President's Message

Since this will be my last President's Message, I hope you'll forgive me for taking a moment to reminisce about my leadership journey in APNA. Serving as APNA President has been the highlight of my career and I'm extremely grateful to have had this opportunity. Part of the reason I have been so passionate about identifying and nurturing our “hidden treasures” is my appreciation for the psychiatric nursing mavens who encouraged me. Although the colleagues who have supported and inspired me are too numerous to name, I'd like to share a couple of examples.

My inaugural APNA event was a presentation by Mary Moller, whose pioneering work in psycho-education and symptom management opened my eyes to psychiatric nursing’s unique contribution in health care. I continued to attend APNA conferences and, in the process, made many friends who challenged my thinking, gave me great ideas, or included me in presentations and projects.

The first time it occurred to me that I could be leadership material was when Judi Haber, then chair of what at the time was called the APNA Advanced Practice Committee, encouraged me to apply to join the committee. Thinking that only PMHN superstars could be in this group I was hesitant, but Judi explained why she thought I could contribute and urged me to send in my CV saying, “You’ll be great.” Bolstered by Judi’s confidence, I joined the Advanced Practice Committee and enjoyed it so much that I kept saying “yes” when asked to take on other APNA responsibilities.

Still, each time I’ve pursued a leadership role it’s taken someone else’s confidence in me to turn on the light bulb to help me see that, if I’m willing to stretch, I can do it. It’s my goal to find as many potential leaders as I can and communicate that same confidence that, “You’ll be great.” However in an organization as full of talent as APNA, I can’t possibly find all the hidden treasures by myself. I hope that you will help me—sometimes it just takes one pivotal conversation to start someone on their leadership journey.

Sincerely,

Beth Phoenix, PhD, RN, CNS
APNA President

Highlights

Annual Conference: Registration for the APNA 27th Annual Conference is open! In charming San Antonio and with the opportunity to earn more than 85 contact hours, you can’t afford to miss it! Turn to page 2 for more information. Keyword Search: Annual Conference | www.apna.org/AnnualConference

Continuing Ed: 12 podcasts from the 11th Annual Clinical Psychopharmacology Institute are now online in the APNA eLearning Center. From medication and epigenetics to HIPAA and policy, this continuing education will help you advance your practice and update your knowledge. Keyword Search: CPI Online | www.apna.org/CPIOnline

Mental Health Resources: In June, the White House launched the National Dialogue on Mental Health, an effort to reduce stigma and encourage those with mental health issues to seek help. As a participant, APNA created a resource section to provide information, tools, education and more. Find resources for providers, individuals, families, and communities in this section. Keyword Search: Mental Health | www.apna.org/MentalHealth

PMHN Scope & Standards: Thanks to the work of the APNA-ISPN Scope & Standards Task Force, a final draft of the updated Scope & Standards of PMHN has been sent to the American Nurses Association for review. We expect to receive a response in September or October. If approved, it will be published in early spring of 2014.

Affordable Care Act Resources: In collaboration with HRSA, APNA has created an online resource section devoted to the Affordable Care Act (ACA). Its offerings include information about the upcoming Health Insurance Marketplace, free CE for healthcare professionals, print materials for distribution to consumers, and research & other information on how nurses will be affected by the ACA. Keyword Search: Affordable Care Act | www.apna.org/ACA

2014 Nominating Committee: Congrats to the following members, who were elected to the 2014 Nominating Committee! Nancy Dillon, PhD, RN, CNS; Carolyn D. Harris-Muchell, PhD, PMHCNS-BC, RN; Joyce M. Shea, DNSc, APRN, PMHCNS-BC
We are always looking for ways to offer better care to those we serve – that is part of what makes us nurses! Staying current on nursing best practices, the latest medications, hot research topics, and education tools is a part of that.

**Are you up to date on these topics?**
- Caring for military individuals
- Menopause, depression, and medications
- Using e-tools and electronic health records
- Family needs of adolescents with disruptive behavior and teen sexting
- Trauma informed care and substance use disorders
- Sleep and antidepressants
- Suicide risk assessment in the ED
- Coding for services: CPT and DSM-5
- Alternative therapies
- Integrating the recovery model in inpatient care
- Self-care strategies
- Trauma informed care and substance use disorders
- Teen and youth suicide prevention
- Self-care strategies
- Trauma informed care and substance use disorders
- Sleep and antidepressants
- Suicide risk assessment in the ED
- Coding for services: CPT and DSM-5
- Alternative therapies

The APNA 27th Annual Conference features more than 115 outstanding educational sessions, interactive panels, symposia, and networking events covering a variety of subjects, including those named above. You can pick out the sessions that fit your specific needs…or access all of them!

**Keynote Presentations:** On Thursday, October 10th, Tom Rath will draw from extensive workplace research to offer strategies for leading and engaging the hearts and minds of every person within your organization. And on Friday, October 11th, Suzanne Gordon will present how you can develop team intelligence to promote patient safety and advocate for your patients.

**Continuing Education:** The conference offers the opportunity to earn up to 85+ contact hours onsite and online in the APNA eLearning Center. These contact hours may provide the majority of contact hours needed for your licensure or certification renewal. PLUS, 10.5 of these hours are in psychopharmacology – about 40% of what many states require.

**Learn more and register at** [www.apna.org/AnnualConference](http://www.apna.org/AnnualConference).

Register before the pre-registration deadline of October 1st to save $25!

Full-Conference Registration: $570 APNA Members | $770 Nonmembers

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Dear Colleague,

What can be better than the San Antonio Riverwalk in the fall? Strolling down the waterways with the best psychiatric nurses in the world is a great start! We faced quite a challenge in selecting the program this year – there were so many great topics that it was hard to whittle it down to the best 100+ presentations we could find. The committee made every effort to ensure that there was a session to fit everyone’s needs, from those who practice in acute inpatient settings, to those working with the homeless, to those in private practice! Psychiatric nurses make a difference every day and our skill set is universally needed within the nursing profession.

I hope to see you in San Antonio and am anxious to hear about the sessions you liked and the ones you want to see next year!

Sattaria Dilks, DNP, APRN, PMHNP-BC
Chair, APNA Scholarly Review Committee

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**What your colleagues have to say about past Annual Conferences...**

“My confidence is increased as a result of being at the conference and connecting with other like-minded professionals.”

“I’ll be a better teacher because of my renewed passion and all the great, practical ideas I came away with. I’m armed with lots of great new teaching strategies that will benefit my students!”

“Part of the reason I attended was to earn psychopharmacology credits toward recertification. When prescribing, I will now have a stronger knowledge base on which to practice.”

“Overall, conference attendance gives me a broader perspective and appreciation for all that is happening across the country as a result of psychiatric nurses.”

“I will go back to work on Monday feeling more confident in my knowledge/abilities, more comfortable engaging with colleagues from other disciplines, and more passionate about my vocation as a psychiatric nurse.”

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The American Psychiatric Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
**The Lived Experience - Story-telling: A Recovery Pearl for your Practice**

_Brought to you by the Recovery Council, by Susan Brammer, PhD, RN_

Individuals with mental illnesses tell their stories in hopes that the listener understands their lived experience, that is, understands what is in their hearts, not just their “heads.” Listening to someone's story requires preparation. Sorrell (2001) notes that, “in the midst of the constant noise of our modern world, we need to create sufficient silence to hear ourselves and others.”

For more information on story-telling, check out the Recovery Resources on [www.apna.org](http://www.apna.org).

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**Suicide Prevention through Training**

According to the CDC (2010), suicide is the tenth largest cause of death in the United States. In addition, we know that reducing suicidality is critical to recovery. After an extensive literature review and environmental scan on suicide prevention, members of the APNA Education Council Cheryl Puntit, Janet York, Barbara Limandri, Pamela Greene, and consumer advocate Eric Arauz saw an opportunity for APNA. They drafted a position paper recommending that APNA take the lead in developing competency-based training for RNs in the inpatient setting. This training would cover the assessment, care, and treatment of hospitalized persons at risk for suicide. The position paper, _Competency-based Training for Nurse Generalists: Inpatient Intervention and Prevention of Suicide_, was approved by the APNA Board of Directors in June. You can find it in the July/August issue of the Journal of the American Psychiatric Nurses Association (JAPNA), accompanied by commentaries from consumer advocate Eric Arauz and suicide prevention expert Cynthia Kane Hyman. The Board has created a task force to begin to develop competencies and guidelines for the PMHRN that will parallel with the 2012 National Strategy for Suicide Prevention Objectives. We will keep you updated as this exciting initiative progresses. Thanks to all of the members of this group for their vision, tenacity, and hard work!

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**Under Construction: APNA Transitions in Practice**

The upcoming APNA Transitions in Practice (ATP) Program, recently established by the APNA Board of Directors, will provide a curriculum of evidence-based psychiatric-mental health continuing education for registered nurses (RNs). This multifaceted, self-paced continuing education program will help address several needs:

First, according to the NCSBN (2013), “approximately 25% of new nurses leave a position within their first year of practice and more than 40% report making medication errors.” One purpose is to reduce this turnover and aid new nurses in the transition from the classroom to the clinical setting by providing them with the evidenced-based specialized skills they need.

Second, as measures are implemented to expand access to mental health care, additional psychiatric-mental health nurses will be needed. The program will offer contact hours in psychiatric mental health content that is required for ANCC certification and also highlight the importance of the mental health care provided by RNs in a way that is highly visible.

Finally, as the health care environment evolves, nurses across all settings will increasingly be required to care for people with mental health disorders. With the implementation of the Affordable Care Act, it is estimated that about 11 million additional people with mental health and substance use disorders will have access to health insurance coverage (SAMHSA, 2013). The program will provide a foundational knowledge for nurses practicing in all settings to help them provide care to this population across the lifespan.

Through this program, the APNA Board recognizes that providing all nurses with a framework of knowledge and skills to care for people with mental health disorders will help them to provide evidence based, safe, cost-effective, consumer focused care.

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_Not a Member? Call 855-863-APNA or visit [www.apna.org/JoinNow](http://www.apna.org/JoinNow)_
Meet the recipients of the 2013 APNA Annual Awards:

**Jocelyn Perez BSN, RN, MA - Kew Gardens, NY**  
*Psychiatric Mental Health Nurse of the Year*  
“An important step in facilitating change is to have a shared vision. Engaging and empowering the staff to be part of the change is a strong determinant of sustainability.”

**Helen M. Birkbeck APRN - Vernon Rockville, CT**  
*Award for Distinguished Service*  
“I joined APNA after my first conference, which was held in New Orleans. I met psych nurses from all over the country… what a wonderful experience!”

**Joanne M. Matthew MS, RN, PCNS - Hope Valley, RI**  
*Award for Excellence in Practice – APRN*  
“Joanne’s most defining attribute is her absolute dedication to using evidenced-based practices to improve not only the objective outcomes of her patients, but also their subjective experiences of care and the skills of those who care for them.”

**Donna M. Riemer RN-PMHN - Madison, WI**  
*Award for Excellence in Practice – RN*  
“I feel that we just can never do enough to help address violence and trauma prevention. I’m very passionate about providing education to anyone who is interested.”

**Gail R. Stern MSN, PMHCNS-BC - Coopersburg, PA**  
*Award for Excellence in Leadership - APRN*  
“It’s your people who teach you how to lead. Patients and providers of care will tell you what it is they need and how to give it to them. You just have to listen.”

**Judy S. Linn BS, BSN, MS - San Leandro, CA**  
*Award for Excellence in Leadership – RN*  
“Improving patient outcomes starts with simple things like a hot breakfast, clean sheets, and relating to patients as people with dignity.”

**Merrie J. Kaas DNSc, RN, PMHCNS-BC, FAAN - Eagan, MN**  
*Award for Excellence in Education*  
“An academic career in psychiatric mental health nursing is not just about teaching, it’s about building, it’s about providing for the future.”

**Genevieve E. Chandler RN, PhD - Leverett, MA**  
*Award for Excellence in Research*  
“My goal was to create an environment that would empower nurses to develop a fulfilling professional practice so they could support patients in their pursuit of well being.”

**Marian W. Roman PhD, PMHCNS-BC - Knoxville, TN**  
*Award for Innovation – Individual*  
“I do like to shake things up a bit. Ideally the material should just start the journey, and the student will want to learn more!”