

# APNA WISCONSIN CHAPTER

QUARTERLY NEWSLETTER

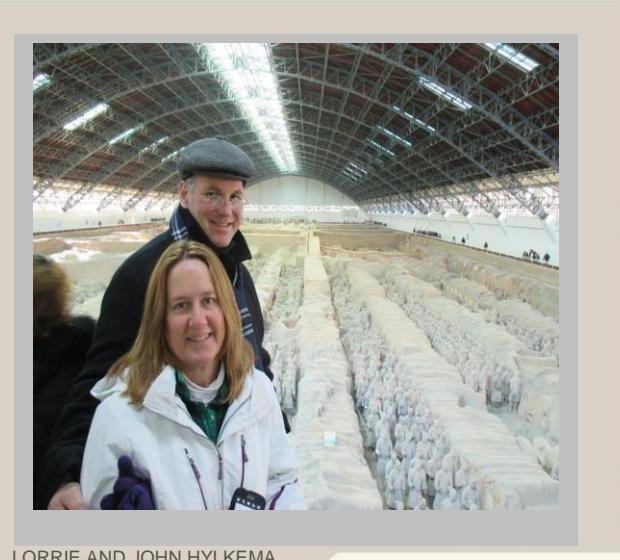
APRIL, 2014

## LETTER FROM THE PRESIDENT

Greetings APNA Wisconsin Chapter. I am proud to present the first instalment of the quarterly APNA Wisconsin newsletter. The goals for this newsletter are to briefly:

- Introduce psychiatric nurses from throughout Wisconsin for the purpose of networking and increasing camaraderie throughout the chapter.
- Allowing content experts in various areas of psychiatric mental health nursing to inform their peers on current EBP and resources in the community.
- Highlighting current state legislation and policy that makes a direct impact on mental health consumers and providers.
- Honoring our psychiatric nursing peers for their current accomplishments i.e. degrees, certifications, awards, publications, etc.

Personally I am more motivated than ever to forge full speed ahead in the work of eliminating the stigma associated with mental illness and empowering health care providers with the tools necessary to motivate mental health consumers to live their healthiest lives possible.



LORRIE AND JOHN HYLKEMA

## NURSING SPOTLIGHT

My name is Lorrie Hylkema. I have worked at the VA since 1995, when I helped start up the outpatient mental health program called the Community Support Program. I came to the VA from graduate school in the state of Washington with a degree in nursing with a focus on psychosocial disabilities. I have been a nurse since 1982.

I have been married since 1983 to a high school math teacher, John, with two sons, who are currently 25 years old and 20 years old. My hobbies are running, swimming, riding my bicycle, traveling, and reading. I like to spend time with friends, play my flute, sing, or ring bells at church in a bell choir, or spend time with my family, including the chickens. My husband and I host students from the Madison English as a Second Language school (MESLS) for 6 to 9 months so that they can learn English better in a family setting. I enjoy getting to know, meet and work with veterans and feel honored to do so. I have particularly enjoyed getting to know and work with employees as an Employee Assistance Counselor (EAP). I hope to continue to build upon this experience as I grow older in the VA setting.

## POPULATION SPECIFIC:

### US MILITARY VETERANS

One in five Americans has experienced a mental health illness in the past year. Learn why it's important for us to talk about it.

<http://1.usa.gov/1d6OozQ> #MentalHealthMatters  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net) connects Veterans in crisis or their. See More.

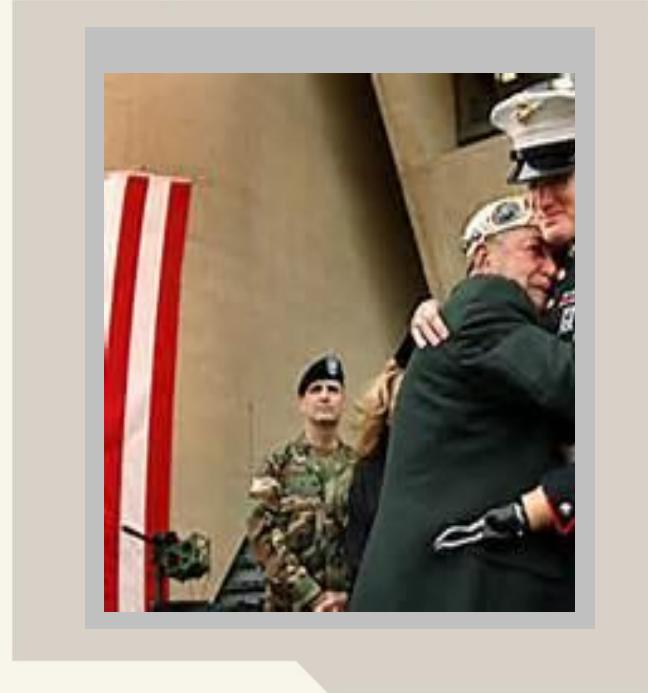
VA is committed to reducing Veteran suicide and offers a network of support for all Veterans and their families and friends. Veterans in emotional crisis and their loved ones can call the free and confidential Veterans Crisis Line at **1-800-273-8255** and **Press 1**, [chat online](#), or send a text message to **838255** to connect with a caring, qualified VA responder who can deal with any immediate crisis.

Each VA Medical Center has a Suicide Prevention Coordinator or team to offer Veterans the services they need. issues ranging from PTSD and depression to readjustment challenges and sleeping problems.

Suicide Prevention Coordinators and VA partners continually engage Veterans and communities to raise awareness about VA's suicide prevention and behavioral health resources.

For more information about VA's suicide prevention and mental health resources, please visit [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov).

*"I have an almost complete disregard of precedent, and a faith in the possibility of something better. It irritates me to be told how things have always been done. I defy the tyranny of precedent. I go for anything new that might improve the past." Clara Barton*



## MEMBER'S FEATURED ARTICLE

### HOW TO EDUCATE YOUR CLIENTS ON MANAGING THEIR FEARS



WE WOULD LOVE TO HAVE YOUR PICTURE HERE!

#### VOLUNTEERS NEEDED FOR NEWSLETTER SUBMISSIONS

- 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.

As a published author of a popular managing fear book, I have struggled with fear and anxiety for over 20 years. In that time, I was always on the lookout for helpful information in regards to finding the answers to my fears. Here are a few tips on what counselors can look for in helping their clients find useful information in managing their fears and mental health issues.

**1. Quick Reads Are Best**---Many people have hectic schedules and do not have time to read a 300 page book on managing their fears and anxieties. Always look for material that will not overwhelm your clients.

**2. Non-Technical Information Works Best**---The everyday person does not understand the technical jargon that many counselors use in writing their books. Always look for information that your clients can easily read and understand.

**3. Price Is Important**—Many people work two jobs nowadays and many can't afford anything that is expensive. Make sure that the informational resources you provide to your clients can match their everyday price range.

**4. Give Your Clients Many Options**--- What works for one person may not work for another. Always look for information for your clients that provides many different techniques in how to deal with fear and anxiety. This will increase your client's success in getting the results they need.

**5. Let Your Clients Decide**---Many professionals may see something that could be useful but because it doesn't match his or her high standards, a professional may disregard that information. Let your clients make the choice of what they want to use. Always relate to your client's needs.

These are just some of the ways in how to help your clients find the information they need in managing their fears. Always be persistent in finding additional ways to help your clients.

#### BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods". Stan's book is very popular on Amazon with over 230 positive book reviews and counting. For more information go to: <http://www.managingfear.com>

# APNA WISCONSIN CHAPTER

APRIL,2014



**WHILE THAT ANSWER IS CORRECT,  
IT ISN'T THE MOST CORRECT.**

Alverno College of Milwaukee now offers a MSN Psychiatric Mental Health Nurse Practitioner track and post-masters certificate track. After completing the core courses required for any MSN specialty, candidates enter into a three semester psychiatric mental health focus. The program gears itself to the working, returning student. Classes take place on campus every other Saturday to cover the didactic material in a collaborative, competency outcomes based style. Students gain clinical expertise by completing 600 hours of supervised clinical practice over the course of the three semesters. The program meets NONPF and ANCC requirements so students can sit for the ANCC certifying board exams.

There are eight on-campus sessions that run four hours each over the 16 weeks of a semester. The first semester covers the basics of assessment, diagnosis, and treatment of mood disorders across the life-span as well as legal and safety issues. The second semester covers the assessment, diagnosis, and treatment of bipolar disorders, conditions specific to children and adolescents, and conditions specific to the geriatric populations. The final semester deals with the complex issues of vulnerable populations living with psychotic disorders and substance abuse disorders. The final classes focus on wrapping up and preparing for employment. Students must find a clinical practicum site with the help of the faculty supervisor for clinical practice and complete 200 hours of on-site clinical work each semester in addition to the didactic classroom work on Saturdays.

Alverno emphasizes that this is a Master level program not a Doctor of Nursing Practice. There was much discussion and activity in the recent past about the DNP as the entry level degree necessary for the PMHNP and many programs converted from MSN to DNP programs. Based on the feasibility and marketing studies it conducted Alverno believes this MSN program fills a need not currently met by any other PMHNP program in the area. **Richard Broach**  
**<rbroach01@gmail.com>**