APNA 29th Annual Conference
October 28-31, 2015

Collaborating in an Evolving Health Care System:
Opportunities to Advance Psychiatric-Mental Health Nursing

Disney's Coronado Springs Resort
Lake Buena Vista, Florida
Dear Friends and Colleagues:

I hope that you will join us at Disney’s Coronado Springs Resort in Lake Buena Vista, Florida for the 29th Annual Conference of the American Psychiatric Nurses Association. This year’s conference theme, **Collaborating in an Evolving Health Care System: Opportunities to Advance Psychiatric-Mental Health Nursing**, provides a framework to engage participants in sharing and exploring intra and inter-professional collaborations across administration, education, practice and research to improve the mental health of the nation. We are witnessing many changes in access to health care services in our evolving healthcare delivery system, and psychiatric-mental health nurses can have a pivotal role through strategic collaborations in advancing truly holistic, integrated models of health care. The conference is designed to highlight the innovative care delivery models that implement the full scope of psychiatric nursing practice across settings to meet the physical and mental health needs of the population across the lifespan, as well as collaborative strategies with key stakeholders (including patients, families, health care colleagues, and health care systems).

Take advantage of the diverse learning opportunities that have become a tradition at APNA conferences: educational sessions, symposia, interactive panels, thought-provoking posters, exhibitors with important information to share, and networking. Whether you are a first-time attendee or a returning enthusiast, the conference is always a time to share ideas, reconnect with colleagues, make new connections, and create opportunities to collaborate that go well beyond the conference.

I am excited to introduce Thursday’s keynote speaker Mr. Brian Cuban who will share his recovery journey from twenty-seven years of eating disorders, alcoholism, drug addiction and Body Dysmorphic Disorder. His best-selling book, “Shattered Image: My Triumph Over Body Dysmorphic Disorder,” helps break the stigma surrounding male eating disorders and mental illness in a compelling voice. A copy of his book will be included in your conference materials. You will be inspired by Brian’s resilience and determination to tear down the barrier of stigma.

Our Friday keynote speaker is Dr. Pam Cipriano, the 35th president of the American Nurses Association (ANA), our nation’s largest nursing organization representing the interests of 3.1 million registered nurses in the U.S. Widely respected for her leadership in shaping health policy as editor-in-chief of *American Nurse Today* from 2006-2014, she will share her insights on health care at a turning point and seizing opportunities for collaborations.

As always, conversations with the Board of Directors and state, council, and institute leaders are part of our conference, allowing for meaningful dialogue with colleagues surrounding issues that are important to you. Plan to attend the Friday evening event at DinoLand in *Disney’s Animal Kingdom*, where we’ll have dancing, food, and games for all to enjoy. Join us for the Annual Meeting and Town Hall on Saturday afternoon to close out the conference. We look forward to seeing you there!

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

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Keynote Speakers

BRIAN CUBAN
Step By Step: Turning Your Worst Moments Into Your Greatest Achievements
October 29 | 9:00am-10:00am

Brian Cuban is an author whose best-selling book, “Shattered Image: My Triumph Over Body Dysmorphic Disorder,” chronicles his first-hand experiences living with, and recovering from, twenty-seven years of eating disorders, alcoholism, drug addiction and Body Dysmorphic Disorder (BDD). Brian speaks regularly about his recovery and breaking the stigma surrounding male eating disorders and mental illness. He has spoken at colleges and universities across the United States and in Canada. He has spoken at and keynoted prestigious events such the National Eating Disorder Association Conference Family Panel, Entertainment Industries Council 3rd Annual Media And Mental Health Awards and the North Texas Recovery Film Festival. Brian has appeared on prestigious talks shows such as the Katie Couric Show as well as numerous media outlets around the country. He also writes extensively on these subjects. His columns have appeared on CNN.com, Foxnews.com, The Huffington Post and in online and print newspapers around the world.

PAMELA CIPRIANO, PHD, RN, NEA-BC, FAAN
Health Care at a Turning Point: Seizing the Opportunity
October 30 | 9:00am-10:00am

Dr. Pamela Cipriano is the 35th president of the American Nurses Association (ANA), the nation’s largest nurses organization representing the interests of the nation’s 3.1 million registered nurses. The inaugural editor-in-chief of American Nurse Today from 2006-14, Dr. Cipriano was the recipient of the association’s 2008 Distinguished Membership Award for her outstanding contributions to ANA. Prior to becoming ANA president, Dr. Cipriano was senior director for health care management consulting at Galloway Advisory by iVantage. She has served in faculty and leadership positions at the University of Virginia (UVA) since 2000, and currently holds a faculty appointment as research associate professor at the UVA School of Nursing. Dr. Cipriano holds a PhD in executive nursing administration from the University of Utah College of Nursing, a master of nursing degree in physiological nursing from the University of Washington, and a bachelor of science in nursing degree from American University. She was inducted into the American Academy of Nursing as a fellow in 1991.

About the Program

Psychotherapy for Advanced Practice Nurses – A Conference Course

Brought to you by the APNA APRN Council, this 5-hour multi-day course will demonstrate effective uses of psychotherapy regardless of the constraints of the psychiatric nursing practice setting. Using one clinical case scenario, concepts will be demonstrated from three theoretical approaches in the delivery of care: Motivational Interviewing, Psychodynamic Psychotherapy, and Cognitive Behavioral Therapy. The course, New Uses of Psychotherapy: CBT, Psychodynamic and Motivational Interviewing Models in Real World Treatment Settings, will take place throughout the conference during designated times on Wednesday, Thursday, and Saturday. See page 7 for more information.

120+ Continuing Nursing Education Contact Hours

Earn a big chunk of your continuing education contact hours for recertification with one registration: Attendees will earn up 28.5 contact hours on-site and get their CE certificate immediately afterwards with our online evaluations system. Plus, with a registration that includes online access to session recordings, attendees have the option to earn close to 100 additional contact hours online afterwards! See page 6 for more info about continuing education.

Competency Based Training for Suicide Prevention

This competency based training is a 2-part interactive educational activity consisting of an online module and a live pre-conference training. The live training (Session 1016) will include small group work and return demonstration, and will take place on Wednesday, October 28th from 7:15am – 3:15pm. The program is designed to interpret the nine Psychiatric Nurse Essential Competencies for Assessment and Management of Individuals at Risk for Suicide and demonstrate the systematic approach for applying the competencies in nursing inpatient practice. Also available at 3:30pm is Part 1 of the Facilitator Course. See page 11 for more information and eligibility criteria for the Facilitator Course.

Online Access to Content Included

Continue to advance your knowledge, skills, and abilities (and earn more contact hours) after the conference with online recordings of sessions. Access to these session podcasts is included in your registration! Plus, posters presented at the conference will be featured online in an Online Poster Gallery, so you have the option to refer back to posters you enjoyed at the conference or browse ones you missed online. Visit www.apna.org/AnnualConferencePreview to sample a free session recording (and earn CE) and view the poster gallery from last year’s conference.
Disney's Coronado Springs Resort

The Conference will take place at Disney's Coronado Springs Resort. The resort celebrates the character and traditions of the American Southwest and northern Mexico. Encircling a glimmering 15-acre lake, the resort features Mayan architectural flourishes, a uniquely themed Dig Site pool, spring-fed fountains and a host of amenities to accommodate those who come here to work or play.

Enjoy a feature pool complex, fitness center, hair salon, white-sand beach, nature walk and children’s playground, and complimentary transportation throughout the Walt Disney World® Resort.

Guest Room Information: Located in three distinctly different themed areas, guest rooms include two queen-size beds or one king-size bed, desk and work station, ceiling fan, refrigerator, coffee maker, wall safe, telephone with voice mail and complimentary Wi-Fi Internet access. All guest rooms are non-smoking.

Resort Amenities:
- Full-service spa
- Clubhouse
- Gift shop
- Retail and entertainment
- Nature walk and children’s playground
- Complimentary transportation
- On-site concierge services

Getting to and from the Airport: If you're arriving by air, Disney's legendary transportation to all Walt Disney World® parks, interactive dining adventures and Downtown Disney® shopping excursions. Excitement and fun are only moments away with a complimentary shuttle bus ride to the seven lands of the Magic Kingdom™ Park, or all the sights and sounds of Epcot®. World-class restaurants, dazzling entertainment and unique shops line the waterfront at Downtown Disney® Area. As the number one amateur sports destination anywhere, ESPN Wide World of Sports Complex hosts nearly 200,000 athletes at 180 events each year.

Extra Magic Hours: Each day, one of the Walt Disney World® Theme Parks opens one hour early or remains open up to two hours after regular closing time for Disney Resort Guests. This is a great way to maximize the value of your Disney Theme Park Tickets based on your schedule. (Valid Theme Park admission and Walt Disney World® Resort ID required.)

MyMagic+: Walt Disney World® Resort has taken your visit to an all-new level and unlocked a new dimension of Disney magic to make it yours like never before. It's called MyMagic+. Once you’ve booked your trip, you can use an incredible family of online tools providing recommendations to help you personalize your experience both at home and on the go.

Travel Information

Disney’s Coronado Springs Resort is located in Lake Buena Vista, Florida just over 20 miles from Orlando International Airport (MCO).

By Car: Lake Buena Vista is a short drive from several major cities. Tampa, FL is a quick hour drive, Jacksonville, FL is just 2 hours and Miami, FL is 3 hours. Parking is complimentary at the resort.

By Air: APNA's discounted guest room rate is $149/night for single/double occupancy, plus tax. Additional occupants are $15 per person per night for guests 18 years of age and older.

Reservations: A completed conference registration is required to obtain housing under the APNA room block. After completing your conference registration, an email will be sent with information to book your guest room in the APNA block. Once your reservation has been made, you will receive a hotel acknowledgement email.

Extend Your Stay: Walt Disney World® Resort offers more magical experiences than you ever dreamed possible! Don’t pass up the chance to add extra days before or after the conference to enjoy a spectacular golf or spa getaway, or the perfect vacation with family and friends. Disney will even extend the same room rates* you received for the conference to any extra nights you add to your visit.

*Room rates are subject to change without notice and are based on availability. Group rates may not be combined with any other discounts or offers.

Weather & Attire

Lake Buena Vista's average high temperatures October in mid-80s with lows in the mid-60s. Business casual attire and comfortable shoes are suggested for the conference. We strongly recommend carrying a sweater throughout the day as the meeting room temperatures may fluctuate. Be sure to wear your attendee badge each day at the conference.
# Schedule

## AT A GLANCE

### Wednesday October 28
- **Registration Open**
  6:30am – 6:30pm
- **Pre-Conference Sessions**
  - Block 1: 7:15am – 9:15am
  - Block 2: 9:30am – 11:30am
- **Symposium Luncheon**
  11:30am – 1:00pm
- **Pre-Conference Sessions**
  - Block 3: 1:15pm – 3:15pm
  - Block 4: 3:30pm – 5:30pm

**Practice, Education, PTSD, Child & Adolescent, Addictions, Psychopharmacology, Suicide Assessment & Management**

- **Conference Course**
  3:30pm – 5:30pm
- **Orientation for Newcomers, Volunteers, and New Members**
  (all attendees welcome)
  5:45pm – 6:10pm
- **Opening Program and President’s Address**
  6:15pm – 8:00pm
- **Product Theater Dinner**
  8:15pm – 9:45pm

### Thursday October 29
- **Product Theater Breakfast**
  7:00am – 8:30am
- **Registration Open**
  8:30am – 6:00pm
- **Keynote Presentation – Brian Cuban**
  9:00am – 10:00am

**Concurrent Sessions**
- Block 1: 10:15am – 11:00am
- Block 2: 11:15am – 12:00pm

**Session Tracks:**
- Practice, Integrated Care, Child & Adolescent, Education, Substance Use, Genetics, Older Adults
- Symposium Luncheon
  12:15pm – 1:45pm
- **Exhibit Hall Open**
  1:30pm – 5:00pm
- **Poster Presentations Open**
  10:00am – 12:30pm

**Mini Concurrent Sessions**
- 4:00pm – 4:45pm

**Session Tracks:**
- Practice, Access, Child & Adolescent, Education & Practice, Military, Culture, Non-pharmacologic Interventions

- **Interactive Panels**
  5:00pm – 6:30pm
- **Conference Course**
  5:00pm – 6:30pm
- **Chapter Meetings**
  6:30pm – 7:30pm
- **Product Theater Dinner**
  7:45pm – 9:15pm

### Friday October 30
- **Product Theater Breakfast**
  7:00am – 8:30am
- **Registration Open**
  8:30am – 6:00pm
- **Keynote Presentation – Pamela Cipriano**
  9:00am – 10:00am

**Concurrent Sessions**
- Block 1: 10:15am – 11:00am
- Block 2: 11:15am – 12:00pm
- Block 3: 12:15pm – 2:00pm

**Session Tracks:**
- Emergency Departments, Integrated Care, Trauma, Undergraduate Education, Non-pharmacologic Interventions, Inpatient, Safety

**TBD – pending funded program**
- 12:30pm – 2:00pm

- **Interactive Panels**
  5:15pm – 6:45pm
- **Conference Course**
  10:15am – 11:45am
- **Annual Meeting & Town Hall**
  1:15pm – 2:30pm

### Saturday October 31
- **Registration Open**
  8:30am – 2:30pm
- **Foundation Presentation**
  9:00am – 10:00am

**Concurrent Sessions**
- Block 1: 10:15am – 11:00am
- Block 2: 11:15am – 12:00pm
- Block 3: 12:15pm – 1:00pm

**Session Tracks:**
- Practice, Safety, Non-pharmacologic Interventions, Education, Military, Research, Outpatient

- **Conference Course**
  10:15am – 11:45am
- **Friday Evening Event at DinoLand (Disney’s Animal Kingdom)**
  7:30pm – 10:30pm
GENERAL INFORMATION

Registration
To register for the APNA 29th Annual Conference, go to www.apna.org/AnnualConference. Register before September 15, 2015 to take advantage of early bird registration rates. Onsite registration will be open from Wednesday, October 28, 2015 until space is no longer available. When registering onsite, please allow ample time to complete the registration process and be aware that some sessions may be unavailable due to limited capacity.

Special Registration Categories

Student: To qualify for the student rate, you must be an APNA Student Member; your membership must be current through October 31, 2015; and you must be enrolled in a nursing program on a full-time basis. You will need your APNA member number to log in to register for the conference.

Retired: APNA Retired Members who are 65 or older are eligible to receive the retired discount.

Military: The military registration rate is available for members of the Military, Reserves or National Guard on active duty. You must show proof of current active military service at Registration Check-in.

ANCC Review Courses

Psychiatric Mental Health Nurse Practitioner Review
Psychiatric Mental Health Nurse Review

Contact Hours: up to 14*
Register online through www.apna.org/AnnualConference.
Monday, October 26, 2015, 8:00am – 4:30pm
Tuesday, October 27, 2015, 8:00am – 4:30pm

* This is a two-day course. You must attend both days in order to receive up to 14 contact hours.

Take advantage of our Review Course + APNA Conference Package for a discounted rate!

Americans with Disabilities Act
APNA plans to adhere to the legal requirements of the Americans with Disabilities Act. If a conference registrant is in need of any arrangement, please contact APNA at 855-863-2762 prior to the conference or visit the APNA Registration Desk onsite during the conference.

Sessions

Sessions have been scheduled with plenty of time in between to minimize late arrivals. Presenters will be urged to stay on schedule so please arrive on time to each session. Attendees will not be allowed to enter sessions after they have started. APNA reserves the right to make program changes as necessary and the right to cancel sessions if minimum enrollment has not been met or events occur beyond the reasonable control of APNA.

Continuing Education

Continuing education contact hours are awarded based on the number of sessions attended and evaluations completed. The APNA 29th Annual Conference will offer up to 28.5 contact hours on-site. Registrants will have the option to earn contact hours for sessions they did not attend in person via online session recordings. This means that registrants may be able to earn more than 120 total contact hours for sessions on-site and online. (Note: This number is not final and subject to change.) See the APNA website for complete information on obtaining contact hours.

Conference Educational Learning Objectives

By the end of this conference, the learner will be better able to:
1. Explore psychiatric-mental health nursing opportunities for intra and inter-professional collaboration across administration, education, practice and research.
2. Discuss innovative care delivery models that implement the full scope of psychiatric nursing practice across settings to meet the physical and mental health needs of the population across the lifespan.
3. Advance psychiatric-mental health nursing through collaborative strategies with stakeholders (patients, families, colleagues, and health systems) to improve the mental health of the population.

The American Psychiatric Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation

Online Evaluations & CE Certificates

Jot down your responses as you attend sessions, then log into the APNA website at your convenience to complete the evaluations online. Once you’re finished, the system will generate a CE Certificate with an itemized list of the sessions you attended. Evaluations will be accessible during and after the conference through December 4, 2015.
Psychotherapy for Advanced Practice Nurses – A Conference Course  
5.0 Contact Hours

**New Uses of Psychotherapy: CBT, Psychodynamic and Motivational Interviewing Models in Real World Treatment Settings**

Cost and outcomes of mental health treatment have driven dramatic shifts in psychiatric nursing practice. The “Decade of the Brain”, a shortage of prescribers, new populations of insured and returning veterans, and the IOM’s push towards measurement are realities of a new world of psychiatry. Despite these changes, the foundation of advanced practice psychiatric mental health nursing still lives in the therapeutic patient alliance. The purpose of this 5-hour multi-day course is to demonstrate effective uses of psychotherapy regardless of the fixed constraints of the practice setting. Using one clinical case scenario, we will demonstrate how to use concepts from three theoretical approaches in the delivery of care: Motivational Interviewing, Psychodynamic Psychotherapy, and Cognitive Behavioral Therapy. The course will take place throughout the conference during the following times:

- **Wednesday, October 28:** 3:30pm – 5:30pm
- **Thursday, October 29:** 5:00pm – 6:30pm
- **Saturday, October 31:** 10:15am – 11:45am

Register for this course using the “Conference Plus! with Psychotherapy Course” option for an additional fee. Registration for pre-conference courses earlier in the day on Wednesday is included. Your online registration experience will be tailored to the conference course schedule when you select this option.

**Speakers:** Rita Haverkamp, MSN, PMHCNS-BC, CNS; Barbara J. Warren, PhD, RN, PMHCNS-BC, FAAN; Jennifer Scroggie
PRE-CONFERENCE SESSIONS
BLOCK 1:  7:15am – 9:15am

1011 Practice Track
7:15am - 9:15am
**Tricorders to Baymax: Enhancing Patient Care Through Technology**  RN  APRN
This presentation will discuss methods for combining personalized technology and social media with Focused Acceptance Commitment Therapy (FACT), which utilizes action oriented values base behavior strategies, to enhance communication between patients and their treatment team, increase compliance with recommendations and improve patient self efficacy.

**Speaker:** Megan O'Connell, PMHCNS-BC

1012 Education Track
7:15am - 9:15am
**Defining and Using Psychiatric Mental Health (PMH) Skills in Undergraduate Nursing Education**  RN
The Undergraduate Branch of the Education Council has been defining the core skills necessary in undergraduate curricula. This workshop will provide educators with a summary of the core PMH skills and provide them with the opportunity to identify where and when these skills will be taught within their nursing program.

**Speakers:** David Sharp, RN; PhD; Diane Esposito, PhD, ARNP, PMHCNS-BC

1013 Child & Adolescent Track
7:15am - 9:15am
**PART I: COPE A Brief Evidence-Based Cognitive - Behavioral Skills Building Intervention for Children and Adolescents with Anxiety and Depression.**  RN  APRN
COPE - a Brief Evidence-Based Intervention for Children & Adolescents with anxiety and depression. This Cognitive Behavioral Therapy based intervention is a 7 session program - that can be delivered in 20-30 minute outpatient visits in busy practices. Evidence to support the intervention, and videotaped sessions will be presented.

**Speakers:** Bernadette Mazurek Melnyk, PhD, RN, PMHNP-BC, PNP, CPNP, FAAN, FAANP; Pamela G. Lusk, DNP, RN, PMHNP-BC, FAANP

1014 Addictions Track
7:15am - 9:15am
**Sex, Gambling and the Internet: Drawing the Line Between Normal and Addictive Behaviors**  RN  APRN
Behavioral addictions such as sex addiction, gambling, video-gaming, and others are quickly becoming known to other mental health professional who are treating these disorders. Nurses need to have education on behavioral addictions and treatment options.

**Speakers:** Diane M. Wieland, PhD, MSN, PMHCNS-BC, PMHNP-BC, CNE; Cindy H. Kerber, PhD, APRN

1015 Psychopharmacology Track
7:15am - 9:15am
**Evidence-Based Prescribing Practices for Treating PTSD in Military Combat Veterans**  RN  APRN
Combat related PTSD symptomatology can result in significant and pervasive functional impairment. Identifying and utilizing evidenced-based psychopharmacological interventions can reduce the severity of symptoms associated with PTSD. A reduction in symptoms can provide clients/patients with an opportunity to participate in and potentially benefit from evidence-based non-pharmacological treatment interventions.

**Speaker:** Jess Calohan, DNP, MN, PMHNP-BC

1016 Competency Based Training for Suicide Prevention*  RN  APRN  – inpatient settings
7:15am – 3:15pm
This competency based training is a 2-part interactive educational activity consisting of an online module and a live pre-conference training. The live training will include small group work and return demonstration. The program is designed to interpret the nine *Psychiatric Nurse Essential Competencies for Assessment and Management of Individuals at Risk for Suicide* and demonstrate the systematic approach for applying the competencies in nursing practice. The online prerequisite must be completed prior to the conference and evidence of completion will be required in order to participate in the live training.

*Note: This course will take place during pre-conference blocks 1, 2, and 3, for a total of 6.5 contact hours. Contact hours for the online portion will be issued as a part of the total contact hours earned for the course.
PRE-CONFERENCE SESSIONS
BLOCK 2: 9:30am - 11:30am

2.0 Contact Hours

1021 Practice Track
9:30am – 11:30am
Solution Focused Therapy, a Unifying Framework for Recovery Oriented Inpatient Practice  
You are an expert in problem identification. What if your inpatients became experts in solution identification? Solution Focused Therapy facilitates you and your inpatient team to assist your patients to identify treatment goals and leave with an action plan for recovery. Learn how your practice can facilitate recovery.

Speaker: Judy S. Linn, BSEd, BSN,MSN, RN

1022 Education Track
9:30am – 11:30am
Creating Standardized Patient Simulations for Interprofessional Psychiatric/Mental Health Nursing, Pharm.D, and OT Education and Collaborative Team-Based Care  
This workshop demonstrates the “how tos” of developing, implementing, and evaluating simulations using standardized patients who demonstrate psychiatric disorders to teach and assess health care professional students’ interprofessional clinical interviewing skills and team-based mental health care.

Speakers: Merrie J. Kaas, Ph.D, RN, PMHCNS-BC, FAAN; Barbara L. Peterson, Ph.D, RN, PMHCNS-BC; Jane L. Miller Ph.D

1023 Child & Adolescent Track
9:30am – 11:30am
PART II: COPE A Brief Evidence-Based Cognitive - Behavioral Skills Building Intervention for Children and Adolescents with Anxiety and Depression. Incorporating a CBT based intervention into brief 20-30 minute visits.

RN APRN

PART II COPE - This Cognitive Behavioral Therapy based intervention is a 7 session program, with child, teen and college age manuals. In this workshop there will be videotapes of sessions (child, teen), role modeling, discussion, and an opportunity to practice delivering a COPE session, with workshop leader feedback/ support.

Speakers: Bernadette Mazurek Melnyk, PhD, RN, PMHNP-BC, PNP, CPNP, FAAN, FAANP; Pamela G. Lusk, DNP, RN, PMHNP-BC, FAANP

1024 Addictions Track
9:30am – 11:30am
Integrating Dialectical Behavior Therapy with the Twelve Steps: A Non-Pharmacologic Approach to Managing Emotion Dysregulation in Early Recovery  
This presentation will focus on the curriculum the presenter has developed to address emotion dysregulation in early recovery. Innovative approaches that integrate Dialectical Behavior Therapy concepts with Twelve Step philosophy and literature will be discussed and participants will have the opportunity to practice some of these approaches.

Speaker: Bari K. Platter, MS, RN, PMHCNS-BC

1025 Psychopharmacology Track
9:30am – 11:30am
Illicit Drug Use: What You See and What You Get May Not Be What You Expected  
Mental health providers are increasingly encountering individuals with symptoms / signs typically associated with mental illness but whose etiology rests in illicit drug use. This talk sheds light on the emergency assessment and treatment of these individuals. Psychoactive agent use in patient management is described.

Speaker: Larae I. Huycke, DNP, PMHNP-BC, ACNS-BC

SYMPOSIUM LUNCHEON
11:30am - 1:00pm
1.5 Contact Hours*

Evidence-based Treatment Approaches in Bipolar Depression: A Patient Spotlight  
The symposium will include presentations that focus on best evidence for diagnosis and management of bipolar depression, with patient case vignettes interwoven with the content.

Faculty: Laura G. Leahy, DrNPc, APN, PMH-CNS/FNP

*The CE provider for this symposium is Postgraduate Institute for Medicine. Detailed information will be provided on-site on how to complete your evaluation and receive your separate symposium CE Certificate.

R indicates sessions eligible for psychopharmacology contact hours.
PRE-CONFERENCE SESSIONS
BLOCK 3: 1:15pm - 3:15pm

1031 Practice Track
1:15pm - 3:15pm
Facebook, MySpace, Blog or Tweet, What You Say May Not Be Sweet: Professional Boundaries and Social Media  RN  APRN
   The intersection of Social Media and Professional Boundaries is an important consideration in nursing practice but hasn’t received sufficient attention, resulting in nurses being caught in HIPAA and professional boundary violations. This presentation will highlight ways to stay safe in personal and professional use of social media.
   Speaker: Nancy B. Dillon, Ph.D, RN, PMHCNS-BC

1032 PTSD Track
1:15pm - 3:15pm
Stabilization Approaches to the Treatment of Complex PTSD and Dissociative Disorders in Adults  APRN
   This workshop focuses on stabilization skills for Complex PTSD and Dissociative Disorders. The widely accepted treatment for PTSD emphasizes immediate working through of traumatic memories. However, patients with complex developmental trauma require an approach that first emphasizes stabilization and relational and skills building. Participants will learn specific and practical strategies.
   Speaker: Kathy Steele, MN, PMHCNS-BC

1033 Child & Adolescent Track
1:15pm - 3:15pm
Differential Diagnosis of Delirium in the Medically Ill Child - Diagnostic and Treatment Challenges  RN  APRN
   Delirium is a serious psychiatric emergency requiring quick recognition and treatment interventions to prevent long-term cognitive sequelae. This lecture will discuss an evidence-based assessment tool and treatment interventions necessary to effectively identify and treat pediatric delirium. This will improve cognitive long-term outcomes for the child.
   Speaker: Nancy S. Noyes, MS, PPCNP-BC, PMHCNS-BC

1034 Addictions Track
1:15pm - 3:15pm
Using Screening, Brief Intervention, and Referral to Treatment in Practice: A Skills Building Workshop  RN  APRN
   Screening, brief intervention, and referral to treatment (SBIRT) is an evidence based model for intervention in persons with substance use problems. The program involves learning to screen individuals for alcohol and substance related behaviors, and completing a Brief Negotiation Interview (BNI) using principles of motivational interviewing in case based skills sessions.
   Speaker: Joanne DeSanto Iennaco, PhD, PMHNP-BC, APRN

1035 Psychopharmacology Track
1:15pm - 3:15pm
Doctor Shopping: What You Need to Know to Understand, Identify and Manage It  APRN
   This presentation will define prescription drug abuse and doctor shopping and discuss the experience of patients and prescribers related to doctor shopping. How to identify and manage patients at high risk for engaging in doctor shopping will be included as well as a review of evidence based measures to take when controlled drugs are prescribed.
   Speaker: Julie Worley, PhD, FNP-BC, PMHNP-BC

PRE-CONFERENCE SESSIONS
BLOCK 4: 3:30pm - 5:30pm

1041 Practice Track
3:30pm – 5:30pm
Differentiating Medical and Psychiatric/Mental Health Symptoms Using Physical Assessment Skills  RN  APRN
   Psychiatric and medical symptoms frequently overlap and the nurse needs to assess and differentiate these symptoms for optimum treatment. This presentation uses physical assessment skills to differentiate symptoms of seizure vs. psychogenic non-epileptic seizure; skin rash vs. rash from psychotropic medication and change in mental status: delirium vs. depression.
   Speaker: Mary Ann Foley-Mayer, DMH, RN, PMHNP-BC
1042 PTSD Track
3:30pm – 5:30pm
Caregiver Occupational Stress First Aid (COSFA): A Potentially Life-saving Tool  RN APRN
Like first aid for physical injuries, stress first aid is a set of tools with three aims—to preserve life, prevent further harm, and promote recovery. The types of harm that stress first aid address are different from those targeted by physical first aid, but the intended outcomes are the same.

Speakers: Jean Fisak, MSN, PMHCNS-BC; Sean P. Convoy, PMHNP-BC, DNP

1044 Addictions Track
3:30pm – 5:30pm
Marijuana and Mental Health: Risks and What Nurses Need to Know  RN APRN
This educational presentation focuses on research linking cannabis use with mental health risks, especially for adolescents. Content includes the following: cannabis plant description; history of medicinal cannabis use; cannabis use epidemiology; the human endogenous cannabinoid system, including roles in neurodevelopment; and research linking cannabis use with mental health problems.

Speaker: Matthew Tierney, APRN

1045 Psychopharmacology Track
3:30pm – 5:30pm
TBD

Speaker: TBD

1046 Competency Based Training for Suicide Prevention – Facilitator Course – Part 1**
3:30pm – 5:30pm
This course is the first in a series of live and virtual trainings for individuals who wish to become certified facilitators for the APNA Psychiatric Nurse Essential Competencies for Assessment and Management of Individuals at Risk for Suicide. In order to participate in this course, individuals must have completed the Competency Based Training for Suicide Prevention and the required online components. Nurses who wish to become certified facilitators must have experience in psychiatric-mental health and teaching, commit to learning in-depth knowledge of suicide assessment and prevention, and be prepared to demonstrate skills acquired through the competency based facilitator trainings.

**You must be registered for Session 1016 (the full-day Competency Based Training for Suicide Prevention) in order to participate in the Facilitator Training.

CONFERENCE COURSE
3:30pm - 5:30pm (details on page 7)

ORIENTATION FOR NEWCOMERS, VOLUNTEERS, AND NEW MEMBERS
5:45pm – 6:10pm (all attendees welcome)

OPENING PROGRAM AND PRESIDENT’S ADDRESS  1.0 Contact Hours
6:15pm – 8:00pm
Collaborating in an Evolving Health Care System: Opportunities for Redesigning Health Care Delivery
This presentation will discuss psychiatric nurses’ opportunities for collaboration in creating systems of care that integrate mental health and physical health care services from a wellness and recovery context.

Apna President: Susie Adams, PhD, APRN, PMHNP-BC, PMHCNS-BC, FAANP

PRODUCT THEATER DINNER  No Contact Hours Provided
8:15pm – 9:45pm
Sponsoring Company: Sunovion Pharmaceuticals Inc.

indicates sessions eligible for psychopharmacology contact hours.
PRODUCT THEATER BREAKFAST
7:00am – 8:30am
No Contact Hours Provided

Sponsoring Company: Alkermes

KEYNOTE PRESENTATION
9:00am – 10:00am
Step By Step: Turning Your Worst Moments Into Your Greatest Achievements
Brian Cuban, the best-selling author of "Shattered Image, My Triumph Over Body Dysmorphic Disorder", talks about his descent into the abyss of Body Dysmorphic Disorder, Addiction and Eating Disorders, taking him to the brink of suicide. Using his philosophy of just "one step forward" he was able to achieve recovery and turn his worst moments in life into his greatest life achievements.

Keynote Speaker: Brian Cuban

CONCURRENT SESSIONS
BLOCK 1: 10:15am – 11:00am

2011 Practice Track
10:15am - 11:00am
Necessity Promotes Innovation: Developing and Providing Telemental Health to United States Veterans From a Novel Setting
The VA seeks innovative methods which increase both mental health practitioners and access to care. Challenges, logistics, stakeholder buy in, ethical implications, and tools recommended for studying the evidence of one telemental health (TMH) practitioner’s innovative experience are discussed. Differences between TMH provided by a government versus civilian agency are highlighted.

Speaker: Kathleen Carroll, DNP, PMHNP-BC, NCC

2012 Integrated Care Track
10:15am - 11:00am
Integrating Care in a Community Mental Health Center for Persons with Serious Mental Illness: A Case Study

Speaker: Kathleen M. McDermott, DNP, RN, MSN, PMHNP-BC

2013 Child & Adolescent Track
10:15am - 11:00am
"United We Stand, Divided We Fall": The Development of a New Inpatient Behavioral Health Unit in a Large Tertiary Pediatric Facility

Speaker: Sue Timan, APN, MS; Jenifer Smith, RN, BSN

2014 Education Track
10:15am - 11:00am
Developing a Roadmap for Interprofessional Education in Community-Based Mental Health Sites: Learning the Landscape, Signposts, Detours, and Reaching the Destination

Speaker: Barbara L. Peterson, Ph.D., PMHCNs-BC, RN; Merrie J. Kaas, Ph.D., PMH-CNS-BC, FAAN, RN

2015 Substance Use Track
10:15am - 11:00am
Update on Tobacco Dependence Champion Projects: Moving Forward with Collaborative Opportunities
This presentation revisits two successful projects from the 2014 Virtual Nursing Academy of APNA Champions for Smoking Cessation. The focus emphasizes applicability of individuation of treatment, the collaborative and powerful effects of a nursing-driven facility wide treatment model helping patients quit tobacco, and aiding facilities meet national performance measures.

Speaker: Carol A. Essenmacher, DNP, C-TTS; Bridgette Vest, DNP, PMHNP-BC, GNP-BC; Chizimuzo (Zim) T. C. Okoli PhD, MSN, MPH, RN
2016 Genetics Track
10:15am - 11:00am
Schizophrenia Genetics: Quest for the Holy Grail  RN  APRN
There continues to be great progress in identifying schizophrenia risk genes. The emerging genetic architecture contributes to our understanding of etiology. Genetic findings may provide a comprehensive understanding of schizophrenia, refine diagnosis, identify new treatment targets, and predict response. There is the potential to revolutionize drug discovery and personalize care.

Speaker: Nancy Buccola, MSN, APRN, PMHCNS-BC, CNE

2017 Older Adults Track
10:15am - 11:00am
Nonpharmacological Management of Behavioral Symptoms in Neurocognitive Disorders  RN  APRN
Behavioral symptoms of neurocognitive disorders such as agitation and aggression are often reported in the elderly. Nonpharmacologic management is recommended as a first line treatment to decrease the frequency and intensity of these challenging behaviors. Common behavioral symptoms and strategies for selecting evidence-based nonpharmacologic treatments for neurocognitive disorders will be reviewed.

Speaker: Deborah Klaszky, MSN APN-C E

CONCURRENT SESSIONS
BLOCK 2: 11:15am - 12:00pm .75 Contact Hours

2021 Practice Track
11:15am - 12:00pm
Promoting Staff Resilience in Stressful Situations: The RISE Team  RN  APRN
Learn about the Resilience in Stressful Events Team and how psychiatric-mental health nurses use their expertise and skill to help fellow professionals cope with stress after a patient-related event by offering non-judgmental support to individuals and groups of colleagues.

Speaker: Joyce Parks, DNP, RN-BC, PMHCNS-BC

2022 Integrated Care Track
11:15am - 12:00pm
Differential Diagnosis in the Integrated Care Setting for Anxious Woman with Visual/tactile Hallucinations: A Case Review  APRN
A case review will stimulate thinking and discussion about differential diagnosis and treatment for a complex patient with anxiety and visual/tactile hallucinations in an integrated setting. Relevant integrated care concepts and the importance of collaboration by PMHNPs and medical providers in the medically oriented clinic will be discussed.

Speaker: Pamela R. Stover, DNP, ARNP, PMHNP-BC, PMHCNS-BC

“I feel more informed, revitalized, and ready to include elements I have learned in my own practice.”
2023 Child & Adolescent Track
11:15am - 12:00pm
Creating an Innovative Inpatient Program for Pediatric Medical Psychiatric Patients  RN APRN
This purpose of this presentation is to describe an innovative program developed to meet the needs of pediatric patients with medical and psychiatric illnesses. The program implementation, therapeutic modalities, program schedule and multidisciplinary team members roles will be described. Additionally, implications for nursing practice, education and research will be addressed.

Speakers: Francine R.B. Pingitore, PhD, RN, PMHCNS-BC;  Jenifer LaRose, BSN, RN, CPN

2024 Education Track
11:15am - 12:00pm
Development of a Psychiatric Mental Health Nurse Practitioner (PMHNP) Residency Program within the Department of Veterans Affairs (VA) Healthcare System  APRN
This presentation describes the development and implementation of an academic residency for Psychiatric Mental Health (PMH) nurse practitioners funded by the VA Office of Academic Affiliations (OAA). A formal structure, process and evaluation are necessary to assure a quality educational experience and the desired outcome of competent, practice ready practitioners.

Speakers: Mary B. Dougherty, PhD, MBA;  Carole F. Hair, PhD, RN, GNP-BC

2025 Substance Use Track
11:15am - 12:00pm
The Invisible Nature of Fetal Alcohol Spectrum Disorders (FASD) Can Result in Unintentional Abuse by the Mental Health System: How to Identify this Patient and Make the Referral!  RN APRN
The invisible nature of fetal alcohol spectrum disorders and diagnostic difficulty can ultimately result in unintentional mental health patient abuse. Identify patient characteristics associated with FASD to assess referral need and develop appropriate interventions. Learn why a paradigm shift in thinking from “won’t” to “can’t” improves care and reduces frustration.

Speaker: Colleen C. Williams, DNP, FPMHNP-BC

2026 Genetics Track
11:15am - 12:00pm
Clinical Application of Pharmacogenomics' Testing as a Tool for the Nurse Practitioner in the Treatment of Co-Occurring Disorders  RN APRN
Clients with co-occurring disorders benefit from client-centered care that offers individualized treatment. Genotyping is a valuable tool for the prescribing NP. The benefits of pharmacogenomics are evident in clients’ responses to treatment. In more than a year of utilizing this tool, there is continued treatment success across the lifespan.

Speakers: Patricia M. Allen, MSN PMHNP-BC;  Greg Gilbert, BSN RN

2027 Older Adults Track
11:15am - 12:00pm
The Missing Link: Palliative Mental Health Expertise at End of Life, Developing a Model for a Good Death  APRN
Death is the ultimate taboo in Western Medicine. The problem isn’t just with the dying but to our medical community’s approach to death. Psychiatric APNs have unique education and experience to assist and support patients and families to see beyond the finality of death and see the beauty of life.

Speakers: Mark A. Curtis, PMHCNS-BC, ACHPN, LMT

SYMPOSIUM LUNCHEON 1.5 Contact Hours*
12:15pm – 1:45pm
Depression: Optimizing Outcomes for the Individual Patient

Faculty: William M. Sauve, MD

Supported by an educational grant from Takeda Pharmaceuticals International, Inc.
*The CE provider for this symposium is Neuroscience Education Institute. Detailed information will be provided on-site on how to complete your evaluation and receive your separate symposium CE Certificate.
EXHIBIT HALL OPEN
1:30pm – 5:00pm

POSTER PRESENTATIONS OPEN
1:30pm – 5:00pm
*Poster Presentations will be open for viewing in the poster presentation area of the exhibit hall on Thursday 1:30pm – 5:00pm and Friday 10:00am – 12:30pm. Attendees can earn up to 4.0 contact hours for time spent reviewing & evaluating the posters on Thursday and Friday combined.

MINI CONCURRENT SESSIONS
4:00pm - 4:45pm
.75 Contact Hours

2031 Practice
4:00pm - 4:45pm
Successful Creation of a Violence Risk Assessment Tool: Utilizing Collaboration Across Disciplines and Departments in a Health Care Organization RN
This session will include a description of a violence risk assessment tool, its development and implementation throughout an entire health care continuum. MIAHTAPS, an acronym for seven points of assessment, gives the assessor an immediate idea of the violence risk potential of a patient.

Speakers: Gayle E. Godfrey, MS, BSN, RN-BC; Angela M. Thomas, MSN, BSN, PHN, RN

Mary Marshall Assisted Living: A Partnership to Improve Outcomes of Seniors with Mental Illness RN APRN
Severely mentally ill seniors have few appropriate housing choices as they age. Mary Marshall Assisted Living utilizes an interdisciplinary team of nurses, social workers, and psychiatrists to meet the needs of low-income seniors with mental health and cognitive disorders.

Speaker: Pamela R. Jones, PhD, MPH, RN

2032 Access
4:00pm - 4:45pm
Improving Access and Communication through Web based Programs and Secure E Mail Messaging RN APRN

Speaker: Deborah S. Plageman, NP

Implementation of a Telemental Health Service to Improve Access to Psychopharmacological Services for Native Americans at a Rural, Tribal Outpatient Mental Health Clinic in Oklahoma APRN
This presentation will identify mental health access restrictions for Native Americans seeking outpatient mental health services at a tribal clinic in Oklahoma and identify TMH as an evidence based alternative for populations with access restrictions.

Speaker: Karen Ann Taylor, MSN, APRN-CNP, PMHNP-BC

2033 Child & Adolescent
4:00pm - 4:45pm
The Transformation of Pediatric Psychiatric Nursing Practice to Enhance Therapeutic Outcomes RN APRN
Identifying behavior that most often results in agitation and aggression among pediatric psychiatric inpatients has led us to examine our interactions with them. Adopting a more proactive approach to provide supportive nursing interventions has been extremely effective in reducing the use of seclusion and restraint in this vulnerable population.

Speaker: Thomas M. Houston, RN, BSN

REAACH - Recognizing Every Adolescent's Ability to Climb Higher - A Therapeutic Framework for Adolescent Inpatient Psychiatry Units RN APRN
A synopsis of a therapeutic framework created for an inpatient adolescent psychiatry unit which promotes therapeutic interactions between staff and patients, increases social and life skills, and guides adolescents to reach short and long term goals.

Speaker: Christina Marie Gormly, BSN, RN-BC

* indicates sessions eligible for psychopharmacology contact hours.
**2034** Education & Practice  
4:00pm - 4:45pm  
**Building Collaborative Academic-Practice Research Teams RN APRN**  
This presentation will examine models for academic-clinical research partnerships geared for smaller academic units and clinical agencies that do not have the research oriented resources large medical centers provide. Intra and inter professional, ethical and legal considerations for developing collaborative research endeavors will be explored.  
*Speaker: Lory Clukey, PhD, PsyD, RN, CNS*

**2035** Military  
4:00pm - 4:45pm  
**Adversity in Childhood Changes Everything: Veterans and Later Mental Health RN APRN**  
Twenty-two Veteran suicides occur each day. One predictor of suicide is adverse childhood experiences (ACEs). Recent studies show that Veterans are significantly more likely to have experienced ACEs in all categories. Thus, ACEs confer additional risk for the mental health of Veterans and should be routinely included in psychiatric assessments.  
*Speaker: Teena M. McGuinness, PhD, CRNP, FAAN; Jessica R. Waldrop, MSN, CRNP, PMHNP-BC*

**2036** Culture  
4:00pm - 4:45pm  
**Screening for Depression at a Nurse-Managed Diabetic Community Health Center: A Retrospective Study RN APRN**  
This descriptive correlational study is a retrospective chart review of 265 health care records of adults 18-85 years of age and brings to light the value of screening for depression in community health clinic populations. Relationships between the Patient Health Questionnaire (PHQ-9) and selected variables are presented and interventions discussed.  
*Speaker: Beth M. King, PhD, RN, PMHCNS-BC*

**2037** Non-pharmacologic Interventions  
4:00pm - 4:45pm  
**Using CBT Workbook on Depression with Women Receiving Treatment in a Rural Primary Care Health Clinic RN APRN**  
Women living in rural communities experience a lack of options when seeking treatment for depression in primary care. This project used a cognitive behavior therapy (CBT) self-guided workbook in conjunction with brief CBT sessions and pharmacology management for women with depression in a rural clinic and achieved positive outcomes.  
*Speakers: Yolanda Bone, MSN, ARNP, FNP-BC; George Byron Peraza-Smith, DNP, GNP-BC, AGPCNP-C, CNE*

An Education and Practice Collaboration to Build Nurse Practitioner Capacity in Integrated Care Delivery APRN  
An expanded education and practice collaborative relationship between a nursing school and primary care and behavioral care settings will be addressed. The presentation will focus on the doctoral prepared nurse practitioner education and training to deliver integrated behavioral and primary care to individuals with physical and mental health problems.  
*Speaker: Anita Davis Boykins, DNSc, PMHNP-BC, FNP-BC*

Specification of Veteran-centric Competency Domains in Training PMHNP Residents APRN  
This presentation describes the identification of Veteran-specific competencies/domains in an innovative residency for psychiatric nurse practitioners sponsored by the VA Office of Academic Affiliations. The focus will be on the identification, adoption, and application of these Veteran-specific domains, including integration into the Residency competency (SAMSHA Integrated Care Competencies) evaluation tool.  
*Speaker: Janet Ann York, PhD, PMHCS-BC, FAAN*

Cultural Competence in Nursing Undergraduate Education and its Relation to Mental Health Care APRN  
Cultural competence in nursing favors the patient as the coauthor of one’s health - disease process. This qualitative study identifies and describes strategies for curriculum development and proposes key factors of adaptive coping strategies, enhancing autonomy and empowerment for nursing students in providing mental health care.  
*Speaker: Olga Stella Diaz, MED, Nurse RN, BPSY*

The Use of Nurse-led Motivational Interviewing to Promote Medication Adherence in Clients with Bipolar Disorder RN APRN  
This presentation will explore the feasibility and effectiveness of a four week Motivational Interviewing intervention to improve patient medication adherence in the management of bipolar disorder in outpatient psychiatry. The findings from recent Pilot study will be reported and implications for practice discussed.  
*Speaker: Kristin D. McKenzie, DNP, PMHNP-BC*
INTERACTIVE PANELS  
5:00pm – 6:30pm  
1.5 Contact Hours

2041 Institute for Safe Environments  
5:00pm - 6:30pm  
Institute for Safe Environments Interactive Discussion Panel  
RN APRN  
Participants will be encouraged to engage in discussions about safety related topics and to contribute their ideas about practice models and interventions that promote caring within the least restrictive setting possible.  
Speakers: Diane E. Allen, MN, PMHRN-BC, NEA-BC; Kathleen R. Delaney, PhD, PMH-NP, FAAN; Michael J. Polacek, MSn, RN-BC; Richard E. Ray, MS, PMH-BC; David Sharp, RN, PhD

2042 Administrative Council  
5:00pm - 6:30pm  
Administrative Council Interactive Panel  
RN APRN  
Understanding the nature and prevalence of aggression directed at staff and patients is a major responsibility of any nurse leader working in psychiatric settings. A systematic review of the literature will be presented and recommendations of the administrative council on this concern will be discussed.  
Speakers: Avni Cirpili, DNP, RN, NEA-BC; Kathy Lee, MS, APN, PMHCNS-BC

2043 Institute for Mental Health Advocacy  
5:00pm - 6:30pm  
The 7th Annual Institute for Mental Health Advocacy Interactive Panel  
RN APRN  
Overview of Institute for Mental Health Advocacy. Panel discussion on advocacy including grassroots initiatives, policy topic and legislative themes. Review of new tools available on the IMHA website.  
Speakers: Kathy E. Brotzge, MSN, APRN - BC; Christine M. Tebaldi, MSN, APRN-BC

2044 Forensic Council  
5:00pm - 6:30pm  
The Scene of the Crime: A Foray into the World of Crime Scene Investigation  
RN APRN  
Photos of 1 to 2 teaching vignettes used for training of death investigators, medical examiners, police and others responding to crime scenes will be utilized such that participants can "sleuth" the crime scene to determine critical questions to ask, and note findings that are relevant/important in assessing the scene.  
Speaker: Carrie M. Carretta, PhD, APN-BC, AHN-BC, FPMHNP

2045 Research Council  
5:00pm - 6:30pm  
A Fresh, New Agenda for the APNA Research Council: Take Part in Shaping the Council's Goals and Activities!  
RN APRN  
We Need You! In order to create a Research Council action plan that reflects the diverse research needs of APNA members, this presentation will engage attendees' in shaping the next agenda of the APNA Research Council.  
Speaker: Linda S. Beeber, PhD, PMHCNS-BC, FAAN

CONFERENCE COURSE  
5:00pm - 6:30pm  
(details on page 7)

CHAPTER MEETINGS  
6:30pm - 7:30pm

PRODUCT THEATER DINNER  
7:45pm - 9:15pm  
No Contact Hours Provided  
Sponsoring Company: Takeda Pharmaceuticals U.S.A., Inc. & Lundbeck
PRODUCT THEATER BREAKFAST
7:00am – 8:30am

KEYNOTE PRESENTATION
9:00am – 10:00am
Health Care at a Turning Point: Seizing the Opportunity
Keynote Speaker: Pamela Cipriano, PhD, RN, NEA-BC, FAAN

EXHIBIT HALL OPEN
10:00am – 12:30pm

POSTER PRESENTATIONS OPEN
10:00am – 12:30pm
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MINI CONCURRENT SESSIONS
11:30am - 12:15pm

3011 Emergency Departments
11:30am - 12:15pm
Psychiatric Emergency Room/Community Collaboration: Decreasing Unnecessary Hospitalizations RN APRN
Admission of sub acute patients and high utilizers increases the burden on hospitals, emergency rooms and nursing staff. Psychiatric Emergency Room/Community collaboration increases the ability to formulate an appropriate discharge plan. The use of community care plans for high utilizers further reduces unnecessary hospital admissions.
Speaker: Lorann Murphy, MSN,PMHCNS,BC

3012 Integrated Care
11:30am - 12:15pm
The Opportunity to Lead and Collaborate: The Consult-Liaison Role for PMH-NPs in Primary Care APRN
Psychiatric mental health nurse practitioners are ideally situated to lead the charge in the integration of primary care and behavioral health. Using a consult/liaison model of integrated psychiatry, we can adapt core components of integration to ensure that all patients and communities included in the integration revolution.
Speaker: Jesse Marie Higgins, RN, PMH-NP

FACTORS LEADING TO READMISSION OF PSYCHIATRIC PATIENTS
11:30am - 12:15pm
RN
The purpose of this presentation is to identify common risk factors among psychiatric patients presenting to the hospital ED who are admitted for inpatient psychiatric care and return to the ED for a medical complaint within 72 hours of the psychiatric admission.
Speaker: Frankie Wallis, DNP, RN, FNP

Developing and Implementing a Community Based Child Behavioral Health Collaborative RN APRN
Florida Atlantic University's Christine E. Lynn College Community Health Center led by a Psychiatric Nurse Practitioner collaborates with four community partners to provide and create a County wide Child Behavioral Health Collaborative that delivers interdiscipliinary services for children and their families in addition to improving communication across systems.
Speaker: Eugenia Millender, PhD, RN, PMHNP-BC, CDE
3013 Trauma
11:30am - 12:15pm
The Importance of Disclosure and Recovery in Childhood Sexual Abuse: A Nursing Student's Perspective RN
This presentation will share the importance of disclosure and recovery in childhood sexual abuse. A review of the impact of childhood sexual abuse will be shared and the important factors related to the recovery process will be discussed. The student nurse presenter will discuss her own journey of recovery.
Speakers: Tahanie Omar, SN; Jeanette Rossetti, EdD, MS, RN

3014 Undergraduate Education
11:30am - 12:15pm
Use of Standardized Patient Simulations to Teach Essential Psychiatric Nursing Skills RN
This presentation will describe how one baccalaureate nursing program used standardized actors for simulations to teach all students to effectively interact in four common problems: hallucinations, high suicidality, mania, and medication non-adherence. This approach can be used in any style of baccalaureate program such as traditional, conceptual, and integrated.
Speakers: Laura Rodgers, PhD, PMHNP-BC; Barbara J. Limandri, PhD, PMHNP, BC

3015 Non-pharmacologic Interventions
11:30am - 12:15pm
Vagus Nerve Stimulation: Potential Role in PTSD and Implications for Advanced Psychiatric Nurses RN APRN
Even though advancements in PTSD treatment have improved outcomes, more effective interventions are needed in this population to address psychiatric and physiological symptomology. Transcutaneous vagus nerve stimulation could provide advanced psychiatric nurses with a novel interventional method to treat PTSD due to its ability to regulate autonomic nervous system responses.
Speaker: William C. Nicholson, MSN, PMHNP-BC

3016 Inpatient
11:30am - 12:15pm
Improving a Fall Risk Assessment Policy in an Inpatient Psychiatric Hospital: Successes and Areas for Improvement RN APRN
This presentation describes the process of updating a fall risk assessment policy to include assessment tools specific to age groups and environment, reassessment parameters, and the use of visual identification for patients found to be at risk. Future policy changes can utilize lessons learned to guide changes and improve systems.
Speaker: Amy J. LaValla, BSN, RN, PHN

Intimate Partner Violence and the Advanced Practice Nurse: Vicarious Trauma, Does it Matter? RN APRN
Vicarious trauma (VT) affects APNs ability to manage intimate partner violence. Among 474 APNs, 11% suffered from VT. Those suffering from VT had lower self-efficacy to treat IPV as well as lower scores on tests of resilience and general self-efficacy compared with others. VT must be addressed among APNs.
Speaker: María Kyo Yamato McCall, PhD, PMHNP-BC

Inter-collaborative Coaching between Third and Fourth Semester Nursing Students to Foster Mental Health Nursing Competencies RN
A newly implemented teaching strategy using simulations and inter-collaborative coaching in an undergraduate mental health nursing course will be described. The strategy consisted of fourth semester nursing students coaching third semester students on the use of therapeutic communication and the application of the nursing process during three different patient simulations.
Speaker: Karen E. Pugsley, MN, RN

Introducing Light Therapy for Treatment of Depressive Symptoms in the In-Patient Setting at the VA Pittsburgh Hospital System RN APRN
Light therapy as a treatment option for patients suffering depressive symptoms has shown comparable improvement to pharmaceutical treatment while decreasing costs and side effects, increasing compliance, and improving patient outcomes in out-patient settings. This presentation examines the progress being made in expanding light therapy to use the in-patient setting.
Speakers: Robert Kendall, RN, MSN; Patricia D. Fedorka, PhD, RNC-OB, C-EFM, CNE

Improving Patient Flow and Nurse Satisfaction by Implementing an Admission Discharge Nurse on an Inpatient Behavioral Health Unit RN
The goal of this study was to evaluate effectiveness of a pilot position entitled Admission and Discharge Registered Nurse. Nursing satisfaction was evaluated as well as increases noted in throughput of medically cleared patients waiting in the emergency room or medical floors of the hospital for an inpatient psychiatric bed.
Speakers: Amy Roark, RN, MSN; Apryl Cutler, RN; Virtud Oloan Ed.D, RN-BC

indicates sessions eligible for psychopharmacology contact hours.
3017 **Safety**  
11:30am – 12:15pm

**Enhancing a Culture of Safety in a Behavioral Health Organization By Using a Comprehensive Approach Incorporating Crisis Aversion Strategies and Integrated Educational Programming**  
RN

Details of an integrated educational and practice approach using crisis aversion techniques and trauma informed principles in an acute care behavioral health setting will be highlighted. Sharing of implementation strategies using "in-house" interdisciplinary trained instructors and incorporation of a comprehensive program which supports a culture of safety will be discussed.

**Speakers:** Kelly N. Bryant, MS, BSN, RN, CNE; Kathleen A. Wright, RN; Kristina Koeppi, BSN, RN-C; Fran Zucco, BSN, RN

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3023 **Child & Adolescent Track**  
2:15pm - 3:00pm

**The Impact of Parent-Directed Education Curriculum on Improved Adolescent Mood Disorder Outcomes**  
RN

Parents of adolescents with mood disorders may receive abbreviated education on their child’s needs. Curriculum developed for parents covers topics, such as parenting styles, reactive styles, neutrality, communication styles, cognitive distortions, grief, and parent self-reflection. Results of parent-directed education interventions are improved patient outcomes.

**Speaker:** Erica D. Runkle, MSN, RN
3025 Suicide Screening & Prevention Track
2:15pm - 3:00pm
Suicide Prevention in Primary Care: How "Zero Suicide" Can Help
RN APRN
Review the emerging research in the assessment and care of our patients with suicidal ideation and behaviors. Explore the ways psychiatric nursing supports Network primary care to identify risk and prevent suicide. Learn how the “Zero Suicide” initiative can help us save lives and prevent the suffering of suicide.

Speaker: Gail R. Stern, RN, MSN, PMHCNS-BC

3026 Policy Track
2:15pm - 3:00pm
The 2015 IOM Report on Psychosocial Interventions for Mental and Substance Use Disorders: Implications for Education, Practice and Research APRN
This presentation summarizes findings and recommendations of the IOM Report on Psychosocial Interventions for Mental and Substance Use Disorders: A Framework for Establishing Evidence-Based Standards and provides a forum to discuss implications for education, practice, and research.

Speaker: Susie Adams, PhD, PMHNP/PMHCNS-BC, FAANP

3027 Graduate Education Track
2:15pm - 3:00pm
Advancing Clinical Education through an Evidence Based Practicum for Psychiatric Mental Health APNs APRN
A student practicum within a nurse managed academic clinic will be presented to offer insight into how students can be engaged in the development of innovative clinical practices within the context of the restructuring mental health service delivery to improve collaboration with general practitioners.

Speaker: Marsha D. Snyder, PhD, PMHNP-BC

CONCURRENT SESSIONS
BLOCK 2: 3:15pm - 4:00pm .75 Contact Hours

3031 Inpatient Track
3:15pm - 4:00pm
Peer Specialist Program for Adult Psychiatric Inpatients: Development, Implementation, and Evaluation RN APRN
Peer Support is a best-practice model for supporting people with mental illness and researchers are continuing to find the effectiveness of this type of service. A Peer Specialist run program developed over the past year for Adult Psychiatric Inpatients has grown significantly and is proving to be very successful.

Speakers: Julia A. Sullivan, MSN, RN-BC; Alexis Henderson, CRPS-A

3032 Roles in Integrated Care Track
3:15pm - 4:00pm
Integrated Physical and Mental Health Care Role for Advanced Practice Psychiatric Nurses: Part of Our Evolving Healthcare System APRN
Advanced practice psychiatric mental health (APPMH) nurses are pivotal in implementing the most effective integrated physical and mental health care approach to collaborating and caring for people. Examples of integrated care APPMH nurses in practice settings will be described, inclusive of integrated care competencies, role expansion and policy development.

Speaker: Diana M. McIntosh, PhD., PMHCNS-BC

3033 Child & Adolescent Track
3:15pm - 4:00pm
Parents’ Self-Help Training for Improved Attention Deficit Hyperactivity Disorders (ADHD) Outcomes APRN
The combination of medication and psycho-education has demonstrated superior outcomes in managing ADHD symptoms. Unfortunately, many parents/guardians cannot engage in standard psycho-education due to limitations and conflicting priorities. We present how a remotely administered six-step parenting program can engage parents/guardians in the management of ADHD at affordable or no cost.

Speakers: Pierre Ngili, MS, RN, PMHNP-BC; Raul Alex Padilla, MS, CARN-AP, CRNI

Notes:
- Indicates sessions eligible for psychopharmacology contact hours.
3034 Undergraduate Education Track
3:15pm - 4:00pm
Utilizing High Fidelity Simulation of Complex Sedative-Hypnotic and Opiate Withdrawal Scenarios with Senior Nursing Students  RN
The development, implementation and evaluation of two high-fidelity simulations of patients experiencing withdrawal will be discussed. Patient 1: Opioid withdrawal with a suspected overdose; Patient 2: Alcohol withdrawal and delirium tremens. Over 240 senior BSN students participated. Debriefing practices and outcomes evaluations will be shared.
Speaker: Joanne M. Matthews, DNP, APRN, PMHCNS-BC

3035 Suicide Screening & Prevention Track
3:15pm - 4:00pm
Implementation of a Screening for Depression and Suicide for Patients Admitted to a Large Medical Center  RN APRN
Patients with a chronic medical illness are estimated to suffer from comorbid depression in 10-60% of cases depending on the illness. In response to the US Preventive Services Task Force recommendations and Joint Commission requirements, our hospital's leadership approved the screening of all inpatients for depression to optimize care quality.
Speakers: Linda Parisi, MA, RN-BC; David V. Karcher, MSN, PMHCNS-BC

3036 Policy Track
3:15pm - 4:00pm
Danger Ahead or Calm Waters? Navigating and Meeting Mandatory Educational Requirements for Psychiatric Mental Health Nursing in the Clinical Setting  RN APRN
Join us as we chart the course of regulatory training standards for psychiatric nursing staff. Learn the federal, national, state, and professional requirements along with effective methods to teach and document training. Measuring outcomes of education will also be discussed as we turn the jungle ride into smooth sailing.
Speaker: Sally Ann Corbo, Ed.S, PMHCNS-BC, NEA-BC

3037 Graduate Education Track
3:15pm - 4:00pm
The Clinician Educator: A New Model of Academic-Practice Partnership for Training Psychiatric Mental Health NPs  APRN
Shortages of clinical faculty and high-quality clinical placements are constraining growth in Psychiatric-Mental Health NP programs. This presentation describes an innovative model of academic-clinical partnership, the clinician educator role, that enhances clinical preceptor development, provides clinical training for PMHNP students and develops potential applicants for clinical faculty positions.
Speakers: Bethany J. Phoenix, PhD, RN, FAAN; Rosalind De Lisser, RN, MS, PMHNP-BC, FNP-BC; Aaron M. Miller RN, MS, PMHNP-BC

CONCURRENT SESSIONS
BLOCK 3: 4:15pm - 5:00pm
.75 Contact Hours

3041 Inpatient Track
4:15pm - 5:00pm
Reducing Patient Violence to Self and Others: A Quality Improvement Project  RN APRN
Patient-related workplace violence includes not only self-harm but often harm to caregivers. This presentation will discuss the effect of a hospital-based quality improvement project which reduced violence through the use of nursing assessment and interventions.
Speakers: Shelley L. Geil, DNP, PMHNP-BC; David M. Kester, BA, ADN, RN-BC

3042 Roles in Integrated Care Track
4:15pm - 5:00pm
The Role of the Psychiatric-Mental Health Advanced Practice Nurse in the Behavioral Intervention Team (BIT) Model of Care  APRN
Behavioral Intervention Team (BIT) is a new and innovative approach in psychiatric care in an acute hospital setting. Its implementation has demonstrated favorable outcomes which fueled replication of the program in other hospitals. This presentation will describe the context and structure of BIT and the role of Advanced Practice Nurses.
Speakers: Jasper L. Tolarba, DNP, MSN, RN, NEA-BC; Joanne Desanto Iennaco, PhD, PMHNP-BC, APRN
3043 Child & Adolescent Track
4:15pm - 5:00pm
Evaluating the Effectiveness of Multiple Family Group Therapy in Reducing Stress among Families Coping with Autism  
APRN
How one copes with a diagnosis of autism spectrum disorder (ASD) is individualized yet will have an impact on the family system. The effectiveness of applying Multiple Family Group Therapy was explored in a translational research study. The effectiveness was measured using the PSI-SF and group evaluations.
Speaker: Claudia Mitzeliotis, DNP PMHNP-BC, PMHCNS-BC

3044 Undergraduate Education Track
4:15pm - 5:00pm
Integrated Clinical Approaches in a Concept-Based Undergraduate Nursing Curriculum  
RN APRN
This presentation reinforces the importance of integrating psychiatric nursing concepts across all clinical settings throughout the lifespan. Dynamic examples of integrated clinical experiences for undergraduate nursing students in a concept-based curriculum will be provided. Participants will develop practical strategies for application in varied curricular models.
Speakers: Lindsay Anderson, MSN, PMHCNS-BC; Bethany Tollefson, MSN, RN

3045 Suicide Screening & Prevention Track
4:15pm - 5:00pm
Implementation of a Health and Hospital System Nurse-Driven Suicide Screening Protocol  
RN APRN
This presentation will provide an overview of the implementation of a nurse-driven suicide screening protocol. Topics discussed will include a description of the planning process, electronic health record build, education, and the role of psychiatric clinicians. The discussion will also include lessons learned and impact on patient outcomes.
Speakers: Celeste Johnson, DNP, APRN, PMH CNS; Kimberly Roaten, PhD; Russell J. Genzel BSN, RN

3046 Policy Track
4:15pm - 5:00pm
PMH Nurses and the Evolving Behavioral Health Care Workforce: The Road to Directing our Future  
RN APRN
This presentation will review PMH nursing workforce numbers, trends pushing service innovations and the current PMH nursing response. Carving our path to the future will require educators, practitioners and researchers coordinate efforts to clearly articulate our skill set in line with the demand for practitioners in evolving practice models.
Speaker: Kathleen R. Delaney, PhD, PMHNP-BC

3047 Graduate Education Track
4:15pm - 5:00pm
The Making of a Therapist: How Are We teaching Psychotherapy in Graduate Psychiatric Nursing Curriculums?  
APRN
Psychotherapy, a foundation of advanced practice psychiatric nursing is ‘our fourth P.’ This interactive workshop will feature a panel of graduate faculty in PMHNP programs discussing how they incorporate psychotherapy content and creatively leverage community psychiatric resources to provide quality clinical experiences for their graduate psychiatric nursing students.
Speakers: Pamela Lusk DNP, RN, PMHNP-BC, FAANP; Candice Knight PhD, EdD, APN, PMHNP-BC, PMHNP-BC; Mary Moller DNP, APRN, PMHCNS-BC,CPRP, FAAN; Rick Pessagno DNP, PMHNP-BC

INTERACTIVE PANELS
5:15pm - 6:45pm
1.5 Contact Hours

3051 APRN Council
5:15pm - 6:45pm
APRN Council Interactive Session  
APRN
This open dialogue session will serve to inform PMH APRNs about the issues common to all PMH APRN practices, about various state and national developments and suggest possible solutions. Finally, we will discuss innovative ways to include psychotherapy in APRN practice.
Speakers: Kathryn S. Johnson, PMHNP-BC; PMHCNS-BC; Sattaria Dilks, DNP
3052 Recovery Council
5:15pm - 6:45pm
Integrating the Lived Experience of Recovery into Psychiatric Mental Health Nursing Graduate and Undergraduate Curriculum through Collaborative Partnerships and Reflective Learning  

Recovery is a key aspect of mental health reform and PMH nurses must be prepared to deliver recovery oriented care. The purpose of this interactive panel is to share best practices in nursing education utilizing lived experience scenarios and reflective practice to more fully integrate recovery principles into nursing education.

Speakers: Kristen D. Lambert, PhD, RN; Susan V. Brammer, PhD, RN; Jennifer K. Barut MSN, RN-BC; Genevieve E. Chandler, PhD, RN

3053 Child & Adolescent Council
5:15pm - 6:45pm
Child and Adolescent Council Interactive Panel  

The APNA Child and Adolescent Council interactive panel will highlight the work of the council over the past year. Specifically, workgroups on autism spectrum, inpatient child and adolescent nursing, trauma informed care, and collaborative efforts with colleagues at the American Academy of Child and Adolescent Psychiatry.

Speakers: Julie A. Carbray, PhD, FPMHNP, PMHCNS, APN-BC; Diane Wieland, PhD, CNE

3054 Education Council
5:15pm - 6:45pm
Education Council Interactive Panel  

The Education Council promotes collaboration between other APNA Councils and fosters educational initiatives for APNA members.

Speakers: Barbara Jones Warren, PhD, RN, CNS-BC, PMH, FAAN; Donna Rolin, PhD, APRN, PMHCNS-BC

3055 Addictions Council
5:15pm - 6:45pm
Addictions and Tobacco Dependence Council Interactive Panel: Addressing Stigma & Treatment  

In this Interactive Panel presentation, all APNA members are invited to join their colleagues and actively explore topics of interest and concern related to substance use and addictive disorders.

Speakers: Matthew Tierney, APRN; Carol Essenmacher, DNP, C-TTS

Friday Evening Event at DinoLand
7:30pm – 10:30pm | Disney’s Animal Kingdom®

It’s time to get ready for an event of historic proportions. Taking place in Disney’s Animal Kingdom®, we will have an exciting experience in our very own theme park! The past will become the present at DinoLand U.S.A® as we explore the giant bones of Dino-Sue, take a rocketing journey on DINOSAUR and a spin on Primeval Whirl. There will be dancing, food, and games for all to enjoy.

Included in all full conference registrations
Guest Tickets $75
**FOUNDATION PRESENTATION**
9:00am – 10:00am

**CONCURRENT SESSIONS**
BLOCK 1: 10:15am - 11:00am

.75 Contact Hours

### 4011 Practice Track
10:15am - 11:00am
**Predicting and Intervening Safely with Violence in the Psychiatric Pod of an Emergency Department**  
*RN*

The violence alert system, violence assessment, and intervention process put into practice at our organization has led to increased awareness and improved communication and teamwork. Staff are more vigilant and aware of the risk factors and behaviors needing early intervention.

**Speaker:** Camille M. Kennedy, MSN, RN-C

### 4012 Safety Track
10:15am - 11:00am
**Collaborating with Patients and Families to Advance Patient Safety in Mental Health Settings**  
*RN APRN*

Collaborating with patients and families to manage, analyze and/or learn from patient safety incidents in mental health settings can advance patient safety. Learn how to effectively engage patients and families in all phases of the patient safety incident analysis process to reduce the risk of recurrence and make care safer.

**Speaker:** Nicole Kirwan, RN, BSCN, MN, CPMHN(C)

### 4013 Non-pharmacologic Interventions Track
10:15am - 11:00am
**Cognitive Enhancement Therapy (CET): An Innovative Evidence Based Practice that Improves Social Cognition, Vocational Success and Physical Health**  
*RN APRN*

Cognitive Enhancement Therapy, a SAMHSA EBP, uses computer exercises, social cognition groups and coaching to improve social cognition, reduce cognitive deficits and promote the ability to be socially wise and vocationally effective in individuals diagnosed with severe and persistent mental illness.

**Speakers:** Raymond Gonzalez, ACSW, LISW-S; Charlene McAndrews, RN, MSN

### 4014 Education Track
10:15am - 11:00am
**Nursing Student Attitudes and Readiness for Psychiatric Mental Health Clinical Practice: A Quasi-Quantitative Experimental Study**  
*RN APRN*

Nursing students harbor negative attitudes and feel unprepared for psychiatric (PMH) clinical. A study was conducted to clarify nursing student perceptions towards working with the mentally ill. Students were surveyed first and last day of their PMH class. Class and clinical exposure improves student impressions of the PMH clinical experience.

**Speaker:** Todd B. Hastings, Ms, RN, PhD(c)

### 4015 Military Track
10:15am - 11:00am
**How a Military Treatment Facility Progressed from Setting the Initial Goal to Sustaining a Culture of Restraint-Free Patient Care: A Collaborative Effort to Educate Military Healthcare Professionals in the Restraint-Free Management of Aggressive, Agitate**  
*RN APRN*

The 48th Medical Group set a goal to eliminate the use of restraints but this did not happen until new training was developed. The purpose of this presentation is to share this training so your hospital can facilitate a culture shift to restraint free patient care.

**Speakers:** Joseph P. Tomsic, MHPA, MN, NEA-BC, PMHNP-BC; Naomi L. Winterheld, MS, CMSRN, ACCNS-AG

### 4016 Research Track
10:15am - 11:00am
**Motivational Interviewing within Compliance/Adherence Therapy to Improve Outcomes of People with Severe Mental Illness: Meta-analysis**  
*RN APRN*

The presenter will inform the audience about motivational interviewing counseling style. Then, the method of this synthesis study and its results will be presented.

**Speaker:** Choochart Wong-Anuchit, PhD (Candidate)
Psychiatric Polypharmacy: Questions or Concern?  
Polypharmacy are that two or more psychiatric medications are being used in the same client or two or more medications, of the same chemical class or pharmacological actions, are being used to treat the same condition. Through education polypharmacy and the co-morbidities associated with it can be limited.

Speaker: Melissa C. Whitesell, MS, CPNP-AC, FNP-BC, PMHS-BC

Recovery Based Care in a Psychiatric Emergency Department Results in a Near Restraint Free Environment for Patients: It IS Possible!
At an urban, academic medical center, an area adjacent to the ED was created to care for patients with psychiatric problems. Embedding principles of Recovery into all facets of care and launching a robust restraint reduction program resulted in less than 1% restraint use, decreased injuries, and consistent patient satisfaction.

Speakers: Constance Noll, MA, MSN, PMHNP-BC; Zelda Ann Falck, MS, BSN, RN-BC

Intentional Hourly Rounding in an Acute Mental Health Department
Intentional Hourly Rounding (IHR) is commonly used in Med/Surg nursing to prevent patient safety events. IHR can also be used in Mental Health to identify escalating patients for early intervention, increase patient satisfaction scores, and also build a more collaborative patient/nurse relationship.

Speaker: Beckie Langenbach, MSN, RN-BC

Neurofeedback: What Is It? How to Use It as an Integral Part of Psychiatric Nursing Practice
Neurofeedback is a research-supported therapy scientifically built on (1) operant conditioning to teach clients how to self-regulate specific areas of brain dysfunction, and (2) neuroplasticity, the brain’s ability to reorganize neural pathways in response to new learning. Psychiatric nurses are on the cutting edge of this self-initiated, non-invasive, non-medication therapy.

Speaker: Susan Parcell Bindewald, PMHCNS-BC

“it is so inspiring to see a thousand+ psychiatric nurses wanting to learn more to help our clients. Getting to network with peers from across our country and other countries is fantastic.”
indicating sessions eligible for psychopharmacology contact hours.

4024 Education Track
11:15am - 12:00pm
Breaking Down Stigma for the Next Generation of Nurses  APRN
PMH nurse educators will be taught to decrease stigma towards those with mental illness. Stigma is an ongoing barrier to accessing care and a significant barrier to recovery. The recommended educational practices include clinical experiences, presentations, simulations, use of person first language, and guided discussions all aimed at reducing stigma.
Speaker: Janet S. Merritt, PhD, RN, PMHCNS-BC

4025 Military Track
11:15am - 12:00pm
Practicing within VA/DoD Clinical Practice Guidelines for the Management of PTSD: A Case Review and Outcomes from a Civilian Provider serving Military Personnel in Europe  APRN
The practicality and wisdom of adherence to Clinical Practice Guidelines for PTSD is demonstrated through a case study and presentation of data collected with the Behavioral Health Data Portal. 1st and 2nd line medications and psychotherapies are reviewed as well as the outcome measurement tools reflecting the changes in DSM-V.
Speaker: Catherine M. Stuart, APRN, CNS, FPMHNP

4026 Research Track
11:15am - 12:00pm
Evaluation of Motivational Interviewing to Improve Medication Adherence in Adolescents Taking Psychotropic Medication  APRN
Psychotropic medication adherence rates in adolescence are poor. The results of a qualitative research study evaluating motivational interviewing in adolescents demonstrates that MI significantly improved adherence in 42 adolescents taking antidepressants and mood stabilizers by 17% from baseline mean rates of 63% to endpoint mean rates of 80.2% (p>.0001).
Speaker: Vanya L. Hamrin, DNP, PMHNP

4027 Outpatient Track
11:15am - 12:00pm
We're Not Opposing Magnets: Engaging Persons Court Ordered to Outpatient Psychiatric Treatment  APRN
The participant will learn strategies to engage people who are court ordered into treatment. Through case examples, evidenced based therapeutic modalities and skills will be identified. The benefits of flexibility, "staying the course", changing course, and, using the consumer’s frame of reference during treatment will be explored.
Speaker: Judith Gentz, MSN, PMHCNS-BC, NP

CONCURRENT SESSIONS
BLOCK 3: 12:15pm - 1:00pm

4031 Practice Track
12:15pm - 1:00pm
Understanding Non-Pharmacological PTSD Treatments  APRN
A body of evidence has emerged revealing that logotherapy, eye-movement desensitization and reprocessing (EMDR), yoga, and breathing-based meditation can serve as adjuvant therapy and synergistically assist with further PTSD symptom reduction.
Speaker: Leah Pickett, DNP, PMHNP-BC; Susanne Fogger DNP, CRNP

4032 Safety Track
12:15pm - 1:00pm
Safety Monitoring - One Size Does Not Fit All  RN
Safety observation monitoring in inpatient settings is not one size fits all. Best practices are trauma informed and recovery oriented. Studies reveal that careful assessment can aid the prediction and prevention of incidents. Assessed safety risk coupled with targeted nursing interventions should determine the type and frequency of observation monitoring.
Speakers: Linda Paradiso, MSN, RN, NPP, NEA-BC; Laura Shamailov, MSN, MPH, RN
4033 Non-pharmacologic Interventions Track
12:15pm - 1:00pm
Brain Stimulation – What Psychiatric Mental Health (PMH) Nurses Need to Know  RN  APRN
Brain stimulation induces changes in neural circuitry providing critical information about pathophysiology of psychiatric illness. Brain stimulation can decrease symptoms and normalize brain function. We will discuss mechanisms of action, side effects of six brain stimulation modalities. PMH nurses play a vital role in clinical practice, education, research and policy.

Speakers: Donna J. Ecklesdaff, MSN, BSN, RN; Mary Rosedale, PhD, PMHNP-BC, NEA-BC; Paula S. Bolton MS, RN, ANP-BC

4034 Education Track
12:15pm - 1:00pm
Reducing Stigma Among NP Students of Varying Disciplines with the use of Standardized Patient Simulation  RN  APRN
Psychiatric Simulation using standardized patients has been proven to be an effective tool in reducing the stigma and raising awareness for NP students of varying specialties in the treatment of the mentally ill while reducing their fear and anxiety. This will be discussed and materials shared as an educational alternative.

Speakers: Ruth Milstein, DNP, PMHNP-BC, LMHC; Clare M. Conner, DNP, APRN

4035 Military Track
12:15pm - 1:00pm
Barriers to Mental Health Care and Challenges to Veterans’ Transition from Military to Civilian Life  RN
From a collection of qualitative data (2014-2015), compare and contrast current barriers to mental health recovery of service members to those identified in the 2008 RAND study “Invisible Wounds of War.” In addition, distinguish the challenges of service members and/or veterans during their transition from military to civilian life.

Speakers: Bayani Dilag, RN; Ann M. Dalter, MSEd, CCM, RN

4036 Research Track
12:15pm - 1:00pm
Dialectical Behavior Therapy: Its Impact on Resilience in Homeless Young Adults  RN  APRN
Dialectical Behavior Therapy (DBT) Skills group training was used to increase the resilience and emotion regulation of high-risk, homeless youth. Findings on resilience outcomes and qualitative data from the youth themselves will be presented.

Speaker: Linda Grabbe, PhD, FNP-BC, PMHN-BC

4037 Outpatient Track
12:15pm - 1:00pm
Patient Satisfaction with Shared Medical Appointments for Women with Depression  RN  APRN
Shared Medical Appointments (SMAs), also known as group visits, have become a useful vehicle in providing easier access to care with increased efficiency. SMAs in Behavioral Health are a satisfying experience for both the patient and the APRN leader.

Speaker: Jerilyn M. Hagan, JD, MSN, CNS

ANNUAL MEETING & TOWN HALL
1:15pm – 2:30pm
O F F L I N E  R E G I S T R A T I O N  F O R M
APNA 29th Annual Conference / October 28-31, 2015 / Lake Buena Vista, Florida

Register by September 15, 2015 to receive the early bird rates.

3 WAYS TO REGISTER
ONLINE (credit card only)
www.apna.org/AnnualConference
If you register online, please do not mail or fax your registration.
Note: Students must have their APNA student membership # to register at the student rate.

FAX (credit card only) Please fax the completed form to APNA Registration c/o ConferenceDirect at 704-927-1439.

MAIL (do not send cash)
Please make checks payable to APNA. Mail completed forms to:
APNA Registration
c/o ConferenceDirect
5600 Seventy Seven Center Dr.
Suite 240
Charlotte, NC 28217

CONFERENCE REGISTRATION RATES

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One Day Only Registration

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Choose day: □ Thursday 10/29 □ Friday 10/30 □ Saturday 10/31
(Friday one day registrations will not include a ticket to the evening event)

* Available to those with APNA Student and APNA Retired Memberships only.
** Available for members of the Military, Reserves or National Guard on active duty. Must show proof of current active military service at Registration Check-in.

Conference Plus! REGISTRATION OPTIONS***

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<td>Psychotherapy Conference Course (Wed-Sat, total 5 hrs – also includes pre-cons Blocks 1-3)</td>
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***Available in addition to full or one day conference registration.

ANCC REVIEW COURSE PACKAGES & RATES

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Review Course Only Rates

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ANCC Review Courses being offered are the Psychiatric-Mental Health NP Review and the Psychiatric Mental Health Nurse Review.
### Conference Plus! with Pre-Conferences
*Additional fee*

Circle one session number per block listed below to register

**Wednesday, 10/28**

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* Must be registered for 1016 to select 1046.

### Conference Plus! with Psychotherapy Course
*Additional fee. Blocks 1-3 of pre-conference sessions included, except 1016.*

Circle one session number per block listed below to register

**Psychotherapy Conference Course**
(Wed-Sat, designated times)

**Wednesday, 10/28**

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(Block 4 occurs during Session 1 of the Conference Course)

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### Sessions Registration
Seats are not guaranteed.

Circle one session number per block listed below to register

**Thursday, 10/29 – Concurrent Sessions**

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**Thursday, 10/29 – Mini Concurrent Sessions**

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**Thursday, 10/29 – Interactive Panels**

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**Friday, 10/30 – Mini Concurrent Sessions**

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**Saturday, 10/31 – Concurrent Sessions**

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**Friday Evening Event**

- Friday 10/30, 7:30 - 10:30pm - Included!
- Guest Ticket - $75

### Product Theaters
These non-CE promotional sessions are available to all attendees at no cost. Product theaters will take place during the conference at the following times:

- Wed, October 28: Dinner (8:15pm - 9:45pm)
- Thurs, October 29: Breakfast (7:00am - 8:30am)
- Thurs, October 29: Dinner (7:45pm - 9:15pm)
- Fri, October 30: Breakfast (7:00am - 8:30am)

If you are interested in learning more about the breakfast and dinner Product Theater programs, please select “yes” below and you will receive an email with further information, including a web link to register for the programs.

- Yes  
- No

### ADA

- Mobile  
- Visual  
- Audio

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**CANCELLATION POLICY**

Notification of registration cancellation must be received in writing to inform@apna.org by October 2, 2015 to receive a refund minus a $75 administrative fee. No refunds will be issued after October 2, 2015.

Please allow three weeks for processing of refunds.
YOU MUST BE REGISTERED FOR THE ANNUAL CONFERENCE TO RESERVE HOTEL ACCOMMODATIONS

Please print or type. Full registration fees must accompany this form for housing to be processed.

ATTENDEE INFORMATION

FIRST NAME __________________________________________________________________________

LAST NAME __________________________________________________________________________

TITLE ________________________________________________________________________________

COMPANY _____________________________________________________________________________

EMAIL ADDRESS (REQUIRED) __________________________________________________________________________

TELEPHONE ________________________________________________________________________________

FAX ______________________________________________________________________________________

ADDRESS __________________________________________________________________________________

CITY __________________________________ STATE __________ ZIP __________ COUNTRY _____________

EMERGENCY CONTACT NAME AND PHONE NUMBER __________________________________________________________________________

HOTEL INFORMATION

DISNEY’S CORONADO SPRINGS RESORT

□ $149 single/double
□ Additional occupants are $15 per person per night for guests 18 years of age and older.

Hotel rooms are subject to applicable state and local taxes (currently 12.5%) in effect at the time of check-out.


BED TYPE REQUEST

□ 1 King Bed
□ 2 Queen Beds

Bed type is assigned by the hotel based on availability. Bed type and other requests are not guaranteed.

If you are sharing a room, please list your room occupants below:

____________________________________________________________________________________________________

____________________________________________________________________________________________________

OTHER REQUESTS (Not guaranteed)

□ ADA Please specify Audio/Visual/Mobile __________________________

□ Additional Requests __________________________________________

All guest rooms are non-smoking.

Guest room reservations must be received by 5:00pm Eastern Time on September 28, 2015. After this date, reservations will be made on a space and rate available basis. Prevailing rates may apply.

PLEASE PROVIDE A CREDIT CARD TO HOLD HOTEL RESERVATION

Each individual room reservation must be confirmed and guaranteed by the attendee with a deposit equal to the full price of the room for one night. Should an attendee cancel a reservation, a refund is given if an individual’s reservation is cancelled at least five days before arrival.

□ Amex □ Discover □ Master Card □ Visa

___________________________________________ EXPIRATION DATE (MM/YYYY)

CARD NUMBER __________________________

NAME AS IT APPEARS ON CARD __________________________________________________________________________

BILLING ADDRESS ____________________________________________________________________________________

CITY __________________________________ STATE __________ BILLING ZIP __________

CARCHOLDER SIGNATURE ______________________________________________________________________________

Once your reservation has been made, you will receive a hotel acknowledgement email.

OPTIONS TO BOOK A GUEST ROOM

ONLINE

(A credit card is required to guarantee your guest room reservation) Please make your hotel reservations online by visiting www.apna.org/AnnualConference

FAX

Please fax the completed registration and housing forms to APNA at 704-927-1439

MAIL

Please mail the completed form to the below:

APNA Registration

c/o ConferenceDirect

5600 Seventy Seven Center Dr., Suite 240

Charlotte, NC 28217

For questions or assistance on the registration process please contact APNA’s registration and housing company via phone at 888-408-8191 or via email at APNA@conferencedirect.com.

Please note: Guest room reservations will be confirmed in writing and confirmations sent via email.

IMPORTANT HOUSING ITEMS

• You must be a confirmed registrant to receive APNA’s discounted room rate.

• All reservations must be accompanied by a first night’s room deposit, plus tax or guaranteed with a major credit card.

• All reservations must be made directly with APNA’s registration company by 5:00pm Eastern Time on September 28, 2015. After October 7, 2015, to make a new reservation or modify an existing reservation, you must contact the hotel directly. The APNA discounted conference rate is not guaranteed after September 28. Failure to cancel accommodations within the appropriate time frame will result in a fee of one night’s guest room and tax.

• Credit card or full payment via check or cash must be presented at hotel check-in. The credit card provided on this form, online, via phone, or via email during the registration process is for guarantee purposes only. A credit card or other payment must be presented at check-in.

• Check-in time is after 3:00pm. Checkout time is by 11:00am.

After October 7, 2015: To make a new reservation or modify an existing reservation, you must contact the hotel directly. Contact information can be found on the hotel’s website.

CANCELLATION POLICY

Room cancellations must occur five days prior to the date of arrival. Any cancellations after this time are subject to the first night’s room and tax charges.

When calling to cancel a hotel reservation, note the following: date, cancellation number, and name of the person taking the cancellation.
Join your colleagues at the premiere event for psychiatric-mental health nursing!

Each year the Annual Conference offers a program that speaks to the diverse and evolving needs of psychiatric-mental health nurses in this dynamic health care landscape. With hundreds of sessions and interactive panels, 200+ poster presentations, and more, the program will span settings, populations, focus areas, and models of care.

No matter your interests or level of practice, we've got thought-provoking sessions that will help you stay on top of advancements in the field and ultimately provide better care to your patients.