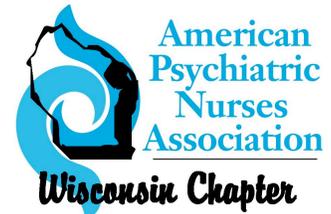


# Wisconsin APNA



## Service Project

The APNA Wisconsin Board of Directors is planning a service project for 2015. We will begin collecting new children's books for boys and girls ages preschool to teen. These books will be distributed to the two Wisconsin state psychiatric hospitals for visiting children/ family members who come to visit patients at these two facilities. Please consider bringing a book to donate!  
 - See more at: <http://www.apna.org/i4a/pages/index.cfm?pageid=3442#sthash.RWjLHLAR.dpuf>



### Chapter Goals

The Wisconsin Chapter of the American Psychiatric Nurses Association seeks to engage in statewide initiatives to promote mental health; recovery from mental illness; and the reduction of stigma associated with mental illness. We work to support the mission of the American Psychiatric Nurses Association through networking, continuing education and political awareness, while recognizing and encouraging the diversity of the Wisconsin Chapter membership.

## NURSING SPOTLIGHT

My name is Lew Wiest. I have been working at Saint Agnes Hospital on the Inpatient Behavioral Health Department since March of 2012. I started working straight out of school. I graduated with my BSN and a minor in psychology from UW Oshkosh in December of 2011. I spent a year working second shift and learning the ropes and since May of 2013 I have been the charge nurse on the night shift. I work with a great team of nurses, CNAs and doctors.



I became interested in psychology in high school and that interest continued through college with my interest in nursing so psychology was the perfect fit for me. I love my job, every minute of it. I get to work with so many different patients and no two nights are ever the same. I love the challenge that the plethora of disorders brought in. I love seeing how sick the patients can come in and how much better they can be when they leave. I love how challenging every night is and how much I can grow as a nurse and a person from each challenge or crazy, hectic frustrating night. Seeing the struggles and bravery of my patients has taught me to care for myself and also to never quit fighting.

I am planning to return to school in the fall to pursue my PMHNP. I am super excited for this opportunity. I have seen the struggles of my patients to find providers, especially for their medications. I want to be able to provide less of a wait for patients. There are no PMHNPs at Agnesian Healthcare and I am hoping to change this. They are hoping to be able to provide services in Ripon down the road and are planning to use a NP so I am aiming to fill this position. We are in a state of flux with our psychiatrists right now, so who knows, maybe I can find something at the main campus. I also miss school. I love learning and the challenges of academics. I excelled in my undergrad classes I am just hoping I am not too out of the routine for grad school.

Enough about work though. I bought my 1st house last summer and I am loving home ownership. I live there with my two cats. I spend a lot of my time keeping up with my house. When I do have down time I am at the YMCA, snowboarding, catching up on Netflix or catching up on my sleep (something about night shift and trying to coordinate a life and sleep). I have a 5 year old niece in Madison that I love to visit and go on adventures with. We spend a lot of time at the zoo, thank goodness it's free.



## American Psychiatric Nurses Association Wisconsin Chapter Annual Awards 2015

**Chair Annual Awards Committee:** Linda Denise Oakley

**Nomination Deadline:** August 1, 2015

**Award Announcements:** November 2015 Annual Meeting

The Wisconsin Chapter of APNA invites you to nominate your colleagues. Our goal is to recognize the major contributions of APNA members to the specialty and the field. We welcome nominations for all APNA members; Registered Nurses, Advanced Practice Nurses, Educators, Researchers, Executives, Managers, Community Leaders, and Innovators. Please submit your complete online nomination as directed on the Wisconsin APNA Chapter page.

### NOMINATION PROCEDURES

A complete nomination includes the nomination cover sheet, one 500 word letter of recommendation from the nominator and one 500 word letter from a reference. Letters should provide specific information or examples of how the nominee meets the award criteria. Nominees, nominators, and references must be current members of APNA.

### Wisconsin APNA Psychiatric Nurse of the Year

#### DESCRIPTION

The **Wisconsin APNA Psychiatric Nurse of the Year Award** recognizes an APNA member who demonstrates vision, perseverance, dedication, initiative, innovation, and/or leadership.

### Wisconsin APNA Award for Excellence in Practice

#### DESCRIPTION

The **APNA Award for Excellence in Practice – APRN** recognizes an APNA APRN member who has made significant contributions to psychiatric-mental health nursing practice.

#### DESCRIPTION

The **APNA Award for Excellence in Practice-RN** recognizes an APNA RN who provides or promotes exemplary psychiatric-mental health nursing practice to patients, families and populations.

### Wisconsin APNA Award for Excellence in Service

#### DESCRIPTION

The **APNA Award for Distinguished Service** is intended as recognition for commitment, initiative, loyalty, integrity and exceptional and meritorious service. This service may include, but is not limited APNA service as an officer, board member, state or regional representative, task forces or committees of either national APNA or its affiliated chapters and those individuals who may not have held APNA office but provided outstanding service to the specialty as a psychiatric mental health nursing.

Our state chapter will recognize the achievements of Wisconsin APNA members at our November Annual Meeting. Think of all the nurses you know who make a difference. They are the innovators, the distinguished leaders who advance our profession and improve the health and well-being of people who live with mental illness. Let's recognize their contributions! Nominations welcomed for Registered Nurses and Advanced Practice nurses, from new nurses to career nurses who have made achievements in practice, education, research, leadership, administration, and service; from policy to technology and innovation and beyond. Nominations will be open from June 1 to August 1. During this time applications will be available on the Wisconsin APNA Chapter page. Nominee, nominator, and reference must be current APNA members.

See more at: <http://www.apna.org/i4a/pages/index.cfm?pageid=3442#sthash.RWjLHLAR.dpuf>

## Meet your APNA WISCONSIN Chapter BOD

My name is Jamie Surfus-Lewiston and I am a Board member of the Wisconsin Chapter of APNA. I am a Psychiatric Nurse. I have always been a Psychiatric Nurse. My current role is as the Leader of Psychiatric Nurses of Aurora Health Care. I know how I got to where I am today-curiosity. Not the kind of curiosity that likes to sit and stare but a wondering, questioning curiosity. On day one of my psychiatric rotation in nursing school I was assigned a patient to get to know. I did my first awkward and robotic patient interview and observed group therapy. On day two I looked for my patient. Her name was not on her room door. I asked the staff where she was. Their pained expressions told me something bad had happened. I was hurried into the Nursing administrative office along with my instructor. I was thoroughly questioned about my interview with my patient and my notes were confiscated. The Nursing leader informed me that my patient had chosen to end her life. She did not use the word suicide. I was left not knowing if I had done something wrong. My instructor had me observe med passes and group for the remainder of the shift.

As we gathered for our end of shift discussion, my instructor informed the group that my patient had completed suicide during the night and that she suffered from Post-partum depression with psychosis. Some girls cried, others were silent. I asked, "How could this happen? Having a baby is supposed to be one of the happiest times in a woman's life." My instructor assigned me a research paper on Post- Partum Depression with Psychosis and said, "You will teach us all the answer to that question." I couldn't read all the journal articles and case studies that interested me as they kept opening my eyes to this specialty called Psychiatric Nursing. I liked reading the case studies to anyone who would listen. This generated questions-mine and theirs. I had to figure out how mental illness robbed people of life. I took a job as a new grad on a medical psych unit and was mentored by a group of very experienced and kind Nurses. Later I would do medical-psych home care for many years. Practicing medical psych home



care was very educational and I experienced how serious mental illness reduced functioning with what I considered simple life tasks.

Home care for persons with serious mental illness is the missing part of the care continuum in my opinion. Home is where new coping skills are tried and where relationships are tested. Home is where medications are adjusted, and home is also where it all falls apart. At the recent APNA Annual Conference I especially enjoyed the presentation on "The Living Room" concept. Check it out on the APNA website link to the conference. Currently there are some criteria and reimbursement barriers to navigate around to provide home care for persons with mental illness. Psychiatric Nurses need to figure out how to get Psychiatric Nursing interventions into those homes.

I ask that all of us think and talk about home with our clients. "How will this care plan transfer to home? What skills can we teach and practice with clients that will increase their success at home?" Let's have patient conversations with our clients that include true listening and empathy. Remember, "The opposite of talking is not listening. The opposite of talking is waiting." Be patient. Listen and wait.

A Healthy and Happy New Year to you all.

## Book Release

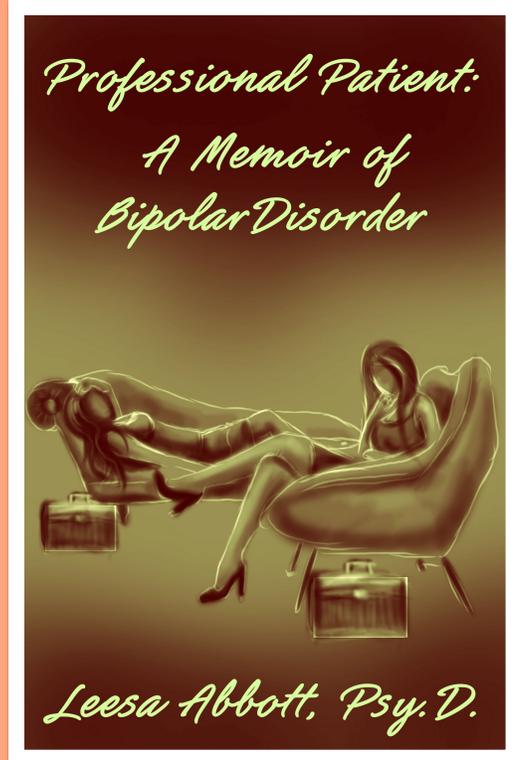
### **Professional Patient: A Memoir of Bipolar Disorder by Leesa Abbott, Psy.D.**

As a psychologist and an individual with mental health problems, Leesa Abbott knows the difficulties and challenges patients with mental illness have first-hand. During her career, she has worked in prisons, schools, private mental health clinics, and universities. As a patient, she's been on medications, therapy couches, and in mental health wards.

Using life-events to show her decline into mental illness, *Professional Patient: A Memoir of Bipolar Disorder* illuminates an all-too-common tragedy - a denial of mental health issues and avoidance of help from outsiders.

Significant traumas, anorexia, substance abuse, anxiety attacks, obsessive-compulsive disorder, and bipolar disorder are revealed in this memoir, which uncovers her lifelong struggle to survive on both sides of mental illness. This memoir offers an intriguing look at the secrecy, shame, and every emotion in between that she has felt as she deals with her own mental illness while treating others at the same time.

The book is available at Amazon.com and BarnesandNoble.com. Visit Leesa's website to find out more information about her books and events she will be attending:  
[www.Facebook.com/LeesaAbbottAuthor](http://www.Facebook.com/LeesaAbbottAuthor)



## VOLUNTEERS NEEDED

### FOR NEWSLETTER SUBMISSION

- We need nurse members who are willing to be spotlighted. A picture and a paragraph or two are all it takes.
- We need short informational paragraphs that reference a specific population such as women's mental health/addiction, Advance Practice, Psychiatric NSG education, mental health legislation etc that provide reference for nurses seeking information, i.e. this month's veterans' health
- We need inspirational quotes and appropriate nursing humor.
- We would like to share congrats to nurses who have earned a recent degree, appointment, certification etc.

## Member's Featured Article



By Ann E. Stanton, BSN RN

### Women, Mental Health, and the Criminal Justice System

Thank you for your previous articles on mental health and incarceration. I would like to point out that, in Wisconsin prisons, 79% of women compared to 33% of men have a mental health condition (State of Wisconsin, 2014). Psychiatric nurses can be empowering

supports for this marginalized population if they developing an understanding of the culture and context of women's lives and self-reflect on their personal belief systems. In addition to high rates of interpersonal violence, women in the criminal justice system (CJS) often face challenges due to their status as mothers of young children from minority and impoverished backgrounds with limited education (Bloom, Owen, & Covington, 2004). Many commit non-violent crimes and have substance use disorders, post-traumatic-stress and other anxiety disorders, depressive, dissociative, and personality disorders (Bloom & Covington, 2009). Women may be retraumatized during incarceration and after release as the CJS is not conducive to trauma-informed practices (SAMSHA, n.d.). An estimated 95% of women will return to our communities (Hughes & Wilson, 2002), where unstable mental health may lead to self-harm (Qurashi, Kapur, & Appleby, 2006), violence towards others (Alia-Klein, O'Rourke, Goldstein, & Malaspina, 2007), health risk behaviors (Surratt, Kurtz, Chen, & Mooss, 2012), family disruption, and more barriers to education, employment, and housing (Freudenberg, 2001). By empowering women to recover during and after CJS-involvement, psychiatric nurses can reduce the consequences of mental illness on individuals, families, and society.

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## EVENTS IN WISCONSIN

<a href="#">2015 NAMIWalks Waukesha</a>	Waukesha	September 19, 2015
<a href="#">2015 NAMIWalks Dane County</a>	Madison	October 4, 2015
<a href="#">2015 NAMIWalks Brown County</a>	Greenbay	September 26, 2015
<a href="#">2015 NAMIWalks Greater Milwaukee</a>	Milwaukee	To be announced soon

For more information about the Dane Cty event, please contact:

Walk Manager Name - Heidi Hastings

Walk Manager Email - [walk@namidanecounty.org](mailto:walk@namidanecounty.org)

Walk Manager Phone - 608-249-7188

**Location:** Olin-Turville Park

**Date:** Sun Oct 04 2015

**Distance:** 5K

**Check-in:** 10:30 am

**Start Time:** 12:00 am

**Event starts in:** 77 days

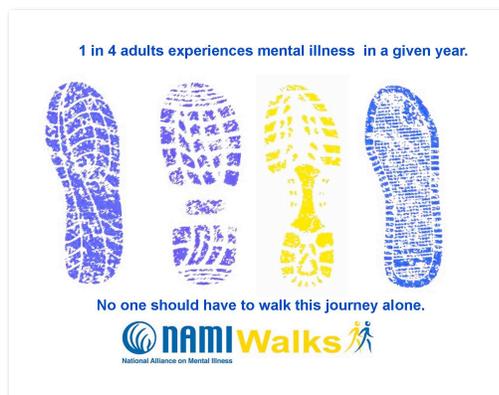


**Please mail Matching Gifts and Offline Donations to:**

**NAMI Dane County**

2059 Atwood Avenue

Madison, Wisconsin 53704



# Opportunity for Psychiatric NP

**Know our true inspiration: The patient**

**Mercy Health Systems**

**Janesville, Wisconsin**

At Mercy Health System, we know who we work for, and why, the patient. Everyone who walks through our doors finds a place in our hearts. They inspire us with their commitment to living better lives, and we hope to inspire them with our commitment to bettering the health of our community. Our mission is healing in the broadest sense: promoting, physical, emotional and spiritual healing. We achieve it by dedicating our teams to the highest standards of quality care, compassion, and innovation. Come join our team, and join our quest for excellence in the name of every patient.

## **PSYCHIATRIC NURSE PRACTITIONER**

This is an excellent opportunity to work in a Nurse Prescriber role with a multi-discipline Behavioral Health Team. This would be a dynamic role case managing patients and prescribing medication, while providing brief Psychotherapy. The NP role would have a combination of conducting clinical rounds on patients within a Behavioral Health Unit, Day Treatment and/or Clinic Programs. Selected candidate will assess patient data and perform patient examinations using appropriate guidelines developed by the physician, and in accordance with clinic policies and procedures. Maintaining timely flow of patients; providing patient and family education; documenting patient care and related information; and following up on patient care as needed will be involved. Reviewing and maintaining charts as well as performing telephone triaging of patients as needed are also duties of this position.



**With all our heart. With all our mind.**

### **Requirements:**

- Graduate of an accredited nursing program.
- Possession of current applicable RN license (WI or IL), AND the Advanced Practice Nurse Prescriber (APNP) license.
- Completion of 3,000 hours with 1,000 hours in face-to-face.
- Must possess a Drug Enforcement Administration of Controlled Substance Registration.
- Meets the requirements determined by the State of WI or IL or to perform duties defined as those of Advanced Practice Nurse Prescriber. Specifically, to Behavioral Health must have the appropriate credentials as described in the Wisconsin Administrative Code Chapter N 8 and HFS61.96.
- Excellent interpersonal/communication, analytical and interpretive skills.

In addition to opportunities to learn grow and advance, Mercy Health System offers health and dental insurance, pension and matched-savings plans, tuition reimbursement, and adoption assistance.

Visit our site and apply at <http://www.MercyHealthSystem.org/careers>"target="new

EOE&AA/M/F/VET/Disabled