



## President's Message

During my term as President, I've chosen to focus on building connections, something very important to me professionally and personally. In this position I've enjoyed a sort of eagle's-eye view of the connections forged within our organization: I've seen how APNA's structures, based upon our core value of inclusivity, draw upon the extensive pool of knowledge in our membership, connecting people and using their expertise to generate content that keeps us informed and helps us excel. Our membership's richness of talent, willingness to give, and desire to share with colleagues never ceases to amaze me!

One example is the Institute for Safe Environments who, under the leadership of co-chairs Diane Allen and Kathleen Delaney, recently updated the *APNA Position Paper on the Use of Seclusion and Restraint* and the *Seclusion and Restraint Standards of Practice*. These new versions reinforce the importance of recovery principles, consumer engagement, and the need to provide trauma informed care. To supplement these documents, we also just released a free webinar for members, *Seclusion and Restraint: Keys to Assessing and Mitigating Risks*, which provides practical applications of the concepts discussed in the position paper and standards of practice.



The Colorado Chapter, working with the Colorado University Center for Lifelong Learning, recently became the first chapter to pilot the APNA Recovery to Practice Curriculum. It was well received by the 50 participants - four are now training as curriculum facilitators! Board member Michael Rice, as the Endowed Chair of Psychiatric Nursing, approved funding for the program from the Endowment to Advance Psychiatric Nursing in Colorado at the College of Nursing Anschutz Medical Center

University of Colorado at Denver. The Chapter is now planning a second conference in Colorado for October. Clearly there is a need for recovery-focused education and how wonderful that we are able to help with continuing education which draws from the expertise and participation of our members.

Another great example is the updated *Scope and Standards of Psychiatric-Mental Health Nursing*. The 2014 edition is the result of lots of hard work by a joint task force of APNA, the International Society of Psychiatric Nurses, and the American Nurses Association. Special thanks goes to Kris McLoughlin, who chaired the Task Force on behalf of APNA. The group ensured that this foundational resource includes recovery-based concepts, information on trauma informed care, as well as an up-to-date description of what it is, exactly, that psychiatric-mental health nurses *do*. I'm happy to let you know that at the June Board meeting we voted to adopt this 2014 edition as the official policy of APNA. Visit [www.apna.org/Scope&Standards](http://www.apna.org/Scope&Standards) for more info.



Kris McLoughlin

These are just a few examples of the ways that our members are coming together to craft tools and education that help us provide the best psychiatric-mental health nursing care possible. Interested in getting involved? Check out the Get Involved section of the APNA website.

I hope to see you at the Annual Conference in Indianapolis this October!

*Patricia D. Cunningham*

Patricia Cunningham, DNSc, APRN, BC, President

## BY THE NUMBERS APNA Member Involvement

**126,817**

Posts by members in online discussions on Member Bridge

**30,051**

Sessions accessed in the APNA eLearning Center since its launch in March of 2011

**26,686**

Private messages sent to fellow members through Member Bridge

**9,600**

Psychiatric-mental health nurse members of APNA

**8,475**

Subscribers to the All-Purpose Discussion Forum on Member Bridge

**1,364.22**

Visitors to the APNA website each day on average

**2,673**

Bonus points given to members who helped review continuing education content in 2013

**733**

Members currently participating in our Council Advisory Panels

**494**

APNA members who are full-time students

**321**

People who will be sharing their expertise in presentations at the APNA 28th Annual Conference

**361**

Members who indicated an interest in mentorship by signing up for APNA Mentor Match

**254**

Members recognized for their achievements through the APNA Annual Awards

**177.5**

New Member Bonus Points given EACH DAY on average

**76**

Members reviewed abstracts submitted for presentation at the APNA 28th Annual Conference

**7.1**

Psychiatric-mental health nurses join APNA EACH DAY on average

# Psychopharmacology Updates Especially for Psychiatric-Mental Health Nurses

Now  
Online

A series of psychopharmacology sessions put together by the CPI Program Committee and covering hot topics such as the use of medical marijuana, diagnosing and treating PANDAs, and consumer perspectives on medication are now available in the APNA eLearning Center. These thirteen session recordings from APNA's June psychopharmacology conference cover a wide spectrum of the latest research and best practices pertaining to the prescription and administration of medications to persons with psychiatric illness. What makes the podcasts particularly unique is their focus on how these updates are relevant to psychiatric-mental health nursing and how they can improve the precision and effectiveness of the care we provide.

Visit [elearning.apna.org/cpi.php](http://elearning.apna.org/cpi.php) to earn up to 20.25 contact hours in psychopharmacology. Remember, you can use Membership Bonus Points or CPI Attendee Bonus Points to order sessions at no cost!

## Stars of Psychiatric-Mental Health Nursing The Recipients of the 2014 APNA Annual Awards



**Katherine Baltazar, PMHNP**

Eagle Butte, SD

**Psychiatric-Mental Health Nurse of the Year**

*"I have been impressed with her thirst for in-depth understanding of native cultures from the Aborigines of Australia to the Native Hawaiian culture and now to the Lakota Indian culture of South Dakota where she lives and works on the Eagle Butte Cheyenne River Indian Reservation."*



**Michele Moreau, BA, RN-BC**

Concord, NH

**Award for Excellence in Leadership – RN**

*"Her personality style, intelligence, leadership and dedication to her work have had a major positive impact on all personnel (not just the nursing staff), on the level of motivation and have directly improved the quality of care on the unit."*



**Ruth "Topsy" Staten, PhD, ARNP-CS**

Louisville, KY

**Award for Distinguished Service**

*"Topsy has inspired me and countless others to not be afraid of the challenge, seek out what is best for our patients and for our peers."*



**Carole Shea, PhD, RN, FAAN**

New Milford, CT

**Award for Excellence in Education**

*"Her excitement and commitment to the education of our APNA members as well as psychiatric-mental health nursing students is clear in everything she does."*



**Ellen Blair, APRN, BC**

West Hartford, CT

**Award for Excellence in Practice – APRN**

*"Ms. Blair distinguishes herself as a hands-on clinical leader who goes to extraordinary lengths to provide the very best care."*



**Jeanne Marie Stacciarini, PhD, RN**

Gainesville, FL

**Award for Excellence in Research**

*"She has absolute commitment to understanding the needs of minority communities, developing innovative research strategies to help address them, and partnering with the Latino community to promote mental health."*



**Michael Polacek, MSn BSed RN**

Salem, OR

**Award for Excellence in Practice – RN**

*"Michael is avid in his pursuit of best practices. He is constantly searching the literature and is quick to embrace change that supports improved patient outcomes."*



**Sharon Katz, RN, FPMH-NP, PMH-CNS, BC**

Abington, PA

**Award for Innovation – Individual**

*"Sharon is an entrepreneur with a mission. She built a business model with a psychiatric nurse in the leadership role and is always patient-focused in her integrated and other work."*



**Christine Tebaldi, MS, PMHNP-BC**

Southborough, MA

**Award for Excellence in Leadership – APRN**

*"She not only supported the efforts of the Red Cross, but had led the Disaster Mental Health team for the Boston Marathon Bombing Disaster Relief Operation. This amazing and inspiring work is only the tip of the iceberg in terms of her volunteer activities in the area of disaster relief."*



**Nancy Hanrahan, PhD, RN, FAAN**

Philadelphia, PA

**Award for Excellence in Media**

*"Dr. Hanrahan is a champion of using media to demonstrate the positive aspects of persons living with severe mental illness and breaking down the old views of these individuals being their diagnosis."*



# Future Stars - Nursing Students to Watch

## The 2014 APNA Board of Directors Student Scholars

These 10 graduate and 10 undergraduate students have demonstrated a passion for and commitment to the profession of psychiatric-mental health nursing. Each will receive complimentary 1-year membership in APNA and registration, travel, and lodging to the APNA 28th Annual Conference.

### UNDERGRADUATE STUDENTS

**Marissa DeCesaris**  
*University of Pennsylvania*

**Rashika Kaushik**  
*La Salle University*

**Stephanie Kroot**  
*Ivy Tech Community College  
(Columbus Campus)*

**Melissa Mathis**  
*University of Louisville*

**Iris Mayoral**  
*University of Pennsylvania*

**Abigail Peck**  
*University of Kentucky College  
of Nursing*

**Lisa Seng**  
*University of Pennsylvania School  
of Nursing*

**Meghan Sullivan**  
*Yale School of Nursing*

**Laura Wells**  
*MacMurray College*

**Jessica Williams**  
*Johns Hopkins University School  
of Nursing*

### GRADUATE STUDENTS

**Jennifer Barut**  
*Vanderbilt University School of Nursing*

**Jaime Biava**  
*Yale School of Nursing*

**Margaret Burchianti**  
*University of Iowa College of Nursing*

**Rebecca Dorsey**  
*Vanderbilt University*

**Valeria Dworkowitz**  
*Rutgers, The State University of  
New Jersey, College of Nursing*

**Josephine Igwacho**  
*East Tennessee State University*

**DeAnn Lauer**  
*UC Denver Colorado College of Nursing*

**Amber Marts**  
*University of Arkansas for  
Medical Sciences*

**Yvette Rose**  
*Governors State University*

**Colette Warden**  
*University of California, San Francisco*

### What is it like to be an APNA Board of Directors Student Scholar?

"For me the best part about being a BOD scholar has been the support and reassurance I receive, the opportunity to connect with people across the nation with the click of a button, and the opportunity to engage in the nursing profession ... I have never been connected to so many people with one mind and one aim. At the Annual Conference in San Antonio I was able to meet Dr. Margaret (Peggy) Halter, who co-authored my psychiatric-mental health textbook; none of my classmates who work in other specialties can say that! I also found a mentor from my state chapter who contacts me and encourages me whenever I need to talk. Oh, and did I mention that I met the living legend Shirley Smoyak?!... I want to thank all of the members of APNA, because it is all of you who made this experience possible for me. You supported me when I was vulnerable, you helped me find my voice when I was afraid to speak, and you demonstrated what it means to be a psychiatric-mental health nurse. This has truly been an invaluable experience for me."



— Joseph Griffey, 2013 APNA Board of Directors Student Scholar

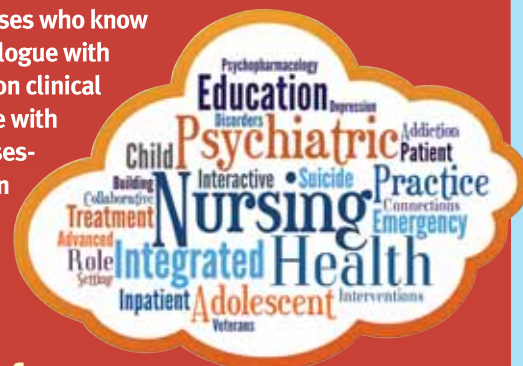
## APNA 28th ANNUAL CONFERENCE

**Find the sessions that speak to you. Engage with colleagues who share your interests. Earn 130+ contact hours total on-site and online.**

It's not every day that you get to connect with a huge group of psychiatric-mental health nurses who know what it's like to strive daily to provide safe, effective mental health care and who want to dialogue with and learn from each other. This October in Indianapolis, more than 300 experts will present on clinical topics, research studies, education strategies, and best practices for providing care to people with mental health issues. With 26 pre-conferences, 32 mini-concurrent sessions, 64 concurrent sessions, 124 poster presentations, and more, the Scholarly Review Committee has built an even bigger program than ever - which means more choices when it comes to which sessions to attend at the conference and the opportunity to earn more continuing education contact hours online afterwards. Visit [www.apna.org/ACProgram](http://www.apna.org/ACProgram) to view the sessions scheduled for each day OR use the drop down menu to view sessions by topic.

**Register by September 8th to save \$75! [www.apna.org/AnnualConference](http://www.apna.org/AnnualConference)**

October 22-25, 2014 | JW Marriott Indianapolis | Indianapolis, Indiana





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Falls Church, VA 22042  
[www.apna.org](http://www.apna.org)  
855-863-APNA (2762)

## Meet the Newly-Elected Members of Your Board of Directors



American  
Psychiatric  
Nurses  
Association



**Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC - President-Elect**

*"My passion is PMH nursing; it's in my soul. I have a commitment to the evolving role of PMH nurses and those who chose this complex specialty. APNA provides a framework, voice, and outlet for my commitment."*

**Susan Dawson, EdD, PMHCNS/NP-BC - Treasurer**

*"The finance department at APNA is second to none, and working in tandem with them as well as the Executive Director gives me the opportunity to provide a window into the exceptional management of our events, operations and daily fund transactions."*



**Wailua Brandman, MSN APRN-Rx PMHCNS/NP-BC FAANP - Member-at-Large**

*"I believe it is important for APNA to have global recognition as THE premier psychiatric nursing organization, and feel it is important to expand our international membership and collegial relationships with psychiatric nursing organizations around the globe."*

**Leslie Oleck, MSN, PMHCNS-BC, LMFT - Member-at-Large**

*"Considering the multi-faceted changes in health care, we must use our creativity in research, education, and patient care. I will serve members by continuing to help APNA empower psychiatric nurses in all settings and in evolving models of care, thus better advocating for consumers."*



Not a Member? Call 855-863-APNA or visit [www.apna.org/JoinNow](http://www.apna.org/JoinNow)