

California Chapter NetLetter

President's Message



Recovery is, "awareness of where I came from, where I am, and the ability to choose where I am going".

Recovery is, "supporting our patients to realize their goals".

Recovery is, "helping our clients become the best version of themselves that they can be".

These are definitions of recovery. Participants of the 2016 APNA California Chapter Conference provided these definitions. It was a heartfelt day of connection and exploration of how we as nurses chose to communicate & engage in care that is individualized, collaborative and supportive. I want to take this opportunity to highlight the importance of **Recovery**.

"A coffee pot on the unit!" "Patient's carry their own cell phones on the unit?!" "Real silverware?!"

These were issues we explored and challenged one another to consider as we looked at the environments our patients are expected to recover in. It was clear that many of us have had tremendous impact on organizational change and creating environments of comfort and recovery, while others experience settings, which are restrictive and uncomfortable. The tension created by this difference allowed for questions, considerations, and connections between participants to learn from and lead to creating change.

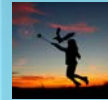
APNA is built upon the foundations of education and practice, and here in California we have the opportunity to engage with and support one another in all that we do. It is in this spirit that the California Chapter Board would like to **ACTIVATE PARTICIPATION!** So, if you could wave your magic wand... What would your California APNA chapter look like in 3-5 years? I ask you to engage with us and consider what is possible!

Enjoy your summer,
Rosalind De Lisser

In This Issue



RECOVERY:
April 2016
California
Chapter
Conference



If you could
wave your
Magic Wand....



Happy Nurses
Week in June!



Mark your
calendars!

"...we have the opportunity to engage with and support one another in all that we do."

Bringing Recovery to Practice



"I believe in you"



Be in the moment

Recovery was the theme of our 2016 Annual California Chapter Conference held in San Diego. Participants were educated on how we may enhance our nursing practice to best promote a strengths-based recovery oriented culture in our working environment.

We learned of the history and value of nursing in the journey from insanitariums to the therapeutic relationships. We explored Trauma Informed Care. We learned from Eric Arauz, an advocate and consumer of mental health services, how a cool cloth on the forehead can mean the difference between feeling invisible and human. Some of us may have been surprised to learn how much room for improvement we have in our own language of recovery.

The curriculum used was the APNA Recovery to Practice Program. Attendees earned up to 8.5 CEUs.

The Recovery to Practice program invites nurses to assess current and develop new knowledge, skills and attitudes. The program is in alignment with SAMHSA and The Joint Commission focus of patient centered care and the language of recovery.

The 6 modules are the end product of a 5 year collaborative of nurses, social workers, psychiatrists, consumers and more. Additional information and viewing of Modules 1 and 2 are available on apna.org. The program is meant to be interactive. After viewing a video or listening to a pre-recorded speaker, attendees were encouraged to reflect on how we are bringing recovery into our practice, and learn from each other how some obstacles are already being overcome.

**Do You Believe in MAGIC?...
Please answer the question below!**



“If you could wave your Magic Wand, what would your California APNA Chapter look like in 3-5 years?” [Click this survey link](#)

*I've learned that
people will forget what you said,
people will forget what you did,
but they will never forget how you made them feel.*
- Maya Angelou

Though Nurses' Week has passed, APNA recognizes all nurses who connect with people rather than just treat diagnoses. You know who you are!

APNA National Conference

Mark your calendars, submit those PTO requests, and pack your winter coat. October 19 kicks off the start of our 30th National APNA Conference. Registration IS NOW OPEN for our 30th annual conference. Early Bird registration closes September 7. [Click here](#) for more information or visit apna.org

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