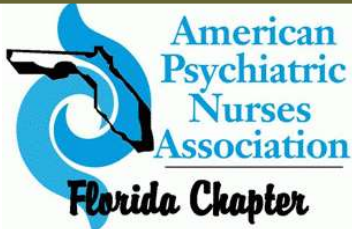


November 2016

# APNA Florida Chapter



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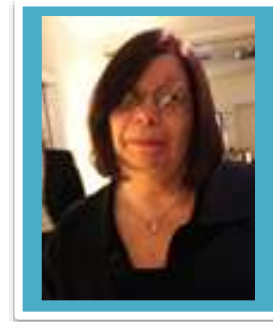
*Cindy Parsons*

*Mary Stone*

*Beth King*

*Laurie Zeitlin*

## President's Message



Welcome into the end of fall 2016 and heading into the Holiday season. The importance of positive mental health has been so apparent over the past month. The country took a collective sigh and had to learn how to breathe after the culmination of the election season. We also assisted our patients, family members, and members in the community with their anxiety and situational depression.

As Psychiatric Mental Health Nurses in all areas of healthcare, we take a frontline role in helping others towards an equilibrium and sense of security in their own mental health and overall wellbeing. With the Holiday Season upon us, statistically we understand the increase in anxiety, depression, and suicide attempts in the general population. There is the simple mnemonic to remember: IS PATH WARM.

**I Ideation:** Verbalization of negative thoughts

**S Substance Abuse:** Increased substance use (alcohol or illicit/prescription drug)

**P Purposelessness:** No reason for living; no sense of purpose in life

**A Anxiety:** Anxiety, agitation, unable to sleep or sleeping all of the time

**T Trapped:** Feeling trapped – where there is no way out

**H Hopelessness:** Verbalizing Hopelessness

**W Withdrawal:** Withdrawal from friends, family, and society

**A Anger:** Rage, uncontrolled anger, seeking revenge

**R Recklessness:** Acting reckless or engaging in risky activities, seemingly without thinking

**M Mood Changes:** Dramatic mood changes

Know the National Suicide Prevention Lifeline: 1-800-273-8255. This number is answered by professionals 24 hours, 7 days a week including Holidays. You can save a life of someone you don't know.

Two other things: APNA's 30<sup>th</sup> National Convention was held in Hartford, CT from October 18-22. It was attended by over 1600 Psychiatric nurses from all over the country and internationally. The Florida Chapter had a good turnout of members taking advantage of the educational sessions and networking.

Other noteworthy National News: The first-ever Surgeon General's Report on Alcohol, Drugs, and Health was recently released. The report reviews what we know about substance misuse and how you can use that knowledge to address substance misuse and related consequences. The website can be accessed at <https://addiction.surgeongeneral.gov/>

**If you or someone you know is struggling with a substance use disorder, call 1-800-662-HELP or visit <http://www.samhsa.gov/find-help>**

Each and every one of our members of the APNA Florida Chapter are an integral part and take a leadership role in the education, advocacy, prevention and treatment of the Citizens of Florida who are in need of Mental Health and Substance Use Assistance.

**Mark your Calendars for the APNA Florida State Conference coming up on the weekend of March 24 & 25 in Tampa, Florida.**

In closing, my personal wish for all of you as we head into the holiday season.

**May you and your family find the blessings of joy, happiness, and health in the coming year.**

Stay well and be safe,

*Susan*

Susan Archacki-Resnik, MSN ARNP PMHNP BC

APNA Florida Chapter President

**WE NEED *YOU* TO GET INVOLVED IN THE APNA FLORIDA CHAPTER RN COUNCIL!!**

Your Florida Chapter is making an effort to follow the lead of APNA National and have Councils represent your interests; we have active councils for Advanced Practice, Substance Abuse, Education, and Research, and RN Council (nurses at the bedside). This is a call for APNA Florida Chapter **RN Council Members!** Please join us on **January 17, 2017 at 7:30 pm by dialing 1-800 974-2164 and using pass code 81638345.** This past year, we have focused on Recovery to Practice session and training for Suicide Prevention. Questions? Email Donna Linette@ [dmlinette@aol.com](mailto:dmlinette@aol.com).

## Important Dates



Find us on Facebook @  
APNA Florida Chapter or

Florida Chapter APNA:  
<https://apnafl.nursingnetwork.com>

Florida Chapter Advanced Practice Council:  
<https://appnf.enpnetwork.com>

- [APNA Florida Chapter RN Council](#)  
January 17, 2017  
Dial 1-800-974-2164 | Passcode 81638345
- [22<sup>nd</sup> Annual National Psychopharmacology Update](#)  
February 15-18, 2017  
Las Vegas, Nevada
- [Essential Psychopharmacology 2017](#)  
February 20-24, 2017  
Naples Beach and Golf Hotel  
Naples, Florida
- [A New Prescription: Exercise and Other Groundbreaking Techniques for the Treatment of ADHD, Aggression, and Autism Spectrum Disorders](#)  
February 27-March 3, 2017  
Naples Beach and Golf Hotel  
Naples, Florida
- [Treating the Addictions](#)  
March 3-4, 2017  
Fairmont Copley Plaza Hotel  
Boston, Massachusetts
- [Elevate by Psych Congress](#)  
March 3-5, 2017  
San Francisco, California
- [International Society of Psychiatric-Mental Health Nurses](#)  
10th Annual Psychopharmacology Institute and 19th Annual Conference  
March 7-11, 2017  
Baltimore, Maryland
- [APNA Florida Chapter Conference](#)  
*Addressing Mental Health Priorities Across the Lifespan: Psychiatric-Mental Health Nurses Leading the Way*  
University of Tampa  
March 24-25, 2017  
Tampa, Florida
- [2017 NEI Synapse](#)  
May 5-7, 2017  
Mandarin Oriental  
Washington, D.C.
- [APNA 15th Annual Clinical Psychopharmacology Institute](#)  
June 8-11, 2017  
Hyatt Regency Baltimore on the Inner Harbor  
Baltimore, Maryland
- APNA 31st Annual Conference  
October 18-21, 2017  
Phoenix Convention Center  
Phoenix, Arizona

## APNA 30th Annual Conference

*Psychiatric-Mental Health Nursing: Inspiring Leadership Every Day*  
October 19-22, 2016 in Hartford, Connecticut

Approximately 34 colleagues in Florida took advantage of:

- Networking with psychiatric-mental health nurses from all over the world
- Education prepared and presented by psychiatric-mental health nurses
- The opportunity to earn 100+ continuing education contact hours
- Content specific to your needs as a psychiatric-mental health nurse

*The Florida Chapter met during the state breakout meetings on Friday October 21<sup>st</sup>.*



*"APNA 30th Annual Conference  
October 19-22, 2016  
Connecticut Convention Center  
Hartford, Connecticut*

*The APNA Annual Conference delivers 100+ varied continuing education sessions and networking opportunities to the 1600+ psychiatric-mental health RNs and APRNs who attend each year. Together, we advance psychiatric-mental health care through networking, education and a celebration of psychiatric-mental health nurses' leadership every day.*

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Thanks for joining us!

Don't forget to complete your conference evaluations by **December 2, 2016.**

**Complete Evaluations**

## Advanced Practice Update

The **South Florida Advanced Practice Council** continues to be a dynamic group under the leadership of Ruth Milstein. The most recent meeting was held at Morton's Steakhouse in Boca Raton on November 10 and was sponsored by Acadia Pharmaceuticals. Dr. Rao presented on Nuplazid, a new psychotropic medication, approved by the FDA for the treatment of hallucinations and delusions associated with Parkinson's disease psychosis. Other topics covered included registering as a "Psychiatric Nurse" with the Board of Nursing in order to be a controlled substance provider. Members will be participating in the Holiday Sox Project to benefit needy clients at the Rebels Drop-In Center. Next meeting will be December 8. Contact Ruth Milstein at [utopiapsych@yahoo.com](mailto:utopiapsych@yahoo.com) for more information about this group. They also have a facebook page : APNA South Florida Advanced Practice Council.

The chair of the **Orlando/Central Florida APC** group is Hannah Phillips. This is a very active group that meets monthly. In the past few months, they have had speakers from Pharma talking about Vivitrol and Rexulti, and this month Pat Brown, PhD, ARNP from CNS Healthcare gave a wonderful presentation on Migraines: Causes, Symptoms, Treatment and Current Research, for which attendees received CME credit. Anyone interested in joining their group can contact Hannah at : [Hannah.elizabeth.phillips@gmail.com](mailto:Hannah.elizabeth.phillips@gmail.com).

For information about the **Treasure Coast APC**, please contact Mary Stone at : [maryst58@hotmail.com](mailto:maryst58@hotmail.com).

The chair of the **West Coast APC** group is Emily Bell. They are planning upcoming meetings and continue to have the support of local pharmaceutical companies, as well. Contact Emily for more information about this group at : [Emily.e.donelson@gmail.com](mailto:Emily.e.donelson@gmail.com)

The newly formed **Miami Dade Advanced Practice Council** is meeting next on December 8<sup>th</sup> at 6:30 pm at Ruth's Chris Steakhouse, located at 2320 Salzedo Drive, Coral Gables, Florida. Nurse Practitioners and Registered Nurses are invited to attend a Neurocrine Biosciences sponsored disease-state dinner program entitled: Understanding Dardive Dyskinesia. This program will include an introduction to the company, an informative slide presentation, and interactive clinical discussion. The presenter, Jessica Johnson, is a nurse practitioner by background and currently the regional Medical Science Liason from Neurocrine. Please RSVP by Friday, December 2<sup>nd</sup> to [jjohnson@neurocrine.com](mailto:jjohnson@neurocrine.com) or 561-248-6875. Lisa Burton is heading up this council group and can be reached at : [lisaburton305@me.com](mailto:lisaburton305@me.com) or at her office : 305.256.7336.

The **North Florida Advanced Practice Council** meets in the Jacksonville area and remains a very active group and continues to grow in membership. They typically meet on the 3<sup>rd</sup> Thursday of the month. The next meeting is scheduled for December 15 at The Capital Grille at 6:30 pm. Psychiatric Nurse Practitioners and Psychiatric NP students are invited to attend the presentation on Treating the Hallucinations and Delusions Associated with Parkinson's Disease Psychosis. For more information, please contact Karen McNeely at : [n.fl.psychapncouncil@gmail.com](mailto:n.fl.psychapncouncil@gmail.com).

Keep checking Member Bridge for further updates on ALL of our wonderful Florida APC's!!





## APNA Florida Chapter 2017 Spring Conference



### Addressing Mental Health Priorities Across the Lifespan: Psychiatric-Mental Health Nurses Leading the Way

Please join us on March 24<sup>th</sup> and 25<sup>th</sup>, 2017 at The University of Tampa for our annual Spring Conference. We will present the most updated information on important topics including:

- Legislative Updates
- Designer Drug Crisis
- Child/Adolescent and Geriatric Specialty Presentations
- Integrative Health
- 8.5 CE APNA Recovery to Practice Program
- 3 hour required Controlled Substances Prescribing Course
- Poster Sessions
- Council Meetings
- And more.....

*Details will be posted on the chapter page at [www.apna.org/Florida](http://www.apna.org/Florida).*

In addition we will have a pre-conference reception and meet and greet with your Board of Directors on Friday night. Registration packets can be picked up at this time to avoid the day of conference lines! Members will be able to access registration information and conference brochure on the APNA [Member Bridge](http://www.apna.org/Florida) and the chapter page at [www.apna.org/Florida](http://www.apna.org/Florida) which is available for anyone to view.



#### LOCATION

The University of Tampa  
401 W. Kennedy Blvd., Tampa, FL 33606-1490  
*College Of Natural And Health Sciences*

#### ACCOMMODATIONS

[Marriott Courtyard Tampa Downtown](http://www.marriott.com/tampa-downtown)  
102 East Cass Street, Tampa, FL 33602  
(813) 229-1100  
University Rate - \$129.00 + tax/night

## Around the State

We want to hear from you! Please let us know what you are doing in your area so we can highlight your accomplishments in the newsletter. Some examples include:

- Unit Council Magnet Projects
- Professional Presentations
- Community Initiatives
- Research Projects
- Evidence based practice changes

Please submit your information via Member Bridge or to the media coordinator @ [karensmcneely@gmail.com](mailto:karensmcneely@gmail.com)

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### *Advertise in the APNA Florida Newsletter*

- Active **APNA** members receive a 50% discount on ads!
- Business Card \$50.00
- ¼ Page \$75.00
- ½ Page \$100.00
- Full Page \$200.00
- Contact Media Coordinator Karen McNeely DNP, ARNP-BC

Phone: 954-592-4789

[karensmcneely@gmail.com](mailto:karensmcneely@gmail.com)