

SPRING CONFERENCE Dr. Rick Pessagno, DNP

The annual spring conference was held at the Cranbury Inn, in Cranbury, New Jersey. The guest speakers were Dr. Shirley Smoyak and Dr. Rick Pessagno.

The room was cozy and filled with NJ APNA members and students. Conversations between old friends and introductions and networking with new friends began. All members of the Board of Directors were present as well as a wonderful representation from all of New Jersey APNA nurses!

After the remarkable Cranbury Inn Sunday Brunch, Dr. Rick Pessagno, President of the Society for Psychiatric Nurse Practitioners and director of the psychiatric/mental health nursing programs at Rutgers University, wowed the attendees with a wonderful talk on leading groups, touching on the essentials of group leadership. His wealth of knowledge about group therapy, support groups and psycho-educational groups helped everyone to have a deeper understanding and respect for the impact that group therapy can have. His talk made us all consider having another, hands on, session to get some skills in leading groups.



Dr. Shirley Smoyak

Ensuring the future by preserving the past...

Dr. Smoyak, a "psychiatric nurse from the days before Thorazine", presented a short and intriguing glimpse of the forty-five minute video that was presented at the 27th Annual Conference, *Living the History of Psychiatric Mental Health Nursing through the Eyes of Shirley Smoyak*. Those of us lucky enough to be at the conference had an opportunity to hear a bit of the stories and to buy the video, supporting the APNA foundation. Everyone who purchased the video was also given the diner pin. This video, priced at 36.50, is a great value (only ten cents a day) and provides the needed support to the American Psychiatric Nurse's Foundation. If you are interested in knowing more about this video, or ways to support the foundation, please visit <http://www.apna.org/i4a/pages/index.cfm?pageid=3282>

Next Conference NOVEMBER 2

Lots to do before then!

We are looking for some individuals to run for board positions. Our board meets once a month on telephone conference calls, we need two members at large, a secretary and a president elect. For more information please contact Brenda Marshall at learn2chooseinc@me.com.



Ideas being tossed around hands on session learning how to use leadership skills to run a group, providing a course for developing the mentor/preceptor in you, establishing a speaker's bureau and putting together a "vacation cruise" for NJ psychiatric nurses. If you have any ideas of how we can meet your needs, please let us know. The NJ chapter is an exciting place to expand your ideas and connect with other psychiatric nurses!