is a person of the highest integrity, true to the values nursing holds dear.”



**Janette O'Connor,
BS, BSN, MS, RN-BC**

White Plains, NY

Award for Excellence in Practice - RN

“When she is working, I have no doubt that the highest standards of quality and safety are being maintained. She challenges herself each year to learn more and do more and through her example, she inspires others in the nursing profession to do the same.”



Diane Allen, MN, RN-BC, NEA-BC

Concord, NH

Award for Excellence in Leadership - RN

“Diane is a kind, respected leader at [New Hampshire Hospital] whose door is always open. She has dedicated the last 23 years to NHH and is the driving force behind many positive changes that have improved the nursing care of our patients.”



**Dawn Vanderhoef, PhD, DNP, RN,
PMHNP/CNS-BC**

Roberts, WI

Award for Excellence in Education

“She is a passionate care provider who uses experience to spark interest and an invigorating quest for knowledge in students at all levels; from pre-licensure to doctorate.”

**Jane Mahoney, PhD, RN,
PMHCNS-BC**

Sugar Land, TX

Award for Excellence in Research

“Through her work, care of the mentally ill will improve and even better, her legacy will be the establishment of a replicable process through which hospitals and care facilities can continue to improve care.”



**Angela Thomas, MSN, BSN,
PHN, RN**

Cottage Grove, MN

Award for Innovation – Individual

“Angela has created a health care delivery method that truly improves the care of the patient ... and ensures a safe environment for all patients, staff, and providers.”



Fostering Hope: Recovery through Healing, Compassion & Awareness

I am passionate about recovery and am honored to assist those struggling with addiction and mental illness and partner with them in the opportunity to grow and transform their lives. The challenges of being an Family Psychiatric-Mental Health Nurse Practitioner as well as a Certified Addictions Registered Advance Practice Nurse are extraordinary but so is the job satisfaction. Few accomplishments are as gratifying as wrestling back a life commandeered by mental affliction and/or addiction. I am in a unique position to contribute to the healing and recovery of individuals, families, and society. My approach is found in the words of Emily Dickinson: “Hope is the thing with feathers that perches in the soul, and sings the tune without the words, and never stops at all.”

To listen for hope in their stories while applauding their ability to flourish under the most daunting of circumstances is a gift. Compassion is being with the suffering of another with an open heart and often, as healthcare providers, we do not know how to be with our own suffering. As a person in long term recovery, having not drunk alcohol or taken drugs for over 25 years, I have learned how to be with my own suffering. Recovery is not dependent on a cure, but fostered by healing, compassion, and facilitating awareness. I value what transpires when treating mental health and addiction as equally as I value cures found in medicine. I remain a faithful advocate for the practice, education, research, and administrative actions that affect those who seek recovery as well as those of us who live it every day.

– Dawn Copas, RN, NP, CARN-AP



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**15
Contact Hours**

**\$200
APNA Members**

**\$250
Nonmembers**

elearning.apna.org/atp

APNA Transitions in Practice Certificate Program

Foundational Knowledge & Best Practices
for RNs Who Provide Care to Persons
with Mental Health Conditions

<< Now Online >>

This self-paced online curriculum will stimulate thinking, refresh skills, and increase confidence in psychiatric-mental health nursing. The curriculum includes on-demand presentations, case scenarios, a glossary, references, and more covering:

- Therapeutic Engagement
- Psychiatric-Mental Health Disorders
- Psychopharmacology
- Risk Assessment
- Addictions
- Co-Morbid Disorders
- Recovery
- Therapeutic Environment

***"This is the
bread and butter
of what we do."***

Not a Member? Call 855-863-APNA or visit www.apna.org/JoinNow