

APNA CALIFORNIA NETLETTER

President's Message

Hello Psychiatric Nurses of California!



My name is Rosalind De Lisser and I am proud to be your APNA California Chapter President this year. I want to take a minute to say how much it means to me to be involved in APNA, whose core values are empowerment, inclusivity, integrity, collegiality,

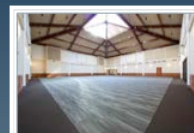
innovation, transparency, and stewardship.

I would like to focus my letter to you on empowerment, specifically SELF guided empowerment. As psychiatric nurses we find the time to care for the most challenged members of our communities, however, we often forget to care for ourselves. We talk about getting to the gym and doing that yoga class yet it never seems to fail that consistent self-care is a challenge.

I would like to suggest a different kind of self-care.

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2016 Conference in San Diego!

Greetings from sunny San Diego! My name is Suzane Wilbur, and I am the Conference Chair this year.

I hope that you are planning to come to our APNA-CA Chapter Statewide Conference on Saturday, April 30, 2016. You can earn 8.5 hours of ANCC continuing education credit through interactive learning experiences and you will have the opportunity to network with PMH nurses from all over California. Check out the

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President's Message (Continued)

Affirmations! Yes, that is right, affirmations. I would like to invite you to consider daily unconditional affirmations. The literature supports affirmations as a tool to empower individuals in self-confidence and self-worth, not to mention emerging data on positive changes in brain architecture!

So, let's give it a try.

"I am a great nurse. I am an amazing care giver. I am loving. I am kind." Help me here.... Keep the list going and see how empowering it can be to have unconditional positive regard for yourself! You matter, you make a difference, and you are important. My wish for you today

would be to consider the power of your own affirmations and how they can lead to great things.

Rosalind De Lisser, MS, FNP-BC, PMHNP-BC
President California Chapter APNA

"As psychiatric nurses we find the time to care for the most challenged members of our communities, however, we often forget to care for ourselves."

2016 APNA ANNUAL CONFERENCE SNEAK PEAK



Conference Theme: "Psychiatric-Mental Health Nursing: Inspiring Leadership Every Day"

October 19-22, 2016
Connecticut Convention Center
Hartford, Connecticut

More information at

<http://www.apna.org/i4a/pages/index.cfm?pageid=3304>

Interested in advancing your career, increasing your knowledge, or networking?



Help plan meetings in your area to educate nurses in your community on best evidence-based practices, legislative issues, and more!

Consider the following opportunities:

Area Representative

Organize and connect with other PMH nurses; we will support your meetings up to \$150. Please contact Deborah Johnson at therapynp@gmail.com if you are interested!

State Conference Volunteer

For State Conference volunteer opportunities, please contact Suzane Wilbur at swilbur55@aol.com.

Annual State Conference (Continued)

“Since September of 2012, Liberty Station has served as an active hub and center for events, activities...”

Conference Brochure at www.apna.org/California for continuing education and registration information.

Come, and bring a friend! I think that you will enjoy the setting of this year’s conference, the Liberty Station Conference Center. It is located within the historical Liberty Station section of San Diego, and it is an active hub and center for events, activities, seminars, education, training, and many other uses. One of the best things about the Conference Center is the short walk to the hotel, Courtyard by Marriott, also located in Liberty Station. For more on the history of Liberty Station, check out <http://lsconferencecenter.com/about-history>.

By way of history, I have paraphrased from the Liberty Station website: “Long before Liberty Station opened..., it existed as the Naval Training Center San Diego (NTC San Diego), from 1923 to 1997. The site is listed on the National Register of Historic Places, and many of the individual structures within Liberty Station are designated as historic by the city of San Diego. Since September of 2012, Liberty Station has served as an active hub and center for events, activities, seminars, education, training, and many other uses.”

There are lots of other places to visit in San Diego, so bring the family and make a weekend of it.

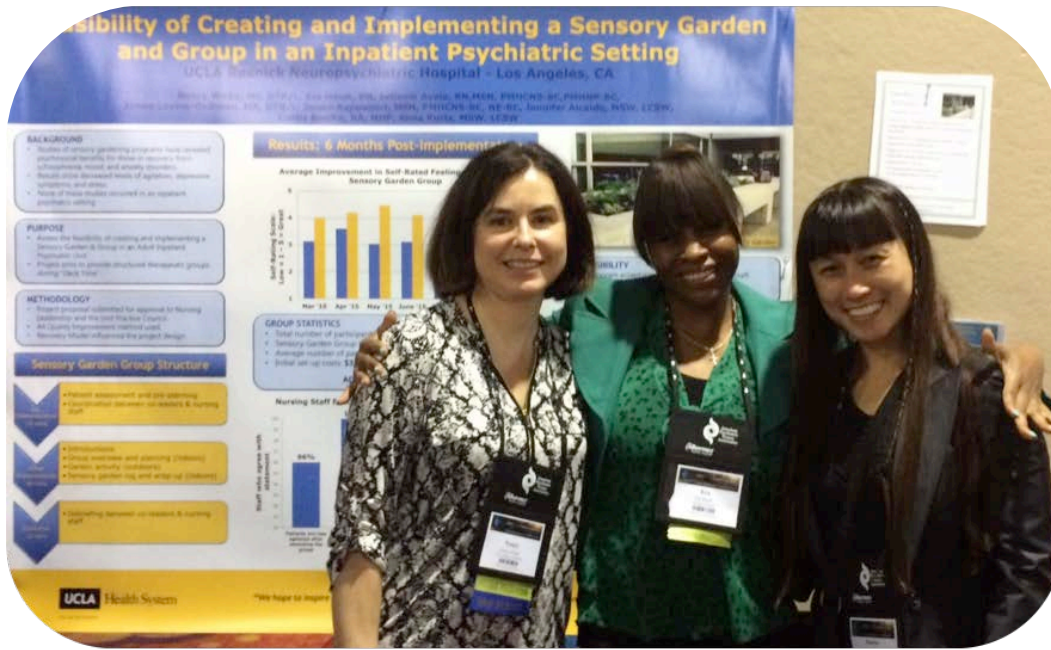


**Suzane Wilbur,
MS, PMHCNS-BC
Conference Chair**



“We have beautiful beaches, the awesome famous San Diego Zoo, and Safari Park! And if you have lots of extra time you can even drive up to Disneyland in an hour and a half... Want to surf in the morning and ski in the afternoon? Come visit us in San Diego!”

**–Marlene Nadler-Moodie
Immediate Past President**



UCLA Multidisciplinary Team Creates Inpatient Sensory Garden and Presents at APNA

In October 2015, a group of clinicians from the Adult Inpatient Psychiatric Unit at the Resnick Neuropsychiatric Hospital had the amazing opportunity to travel to the Annual APNA conference in Florida to present a poster on the “Feasibility of Creating and Implementing a Sensory Garden and Group in an Inpatient Psychiatric Setting”.

The trip to Florida was the result of over a year of hard work in which the multidisciplinary team created the Sensory Garden and began running regular groups with the patients. With the approval and support of leadership, the multidisciplinary team established a quality improvement project which included: identifying a budget, purchasing plants at a local nursery, planting herbs and flowers in collaboration with the patients, setting up centrally located supplies, training staff, addressing safety and policy issues, and creating a group curriculum, to name but a few of the many tasks involved.

An initial literature review had revealed psychosocial benefits for those in recovery from schizophrenia, mood, and anxiety disorders. As none of these studies occurred in an inpatient psychiatric setting, the team was also excited that this quality improvement

in how they were feeling, while a few were feeling the same. Initial setup costs were low and a survey of nursing staff showed that 100% of those surveyed (n=28) agreed that the Sensory Garden group added value to the existing group program. There were no adverse outcomes!

“It is truly amazing to be part of such a creative group of clinicians, have the opportunity to represent UCLA and our work at the national conference, and above all to be able to support our patients in their recovery!”

– Nancy Wicks, OTR/L

project had so much potential and opportunity for future research!

The results six months post-implementation were extremely positive. There had been 159 participants and 21 group sessions with an average of 8 patients per group. Using a Self-Rated Feelings scale pre/post the Sensory Garden group, the majority of the patients were reporting an improvement

The response to the poster was also very positive. It was a great opportunity to network and connect with other clinicians interested in the project. Many clinicians wanted to learn more about how to set up a similar program; some were already doing gardening programs at their facilities and shared their stories.

The multidisciplinary team has already begun building on this success and the connections that were made at the conference. The plan is to expand the program here at UCLA, collaborate with other agencies, and move forward with the goal of doing research.

Nancy Wicks, OTR/L
Contributing Writer

California Area Meetings

Los Angeles

It was the first Los Angeles area meeting for several of our APNA members and our first meeting of the year. We held a dinner meeting sponsored by Janssen, which took place at Carousel Restaurant in Glendale on January 19, 2016. Our speaker John, from Janssen, spoke on barriers that mental health patients and their care providers encounter in trying to maintain continuity of care. It was a robust discussion on barriers versus supports. Some community support options such as homeless shelters and wrap around services were identified but it was clear that need far exceeds the available resources.

We were introduced to the Janssen Connect program, which helps



Los Angeles meeting held in Carousel Restaurant in Glendale

address a multitude of challenges patients face in maintaining care. Following the dinner presentation our members set goals for 2016 and made some initial decisions about location and timing of meetings (most will be on the 4th Tuesday of the

month at 6pm with occasional meetings on Saturday mornings). Location will usually be near the Glendale area (central LA) but Saturday's locations will vary to promote attendance for those near the coastal areas.

We also discussed membership benefits and identified topics for upcoming education, such as the recovery model and co-occurring substance use disorders. Several members are interested in presenting and agreed to send requests to present to Cathy O'Reilly;

requests should include topic and level of presentation experience. All are excited to learn more about the state conference coming up in April. The next meeting is slated for Tuesday, March 29.

Catherine O'Reilly, MSN, RN, PMHNP-BC
Los Angeles Area Representative



APNA Executive Director Nick Croce presenting at the San Diego area meeting

San Diego

The APNA California Chapter was pleased to host a San Diego Area meeting on Tuesday, November 17, 2015. Area Representative Kris Lambert and Immediate Past President Marlene Nadler-Moodie introduced APNA's Executive Director Nick Croce who shared his expertise on association and organization memberships related to one's professional careers and student opportunities.

Approximately thirty local members were present representing staff nurses, APRNs, and graduate students. The Point Loma venue, which will hold our Chapter's annual spring conference, was a perfect site for both the presentation and networking.

Marlene Nadler-Moodie, MSN, APRN, PMHCNS-BC
Immediate Past President

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California Area Meetings (Continued)

Orange County

We continue to see an increase in drug usage in southern California. Literature notes that an optimal mix of early education and prevention interventions are required to address substance use issues in our communities. Substance abuse can be one of the most difficult social problems to prevent or reduce. Local area cities are seeing an increase in meth, heroin, and ecstasy usage. Individuals who abuse these drugs often present at local emergency departments and/or clinics in a psychiatric crisis displaying behaviors that may put everyone at risk for harm.

Collaborating with local community partners is one intervention that can make a difference. California Chapter President-Elect Jeannine Loucks reached out to her local police department and met with Chief Robert Gustafson who graciously volunteered two of his detectives (Det. Kevin Plog and Det. Hank Echandi) from his narcotics division to provide education on emerging drug trends in our community.

Det. Plog and Det. Echandi presented the latest statistics on January 26, 2016 at St. Joseph Hospital. Det. Plog and Det. Echandi educated nurses on emerging drug trends, prevention approaches, and skills needed to help patients make good choices and change harmful behaviors. Attendance at this event was great with excellent questions and feedback from participants.

Jeannine Loucks, MSN, RN-BC
Orange County Area Representative



*Detectors Kevin Plog and Hank Echandi
 presenting at the Orange County area
 meeting*

NOW ACCEPTING NOMINATIONS!



The Ann Wilkinson Award

The **Ann M. Wilkinson Nurse Psychotherapist Award** will be granted to active and/or new Advanced Practice Nurses: Clinical Nurse Specialists in Psychiatric-Mental Health Nursing or Psychiatric Nurse Practitioners who are working in private practice directly with clients, utilizing psychotherapy as their primary treatment modality.

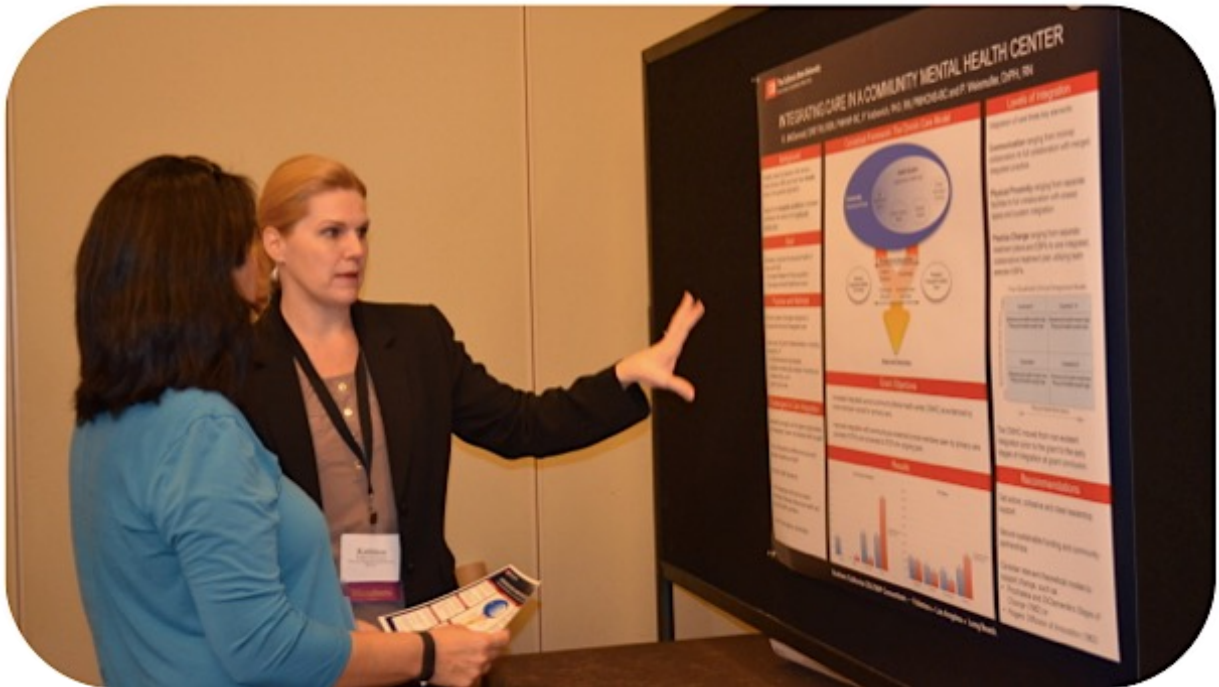
The nurse's clients may be individuals, groups and/or families; adults, children or adolescents. Medication management and additional therapies may also be a part of the practice but must be in addition to psychotherapy.

One award of **\$500** will be granted each year based on a review of their application. Award recipients must be current members of the APNA California Chapter. The applications will be blind-reviewed by a 3-person panel. The Awardee will agree to write a brief article for the Chapter NetLetter within six months of receiving the award describing how he/she has utilized the award.

Award Recipients may utilize the funds for such things as, but not limited to: Seed money to set up a private office; Supervision sessions; Continuing education that is psychotherapy focused.

Apply at <http://apna.org/california>.

**2016 APPLICATION DEADLINE:
 Friday, April 15, 2016**



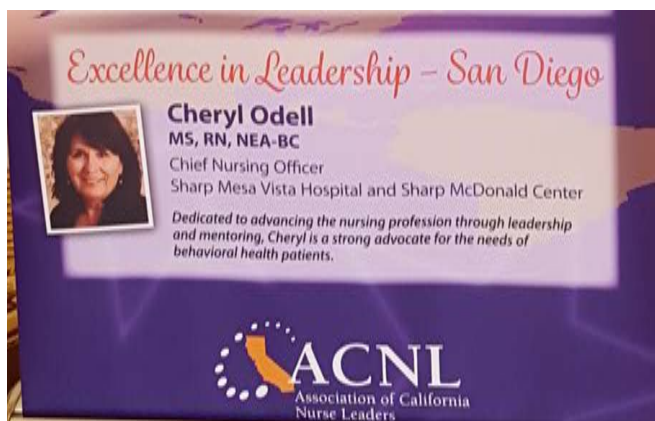
APNA California Chapter Members Make an Impact at the Annual ACNL Conference

This year's Association of California Nurse Leaders (ACNL) 38th Annual Conference was held January 31st to February 3rd in Rancho Mirage, CA. The theme was ***The Power of Us! A Force for Change*** and aptly captured the spirit and enthusiasm of the over 500 conference attendees. In addition to exploring innovations in nursing practice and leadership, the conference also highlighted the innovations from Florence Nightingale that can be applied in today's health care setting and analyzed current issues and challenges impacting California's nurse leaders, in particular the characteristics of the Millennial generations and strategies to recruit, retain, and motivate this growing section of the workforce.

As always, this conference attracts California's nursing leadership including Chief Nursing Officers, Executive Leadership Teams, Directors, and Managers. APNA's California Chapter Member-at-Large Kathleen McDermott, DNP, RN, MSN, PMHNP-BC attended the conference and presented her poster titled ***Integrating Care in a Community Mental Health Center***. McDermott noted, "As a second time conference attendee and member of ACNL, I highly recommend this conference as a fabulous resource for aspiring and current nurse leaders. The collegiality and support of this nursing leadership network is very impressive."

This year's outgoing President Susan Herman, DNP, RN, NEA-BC, CENP provided an overview of the past year's opportunities and accomplishments in her final words under her theme of Leading with Courage. During the awards luncheon, seven scholarships were awarded and several prestigious leadership awards were presented including the Excellence in Leadership Award for San Diego to Cheryl Odell, MS, RN, NEA-BC. As part of the ACNL's commitment to growing and supporting aspiring nurse leaders, the ACNL is currently developing an Executive Leadership Training program that is expected to begin in February 2017.

**Kathleen McDermott, DNP, RN, MSN, PMHNP-BC
Member-At-Large**





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