Wednesday/October 9
6:30am – 6:30pm Registration Open
7:20am – 5:20am Pre-Conference Full Day Session
7:20am – 11:30am Pre-Conference Morning Sessions
   Block 1: 7:20am – 9:20am
   Block 2: 9:30am – 11:30am
1:10pm – 5:20pm Pre-Conference Afternoon Sessions
   Block 3: 1:10pm – 3:10pm
   Block 4: 3:20pm – 5:20pm
5:30pm – 6:00pm Orientation for Newcomers, Volunteers, and New Members
6:15pm – 7:45pm Opening Program and President’s Address

Thursday/October 10
7:30am – 6:00pm Registration Open
8:00am – 9:00am Keynote Presentation – Tom Rath
9:15am – 10:55am Concurrent Sessions
   Block 1: 9:15am – 10:00am
   Block 2: 10:10am – 10:55am
11:05am – 11:50am Mini Concurrent Sessions
12:00pm – 2:00pm Lunch on your own
2:00pm – 4:45pm Concurrent Sessions
   Block 1: 2:00pm – 2:45pm
   Block 2: 2:55pm – 3:40pm
   Block 3: 4:00pm – 4:45pm
5:00pm – 6:30pm Interactive Panels
6:30pm – 9:00pm Friday Evening Fiesta

Friday/October 11
7:30am – 5:00pm Registration Open
8:00am – 9:00am Keynote Presentation – Suzanne Gordon
9:00am – 11:30am Exhibit Hall Open
9:00am – 11:30am Poster Presentations Open
11:15am – 12:00pm Mini Concurrent Sessions

Saturday/October 12
8:00am – 1:30pm Registration Open
8:15am – 9:15am American Psychiatric Nursing Foundation Presentation
9:30am – 12:05pm Concurrent Sessions
   Block 1: 9:30am – 10:15am
   Block 2: 10:25am – 11:10am
   Block 3: 11:20am – 12:05pm
12:15pm – 1:30pm Annual Meeting & Town Hall
**PRE-CONFERENCE FULL DAY**

**Recovery to Practice Pilot Program: Facilitator Training**

7:20am – 5:20pm

**8.0 Contact Hours**

**Acute Care Psychiatric-Mental Health Nurses: Preparing for Recovery Oriented Practice**

This interactive facilitator training will introduce nurses to the APNA Recovery to Practice (RTP) Program, Acute Care Psychiatric-Mental Health Nurses: Preparing for Recovery Oriented Practice, and offer guidelines on how to facilitate this RTP program in their health care facilities. The APNA Recovery to Practice Program discusses recovery knowledge, skills, and attitudes and will focus on facilitating change in psychiatric-mental health nursing practice. Recovery focused psychiatric-mental health nursing practice will align with SAMHSA’s national initiatives and JCAHO’s standard on patient centered communication.

*Speakers:* Jeanne Clement, EdD, APRN, BC, FAAN; Kris A. McLoughlin, DNP, APRN, PMH-CNS, BC, CADC-II; Mary Moller, DNP, ARNP, APRN, PMHCNS-BC, CPRP, FAAN; Eric C. Arauz, MA, MLER

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**PRE-CONFERENCE MORNING SESSIONS - Block 1**

**2.0 Contact Hours**

**7:20am - 9:20am**

**1011 100 Years of Schizophrenia Genetics: Where Are We Now? RN, APRN**

7:20am – 9:20am

Progress in schizophrenia genetics has implications for understanding pathophysiology; identifying ultra high-risk groups; validating animal models; developing new pharmacologic targets; and understanding environmental risk factors. Using induced human pluripotent stem cells, we can study schizophrenia using human neurons. Nurses have the opportunity to implement practice changes inherent in these advances.

*Speaker:* Nancy G. Buccola, MSN, APRN, PMH CNS-BC, CNE

**1012 Practical Alchemy: Psychiatric Nursing’s Role in Actualizing Interprofessional Collaborative Practice in Psychiatric Care RN, APRN**

7:20am – 9:20am

This presentation will provide the context for the development of the Interprofessional Education Collaboration (IPEC) competencies currently recommended by the Institute of Medicine. A thorough description of each competency with corresponding practical examples will be provided. Integration of these competencies into psychiatric nursing education and practice will be discussed.

*Speakers:* Margaret Slusser, PhD, PMH-CNS; Amy H. Edgar, RN, MSN, FNP(c)

**1013 The Triad of Childhood Trauma, Mental Illness, and Substance Abuse: Applying Trauma-Informed Care RN, APRN**

7:20am – 9:20am

Recognition of the effects of child abuse and its contribution to the development of mental illness and substance abuse are critical in psychiatric nursing. The purpose of this presentation is to describe the impact of childhood trauma, its potential sequelae, and a treatment strategy, trauma-informed care.

*Speakers:* Linda Grabbe, PhD, FNP-BC, PMHRN-BC; Angela F. Amar, PhD, PMHCNS-BC, FAAN; Ursula A. Kelly, PhD, ANP-BC, PMHNP-BC

For target audience, look for RN and APRN next to each session title.
1014 Building Interprofessional Bridges in Graduate Nursing Education: Preparing Graduates for Leadership in Collaborations that Improve Mental Health Outcomes  
**APRN**  
7:20am – 9:20am  
In response to the IOM’s recommendations, this workshop will present ways to redesign graduate curriculum to prepare our graduates to take the lead in developing interprofessional collaborations and practice as full partners to improve mental health outcomes. Exemplars of faculty teaching and practice collaborations with other disciplines will be provided.  
*Speakers: Carole Shea, PhD, RN, FAAN; Pamela Lusk, DNP, RN, PMHNP-BC*

1015 Building a PMH-APRN Business: Strategies to Grow and Shake the Money Tree  
**APRN**  
7:20am – 9:20am  
Creating a clinical environment that allows full scope of practice of a PMH-APRN might rely on creating your own clinical practice. Critical elements for mental health business involve knowledge of NCQA standards for MH/SA, credentialing requirements, documentation, crosswalk billing codes, collaboration agreements, and Collaborative Care Programs.  
*Speakers: Sharon Katz, MSN PMH-APRN, BC; Kathryn Lindsay, MSN, RN*

1016 Confluence of Prescribing and Psychotherapy Using DBT Principles  
**RN, APRN**  
7:20am – 9:20am  
This workshop will introduce the assumptions and basic principles of Dialectical Behavior Therapy and describe the role of the APRN in the DBT treatment team as both therapist and prescriber.  
*Speaker: Barbara J. Limandri, PhD, PMHCNS-BC*

**PRE-CONFERENCE MORNING SESSIONS - Block 2**  
2.0 Contact Hours  
9:30am – 11:30am

1021 The Significant Promise of Therapeutic Neuromodulation: Implications for Psychiatric Mental Health (PMH) Nursing  
**RN, APRN**  
9:30am – 11:30am  
The presenters will provide an in-depth discussion of neuromodulation. We will examine various brain stimulation methodologies with a focus on mechanisms of action, safety and efficacy. We will examine scientific advancements including technological improvement and biomarker development. We will examine the extraordinary opportunities for PMH Nursing.  
*Speakers: Mary T. Rosedale, PhD, PMHNP-BC, NEA-BC; Donna J. Ecklesdafer, MSN, RN; Theresa C. Kormos, PMHCNS-BC; Michelle A. Freedland, RN-BC; Michelle M. Knapp, RN, BSN*

1022 'Mixing Models': Creating Synergy in a Transdisciplinary Environment  
**RN, APRN**  
9:30am – 11:30am  
What is the best professional practice model for psychiatric nursing as we enter the age of an accountable care organization? This presentation seeks to answer this question and advance the science by presenting a mixed model of incorporating the tenets of the AACN Synergy Model with a transdisciplinary model approach.  
*Speakers: Tammy Moore, MS, RN, NEA-BC; Grayce Sills, PhD, FAAN*
1023 Social Bullying in Nursing Academia: A Phenomenological Study  APRN
9:30am – 11:30am

A phenomenological study of social bullying in nursing academia was conducted and resulted in themes and sub-themes that describe the phenomenon. Social bullying is not synonymous with horizontal violence or incivility, but is more severe. Bullies target their victims. Implications for nurse educators’ recovery from this workplace violence are posed.

Speakers: Diane M. Wieland, PhD, MSN, RN, PMHCNS-BC, CNE; Ciara Levine, MSN, RN, PMHCNS-BC

1024 Live Person Simulation Strategies in Undergraduate Psychiatric Nursing Education: A Multi-Institution Academic Panel Collaboration  RN, APRN
9:30am – 11:30am

While psychiatric nursing educators often use simulated patient scenarios, a lack of clarity and consensus is missing. In response to the Undergraduate Education Council meeting at the 2012 APNA conference, various academic institution educators have collaborated to provide answers to the question of using standardized patient simulation in undergraduate education.

Speakers: Jill Lintner, MSN, PMHCNS-BC; Joyce Shea, DNSc, APRN, PMHCNS-BC; Ruth Fiedler, EdD, APRN-BC, CNE; Brenda Kucirka, PhD(c), RN, PMHCNS-BC, CNE

1025 Coding for Services: CPT, DSM-5 and APNs  APRN
9:30am – 11:30am

The 'business of practice' for psychiatric nurse practitioners requires a complete understanding of billing and diagnostic codes. This workshop provides hands-on experiences in case analysis, CPT code selection, and DSM-5 and ICD-10 diagnostic code application for APNs concerned about reimbursement.

Speaker: Sandra Cadena, PhD, APRN, PMHCNS-BC, CNE

1026 Geropsychopharmacology: The Evidence for Effective Interventions  RN, APRN
9:30am – 11:30am

The program will review the myths, traditional practices and the evidence based literature on the use of psychopharmacology with elders. Citing national statistics, the program will examine the myths that lead to use of psychotropics with elders, the traditional use of psychotropics and the dose ranges, and the evidence on the efficacy and outcomes of psychotropics. Based on the latest evidence based reviews, the program addresses the strategies and outcomes for addressing behavioral and mental health problems with elders.

Speaker: Michael Rice, PhD, APRN, BC, FAAN

PRE-CONFERENCE AFTERNOON SESSIONS - Block 3  2.0 Contact Hours
1:10pm – 3:10pm

1031 Evidence Based Practice Skills Boot Camp  RN, APRN
1:10pm – 3:10pm

Evidence based practice involves skills not used in practice including: asking focused answerable questions; conducting efficient searches; analyzing study methods; and determining how to implement the evidence. Hands on sessions tackle each step of the process, offering easy to use techniques to more efficiently complete evidence based reviews.

Speaker: Joanne D. Iennaco, PhD, PMHCNS-BC, PMHNP-BC, APRN

1032 Developing Self-Care Through Caring Science: An Integrative Evidence-Based Approach  APRN
1:10pm – 3:10pm

What is it like to experience a positive human interaction with difficult patients? This requires developing self-care strategies to alleviate the stress encountered in our professional settings and personal life. We must be authentically present, attentive, empathetic and non-confrontational. Caring Science and Mindfulness promotes sensitivity towards self and others.

Speaker: Joseph Giovannoni, MA, MSN, APRN Rx, PMHCNS-BC
1033 Traumatically Brain Injured (TBI) Child/Adolescent, Young Adult, Aging Person: Practicing Recovery Principles  
APRN  
1:10pm – 3:10pm  
The TBI/ABI sequelae of physical, cognitive, and behavioral symptoms and rehabilitation are discussed using case examples of children/adolescents, young and aging adults. There is much that can be done to help the brain injured person recover, prevent or reduce resulting mental health issues, promote person centered rehabilitation, and educate family. 
Speakers: Vanessa Genung, PhD, RN, PMHNP-BC, LCSW-ACP, LMFT, LCDC; Nichole Sieracki, PhD

1034 A Toolkit for Innovative Teaching Strategies in Psychiatric Mental Health Nursing  
RN, APRN  
1:10pm – 3:10pm  
Psychiatric mental health faculty are often transitioned from advanced practice roles with scarce preparation for teaching and often lack adequate mentorship. This pre-conference workshop will provide a brief hands-on introduction to a variety of innovative teaching strategies to provide a toolkit for teaching student centered learning within the nursing curriculum.  
Speakers: Grace K. Wlasowicz, PhD, RN, PMHNP-BC; David M. Sharp, RN, PhD; Todd Hastings, MS, RN; Barbara Buxton, PhD

1035 Introduction to the DSM-5  
RN, APRN  
1:10pm – 3:10pm  
The presenters will provide a summary of the process in revising the DSM-5, overarching changes, and specific changes to diagnoses and categories. Special attention will focus on the more controversial areas including autism spectrum disorders, emotional dysregulation in children, substance use disorders, and binge eating disorder.  
Speakers: Margaret Halter, PhD, PMHCNS-BC; Barbara J. Limandri, PhD, PMHCNS-BC

1036 Understanding Sleep and Antidepressants: Lessons from Research Literature and Clinical Practice  
APRN  
1:10pm – 3:10pm  
This presentation will explore new recommendations for treating sleep disturbances in psychiatric patients, review sleep architecture, explore the concept of “sedation” and “fatigue,” discuss research and clinical experience on the effects antidepressants have on sleep, and explore what this new information means for psychiatric RNs and APRNs.  
Speaker: Joseph M. Holshoe, MSN, PMHNP-BC

PRE-CONFERENCE AFTERNOON SESSIONS - Block 4  
3:20pm – 5:20pm  
2.0 Contact Hours

1041 Engaging Inpatient Psychiatric Nurses in Defining and Promoting Evidence Based, High Quality, Patient Centered Care  
RN  
3:20pm – 5:20pm  
This workshop offers a “how to” field guide for engaging inpatient staff nurses in articulation of practice expertise. Using a multifaceted council model and an award winning publication as an example, participants will develop a plan for outlining the process for participants and suggest strategies for moving projects forward.  
Speakers: Judy L. Sheehan, BSN, MSN; Joanne Matthew, MS, PMHCNS, BC

1042 Standing like Tree, Moving like Water - Applying Tai Chi Chuan, Its Ideas and Methods to Promote Physical and Mental Fitness Participation for Individuals Living with SPMI  
RN  
3:20pm – 5:20pm  
This session discusses and teaches the methods and process of developing and implementing an adaptive Tai-Chuan program to promote the sense of wellbeing and fitness participation among individuals living with SPMI.  
Speakers: Zibin Guo, PhD; Miriam Zwitter, PhD, RN
1043 Open Heart/Open Book: Co-authoring with Families and Patients on an Inpatient Unit to Write the Recovery Story  
**RN, APRN**  
3:20pm – 5:20pm  
How can we maximize the minutes, extend the recovery reach of a single family session on an inpatient unit? Narrative Therapy shapes a session so the patient, family, and nurse produce a document of recovery plans, concerns and commitments. Reports are that these documents are kept, giving guidance and encouragement.  
*Speaker: Melissa Elliott, BSN, MSN, PMHCNS-BC*

1044 Turning the Classroom: Using Team-based Learning to Engage Students in a Psychiatric-Mental Health Nursing Course  
**RN, APRN**  
3:20pm – 5:20pm  
Team-based learning (TBL) is an instructional method that engages students to be active participants in their own learning. The participants will learn how to use TBL to reduce attrition, have manageable reading loads, and enhance preparedness for class which will allow for richer discussions and learning.  
*Speaker: George B. Smith, DNP, APRN, GNP-BC, CNE*

1045 Mental Health Unit Design: Promoting Safety and Therapeutic Benefit Through Careful Planning  
**RN, APRN**  
3:20pm – 5:20pm  
Mental health unit design is an expensive, time-consuming proposition that can profoundly affect unit function, effectiveness, and safety. This program will present a wide range of options in the design and furnishing of a modern unit, discuss the advantages and disadvantages of a variety of designs and furnishings, and encourage participants to share their experiences.  
*Speaker: Edward A. Herzog, MSN, PMHCNS*

1001 OPENING PROGRAM & PRESIDENT'S ADDRESS  
6:15pm – 7:45pm  
The Opening Program will feature an address from APNA President Beth Phoenix, PhD, RN, CNS on leadership in psychiatric mental health nursing.  
*Speaker: Beth Phoenix, PhD, RN, CNS*

**Did you know?**

You can earn up to an additional 60+ contact hours through the session podcast recordings post-conference!  
Available on the APNA eLearning Center, access to these sessions is INCLUDED in your registration fee. Learn more at [www.apna.org/AnnualConference](http://www.apna.org/AnnualConference).
KEYNOTE PRESENTATION
8:00am – 9:00am
Strengths, Leadership, and Wellbeing: How Small Choices Make a Big Difference
Tom’s address, “Strengths-Based Leadership: Driving Results One Person at a Time,” will draw on the most extensive workplace research ever conducted and will outline key steps for engaging the hearts and minds of every person within an organization. A question-and-answer session and book-signing will follow.
Keynote Speaker: Tom Rath

CONCURRENT SESSIONS - Block 1
9:15am – 10:00am

2011 (Practice Track) The Experiences and Needs of Family Members of Adolescents with Disruptive Behavior Disorders RN
9:15am – 10:00am
We present findings from a mixed-methods exploratory study to describe the functioning of families of adolescents with Disruptive Behaviour Disorders, the levels of emotional distress of adult family members, and experiences and perceived needs for support and/or treatment of all family members (e.g., parents, siblings, and other significant family members).
Speakers: Ukamaka M. Oruche, PhD, RN, PMHCNS-BC; Claire Draucker, PhD, RN, FAAN; Halima Al-Khattab, RN, PhD Student; Hillary Cravens, MSN, RN; Brittany Lowry, MSW; Laura Lindsey, RN

2012 (Seclusion & Restraint Track) When is Monitoring of Restraint Episodes Misleading? RN, APRN
9:15am – 10:00am
Psychiatric units monitor patient restraint rates, however despite being ‘restraint free’ the problem of patient aggression remains. This presentation evaluates common measures of aggression and implications of moving to monitoring a continuum of aggression. Broader measures offer the ability to quantify and learn from interventions that successfully resolve aggressive events.
Speaker: Joanne D. Iennaco, PhD, PMHCNS-BC, PMHNP-BC, APRN

2013 (Research - Medication Effectiveness Track) Enhancing Psychiatric Treatment: Taking Psychotropic Medication and Keeping Appointments RN, APRN
9:15am – 10:00am
This presentation reports on an intervention study using technology (phone, email, texting) for communication among providers and clients between office visits to increase success of treatment for adults with serious mental illness in support of evidence based practice emphasizing the impact of the therapeutic alliance envisioned by Hildegard Peplau.
Speaker: Valerie N. Markley, MSN, PMHCNS-BC

2014 (Inpatient Recovery Practice Track) The Elephant in the Room: Reconciling Recovery Principles With Forced Treatment RN, APRN
9:15am – 10:00am
Recovery principles have become an emergent treatment standard in psychiatric nursing. As more mental health facilities adopt these principles, conflicting views of recovery emerge. This session focuses on adapting recovery principles to the challenges of involuntary settings. Case studies illustrate how recovery principles can be used with severely impaired individuals.
Speakers: Timothy L. Meeks, BSN, RN-BC; Janice Adam, RN-BC

2015 (Practice Track) Entering into Private Practice: Challenges and Opportunities APRN
9:15am – 10:00am
This presentation will provide an overview of the challenges and opportunities of APRNs to begin the journey of private practice as the Affordable Care Act begins a new era in health care.
Speaker: Grace K. Wlasowicz, PhD, RN, PMHNP-BC

For target audience, look for RN and APRN next to each session title.
(Communication Assessment Track) **Standardized Patient Simulations and Students' Self-confidence, Communication and Interpersonal Skills**  
9:15am – 10:00am  
This presentation will discuss the process of assessing students’ confidence, communication and interpersonal skills using standardized patients (SP). Using the Self-confidence and the Communication and Interpersonal Skills scales, students rated their confidence and skills in talking to patients in a clinical situation before and after SP encounters.  
*Speakers: Flor Bondal, PhD, RN, PMHCNS-BC; Cynthia Jarrard, MSN, RN; Martha Colvin, PhD, RN*

**CONCURRENT SESSIONS - Block 2**  
10:10am – 10:55am  
.75 Contact Hours

(Practice Track) **Eye Movement Desensitization and Reprocessing (EMDR) for Post Traumatic Stress Disorder: An Update on Research and Practice**  
10:10am – 10:55am  
Once controversial, EMDR is now “mainstream”. This presentation explains the EMDR treatment protocol for PTSD, provides a brief literature review, and utilizes a case study to illustrate its use in clinical practice. Implications for nursing will be discussed, including the feasibility of including EMDR training in psychiatric nursing graduate education.  
*Speaker: Linda Mabey, DNP, APRN-BC*

(Seclusion & Restraint Track) **Seclusion and Restraint Precipitants and Duration: Child vs. Adult**  
10:10am – 10:55am  
A study of seclusion and restraint in an acute inpatient setting found differences in duration and reasons for episodes involving children, adolescents and adults. Changes in staff training and treatment approaches have resulted, in the hope that seclusion and restraint may be eliminated.  
*Speakers: Diane E. Allen, MN, RN-BC, NEA-BC; Alexander deNesnera, MD*

(Research - Medication Effectiveness Track) **Problem-solving Based Peer Support Program for Medication Adherence – A Mixed Methods Study**  
10:10am – 10:55am  
The study used a mixed method comprising of a time-series design and semi-structured interviews to evaluate the effectiveness of telephone-based problem-solving peer support program for individuals with schizophrenia who were not taking their oral antipsychotic medication. The findings showed that there were statistically significant differences in adherence, mental state and negative symptoms from baseline to post-intervention, and this was maintained at follow-up.  
*Speaker: Gayelene Boardman, RN, GradDipAppSc, MSN, PhD(c)*

(Inpatient Recovery Practice Track) **Leading Change from the Front Line: A Journey to Recovery through Therapeutic Milieu, Environment of Care and Violence Reductions Strategies**  
10:10am – 10:55am  
Providing care in today’s healthcare infrastructure requires significant redesign to promote recovery. This session will present a model of evidence-based acute care based on the experience of behavioral health transformation being implemented in a large health system with front line nursing leading the change.  
*Speaker: Carol M. Parke, RN, BA*

(Practice Track) **Integrated Care: What’s Missing in Current Practice Models?**  
10:10am – 10:55am  
This presentation will (1) stimulate critical thought about current practice models and how promotion of mental health is addressed and (2) identify how psychiatric nurses are positioned as pivotal leaders in promoting the health and healthcare of individuals using a holistic approach embracing social justice principles in education and practice.  
*Speakers: Roberta Waite, EdD, APRN, CNS-BC, FAAN; Carla Groh, PhD PMHCNS-BC*
The Development of a Standardized Suicide Risk Assessment Protocol in the Emergency Department

This presentation will describe the development of a standardized suicide risk assessment protocol for non-mental health adolescent and adult emergency department patients in a large university health system. A review of several brief suicide risk assessment tools will be included.

Speaker: Joanne M. Matthews, DNP, APRN, PMHCNS-BC

MINI CONCURRENT SESSIONS

11:05am – 11:50am

Psychiatric Emergency: Neuroleptic Malignant Syndrome - A Simulated Experience to Improve Care Across the Healthcare Continuum

This presentation discusses the development of a clinical simulation. Neuroleptic Malignant Syndrome (NMS) is a rare, but potentially fatal complication associated with neuroleptic medications. The symptoms of NMS are adaptable for high fidelity simulation, providing students with realistic exposure to NMS without the risk of a real life adverse outcome.

Speaker: Cindy Parsons, PMHNP-BC

Meeting the Challenge of Developing Complex Simulations in Psychiatric Nursing Education

Simulated experiences are especially needed in psychiatric nursing education, as practice settings are increasingly difficult to secure. This project, a complex simulation, focused on the challenges of assessing a patient with complicated depression where symptoms of serotonin syndrome were exhibited by high fidelity mannequins.

Speakers: Susan Rick, DNS, RN; Cindy Zolnierek, PhD, RN

Women in the Military: Mental Health Impact of Deployment

Recruitment and the role of women in the military escalated following the elimination of conscription and the establishment of the All Volunteer Force in 1973. In this presentation, the mental health issues of deployed women including suicide, PTSD, and depression and useful clinical strategies will be discussed.

Speakers: Mary Ann Boyd, PhD, DNS, PMHCNS-BC; Wanda Bradshaw, MSN, RN-BC; Marceline Robinson, MSN, PMHCNS-BC

Development of a Practice Infrastructure for Non-Military Mental Health Professionals Caring for Military Connected Individuals

The presentation will include the importance of the program, the education provided to the staff and the overall goals of the program. The resource manual will be discussed including the assessment tools, the treatment plans and the evaluation methods.

Speakers: Christy Cook Perry, APRN, PMHNP; Andre Charleston, APRN, PMHNP; Stephanie Plummer, APRN, PMHNP, DNP

Prescription Stimulant Misuse in Juvenile Corrections: Case Studies and Leading Change to Reduce Misuse

Stimulant medication is an effective treatment for ADHD, but in juvenile corrections, stimulants are often misused for a number of reasons. This session will include discussion of case reports of misuse in juvenile corrections and ways to address this problem, including working toward formulary changes to make stimulant use safer.

Speaker: Linda Barloon, MSN, PMHCNS-BC, PMHNP-BC

Diagnosing Adult Attention-Deficit Hyperactivity Disorder: The Importance of Establishing Daily Life Contexts for Symptoms and Impairments

Misdiagnosis, and subsequent treatment, can moderate common symptoms of ADHD in adults without relieving the core difficulties of inattention, hyperactivity and impulsivity. This presentation will illustrate the utility of establishing daily life contexts for symptoms and impairments as a means of affording diagnostic clarity.

Speaker: Charles Primich, MSN, PMHNP-BC
Inpatient Risk Reduction
11:05am – 11:50am

Gravity, It’s Not a Suggestion, It’s the LAW! The Development of the WilsonSims Psychiatric Fall Risk Assessment Tool  
**Speaker:** Steve C. Wilson, RN-BC

This session will outline the development of the WilsonSims Psychiatric Fall Risk Assessment Tool. This presentation will illustrate one example of how interdepartmental cooperation was instrumental in reaching the bedside and reducing falls on an inpatient psychiatric unit.

Using a Comfort Room as an Intervention for Psychiatric Patients  
**Speaker:** Candace Cane, APRN-BC, DNP; Kent Alford, RN, BSN, MSN; Melodie Hogan, LCSW-C

By client report, using a comfort room as an intervention for inpatient psychiatric clients can be effective in decreasing stress and/or anxiety. Clients measure their stress/anxiety, using the Beck Anxiety Scale, before and after spending time in the comfort room.

Inpatient Recovery Practice
11:05am – 11:50am

Problems Encountered and Insights Gained: Designing an Evidence-Based, Recovery-Oriented Program for Intensive Mental Health Treatment  
**Speaker:** Carol H. Rumper, MS, PMHCNS-BC; William D. Burmeister, MSA, RN

Historically it has been difficult to measure the therapeutic effectiveness of Acute Psychiatry programs. The evidence-based, recovery-oriented nursing model utilized on this 20 bed inpatient unit was implemented in February 2000 and continues today. The protocol defines therapeutic effectiveness, measures patient outcomes behaviors, and provides evidence for refining clinical treatment.

Motivational Enhancement Through Sharing (METS)  
**Speaker:** Regina Sawh, RN, BscN, MN; Keshcey Marcelle, RN, BScN, MA

Motivational Enhancement Through Sharing (METS) utilizes motivational enhancement strategies in promoting a recovery-oriented approach to care and promotes inpatient nurses to work with clients from a strength base approach. Positive findings in treatment adherence, feelings of empowerment, increase in change talk language and increase in goal setting.

Guidelines for Patient Centered Care
11:05am – 11:50am

Adherence to Clinical Practice Guidelines When Prescribing Second Generation Antipsychotics  
**Speaker:** Leigh Powers, DNP, MSN, MS, BS, APRN, PMHNP-BC

This study examines the quality of care provided to persons in a community mental health clinic by examining the nurses’ rate of monitoring side effects of second generation antipsychotics compared to rates reported in the literature. Study results suggest there is a need for practice improvements.

Nursing Care That Transcends Words: Simulation Based Learning Activities to Enhance Patient-Centered Care  
**Speaker:** Ann M. Fallon, RN, APRN PMHCNS-BC

Emerging national and international guidelines for patient-centered care require simulation training that offers the nurse strategies for basking care on the person rather than disease or technology. Simulation scenarios designed by the author support purposeful activities of engagement, empathy and relational competencies that are needed to create effective nurse-patient relationships.
EXHIBIT HALL OPEN
1:30pm – 5:00pm

POSTER PRESENTATIONS OPEN
1:30pm – 4:30pm
Poster presentations will be open for viewing in the poster presentation area of the exhibit hall on Thursday from 1:30pm - 4:30pm and on Friday from 9:00am - 11:30am. Attendees will be able to earn up to 4.0 contact hours for time spent reviewing & evaluating the posters.

INTERACTIVE PANELS
4:30pm – 6:00pm

2041 Institute for Safe Environments Interactive Panel RN, APRN
4:30pm – 6:00pm
Institute for Safe Environments Interactive session provides an opportunity for APNA members to discuss safety concerns, share information about current practices and learn from each other.

Speaker: Diane E. Allen, MSN, RN-BC, NEA-BC

2042 Education Council Interactive Panel RN, APRN
4:30pm – 6:00pm
The Education Council has become a vibrant force in APNA. In this interactive panel, participants will learn about the latest issues and best practices in psychiatric nursing education and how to become more involved in the work of the Council and its educational projects.

Speakers: Edna Hamera, PhD APRN; Pamela Lusk, DNP, RN, PMHNP-BC; David Sharp, RN, PhD; Barbara Warren, PhD, PMHCNS-BC, FAAN; Carole Shea, PhD, RN, FAAN; George B. Smith, DNP, APRN, GNP-BC, NP-C, CNE; Barbara J. Limandri, PhD, APRN, BC

2043 Administrative Council Interactive Panel RN, APRN
4:30pm – 6:00pm
This is the annual Administrative Council Interactive Panel session. Members of the Administrative Steering Committee will discuss the work completed in 2013. Specific discussion will center around topics related to acuity, nurse sensitive indicators, informatics, and mentoring.

Speaker: Avni Cirpili, RN, MSN, NEA-BC

2044 Research Council Interactive Panel – Change the World Through PMH Nursing Research! RN, APRN
4:30pm – 6:00pm
APNA is the only psychiatric nursing organization that funds new investigators' pilot research. This interactive panel will feature APNA members who have "changed the world" through APNA-funded research and offer guidance on applying, finding resources, working with mentors and preparing strong applications for the 2014 funding cycle.

Speaker: Linda Beeber, PhD, PMHCNS-BC, FAAN

2045 RN-PMH Council Interactive Panel – The 2013 Scope and Standards of Practice: Update of Practice Standards RN, APRN
4:30pm – 6:00pm
The 2013 edition of the ANA Psychiatric Mental Health Scope and Standards of Practice have just been released. This Interactive Panel will focus on the changes made from the 2007 version to the current version.

Speakers: Amanda DuWick, BSN, RN-BC; Kris A. McLoughlin, DNP, APRN, PMH-CNS, BC, CADC-II, FAAN

CHAPTER MEETINGS
6:00pm – 7:00pm
KEYNOTE PRESENTATION 1.0 Contact Hours
8:00am – 9:00am
Team Intelligence in Action: The Key to Nursing Voice and Patient Safety
Nurses consider themselves to be patient advocates. Their advocacy is in the service of patient safety and the best experience for the patient. Advocacy is not possible if nurses do not develop the kind of team intelligence necessary to produce quality results. This keynote will consider the concept of team intelligence which is the foundation upon which genuine teamwork is built. It will explore how nurses can develop team intelligence within their own profession and advocate for the promotion of team intelligence throughout healthcare.

Keynote Speaker: Suzanne Gordon

EXHIBIT HALL OPEN
9:00am – 11:30am

POSTER PRESENTATIONS OPEN up to 4.0 Contact Hours
9:00am – 11:30am
Poster presentations will be open for viewing in the poster presentation area of the exhibit hall on Thursday from 1:30pm - 4:30pm and on Friday from 9:00am - 11:30am. Attendees will be able to earn up to 4.0 contact hours for time spent reviewing & evaluating the posters.

MINI CONCURRENT SESSIONS .75 Contact Hours
11:15am – 12:00pm
3011 Undergraduate Education - Simulation
11:15am – 12:00pm
The Table-top Simulation as an Engaging and Inexpensive Approach to Teaching Psychiatric Nursing RN, APRN
Table-top simulations are an engaging and inexpensive alternative to standard simulations. Following hospital policy, students log-in a “patient’s” belongings using faculty-prepared suitcases, which have been packed with belongings patients would typically be allowed to have as well as “contraband”, prompting discussion on risk-assessment and patient rights.

Speaker: Joan C. Masters, EdD, MBA, APRN, PMHNP-BC

Using Simulation Activities to Enhance Psychiatric Nursing Skills RN
The use of laboratory simulation for beginning nursing students enrolled in a psychiatric nursing course provides a safe environment for the student to practice therapeutic communication skills, determine nursing interventions, and exercise critical thinking skills. Educators are able to evaluate the students’ skills and provide feedback.

Speaker: Carole Bomba, MSN, RN, CNE

3012 E-Tools & Electronic Health Records
11:15am – 12:00pm
CareIndicator, a Self-Management E-tool for Early Signaling and Intervention in Bipolar Disorder RN, APRN
The CareIndicator is an internet based tool that helps both patient with bipolar disorder and their caregiver to monitor patient specific prodromes and symptoms. During the presentation we will present the development of the tool and the results of a pilot study on satisfaction, user friendliness and effects on self-management.

Speaker: Peter Goossens, PhD, MANP, RN, FEANS

Using a Web-based Patient-Provider Messaging System to Enhance Patient Satisfaction Among Active Duty Sailors and Marines Seen in the Psychiatric Outpatient Clinic: A Pilot Study APRN
The advancement of technology has sparked considerable interest in the adaptation of EHRs (Electronic Health Records) to improve health outcomes. However, the explosion of a secured online communication has only mostly spread across the primary care arena. This presentation will describe the effectiveness of a web-based patient-provider messaging system in enhancing patient satisfaction among active duty Sailors and Marines in a psychiatric outpatient clinic.

Speaker: LCDR Jane Abanes, MSN/Ed, PMHCNS, PMHNP-BC

For target audience, look for RN and APRN next to each session title.
Women & Older Adults
11:15am – 12:00pm

Feminist Theory: Exploration and Application to an 82 Year Old Anxious Female Therapy Patient  APRN
Cultural differences between older women and health care professionals can impact patients’ feelings of wellbeing. The effects of optimism and self acceptance, and normalization of self in achieving generativity in aging females are therapy goals. Feminist theory is reviewed and applied to a therapy case study. The developmental concept of generativity and potential measurement tools are discussed.

Speaker: Beverly Reeves-Dudley, MSN, MA, RN, APRN, PMHNP-BC

Need for Resourcefulness Training for Women Caregivers of Elders with Dementia  RN, APRN
Establishing the need for teaching women dementia caregivers to be resourceful in managing stress and depressive symptoms should precede effectiveness testing. This pilot trial with 138 women dementia caregivers revealed a substantial need for resourcefulness training using subjective and objective data. Thus, effectiveness testing will be the next logical step.

Speaker: Jaclene A. Zauszniewski, PhD, RN-BC, FAAN

Inpatient Safety
11:15am – 12:00pm

Crisis Intervention Training with a Twist: National Staff Training to Develop Self-Care Skills and Integrate Chaos Theory for Safer Work Environments  RN
New factors of chaos, such as violence, nursing informatics, technology, nursing workload, workflow, and staffing issues have created additional levels of complexity and stress which directly effect a nurses health and patient safety. Educational programming on crisis management, chaos and change theories and self-care are needed to address daily workplace realities.

Speaker: Angela C. Schmidt, BS, BSN, RN-C

Demographics, Clinical Characteristics, and Pharmacological Treatment of Aggressive Patients Admitted to an Acute Inpatient Behavioral Health Unit of a Community General Hospital  RN
Demographic, clinical characteristics (diagnosis, symptoms, severity of symptoms and pharmacological treatment) of persons at risk for violence during hospitalization on the acute inpatient behavioral health unit of a community general hospital will be discussed. Environmental and staff communication/interpersonal factors will also be discussed.

Speaker: Cynthia Reade, MS, RN-BC, NE-BC

Multicultural Topics
11:15am – 12:00pm

African American Males Diagnosed with Schizophrenia: Strategies for Treatment  RN, APRN
Based on a phenomenological study of African American men diagnosed with schizophrenia and living in an urban environment, treatment strategies are proposed that can be applied by nurses working in a clinical therapeutic setting.

Speaker: Lorraine B. Anderson, PhD, MPA, RN

Physical Violence, Emotional Support, Depression, and Suicidal Ideation Among Thai Women  RN, APRN
Suicidal ideation (SI) is a known risk factor for suicide and other negative sequelae of depression. Predictors of SI have not been thoroughly examined in women in Thailand. The purpose of this study is to examine predictors (physical violence, emotional support, and depression) of SI among Thai women.

Speaker: Barbara L. Drew, PhD, PMHCNS-BC
Inpatient Psychiatric-Mental Health Nursing Practice
11:15am – 12:00pm

Recovery Oriented Approach to Milieu Management in a Community Hospital  RN
The Tidal Model has been applied in over 100 facilities worldwide, but there has yet to be a documented implementation of this recovery-oriented model in the US. A unit in Western Pennsylvania designated an interdisciplinary committee of employees to develop the first US inpatient program influenced by the Tidal Model.

Speakers: Jason Melegari, BSN; Brittany Chabak, LSW, MPH

Relationship Between Emotional Intelligence and Leadership Behaviors of Mental Health Nurses  RN
This research study used two instruments to collect emotional intelligence (EI) and leadership data from mental health nurses at a North Georgia mental health facility: The Mayer-Salovey-Caruso EI Test (MSCEIT) and the Leader Behavior Description Questionnaire (LBDQ). Results of the correlation of EI and leadership skills will be presented.

Speaker: Traci T. Sims, APRN-BC, MS

LUNCH ON YOUR OWN
12:00pm – 2:00pm

CONCURRENT SESSIONS - Block 1 .75 Contact Hours
2:00pm – 2:45pm

(Military Mental Health Track) Intensive Outpatient Behavioral Health Program in a Military Facility  RN, APRN
This presentation describes a three-week behavioral health intensive outpatient program design implemented at the San Antonio Military Medical Center. The program’s overarching philosophy was to develop and institute a holistic behavioral health fitness program for Service Members in order to decrease symptoms, enhance performance and build resistance.

Speaker: JoEllen Fielden, DNP, PMHNP-BC, ANP-BC

(Child & Adolescent Track) Boy: TDTM Girl: CD9--Decoding the Dangers of Teen Sexting  RN, APRN
Sexting is defined as the exchange of sexually explicit images between two people via cell phone. This modality coupled with teen vulnerabilities create unique psychological, social, and legal consequences of sexting. This presentation discusses what mental health nurses must know to assess for teen sexting and how to successfully intervene.

Speaker: Erin Ellington, DNP, RN, PMHNP-BC

(Integrated Physical & Mental Health Track) Lessons from the Front: Psychiatric Nurse Practitioners Providing Health Care Integration  RN, APRN
Psychiatric APRNs bridge gaps in the health care delivery system and provide leadership to enhance integrated care. This presentation will provide exemplars of PMHNP roles facilitating integrated care and discuss how health problems that “fall between the cracks” of our fragmented system can be addressed using an integrated nursing model.

Speakers: Aaron M. Miller, RN, MS, PMHNP-BC; Sherri A. Borden, ANP-BC, CNS; Matt Tierney, MSN, CNS, ANP-BC, PMHNP-BC; Bethany Phoenix, PhD, RN, CNS

(Inpatient Recovery Practice Track) Recovery Goals: Identifying a Patient’s Passion  RN
Illness Management and Recovery is a step-by-step program that helps people set meaningful goals for themselves, acquire information and skills to develop more sense of mastery over their psychiatric illness, and make progress towards their own personal recovery. Learn how to identify your patient’s passion!

Speaker: Chris Walker, MSN, RN, MHA
(Simulation Education Track) **And the Oscar Goes to… Mental Health Therapeutic Communication Simulation: Enhancing Student Learning** RN, APRN
2:00pm – 2:45pm
Presenters describe the development of a mental health simulation activity for nursing students utilizing previous semester volunteers as standardized patients. Faculty who want to incorporate low cost, effective simulations into their learning curriculum can benefit from lessons learned from this beneficial learning activity, as well as dissemination of educational material.

*Speakers:* Leslie Miles, DNP, PMHNP-BC; Linda Mabey, DNP, APRN-BC; Katie Stansfield, BSN Student; Sarah Leggett, BSN Student

(Practice Track) **Co-morbidity of Homelessness, Mental Illness, Substance Use, Chronic Medical Illness, and Pharmacotherapy Challenges** APRN
2:00pm – 2:45pm
Co-morbid psychiatric, substance, chronic pain and addiction complicate the diagnostic and treatment picture of those who experience homelessness. Discussion of treatment-decision-making within the framework of Peplau and trauma-informed care will be presented.

*Speakers:* Mary Weber, PhD, APRN, PMHNP; Diane Snow PhD, PMHNP-BC, CARN, FAANP

**CONCURRENT SESSIONS - Block 2**
2:55pm – 3:40pm
.75 Contact Hours

(Military Mental Health Track) **Moral Injury in Returning Veterans: Concept and Emerging Treatments** APRN
2:55pm – 3:40pm
Posttraumatic stress disorder and traumatic brain injury are the signature mental illnesses afflicting Veterans of wars in Iraq and Afghanistan. Advances in the treatment of trauma have led to the conceptualization of moral injury as a state distinguished from PTSD. The concept, treatment strategies, and research will be discussed.

*Speaker:* Doris C. Vallone, PhD, PMHCNS, BC

(Child & Adolescent Track) **Turning the Tides of Trauma and Addiction Through Group Therapy** RN
2:55pm – 3:40pm
This project identifies an effective evidenced-based group therapy for treating trauma and substance abuse in adolescents. There are multiple reasons for this occurring, many of which will be addressed with this project. There is a lack of services to meet the needs of this population both for inpatient and outpatient.

*Speakers:* Joan Parker-Dias, RN-BC, MSN, PMHCNS; Tina M. Truncellito, RN, BS, CNIV

(Integrated Physical & Mental Health Track) **Integrating Behavioral Health in a Primary Care Clinic** APRN
2:55pm – 3:40pm
Integrating Behavioral Health in a Primary care clinic is based on a model of the psychiatric nurse practitioner as a prescribing consultant. The consultant is supported by an LCSW, behavioral health assistant and case manager. Consulting consists of educating primary care prescribers and seeing difficult cases. Brief intervention is the focus.

*Speaker:* Kathy E. Brotzge, MSN, PMHNP-BC

(Inpatient Recovery Practice Track) **Promoting Recovery with Trauma Informed Practice** RN, APRN
2:55pm – 3:40pm
This presentation will review the fundamental components of recovery and trauma informed care. This presentation will also review several theoretical frameworks regarding trauma, and discuss the standardized assessment tools available to screen for the experience of trauma, and discuss treatment strategies for dealing with trauma in behavioral healthcare settings.

*Speaker:* Diane H. Esposito, ARNP, MSN, PMHCNS-BC
3035 (Simulation Education Track) Creating and Evaluating “The Mental Health Ward”: An International Collaborative Evidence Based Simulation  
RN  
2:55pm – 3:40pm  
The development and evaluation of the “Mental Health Ward”, a simulated psychiatric unit that includes the use of standardized patients and realistic scenarios will be presented. In addition to the planning and development of this innovative course, outcomes of student learning will be presented.  

*Speakers:* Jeanette Rossetti, EdD, MS, RN; Trish J. Bendel, MS, RN; Kathleen Musker, PhD, RN

3036 (Practice Track) The Effects of Aromatherapy on Falls in a Geropsychiatric Population  
RN, APRN  
2:55pm – 3:40pm  
Aromatherapy has been proven to relieve agitation in geriatric patients. Aromatherapy is useful in reducing the need for sedating medication and ultimately falls on geriatric in-patient units.  

*Speakers:* Suzanne Lee, BSN, RN; Erin Ritter, MSN, RN, CNL

**CONCURRENT SESSIONS - Block 3**  
4:00pm – 4:45pm  
.75 Contact Hours

3041 (Military Mental Health Track) Roadmap to Recovery along the VA Way: A Guide to Applying the Recovery Model to Nursing Practice Across the Continuum of Care  
RN, APRN  
4:00pm – 4:45pm  
Research confirms that the recovery model of care improves the quality of life for individuals experiencing severe mental illness. This presentation will describe the evidence-based programs and processes implemented by an award winning VA psychosocial rehabilitation and recovery program, the Cleveland PRRC. Implications for nursing practice will be addressed.  

*Speaker:* Joan Strenio, MSN, PMHCNS-BC

3042 (Child & Adolescent Track) Promoting the Therapeutic Alliance by Defining Effective Engagement Between Adolescents and Their Mental Health Clinicians  
RN, APRN  
4:00pm – 4:45pm  
An evidence-based definition of adolescent engagement in mental health services to promote the nurse-patient therapeutic alliance will be explored. Morse’s Pragmatic Utility Method of concept analysis and cognitive behavioral change theory will be used to reconceptualize adolescent engagement to include behavioral, affective, and cognitive components.  

*Speaker:* Jennifer S. Schneider, RN, MA

3043 (Integrated Physical & Mental Health Track) Development of a Behavioral Health Medical Home: Nurses Filling the Gap  
RN, APRN  
4:00pm – 4:45pm  
Addressing medical needs of persons with psychiatric illness is challenging and complicated but is essential to recovery and well-being. This presentation will describe a pilot study addressing the feasibility of a behavioral health-centered medical home and the role nursing will play in this model of care.  

*Speakers:* Paula Bolton, MS, APRN-BC; Margaret Knight, PhD, PMHCNS-BC

3044 (Inpatient Recovery Practice Track) Advancing Mental Health Recovery: Lessons Learned from the Transformation of an Inpatient Unit  
RN, APRN  
4:00pm – 4:45pm  
Participants will learn about the development of an inpatient recovery based treatment program on a unit where practices were inconsistent with recovery-oriented principles. The presentation will include lessons learned during the process and the vital role of the nurse manager and nurse practitioner in leading this transformation.  

*Speakers:* MaryBeth Cassidy, MSN, APRN-BC; Sandra Jensen, BSN, RN
3045  (Simulation Education Track) **Hearing Voices: Evaluation of a Six Second Simulation** APRN
4:00pm – 4:45pm
Psychiatric nursing requires empathy, respect and strategies of therapeutic communication for the patient diagnosed with mental illness. This study, using sixty randomized self-reflections, evaluates a low fidelity, six-second in class simulation for educational impact that corrects misperceptions, increases empathy for patients and creates new cognitions related to therapeutic communication.

*Speakers:* Brenda Marshall, EdD, PMHNP-BC; Julie Bliss, EdD, RN

3046  (Practice Track) **What You Really Need to Know About Menopause, Prescribing & Depression for Advanced**
Practice APRN
4:00pm – 4:45pm
Prescribing antidepressants for women experiencing the menopausal transition can be challenging. Estrogen has been found to decrease oxidation of some antidepressants. Concurrent use of medications and regimens is known to induce the cytochrome P450 enzymes. Additionally some classes of antidepressants may work more effectively (synergistically) in the presence of HRT.

*Speaker:* Margit B. Gerardi, PhD, RN, WHNP

**INTERACTIVE PANELS**
5:00pm – 6:30pm

3051  **Institute for Mental Health Advocacy: What’s New on the Advocacy Scene for 2013** RN, APRN
5:00pm – 6:30pm
APNA is the voice of psychiatric nurses in the United States. APNA’s Institute for Mental Health Advocacy (IMHA) brings together experts in health policy and advocacy to weigh in on topics important to psychiatric nurses and mental health consumers. In this offering we provide an interactive discussion of recent issues of the IMHA and interests of participants. A recorder will transcribe the content of the session to help plan the activities of the IMHA for next year.

*Speakers:* Margaret Halter, PhD, APRN; Christine Tebaldi, MSN, PMHNP-BC

3052  **Child and Adolescent Council Interactive Panel** RN, APRN
5:00pm – 6:30pm
This interactive panel will address advances in mental health recovery for child and adolescent practice. A summary of relevant APNA discussion board topics and content summary will be presented. APNA Child & Adolescent Resource page will be discussed.

*Speakers:* Sue Odegarden, MA, MS, BSN; Vanessa Genung, PhD, RN, PMHNP-BC, LCSW-ACP; LMFT; LCDC

3053  **Tobacco Dependence Interactive Panel** RN, APRN
5:00pm – 6:30pm
This interactive panel will describe the key components of APNA’s strategic plan for addressing tobacco dependence.

*Speakers:* Daryl Sharp, PhD, PMHCNS-BC, NPP; Susan Blaakman, PhD, PMHNP-BC

3054  **Forensic Psychiatric Nurses Council Interactive Panel** RN, APRN
5:00pm – 6:30pm
This interactive panel will describe strategies to build therapeutic relationships with victims identified to have a prior history of abuse, or who are at risk.

*Speaker:* Carrie M. Carretta, PhD, APN, AHN-BC, FPMHNP

**FRIDAY NIGHT FIESTA**
6:30pm – 9:00pm
Join your colleagues and their guests for a night of food, music, and fun in the Henry B. Gonzalez Convention Center. After several days jam packed with continuing education, this is your time to relax and maybe even go a little hog wild.

*See y’all there!*

Included in all full conference registrations
Guest tickets: $75
AMERICAN PSYCHIATRIC NURSING FOUNDATION PRESENTATION
8:15am – 9:15am

CONCURRENT SESSIONS - Block 1
9:30am - 10:15am

.75 Contact Hours

4011 (Research - Special Populations Track) Understanding Men's Healing from Childhood Maltreatment: Knowledge for Person Centered, Recovery-Oriented Mental Health Care RN, APRN
9:30am – 10:15am

This NINR funded qualitative study examined men's healing from childhood maltreatment (CM), in the form of physical, emotional, and sexual abuse and neglect. Findings include a model of men's healing from CM including a definition, indicators of healing, and facilitating and hindering factors. Practice and research implications will be discussed.

Speaker: Danny G. Willis, DNS, PMHCNS-BC

4012 (Child & Adolescent Track) COPE for Children: An Evidence-Based and Feasible CBT Program for Anxious Children RN, APRN
9:30am – 10:15am

A brief, manualized cognitive-behavioral therapy program entitled COPE for Children was implemented in a busy psychiatric practice with anxious children. Anxiety, depression, and self concept were measured pre- and post-intervention offering positive results. This program provides psychiatric nurses with an evidence-based treatment that is effective, convenient, and affordable for families.

Speaker: Monique Sawyer, DNP, RN, PMHNP-BC

4013 (Administrative Practice Track) Psychiatric Nursing in the Emergency Department Setting: Opportunities for Improving Quality of Care and Throughput Efficiencies in a Changing Healthcare Environment RN, APRN
9:30am – 10:15am

Learn how a metropolitan hospital (Sutter Medical Center, Sacramento) responded to the challenges of mental health budget cuts and implemented a sustainable program that effectively and efficiently addresses behavioral health management in the ED setting by utilizing psychiatric nurses and nurse practitioners in its 'Psychiatric Response Team'

Speaker: Timothy W. Jones, MSN, PMHNP-BC

4014 (Graduate Education Track) Utilization of Standardized Patients as a Teaching Methodology for Psychiatric Mental Health Nursing Education APRN
9:30am – 10:15am

This presentation will provide an overview on utilization of standardized patients (SPs) as a teaching methodology in the psychiatric nursing specialty. Best practice standards to guide SP scenario design/development will be reviewed. Practical information on developing SP scenarios and rubrics to evaluate student performance will be addressed.

Speakers: Kirstyn M. Kameg, DNP, PMHNP-BC; Janene L. Szpak, DNP, PMHNP-BC

4015 (Inpatient Communication Track) Improving Shift Report: Developing a Best Practice for Inpatient Psychiatric Nurses RN
9:30am – 10:15am

The research regarding handoff communication has been conducted primarily on medical units and is difficult to replicate in psychiatric settings. This presentation describes the process of redesigning a medical handoff protocol for application on a psychiatric unit. The process of redesign, final protocol, implementation and evaluation a will be discussed.

Speaker: Joanne Matthew, MSN, PCNS
CONCURRENT SESSIONS - Block 2
10:25am - 11:10am

4016 (Partnership Models Track) The Caregiver Sustainability Model: Understanding the Lived Experiences of Caring for a Family Member with Schizophrenia  
9:30am – 10:15am

The Caregiver Sustainability Model provides a strong platform for assessing the level of caregiver functionality on a continuum of factors. The use of the model should enable clinicians to implement individualized caregiver specific interventions and is generalizable to any disease process.

**Speaker:** Anlee Birch-Evans, PhD, PMHCNS-BC

4021 (Research - Special Populations Track) Pilot Study: Use of Mindfulness, Self-compassion, and Yoga Practices with Uninsured and Low-income Patients with Anxiety and/or Depression  
10:25am – 11:10am

This study explored the use of various mindfulness-based practices, self-compassion, and yoga with uninsured and low-income patients with depression and/or anxiety. Participants attended an eight-week training program. Pre- and post-assessments were used to measure symptoms of anxiety and depression; and psychological well-being and self-compassion. Presentation will include findings, conclusions and implications.

**Speaker:** Nasrin Falsafi, RN, PhD, PMHCNS-BC, AHN-BC

4022 (Child & Adolescent Track) The Evolution of a Pediatric Behavioral Assistance Resource Team (BART)  
10:25am – 11:10am

The purpose of this presentation is to describe the development, implementation and improvements of a psychiatric rapid response team in a pediatric hospital.

**Speakers:** Andrea LeClaire, MSHA, BSN, RN, NEA-BC; Aaron Van Dam, BSN, RN; Mindy Stephens, BA, RN, RN-BC

4023 (Administrative Practice Track) Moving Out of the Shadows: Transforming the Image of Psychiatric Nursing in an Academic Medical Center  
10:25am – 11:10am

Psychiatric nurses can work as change agents to transform the image of psychiatric nursing and become leaders beyond the specialty. Participants will hear from nursing staff and leaders actions that empowered nurses at all levels and the successful outcomes that resulted.

**Speakers:** Avni Cirpili, RN, MSN, NEA-BC; Jennifer K. Barut, MSN, RN-BC; Brooke Weaver, RN, BSN

4024 (Graduate Education Track) Successful Preparation of PMHNP Graduates in Full Scope of Practice: Using Evidence Based Practice, CBT, Simulation Lab & Distance Linked Curriculum to Empower Basic Proficiency in Short Term Therapies for PMHNP-DNP Students  
10:25am – 11:10am

Learn how to use evidence based methods by teaching CBT to PMHNP students efficiently by blending CBT, simulation and distance linked education. See how students are able to master basic proficiency before graduation and are empowered with skill, basic proficiency in psychotherapy upon degree conferral.

**Speakers:** Kathleen T. McCoy, DNSc, PMHNP-BC, PMHNP-BC, FNP-BC, FAANP; Pamela Lusk, DNP, PMHNP-BC

* indicates sessions eligible for psychopharmacology contact hours.
4025  (Inpatient Communication Track) Promoting High Quality Person Centered Care Through Transfer of Accountability at the Bedside in Inpatient Mental Health Settings  RN, APRN
10:25am – 11:10am
Increasing client acuity and decreasing lengths of stay in inpatient psychiatric settings have heightened the need for effective and efficient transfer of essential information by psychiatric-mental health nurses. This presentation will discuss the implementation of best practices in transfer of accountability to promote patient safety and high quality person-centered care.

Speakers: Nicole Kirwan, RN, BSCN, MN, CPMHN(C); Sheryll Pahati, RN, BSCN; Naomi Cavali, RN, BSCN; Stephanie Lawrence-Mulhern, RN, BSCN

4026  (Partnership Models Track) Effective Patient Education: 'How Should I Say This?'  RN, APRN
10:25am – 11:10am
Providing patient education is an important part of nursing care. Unfortunately, we don’t always do it well. The way we communicate health information impacts patient outcomes. In this session issues of health literacy and a 'less is more' approach to patient education will be explored.

Speaker: Kathleen Lenaghan, MSN, RN-BC

CONCURRENT SESSIONS - Block 3  
11:20am - 12:05pm  
0.75 Contact Hours

4031  (Research-Special Populations Track) Attitudes, Efficacy and Potential Barriers Associated with Expanding the Role of the Adult/Adolescent Sexual Assault Nurse Examiner to Care for Younger Patients  RN, APRN
11:20am – 12:05pm
Findings from a quantitative study, 'Attitudes, Efficacy and Potential Barriers Associated with Expanding the Role of Adult/Adolescent Sexual Assault Nurse Examiners (SANEs) to Care for Younger Patients' will be presented. The findings have implications for SANEs, PMH clinicians, and others considering expanding care across the lifespan, particularly to children.

Speaker: Carol A. Marchetti, PhD, RN, PMHCNS/NP-BC, SANE

4032  (Child & Adolescent Track) An Introduction to the Neurobiology of Autism Spectrum Disorder  RN, APRN
11:20am – 12:05pm
The presentation introduces research on the etiology of autism spectrum disorder (ASD) during early brain development. Also discussed is early intervention research that indicates ASD brain functioning can be improved. The presentation closes with developmental red flags nurses can use to detect ASD and assist families with accessing early intervention.

Speaker: Jason F. Earle, PhD, PMHNP-BC

4033  (Administrative Practice Track) Managing Patient Acuity in an Inpatient Psychogeriatric Setting While Controlling the Use/Cost of Observers: Development of the Milieu Manager Role  RN, APRN
11:20am – 12:05pm
A nursing-led quality improvement pilot was designed for a psychogeriatric service. The project’s purpose was to decrease observer costs, improve bed access, patient satisfaction and nurse engagement while creating a therapeutic environment. The milieu manager offered daily education/activity groups including most patients on observation. Improvement was measured for all outcomes.

Speakers: Erin Johnson, RN; Joyce Parks, RN-BC, PMHCNS-BC
4034 (Graduate Education Track) Is the 4th “P” Lost? Innovative Educational Pedagogies to Maintain the Role and Scope of PMHNPs RN, APRN
11:20am – 12:05pm
Learn about educational strategies from low-tech, low-cost to more resource intensive approaches that engage students in refining their diagnostic interviewing, therapeutic communication and psychotherapy skills from a trio of nurse educators. Role-plays, simulations, interactive case studies, variations of supervision, and formative and summative appraisal of student competencies are presented.
Speakers: Susie Adams, PhD, PMHNP-BC, PMHCNS-BC, FAANP; Sattaria S. Dilks, DNP, APRN, PMHNP-BC, FNP-BC; Dawn M. Vanderhoef, PhD, DNP, PMHNP/CNS-BC

4035 (Inpatient Communication Track) Managing the Milieu to Support Persons with Acute Psychiatric Illness: Safe and Respectful Person-Centered Care RN, APRN
11:20am – 12:05pm
The Milieu Manager role, an expert psychiatric nurse in adult inpatient psychiatry, has decreased constant observations of patients who are acutely ill, violent, and disorganized. Expenses for assistive staff decreased, safety improved, occupancy and access for ED admissions, as well as patient and staff satisfaction increased. Methods of implementation and applicability will be discussed.
Speakers: Karin F. Taylor, PMH CNS BC; Patricia D. Sullivan, RN, MS

4036 (Partnership Models Track) Partnerships to Integrate Care: Community Mental Health Center, School of Nursing and Primary Care Practice Partner to Provide Wellness Services to the Severe Mentally Ill Population RN, APRN
11:20am – 12:05pm
An integrated care model in a community mental health center focusing on the severe mentally ill will be discussed. Partnerships established between a School of Nursing, Primary Care Practice and the community mental center allowed the integration of care. Successful strategies, evaluation methodologies and lessons learned will be discussed.
Speakers: Miriam S. Zwitter, PhD, RN; Jeanne Hopple, PhD, RN, ARNP-BC, ACNP-BC, FNP-C

ANNUAL MEETING & TOWN HALL
12:15pm – 1:30pm