Dear Colleagues,

At the Annual Conference this past October, I noticed a palpable feeling of support in the air. As we navigate the ever-changing health care landscape, working to use our unique psychiatric mental health nursing knowledge, skills, and abilities to their fullest extent, it is essential to remember that we are part of a larger whole. We have a network of colleagues upon which we can depend and to which we can turn for support. Being at the conference reinforced this notion and reminded me how empowering it is to have this support network - we are all united in our mission to advance psychiatric mental health nursing and the care of persons with mental health and substance use issues.

As the delivery of care inevitably evolves, APNA offers us the foundation and scaffolding we need to continue building the strong and enduring mental health care focus of our nursing profession. What do I mean by that? Within our organization I highly value the culture of mutual trust that I experience through my work on councils, discussions on Member Bridge, and at conferences. I see this trust as providing the firm foundation upon which we are constantly building. As members in APNA we also have a network of resources and colleagues available at our fingertips through the APNA website, Member Bridge, and eLearning Center, to name just a few. This network is our scaffolding: it is a structure of knowledge, experience, and tools upon which we stand as we build our future.

I encourage you to use this structure – in this issue of APNA News you will find information on several ways to do so. I also encourage you to search the APNA website, network through councils and chapters, take advantage of APNA’s superb continuing education, and call upon our collective voice to shine a light on the tremendous value and untapped potential we have as a profession!

We are a team of champions for psychiatric mental health nursing and those we serve. I look forward to collaborating with all of you this year to build upon the work we have already accomplished. With an ever growing membership and visibility, our future is bright!

Patricia D. Cunningham, DNSc, APRN, BC
President
MARK YOUR CALENDARS!

The APNA 12th Annual Clinical Psychopharmacology Institute will be held June 19-22, 2014 at the Hyatt Regency Reston in Reston Virginia. This year’s program theme, From Cells to Community: Integrating Psychopharmacology into Nursing Practice, will tie together the complex science behind psychopharmacologic practice with our practice of caring across varied communities. “We have been busy pulling together a great program for attendees,” says Julie Carbray, Chair of the CPI Program Committee. “We continue to use member feedback to plan a program that inspires, educates, and connects members with current psychopharmacologic updates in the context of providing nursing care in real world environments.” We hope that you will plan to join us!

Did you know…

Mindfulness practices including yoga have potential to help persons who are anxious and/or depressed with their symptoms. For those with physical impairments or who are intimidated by the idea of practicing yoga, chair yoga (yoga poses and postures that are practiced sitting in a chair, or standing using a chair for support) is a good way to begin. *(4021: Pilot Study: Use of Mindfulness, Self-compassion, and Yoga Practices with Uninsured and Low-income Patients with Anxiety and/or Depression, Nasrin Falsafi, RN, PhD, PMHCNS-BC, AHN-BC)*

Recent research studying the effects of intervention on the brain functioning of children with autism spectrum disorder indicates that aspects of brain functioning can be improved or normalized through evidence-based intervention. *(4032: An Introduction to the Neurobiology of Autism Spectrum Disorder, Jason F. Earle, PhD, PMHNP-BC)*

Caregiving for a person with schizophrenia is not static, it occurs on a continuum of periods of surviving and sustaining. From this research 5 themes emerged- just getting through the day, feelings of depression, frustration of care delivery, settling in to the inevitability of the diagnosis, and finding satisfaction within the context of the role as caregiver. *(4016: The Caregiver Sustainability Model: Understanding the Lived Experiences of Caring for a Family Member with Schizophrenia, Anlee Birch-Evans, PhD, PMHCNS-BC)*

Children who have experienced sexual assault are at higher risk for substance use, eating disorders, and frequent somatic complaints. *(4031: Attitudes, Efficacy and Potential Barriers Associated with Expanding the Role of the Adult/Adolescent Sexual Assault Nurse Examiner to Care for Younger Patients, Carol Anne Marchetti, PhD, RN, FMHNP-BC, SANE)*

Learn more: Recordings of these and other sessions presented at the APNA 27th Annual Conference are now online in the APNA eLearning Center. Conference Attendees: Use your Attendee Bonus Points to access these sessions and earn contact hours for those you did not attend onsite. Miss the conference? Put together your own online program with these session podcasts – you’ll be able to listen to the podcasts on any device that plays mp3s. [http://elearning.apna.org](http://elearning.apna.org)
**Diamond of Recovery: Words to Retire**

*By Carolyn Baird, DNP, MBA, RN-BC, CARN-AP, ICCDPD; Brought to you by the APNA Recovery Council*

Retire words that demean and stigmatize recovering individuals. Be respectful, promote trust, empower, and support recovery.

<table>
<thead>
<tr>
<th>Words to Retire</th>
<th>Words to Use</th>
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<tr>
<td>Refused</td>
<td>Declined</td>
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<tr>
<td>Resisted</td>
<td>Chose not to</td>
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<tr>
<td>Client believes</td>
<td>Client states</td>
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<tr>
<td>Manipulative</td>
<td>Seeking alternative methods of meeting needs</td>
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<tr>
<td>Noncompliant</td>
<td>Not in agreement with Difficulty following treatment recommendations</td>
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<tr>
<td>Unmotivated</td>
<td>Bored</td>
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**APNF: Ensuring the Future while Preserving our Past**

**Ensuring the Future:**
In the competitive world of grants, obtaining funding for psychiatric mental health nurses’ pilot research is challenging. While the annual APNF Research Grants are modest (up to $5,000), they help researchers early in their careers get their projects off the ground. Past grants recipients (The Foundation has provided $100,000 to 20 grants recipients since 2008) have gone on to have their research published in scholarly journals such as *JAPNA*, *International Journal of Mental Health*, and *Journal of Addictions Nursing*; secure larger grants based on the groundwork laid through this grant; and further apply the experience gained in coding, analysis, and preparation of data-based manuscripts.

“The sustainable elements in this are clear,” says Linda Beeber, Co-Chair of the Research Council, “We’ve had recipients like Katherine Anderson and Marianne Smith who secured NIH R01 funded grants off the APNF funding, as well as Linda Lewin who completed a follow-up project as part of an NIH center grant.” By starting these nurses off on their research trajectories, the APNF Grants help ensure that we have a body of current research to draw from as we highlight the value of PMH nursing. They also build the cadre of evidence-based innovations in PMH nursing that have clear implications for the future of patient care.

**Preserving our Past:**
How can we advance into the future if we don’t know where we’ve been? That is the thinking behind the *Living the History* video series which the Foundation initiated last year. This series gathers the perspectives and memories of our PMH nursing icons and preserves them on film. Two icons thus far have been featured: Grayce Sills (2012) and Shirley Smoyak (2013). These films provide fascinating looks at what it was like as a “nurse before Thorazine” and also valuable perspectives on the evolution of our profession.

**Dime-a-Day Campaign:**
The APNF developed the Dime-a-Day Fundraising Campaign to continue its support of researchers through the APNF Research Grants Program. The campaign asks for “a dime a day”, or a yearly donation of $36.50, from those willing and able to contribute. As a thank you, those who donate $36.50 or more to the Foundation receive a DVD copy of *Living the History of Psychiatric Mental Health Nursing through the Eyes of Shirley Smoyak* (premiered at the APNA 27th Annual Conference) and a donor pin. Those who donate at the gold ($365.00) or platinum ($3,650.00) levels receive copies of the Shirley Smoyak video and the Grayce Sills video, as well as a donor pin.

Learn more: [www.apna.org/Foundation](http://www.apna.org/Foundation)

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Not a Member? Call 855-863-APNA or visit [www.apna.org/JoinNow](http://www.apna.org/JoinNow)
To help generate grassroots smoking cessation initiatives, APNA is pleased to announce the new Virtual Nursing Academy of APNA Champions for Smoking Cessation, made possible through a partnership with the Smoking Cessation Leadership Center. All members are invited to apply for the Academy, which will be a year-long learning collaborative composed of 12-15 members with promising and creative smoking cessation interventions for those living with psychiatric and/or addictive disorders.

Members of the academy will each receive an honorarium of $1,000 to support the implementation of their strategies, complimentary registration to the APNA 28th Annual Conference, October 22-25, 2014, in Indianapolis, Indiana, and access to an online learning community.

Learn More and Apply: www.apna.org/VirtualNursingAcademy
Application Deadline: December 16, 2013