**Wednesday, November 7**

**Pre-Conference Full Day – Recovery to Practice Pilot Program***  
7:20am – 5:20pm  *(lunch break, 11:30am – 1:10pm)*  
8.0 Contact Hours

**Acute Care Psychiatric-Mental Health Nurses: Preparing for Recovery Oriented Practice**  *(RN – targeted toward staff nurses)*

A part of the APNA Recovery to Practice curriculum project, this program will discuss recovery knowledge, skills, and attitudes and will focus on facilitating change in psychiatric-mental health nursing practice. Recovery focused psychiatric-mental health nursing practice will align with SAMHSA’s national initiatives and The Joint Commission’s standard on patient centered communication.

**Speakers:** Jeanne Clement, EdD, APRN, BC, FAAN; Kris A. McLoughlin, DNP, APRN, PMH-CNS, BC, CADC-II; Mary Moller, DNP, ARNP, APRN, PMHCNS-BC, CPRP, FAAN; Eric C. Arauz, MA, MLER

*Registration for this full-day pre-conference session is only available online, and will be limited to the first 50 registrants. There is no additional cost for the Recovery to Practice Pilot Program. Conference registration is required.*

**Pre-Conference Morning Sessions**  
*Block 1:  7:20am - 9:20am*  
2.0 Contact Hours

1011: *(Education Track)*  **Does Stigma Toward Students with Mental Health Problems Exist Among College Faculty?**  *(RN, APRN)*  
7:20am - 9:20am  
A study involving college faculty about students with mental health problems attempted to determine if knowledge and attitude would improve following education. The intervention was presented to subjects in the form of a multi-media course management website. Overall data did not support hypotheses with the exception of a statistically significant difference in role perception between experimental and control groups. Results also identified areas in need of education.

**Speaker:** Ann P. Caughill, EdD, APMHCNS

1012: *(Recovery / Mindfulness Track)*  **Calling the Circle to Transform Health Care**  *(RN, APRN)*  
7:20am - 9:20am  
The PeerSpirit Circle is a non-hierarchical, intentional, and relationship-centered practice of collaboration. It emphasizes creating a safe container, and practicing authentic presence and mindfulness. This pre-conference workshop will be an introduction to the PeerSpirit Circle via sharing my research findings, reviewing the circle guidelines for engagement and providing a circle experience for psychiatric nurses.

**Speaker:** Kristen Lombard, PhD, PMHCNS-BC

1013: *(Administration & Practice Track)*  **Beyond the Bundle: Effective Fall Prevention Strategies for the Geriatric Psychiatry Unit**  *(RN, APRN)*  
7:20am - 9:20am  
Learn how one Geriatric Psychiatry Unit decreased its falls by 50%, from triple digits to double digits in one year. Understand the components of a standardized "bundle" or tool kit of fall prevention interventions and how staff may utilize them in daily practice. Recognize barriers to implementation. Experience the excitement associated with the innovative practice that developed "beyond the bundle".

**Speakers:** Kathleen Frybarger, RN, BSN, MA; Catherine S. Brennan, MS, RN
1014: (Psychopharmacology Track) Ethnopharmacology and Healthcare Literacy: Culturally Diverse and Inclusive Processes (RN, APRN)
7:20am - 9:20am
This session will describe the role of ethnopharmacology for persons from culturally and ethnically diverse populations and discuss the evidence for using recovery-based ethnopharmacologic strategies. Complementary and alternative therapies involved in the health, healing, and illness viewpoints of clients will also be addressed. Case-based strategies will be used to guide discussions and develop interactive involvement during the session.
Speaker: Barbara Jones Warren, PhD, RN, CNS-BC, PMH

1015: (Psychotherapy Track) Cognitive Behavior Therapy in Nursing Practice (RN, APRN)
7:20am - 9:20am
Cognitive Behavior therapy (CBT) is empirically supported as effective for a wide variety of clinical disorders. Through a process of collaborative empiricism, patients learn specific skills that identify distorted thinking, and inaccurate/dysfunctional beliefs. This workshop will review CBT, provide an overview of the structure of a typical session and demonstrate the use of CBT in real world situations.
Speaker: Sharon Freeman-Clevenger, PhD, PMHCNS-BC

Pre-Conference Morning Sessions
Block 2: 9:30am - 11:30am  2.0 Contact Hours

1021: (Education Track) Sharing Your Clinical Expertise: How to Develop a Topic for a Continuing Education Presentation (RN, APRN)
9:30am - 11:30am
This workshop will provide “hands on” activities and exercises to guide the clinician in developing a continuing education program. Different presentation formats will be presented. In this workshop the participant will produce an outline, objectives and a framework for creating a program.
Speakers: George Smith, DNP, APRN, GNP-BC; Barbara Limandri DNSc, APRN, BC

1022: (Recovery / Mindfulness Track) Creating a Culture of Storytelling: Releasing and Hearing the Voices of People in Recovery (RN, APRN)
9:30am - 11:30am
This workshop will invite attendees to consider storytelling as an empowerment and stigma reduction approach. Participants will explore the power of storytelling for cultures and individuals and will experience and be provided with concrete practice applications to be used in whatever practice setting they are in.
Speaker: Joan King, RN, MSN, CS

1023: (Administration & Practice Track) Behavioral Health Integration: Evolution, Experience, and Excitement! (APRN)
9:30am - 11:30am
Confused about what Integration looks like? How to do it? Over the last 10 years, Behavioral Health Integration with health care has exploded! Understand the evolution of current integration models and hear the stories of psychiatric nurses who have successfully implemented these in their practice or organizations.
Speaker: Gail Stern, MSN, PMHCNS-BC
1024: (Psychopharmacology Track) **Brain Circuitry Basics: A Prescribing Primer for Physiology, Pathology, and Psychopharmacology of Mental Health** *(RN, APRN)*
9:30am - 11:30am
In this presentation, the structure and function of the brain and central nervous system are conceptualized, neurotransmitter and receptor activities are defined, and the connection between brain circuit activity and mental health behavior is explained. The mechanism of action of antidepressant, anxiolytic, antipsychotic, and stimulant medications and their relationship to treating mental health symptoms and pathology is detailed.
**Speakers:** Vanessa Genung, PhD, RN, PMHNP-BC, LCSW-ACP, LMFT, LCDC; Margit Gerardi, PhD, RN, WHNP

1025: (Psychotherapy Track) **Motivational Interviewing: Applications for Psychiatric Nurses** *(RN, APRN)*
9:30am - 11:30am
Motivational Interviewing is an evidence-based method for facilitating change behaviors. Based on cognitive dissonance and self-perception theories, strategies are used to increase healthy behaviors, reduce unhealthy behaviors and to encourage participation in therapy. This workshop will review the theory, evidence for Motivational Interviewing and demonstrate beginning and complex skills with opportunity to practice skills.
**Speaker:** Edna Hamera, PhD, APRN

1026: (Practice Track) **Pain and Addictive Disorders: Challenges for Patients and Providers** *(APRN)*
9:30am – 11:30am
This presentation will focus on pain management for patients with addictive disorders. The research on the topic will be reviewed, and strategies for assessing and managing the pain will be provided as well as strategies for providing staff support for those caring for this challenging population. Information on prescription drug use in this population will also be provided.
**Speaker:** Betty Morgan, PhD, PMHCNS, BC

1001: Symposium Luncheon  
**Case Challenges in Difficult-to-Treat Major Depressive Disorder: An Interactive Roundtable Workshop**
This symposium will seek to improve the learners’ overall management of Major Depressive Disorder (MDD) by focusing on practice gaps in the areas of identification of patients who are resistant to acute MDD pharmacotherapy; selecting alternatives for managing treatment-resistant MDD; and incorporating evidence-based therapeutic approaches to achieving remission in difficult-to-treat patients.
**Faculty:** Denise Vanacore, PhD, CRNP, ANP-BC, PMHNP; Pamela Z. Cacchione, PhD, CRNP, BC

*This activity is supported by an unrestricted educational grant from Otsuka America Pharmaceutical, Inc.*

Pre-Conference Afternoon Sessions

**Block 3:** 1:10pm - 3:10pm

1031: (Education Track) **Magic Mirror on the Wall: Using Reflective Practice and the Theme of Hope to Reduce the Stigma of Mental Illness and Mental Health Nursing: An Innovative, Student-Centered Approach to Preparing the Next Generation of Psychiatric Mental Health Nurses** *(RN, APRN)*
1:10pm - 3:10pm
Stigma remains prevalent and misunderstood in our society. While anti-stigma campaigns are necessary and productive, real transformational change occurs at the level of the individual. Reflective practice
and the use of the recovery model is presented as a method to identify stigmatizing behaviors and transform the concept and practice of stigma related perceptions and language in undergraduate nursing students.

**Speaker:** Kris Lambert, PhD, RN

**1032:** (Recovery / Mindfulness Track) **Using Principles of Acceptance Commitment Therapy to Facilitate the Development of the Therapeutic Relationship** *(RN, APRN)*
1:10pm - 3:10pm
This session will present didactic material of the core concepts of Acceptance and Commitment Therapy and experiential use acceptance and mindfulness strategies and behavior-change strategies. The focus will be the therapist factors in an interpersonal encounter. Emphasis will be given to the cognitive processes and communication patterns that promote the therapeutic relationship.

**Speaker:** Maryanne Jones Godbout, DNP-c, PMHCNS-BC

**1033:** (Administration & Practice Track) **Preventing Behavioral Emergencies on Non-psychiatric Care Settings** *(RN, APRN)*
1:10pm - 3:10pm
The Behavioral Emergency Response Team responds to psychiatric emergencies on non psychiatric units. The team comprised of an RN, MD, and Security Officer has responded to over 600 calls in four years, available 24/7/365. The program tools and data will show how to develop and organize a BERT in your facility.

**Speakers:** Della Derscheid, PhD, MS, PMHCNS-BC, RN; Melissa Weigel, RN

**1034:** (Psychopharmacology Track) **Military Mission, Culture, and Psychopharmacologic Considerations** *(RN, APRN)*
1:10pm - 3:10pm
This presentation will review service specific military missions and cultural considerations associated with military service, examine common stressors and the influence of mental illness stigma within the military, and introduce service specific prevention/intervention models. Additionally, the presenters will summarize rules of engagement for prescribing psychotropic medications to military service members.

**Speakers:** CDR Sean P. Convoy, PMHNP, BC; CDR Jean F. Fisak, PMHCNC-BC/MSN

**1035:** (Psychotherapy Track) **A Neuroscience Relationship-Based Framework for Psychiatric Nursing** *(RN, APRN)*
1:10pm - 3:10pm
A relationship-based model with a hierarchical treatment framework for psychiatric nursing practice is presented through a synthesis of relevant theory and neurobiology. Phases of treatment are delineated with therapeutic communication strategies and specific interventions for each phase described. This framework, embedded within a holistic nursing paradigm, provides a compass for basic and advanced levels of practice in all settings.

**Speaker:** Kate Wheeler, PhD, APRN, PMHCNS-BC, PMHNP-BC, FAAN

**1036:** (Practice Track) **Pushing the Point: Integrating Acupressure and Chinese Medicine in Psychiatric Nursing Practice** *(RN, APRN)*
1:10pm - 3:10pm
Part of the greater system of Traditional Chinese Medicine, acupressure is an effective yet underutilized modality for relieving common psycho-emotional symptoms. In both the inpatient and outpatient setting, TCM principles can be adopted to help alleviate stress, anxiety, depression, mental fatigue, and insomnia. This session introduces basic evidenced-based acupressure theory and techniques through discussion and live demonstration.
Speakers:  Jaclyn Engelsher, APRN, DOM;  Adam Margolis MSN, MSTOM, ANP-BC, L.Ac.

Pre-Conference Afternoon Sessions
   Block 4:  3:20pm - 5:20pm  2.0 Contact Hours

1041:  (Education Track)  Finding Our Voice: Building Advocacy Skills to Advance Psychiatric Nursing  (APRN)
3:20pm - 5:20pm
   Psychiatric nurses must become effective advocates to reduce stigma around mental illness, promote quality care, affect health policy and improve access to mental health services. This interactive workshop will begin with a brief overview of agency (exertion of power on behalf of patients and nurses) and advocacy. Participants, through interactive practice, will develop advocacy messages for different situations.
   Speakers:  Ruth Staten, PhD, ARNP-CS, PMHCNS-BC;  Beth Phoenix PhD, RN, CNS

1042:  (Recovery / Mindfulness Track)  Cultivating Mindfulness and Self-Compassion: An Eight Week Program for Patients with Depression and/or Anxiety  (RN, APRN)
3:20pm - 5:20pm
   This presentation will introduce participants to a variety of mindfulness-based practices that can be used with clients suffering from depression and/or anxiety. Mindfulness practices including sitting meditation, mindful eating, walking meditation, body awareness, and loving kindness meditation will be discussed and practiced. The application of these practices in an eight-week program for patients with depression and/or anxiety will be discussed.
   Speaker:  Nasrin Falsafi, RN, PhD, PMHCNS-BC, AHN-BC

1043:  (Administration & Practice Track)  Critical Incident Stress Management: Caring for the Caregiver  (RN)
3:20pm - 5:20pm
   Psychiatric Nurses are confronted with situations that can result in actual physical injury or psychological trauma. It is essential for psychiatric nursing leadership to provide real-time and follow-up support for staff. This presentation will describe a process to provide staff with that support.
   Speaker:  Nancy Dillon, PhD, RN, CNS

1044:  (Psychopharmacology Track)  Autism Spectrum Disorders and Psychopharmacology: Planning for Success while Managing Expectations  (RN, APRN)
3:20pm - 5:20pm
   This presentation will identify key symptoms of autism spectrum disorders (ASD) and review best practices for psychopharmacologic management of ASDS in children and adolescents. Evidence supporting the use of atypical antipsychotics, antidepressants, stimulants and non-stimulants, and complementary treatments will be reviewed. Clinical pearls, expectations for treatment, family psychoeducation, and collaborative problem solving around treatment goals will also be highlighted offering the context for work with children and adolescents with ASDs.
   Speaker:  Julie Carbray, PhD, PMHCNS-BC

1045:  (Psychotherapy Track)  Psychopharmacotherapy in Psychotherapy Practice  (APRN)
3:20pm - 5:20pm
   This presentation describes the prescribing role in psychotherapy with emphasis on resolving conflict between the non-directive role of the psychotherapist and the structured didactic role of prescriber. Principles of the therapeutic alliance are utilized to integrate the dual roles of psychotherapist and prescriber. The prescriber role in psychotherapy will be elucidated in integrated and split models of prescribing practice.
Speaker: Lisabeth Johnston, PhD, APRN-BC

1046: (Practice Track) The Neurobiology of Therapeutic Neuromodulation: Implications for Psychiatric-Mental Health Nurses (RN, APRN)
3:20pm - 5:20pm
This course explores mechanism of action and advances in neuromodulation, the safety and efficacy of brain stimulation techniques, and the role of nurses in brain stimulation practice, education, and research with a focus on ECT, TMS, VNS, DBS, and tDCS.
Speakers: Berry Anderson, PhD, RN; Mary Rosedale, PhD, PMHNP-BC, NEA-BC; Donna Ecklesdafer, MSN, RN; Sonya Williams-Joseph, MSN, PMHNP-BC

1002: Opening Program & Keynote Presentation 1.0 Contact Hours
6:15pm - 8:15pm
This year’s Opening Program will feature an address from APNA President Marlene Nadler-Moodie, MSN, APRN, PMHCNS-BC and the presentation of the APNA Annual Awards. Congressman Patrick Kennedy, a passionate advocate for mental health, will then kick off the conference with a motivational and inspiring keynote presentation.
Keynote Speaker: Congressman Patrick J. Kennedy

Product Theater Dinner – no contact hours provided
8:15pm - 9:45pm
Sponsored by: Sunovion Pharmaceuticals Inc.
Thursday, November 8

Concurrent Sessions

*Block 1: 8:00am - 8:45am*

**2011: (Undergraduate Education Track) Unraveling and Affecting Solutions: Merging PBL and Service-learning for High-impact Learning (RN, APRN)**
8:00am - 8:45am
This presentation discusses the process of developing a carefully crafted real life problem scenario for students to solve through problem-based learning (PBL) and applying the solutions to real community needs through service-learning (S-L). Merging these two high-impact pedagogies resulted in students’ transformation. Evaluation of students’ learning outcomes showed improvement compared to previous years.

**Speakers:** Flor A. Culpa-Bondal, PhD, RN; Marthan Colvin, PhD, RN

**2012: (Child & Adolescent Track) From Circuits to Solutions: Brain Function in Pediatric Bipolar and Attention Deficit Disorders (RN, APRN)**
8:00am - 8:45am
Distinct and differing frontostriatal and limbic circuitry dysfunction patterns have been found in children and adolescents with Pediatric Bipolar Disorder (PBD) and Attention Deficit Hyperactivity Disorder (ADHD). A review of studies which mapped these symptoms and involved circuits will be presented, along with effect of varied medications on these circuits. Implications for nursing care of children with these disorders will be discussed.

**Speaker:** Julie Carbray, PhD, PMHCNS-BC

**2013: (Inpatient Track) Seclusion, Trauma, and Post Incident Support: An Australian Study (RN, APRN)**
8:00am - 8:45am
Despite the growing literature base identifying that seclusion is traumatic, it remains common practice in Australia. This presentation will report research findings that sought to understand the patient’s experience of being secluded using the Impact of Events Scale-Revised and the effectiveness of a single session post seclusion counseling intervention. The findings raise important considerations for clinical practice.

**Speakers:** Fiona Whitecross, CMHN, RN, MaHSM; Amy Seeary, RN, MaHSM

**2014: (Community Education Track) Social Stigma: The Conundrum of Mental Health Care (RN, APRN)**
8:00am - 8:45am
Social stigma is powerful, pervasive and persistent. When directed toward those afflicted with a severe and persistent mental illness (SPMI), it represents a significant barrier to the provision of effective mental health care. The development of anti-stigma strategies demands a comprehensive analysis and understanding of this phenomenon.

**Speaker:** Rhonda Schwindt, RN, MSN, PMHCNS-BC

**2015: (Women’s Health Track) Feeling Lost in the Maze of Perinatal Depression? Let's Map Out A Plan to Help Women with Perinatal Mood Disorders (RN, APRN)**
8:00am - 8:45am
Perinatal depression is a serious medical disorder that occurs during pregnancy or within one year of the delivery of a baby, burdening approximately 10% to 20% of all women who give birth. The session will examine two programs to treat perinatal mood disorders using a group intervention and a systems-based approach to treatment.

**Speakers:** Richard Pessagno, DNP, PMHNP-BC; Ruth Staten PhD, APRN-CS
2016: (Research Track) **Comparing Mental Health in Developing Communities of Poor and Affluent Countries** *(RN, APRN)*
8:00am - 8:45am
This presentation will explore a number of relative strengths and opportunities regarding mental health in developing and developed communities. We will discuss community-based risk factors and protective factors for mental health. Lastly, we will identify ways in which these findings can be incorporated into both individual patient care and community development projects to promote mental health outcomes.

**Speaker:** Nicholas Guenzel, MSN, APRN-NP

2017: (Practice Track) **A Nurse-Led Group Cognitive Behavioral Therapy Program for Insomnia** *(APRN)*
8:00am - 8:45am
An EBP project was implemented to evaluate the effects of group cognitive behavioral therapy for insomnia in an outpatient sleep center. Fourteen patients with insomnia attended a 5-session CBT-I program led by a psychiatric-mental health clinical nurse specialist. Improvement in wake after sleep onset and Insomnia Severity Index scores, as well as reduction in medication usage were achieved post-intervention.

**Speaker:** Christine Kurtz, PMHCNS-BC

Concurrent Sessions

*Block 2: 9:05am - 9:50am*

.75 Contact Hours

2021: (Undergraduate Education Track) **Infusing Mental Health Nursing Education: Empowering Consumers and Students Through Creative Service-Learning Partnerships** *(RN)*
9:05am - 9:50am
This presentation will present guidelines for dynamic service-learning curricular strategies of baccalaureate nursing students partnering with mental health community agencies over a 6 week time period. Mutual partnerships with consumers facilitated students developing ongoing group projects based on evidence based practice and focus on outcomes. Consumer benefits and student learning – both equally compelling – will be presented.

**Speaker:** Paula Harrison, MSN, RN

2022: (Child & Adolescent Track) **Understanding and Addressing Infant Mental Health in Psychiatric-Mental Health Nursing** *(RN, APRN)*
9:05am - 9:50am
This presentation will define infant mental health; identify key constructs; describe genetic, biological, and environmental influences on infant mental health; describe effects of mental, emotional and social development during infancy on later normal and psychopathological development; and provide an introduction to therapeutic interventions and strategies. The role of PMH RNs and APRNs in promoting infant mental health will be discussed.

**Speaker:** Janice Goodman, PhD, PMHCNS-BC

2023: (Inpatient Track) **Trauma-informed Care Impacting the Use of Seclusion and Restraint** *(RN, APRN)*
9:05am - 9:50am
This presentation will describe an evidence-based practice project aimed at determining the effectiveness of trauma-informed care on the use of seclusion and restraint. The Sanctuary Model and Evidence-based Practice served as the theoretical frameworks for the project. The project culminated with recommendations based on research, including: leadership toward organizations change; in-service education focusing on patient-centered care; and the development of safety tools.

**Speaker:** Lucas Bridgens, BSN, RN
2024: (Community Education Track) **Un-Handcuffing Your Relationship with Law Enforcement** *(RN, APRN)*
9:05am - 9:50am
Law enforcement officers will increasingly encounter individuals suffering with mental illnesses. Psychiatric nurses are in a unique position to provide mental health education and training to first responders. This presenter will describe an exemplar education program that has successfully educated law enforcement on mental illnesses and provided them with appropriate intervention skills to reduce stigma and improve field encounters.

**Speaker:** Jeannine Loucks, MSN, RN-BC PMH

2025: (Women's Health Track) **Fighting Stigma: Against Perinatal Mood Disorders with an Integrative and Multidisciplinary Program** *(RN, APRN)*
9:05am - 9:50am
The University of North Carolina (UNC) Perinatal Psychiatry Inpatient Unit is the first in the U.S. providing comprehensive assessment and treatment for women with severe perinatal mood disorders. This program has yielded positive results using a multidisciplinary approach and specialized nursing staff that has been orientated in both obstetrical and psychiatric skills.

**Speakers:** Diana Fryer, RN; Christena Raines, MSN, APRN-BC

2026: (Research Track) **Neurobiological Role of Altered CCK Response in Bulimia Nervosa** *(RN, APRN)*
9:05am - 9:50am
This NINR funded clinical research study examined the altered neurobiological responses in bulimia nervosa (BN). Previous research suggested this may be a cause, consequence, or maintenance factor. Findings from this study indicate that during remission from BN responses normalize, in active BN a significant correlation exists between increased responses and urges to vomit, having implications in research, practice and treatment strategies.

**Speaker:** Sandy Hannon-Engel, PhD, RN, CS, PMHNP-BC

2027: (Practice Track) **Immun-wize: A Successful Collaborative Approach** *(RN, APRN)*
9:05am - 9:50am
Individuals with severe and persistent mental illness are under-served and at a high risk for immunization preventable disease. Study results will be presented about current SPMI immunization rates, knowledge, beliefs, and barriers to receiving services. A simple, easily replicable collaborative service delivery model will be presented that can improve immunization rates in your local area.

**Speaker:** Leslie Miles, MSN, PMHNP-BC

**Poster Presentations Open**
10:00am
This year the poster presentations will be open and available for viewing in the atrium areas of the convention center throughout the day on both Thursday and Friday. Attendees will be able to earn up to 4.0 contact hours for time spent reviewing & evaluating the posters.
Interactive Panels 1.5 Contact Hours
10:00am - 11:30am

2031: Education Council Interactive Panel: Strategies for Addressing PMH Nursing Education Issues (APRN)
10:00am - 11:30am
This interactive panel will present actions taken by the Council over the year to address strategic plans developed by each of the subcommittees. Education Council Steering Committee members will engage the audience in discussion about current and future educational opportunities to address the PMH education and practice issues.
Speaker: Merrie Kaas, DNSc, RN, PMHCNS, FGSA, FAAN

2032: Administrative Council Interactive Panel (RN)
10:00am - 11:30am
This interactive panel will feature a discussion on the staffing position paper and how it has been implemented in various inpatient settings. Participants will also learn about the goals and work of the new IT subcommittee of the Administrative Council.
Speaker: Avni Cirpili, RN, MSN, NEA-BC

2033: Tobacco Dependence Council Interactive Panel (RN, APRN)
10:00am - 11:30am
This interactive panel will provide participants an opportunity to explore how power inequities in health care/society contribute to the relatively slow progress psychiatric nurses and other clinicians are making in helping their clients stop using tobacco. Results from the 2012 tobacco dependence survey of APNA members will be presented and strategies to accelerate progress in tobacco dependence treatment discussed.
Speakers: Daryl Sharp, PhD, PMHCNS-BC, NPP; Susan Blaakman PhD, NPP-CS

2034: APNA Mental Health Recovery Council Interactive Panel (RN, APRN)
10:00am - 11:30am
The APNA Mental Health Recovery Council was established in 2011 and has begun its organizational development and direction. This interactive panel, consisting of members of the council, will share its BIG AUDACIOUS GOAL, its activities thus far and its plans for the future. It will welcome discussion and input from attendees.
Speakers: Nancy Dillon, PhD, RN, CNS; Mary E. Jensen MA, RN, CRSS

2035: Institute for Mental Health Advocacy 4th Annual Interactive Panel: APNA's Advocacy Initiatives and an Update on Selected Grassroots Initiatives (RN, APRN)
10:00am - 11:30am
Psychiatric nurses are making strategic connections and influencing mental health care and its delivery. During the past year, we have worked with nurses about issues in their home districts. Join us for an overview of the work of the Institute for Mental Health Advocacy followed by presentations of the latest grassroots initiatives and legislative themes occurring throughout the United States.
Speakers: Christine Tebaldi, MSN, PMHNP-BC; Margaret Halter PhD, APRN
2001: Symposium Luncheon
11:45am - 1:15pm

Counseling Points: Shedding the Label of Schizophrenia Through the Recovery Model
This symposium presented by the American Psychiatric Nurses Association seeks to educate APNA members and other psychiatric nurses about the value and benefits of the recovery model in managing persons with schizophrenia. Through this educational program, we hope to enable attendees to take a leadership role in the implementation of effective patient-centered care.

Faculty: Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC; Michael Rice, PhD, APRN, BC, FAAN; Frederick J. Frese III, PhD

This activity is supported by an educational grant from Janssen Pharmaceuticals, Inc., administered by Janssen Scientific Affairs LLC.

Mini Concurrent Sessions
1:30pm - 2:15pm

2041: Education
1:30pm - 2:15pm

SBIRT Implementation: Undergraduate and Graduate Students’ Perspectives (RN, APRN)
Screening, brief intervention, and referral to treatment (SBIRT) for alcohol and other use was integrated into the nursing curriculum at University of Pittsburgh School of Nursing. We will present themes identified by focus groups of undergraduate nursing students. Qualitative data collected from nurse practitioner students will also be presented.

Speakers: Lynn Boucek, BSN

Using Simulation to Teach Cultural Competency as a Component of SBIRT Training (RN, APRN)
This presentation offers results of cultural competency taught through simulation experiences in undergraduate and graduate nursing education. Culturally diverse simulation scenarios were used to reduce student stigma of other cultures while learning an evidence-based practice to screen and intervene with patients who use substances.

Speakers: Marie Fioravanti, RN, MSN, DNP(c); Ann Mitchell, PhD, RN, AHN-BC, FAAN

2042: Research
1:30pm - 2:15pm

The Protective Effects of Social Support on Postpartum Depression: Does Emotional Intelligence Matter? (APRN)
This research examined the role of emotional intelligence in postpartum depression. It specifically looked at how emotional intelligence in pregnant women correlated with their existing social support and then predicted their levels of depressive symptoms postpartum. Presentation will include research results and implications.

Speaker: Jennifer Rode, MSN, PhD(c)

The Lived Experience of Spirituality in Alcoholism Recovery (RN, APRN)
Research on the meaning and role of spirituality for people with alcoholism who seek to recover is limited. Interpretive phenomenology resulted in vivid, narrative anecdotes that convey the universal essences of this phenomenon. Findings may guide discussions about spirituality for those
in treatment for alcoholism, model assessment and promotion of spirituality integration in holistic
treatment, and inform quantitative instrument development.

**Speaker:** Donna Rolin-Kenny, PhD, APRN, PMHCNS-BC

### 2043: Forensics
1:30pm - 2:15pm

**Sexual Violence Perpetrators: Mental Health Symptoms and Past Experiences of Violence (RN, APRN)**
Prevention of sexual violence begins with an increased understanding of perpetrators. This research describes and compares the mental health symptoms and past experiences of violence of perpetrators and non-perpetrators. Implications for psychiatric nursing practice, research, and prevention are discussed.

**Speakers:** Angela F. Amar, PhD, PMHCNS-BC, FAAN

**Patterns of Federal Internet Offenders: A Pilot Study (APRN)**
Online sexual offending is receiving increased forensic and clinical attention. Findings of this pilot study of 101 federal internet offenders suggest a changing profile of a convicted sex offender. Forensic assessment requires knowledge of internet file transfer technology and contraband child pornography.

**Speaker:** Carrie Carretta, PhD, APN, AHN-BC, FPMHNP

### 2044: Recovery
1:30pm - 2:15pm

**Strengths Self-Efficacy and Resourcefulness Predict Recovery in Adults with Serious Mental Illnesses (RN, APRN)**
Human assets are often neglected in people with mental health issues. This study found that the influence of stigma on recovery was diminished in the presence of strengths self-efficacy and resourcefulness. Human assets are influential on recovery and interventions can be developed to enhance their use to promote recovery.

**Speaker:** Huiting Xie, RMN, BSN

**Integrative Approaches to Defeating Stigma (RN, APRN)**
A diagnosis of mental illness is surrounded by stigma, deterring many suffering people from receiving needed treatment. The concepts of wellness and recovery are not associated with stigma. Learn how nurses and other providers can incorporate CAM (complementary and alternative medicine) into their daily care to increase compliance and address treatment resistant symptoms.

**Speaker:** Barbara-Ann Bybel, DHA, MSN, NEA-BC, PMHNP-BC

### 2045: Integrated Physical & Mental Health Care
1:30pm - 2:15pm

**Integrated Behavioral Health: Transformation of Mental Health Care Delivery in a Primary Care Setting (RN, APRN)**
To increase access to behavioral health services, reduce stigma, and support the primary care setting, a multidisciplinary team including RN care coordinators utilized PDSA cycles to design a model of geographically integrated behavioral health care. The group utilized findings to ensure that patients received the right care, from the right provider, at the right time, in the right location.

**Speakers:** Angela Kaderlik, MS, RN; Marianne Riley, BAN, RN; Barbara Graham, BSN, RN
Mental Health Nurses Working with General Practitioners in Primary Care Destigmatising Mental Illness  (RN, APRN)

Access to specialist mental health services for people with severe mental illness remains problematic. The Australian Government recently established an Incentive Program (not yet evaluated) whereby mental health nurses work alongside General Practitioners in delivering mental health care in primary care. The current study has found the program helpful in combating stigma and thus improving help seeking behaviors.

Speakers: Michael Olasoji, BNurs(Hons), PGDipMHN, PhD Candidate

2046: Violence
1:30pm - 2:15pm

Designing and Evidence Informed Multifocal Violence Reduction Program  (RN, APRN)

This presentation discusses the process of developing, implementing and measuring a multifocal violence reduction program in an acute care hospital. Four projects, initiated simultaneously, will be discussed with the intention of identifying best practices to reduce violence, strategies to engage staff and ways to measure intervention effectiveness. Specific attention will be paid to the value of risk assessment.

Speakers: Joanne Matthew, RN, MSN, PMHCNS-BC; Linda Damon RN, MSN, MHA

Aggression Prevention Initiatives: Innovative and Organizational Approaches to Managing Violence in Inpatient Behavioral Health  (RN, APRN)

Reducing violence and aggression are imperatives in inpatient behavioral health nursing. To achieve this, an organizational approach and support from senior leadership are required. A comprehensive program, including education delivered in a variety of ways, use of standardized assessment tools and maximizing the impact of electronic data analysis are all components of aggression reduction.

Speakers: Kristy Loewenstein, MSN, RN-BC, PMHNP-BC; Marybeth McManus, MPA, BSN, RN-BC

2047: Research & Education
1:30pm - 2:15pm

Sleep Impairment and Insomnia in Adults Living with Sickle Cell Disease: A Retrospective Chart Review of Clinical and Psychological Indicators  (RN, APRN)

This research on sleep impairment in the adult sickle cell patient begins to explore the possible etiologies/contributing factors of sleep impairment. Screening, assessment and intervention in sleep impairment can improve quality of life. The role of the Mental Health CNS in integrated physical and mental health care of the adult sickle cell patient will be emphasized.

Speaker: Kathrynn Thompson, MS, RN, PMHCNS-BC

Fostering Intra-Professional Collaboration: The APNA Janssen Scholars Workplace Violence Workgroup  (RN, APRN)

Creation of workgroups can be difficult when trying to work with individuals across the country. Effective workgroups can be created utilizing APNA members and resources. The results of these groups can be a gain in personal knowledge, institutional changes, and wider dissemination of knowledge.

Speakers: Amy LaValla, RN, BSN; Rebecca Schroeder, DNP, PMHNP, BC
2002: Keynote Presentation
2:30pm - 3:30pm
Former First Lady Rosslyn Carter will speak about her work with the Carter Center in promoting positive change in mental health policy and practice.
**Keynote Speaker:** Former First Lady Rosalynn Carter

**Exhibit Hall Open**
3:15 - 6:45pm

**Chapter Meetings**
6:30pm - 7:30pm

**Product Theater Dinner** – no contact hours provided
7:30pm - 9:00pm
**Sponsored by:** Janssen Biotech, Inc.
Friday, November 9

3001: Keynote Presentation 1.0 Contact Hours
8:00am - 9:15am
Dr. Burnes Bolton will speak on the importance of identifying solutions to the challenges faced by the nursing profession and improving the quality of how healthcare is delivered in the U.S.
Keynote Speaker: Linda Burnes Bolton, RN, DrPH, FAAN

Exhibit Hall Open
9:00am – 11:30am

Concurrent Sessions
Block 1: 11:15am - 12:00pm .75 Contact Hours

3011: (Undergraduate Education Track) Effects of Mental Illness on the Family: Experiential Family Assessment to Promote Students Affective Learning (RN, APRN)
11:15am - 12:00pm
A unique teaching strategy was developed by the presenters that promotes cognitive and affective learning while also providing students with a clear window into the dynamics of families of people with mental illness. Methods for conducting the family assessment and strategies for evaluating students will be presented. Participants will develop an action plan to incorporate this strategy into their curriculum.
Speakers: Lana Chase, MN, RN, PMHCNS-BC; Ann Keeley, MSN, RN, PMHCNS-BC, LMFT

3012: (Research Track) Implementation of The Good Mood Protocol for the Screening, Referral and Management of Major Depression (RN, APRN)
This presentation will provide an overview of a Doctorate of Nursing Practice quality improvement project designed to improve depression care management services at a primary care clinic located in an impoverished rural community in Minnesota. Discussion will include the evidence supporting this intervention, actual components of the Good Mood Protocol, the findings and the future implications for nursing practice.
Speaker: Beth Good, DNP, RN, PMHCNS-BC, CARN

3013: (Sexual Trauma Track) PTSD Treatment-seeking Among Female Veterans Who Experienced Military Sexual Trauma (MST): What Helps and Hinders Healing (APRN)
11:15am - 12:00pm
This presentation will describe a study identifying the factors influencing the PTSD-treatment seeking decisions of female veterans who experienced MST and have PTSD. The barriers and facilitators to care will be discussed as they relate to women’s trauma histories, resilience, social support and quality of life. Implications for nursing practice, research and education will be discussed.
Speaker: Ursula Kelly, PhD, ANP-BC, PMHNP-BC
3014: (Graduate Education Track) **A Reflective Practice Initiative in a Graduate Nursing Program: Conceptualization, Implementation, Evaluation, and Sustainability (APRN)**

11:15am - 12:00pm

Reflective Practice for APRN students provides ways to think about quality, patient centered care. This presentation will discuss the rationale and literature support for use of Reflective Practice, development of learning opportunities, dilemmas of rating and measuring student’s progress, time commitments for this type of initiative, and barriers to implementation. DNP essentials, NONPF competencies, and AACN accreditation criteria will be discussed.

**Speakers:** Irma Jordan, DNP, FNP/PMHNP-BC; Dawn Vanderhoef, DNP, RN, PMH-CS/NP, BC; Kathy Gaffney, MS, PMHCNS, PNP-BC

3015: (Integrated Physical & Mental Health Care Track) **"MINDFUL CARE" Model: PMH-APRN Model for Biopsychosocial Integration and Treatment (APRN)**

11:15am - 12:00pm

Pressure to provide care in short sessions creates complex treatment challenges for the PMH-APRN. MINDFUL CARE creates an integrated assessment and treatment of the whole person presenting with mental health issues, by organizing a comprehensive assessment and treatment process. MINDFUL consolidates assessment and treatment: Medical/Mental Health, Identity, Nutrition/Nurturing, Developmental, Family, Unconscious, Life functioning with Collaboration, Adaptation, Recovery, and Education.

**Speaker:** Sharon R. Katz, MSN, FPMH-APRN, CRNP

3016: (Recovery Track) **Fighting Stigma through Social Inclusion and a Whole-Person Approach to Wellness (RN, APRN)**

11:15am - 12:00pm

In partnership with the U.S. FDA’s Office of Women’s Health (FDA/OWH), SAMHSA’s Wellness Initiative works to increase community recognition, acknowledgement, and action regarding the behavioral health challenges many Americans face by promoting wellness and social inclusion approaches such as the FDA/OWH’s Pregnancy Exposure Registries (PER). The PER help pregnant women measure medication risks for themselves and their developing babies.

**Speaker:** Wilma Townsend, MSW; Beverly Gallauresi, MPH, RN

3017: (Advanced Practice Track) **A PMHCNS-Run Interdisciplinary Geropsychiatry Clinic... Patient-Centered Caring Collaboration (RN, APRN)**

11:15am - 12:00pm

This session will describe a CNS-run Geropsychiatry new case clinic in a large VA setting. It will illustrate how well an effective working interdisciplinary collaboration can provide the comprehensive assessment of patients and caregivers, and enable families to function at their optimum. Case scenarios will be used to demonstrate positive outcomes.

**Speaker:** Elissa Brown, MSN, RN, PMHCNS-BC

**Concurrent Sessions**

**Block 2:** 12:10pm - 12:55pm .75 Contact Hours

3021: (Undergraduate Education Track) **Knowledge, Stigma, Advocacy & Caring: Student Learning in the Willard Suitcase Exhibit (APRN)**

12:10pm - 12:55pm

The Willard Suitcase Exhibit was a service learning experience partnered with Mental Health America where students acted as docents to greet visitors to the exhibit. Themes of knowledge, stigma, advocacy and caring were identified.

**Speaker:** Joyce Ott, DNP, RN
3022: (Research Track) Transcranial Direct Current Stimulation (tDCS) for the Treatment of Depression in HIV Patients: A Mixed Methods Safety and Feasibility Study (RN, APRN)
12:10pm - 12:55pm

Up to 48% of patients with HIV are co-diagnosed with Major Depressive Disorder (MDD), but many antidepressant treatments have delayed onset and side effects. Transcranial direct current stimulation (tDCS) is a non-invasive neuromodulatory treatment demonstrated as effective in reducing depression symptoms in a general psychiatric population. This study demonstrated safety and feasibility of tDCS as a treatment for individuals co-diagnosed with HIV-MDD.

Speaker: Mary Rosedale, PhD, PMHNP-BC, NEA-BC

3023: (Sexual Trauma Track) Being A SANE Psychiatric Nurse: Improving Interventions for Vulnerable Populations Who Have Experienced Sexual Assault (RN)
12:10pm - 12:55pm

Psychiatric nurses who are trained as Sexual Assault Nurse Examiners have value added skills in assessment of mental status, lethality, communication, and disorders of thinking and mood. Half the victims of sexual assault at a community based sexual assault center have some type of vulnerability. A case study of human sex trafficking will be presented.

Speakers: Sally Helton, MSN, PMHCNS-BC, SANE-A; Ginger Evans MSN, PMHCNS-BC, SANE-A

3024: Mini Concurrent Sessions on Graduate Education
12:10pm - 12:55pm

The Experience of PMHNP Programs in Preparing Graduates to Care for Patients across the Lifespan (APRN)
This presentation will summarize information from five graduate psychiatric nursing programs across the US about how they are preparing PMHNP graduates to care for patients of all ages. Presentation will discuss PMHCNS programs that are changing to a PMHNP focus as well as PMHNP programs that have expanded their focus from children or adults to include patients across the lifespan. Presentation will discuss how lifespan content is addressed in both coursework and clinical training.

Speakers: Bethany Phoenix, PhD, RN, CNS; Susie Adams PhD, RN, PMHNP, FAANP

Embracing Change: Using the Theory of Structural Empowerment to Develop a Family PMHNP Curriculum (RN, APRN)
Responding to the 2008 Consensus Model for APRN Regulation, University of Rochester School of Nursing faculty began creating a lifespan curriculum to meet evolving needs of students and PMHNPs. The Theory of Structural Empowerment, including the constructs of opportunity, structure of power, access to resources, information and support, guided program development. This presentation highlights the process to optimize faculty success.

Speakers: Susan Blaakman, PhD, APRN-BC; Holly Brown, MS, RN, NPP, PMHCS-BC

3025: Mini Concurrent Sessions on Integrated Physical & Mental Health Care
12:10pm - 12:55pm

A Mindful Eating Group Intervention for Obese Women: A Mixed Methods Feasibility Study (RN, APRN)
This presentation reports results of a mixed methods research design testing feasibility of a 10-week mindful eating intervention for obese women. Psychosocial variables self-efficacy for weight loss, mindful eating, and depression were measured, as were physiological variables weight, BMI,
and body fat. Quantitative and qualitative data including focus group emergent themes will be
discussed.

**Speaker:** Christine Heifner Graor, PhD, RN, CNS

**Are We Leaders in Modeling Health? Results of a Weight Loss Program in a Nursing Organization (RN, APRN)**

This presentation will share the results of a 21 day plant-based weight loss program completed at a
nursing organization. The results were positive, with participants not only losing weight, but also
significantly decreasing their cholesterol levels. In addition, participants reported sleeping better,
Improved breathing and increased energy. Challenges in practicing this plant-based nutritional
program will also be shared.

**Speakers:** Joanne Evans, MEd., RN, PMHCNS-BC

**3026: (Recovery Track) Bring HOPE to Consumers: Help, Offer, Partner, Erase (RN, APRN)**

12:10pm - 12:55pm

In this fast-paced, interactive session, healthcare providers will learn to be the voice of HOPE from a
consumer’s perspective. Help consumers accept their mental illness. Offer and discuss treatment
options and lifestyle changes. Partner with your clients to attain wellness. And most importantly, Erase
the stigma of mental illness. Learn to become an ally instead of a judge. HOPE makes the difference!

**Speaker:** Carol A. Kivler, MS, CSP, CMT

**3027: (Advanced Practice Track) Utilization of a Psychiatric-Mental Health (PMH) APRN Consultation
Service to Meet the Emotional Needs of Oncology Patients (APRN)**

12:10pm - 12:55pm

There is a clear need for mental health services for patients with a cancer diagnosis. Psychiatric-Mental
Health APRNs are well positioned to provide mental health consultation services in oncology settings.
The purpose of this presentation is to examine the development and ongoing functions of a PHM APRN
led consultation service within an academic, NCI designated, comprehensive cancer center.

**Speakers:** Jean Just, MSN, RN, PMHCNS; Nancy Treece MS, RN, PMHCNS-BC

**3002: Symposium Luncheon** 1.5 Contact Hours

1:00pm - 2:30pm

**Improving Outcomes in Schizophrenia: Evolving Concepts and Emerging Approaches**

This case-based presentation will review the common symptoms associated with schizophrenia as
well as helpful ways to differentiate between primary and secondary negative or cognitive
symptoms. Clinical tools that may effectively assess treatment response and their effectiveness
across multiple symptom domains will be discussed. In addition to the efficacy and adverse effects
attributed to currently available antipsychotic agents, the latest findings from clinical trials involving
glutamatergic modulation will be evaluated and discussed as possible treatment options for the
negative symptoms associated with schizophrenia.

**Chair:** Elizabeth (Betty) Vreeland, MSN, APRN

**Faculty:** Barbara J. Limandri, DNSc, APRN, BC; Leslie Citrome, MD, MPH

*This activity is supported by an unrestricted educational grant from Genentech, Inc.*

**Concurrent Sessions**

**Block 3:** 2:40pm - 3:25pm .75 Contact Hours
3031: (Undergraduate Education Track) Tobacco Use Treatment in Nursing Curricula: What Faculty, Students, and Nurses Need to Know (RN, APRN)
2:40pm - 3:25pm
Nursing instruction of effective, evidence-based tobacco treatment has been limited and inconsistent in nursing education programs. Brief overviews of problems related to tobacco use, effective medications, intervention strategies are provided. Strategies to remedy this deficit and research opportunities are presented.
Speaker: Carol Essenmacher, MSN, PMHCNS-BC

3032: (Research Track) Parenting Stress in Mothers of Preschool Age Children Recently Diagnosed with Autism Spectrum Disorder (ASD): A National Quantitative Study and Implications for Nurses (RN, APRN)
2:40pm - 3:25pm
Parenting stress occurs when individuals appraise they have difficulty filling the role as a parent. Mothers of children with Autism Spectrum Disorders (ASD) experience more parenting stress than those raising children with other developmental disabilities. The findings from this study will assist psychiatric-mental health nurses in the development of specific assessments to identify stress in mothers of children recently diagnosed.
Speaker: Cheryl Shaffer, PhD, PNP, ANP

3033: (Inpatient Track) The Evolution of Practice Changes in the Use of Special Observations: Moving from Observations to Engagement (RN, APRN)
2:40pm - 3:25pm
This presentation reviews strategies used to shift from physician-ordered special observations to nursing interventions that improved safety on inpatient units. The presenters will discuss challenges associated with intense observations and their creation of two nursing protocols designed to eliminate the problems. A discussion of Nursing outcomes and future implications will follow.
Speakers: Richard Ray, RN, MS, PMH-BC; Evelyn Perkins, RN, MS, PMH-BC, NE-BC

3034: (Substance Use Track) Residential Crisis Stabilization Unit (CSU) Diverts Inpatient Hospitalization and Promotes Positive Recovery Outcomes for Individuals with Co-Occurring Mental Health and Substance Use Issues (RN, APRN)
2:40pm - 3:25pm
Presentation will provide historical information regarding the development of the Crisis Stabilization Unit (CSU), an overview of its treatment model and recovery programming, and programmatic outcomes based upon a sample of over 350 clients. Initial analyses of outcome data obtained to date reflect clear patterns of symptom reduction and hopeful signs of early stage recovery.
Speaker: Kathy Tierney, DNP, PMH-CNS/NP-BC

3035: (Suicide Prevention Track) Learning to be Comfortable with the Discomfort: Working with People who are at a Chronic High Risk of Suicide - A Forensic Perspective from the UK (RN, APRN)
2:40pm - 3:25pm
Suicide continues to be a significant concern in England, particularly for mental health services and prisons. This paper suggests that the ability to talk about suicide and the need to develop meaningful relationships are two important aspects of suicide prevention. The term ‘chronic high risk of suicide’ is introduced and discussed, with particular reference to forensic populations.
Speaker: Suzie Marriott, RN (MH), MSc
3036: (Older Adults Track) Perceived Burden, Depression, Anxiety, Resourcefulness, and Psychological Well-being among African American and Caucasian Caregivers of Persons with Dementia (RN, APRN)
2:40pm - 3:25pm
The number of persons with dementia is increasing exponentially and many depend on their relatives for support and care giving, which can adversely affect their psychological well-being. This study explored relationships among perceived burden, depression, anxiety, resourcefulness, and psychological well-being in 28 African American and 45 Caucasian caregivers of persons with dementia. The results provide direction for developing tailored interventions.
Speaker: Abir Bekhet, PhD, RN, H.S.M.I.

3037: (Recovery Practice Track) Wellness Recovery Action Planning (WRAP) to Improve Measures of Recovery in Adolescents Enrolled in an Outpatient Educational/Mental Health Facility (RN, APRN)
2:40pm - 3:25pm
A descriptive, feasibility study exploring the efficacy of the Wellness Recovery Action Plan (Copeland, 2002) that was conducted with adolescents in an outpatient treatment facility/school will be discussed. Results of a repeated measures design using instruments that measure concepts consistent with definitions of recovery will be reported. The need for identifying evidenced based recovery practices will be an underlying theme.
Speaker: Janet Merritt, PhD, PMHCNS-BC

Concurrent Sessions
Block 4: 3:35pm - 4:20pm .75 Contact Hours

3041: (Undergraduate Education Track) Auditory Hallucination Simulation Experience: Impact on Students’ Assessment Skills and Capacity to Empathize with Psychotic Patients (RN, APRN)
3:35pm - 4:20pm
This educational seminar provides an overview of the development, implementation and evaluation of an innovative auditory hallucination simulation experience for undergraduate nursing students. Impact on assessment skills and capacity to empathize with patients experiencing psychosis is discussed. Key points for effective simulation and debriefing are included along with responses by students regarding their experience.
Speakers: Nancy Bowllan, EdD, CNS, RN; Mary Timm, MS,Ed, BSN

3042: (Research Track) Preliminary Findings and Implications for Practice: An Exploratory Study of Factors that Influence the Impact on Emerging Adults Who Grew Up with a Depressed Parent (RN, APRN)
3:35pm - 4:20pm
This session will be based on preliminary findings from an exploratory study of factors that influence the impact on emerging adults who grew up with a depressed parent. Guided by Ambiguous Loss Theory, buffers to the experience for the child and the impact on psychosocial well-being in young adulthood, will be discussed. Implications for nursing practice will be reviewed.
Speaker: Brandy Mechling, PhD (c), RN, PMHCNS-BC

3043: (Inpatient Track) Creating a Nursing Sensitive Indicator for Behavioral Health Nurses on Patient Self Harm/Suicide Behavior (RN, APRN)
3:35pm - 4:20pm
This presentation will discuss how to develop a Nursing Sensitive Indicator specific to Psychiatric care and the rigor to establish evidence based care and intervention. Tools that identify and monitor self harm and suicide behavior and appropriate interventions will be explored. The development, implementation and use of aggregate data that informs care have significant implications for nursing and saving lives.
Speaker: Debra Saldi, MS, BSN, LMHP, NCC
3044: Mini Concurrent Sessions on Substance Use
3:35pm - 4:20pm

**Student Nurse Practitioners’ Attitudes towards Working with Patients who Use Substances** *(RN, APRN)*

Substance use, abuse, and dependence are major public health issues with many medical and societal costs. Results of changes in nurse practitioner student’s attitudes before and after exposure to a targeted substance use educational and training program will be presented.

**Speaker:** Ann Mitchell, PhD, RN, AHN-BC, FAAN

**Fighting Stigma of Patients Who Use Substances: Effects of Addictions Education on Undergraduate Nursing Students’ Attitudes** *(RN, APRN)*

Nurses can assist patients in addressing substance use if the nurse’s own attitudes do not inhibit quality of care. This presentation offers quantitative and qualitative results of changes in undergraduate nursing student attitudes before and after exposure to substance use educational modules.

**Speaker:** Kathy Puskar, DrPH, RN, FAAN

3045: (Suicide Prevention Track) **Assessing Suicide Risk in Individuals Who Have Had Intimate Partner Violence** *(RN)*
3:35pm - 4:20pm

Individuals who have sustained repeated and prolonged psychological trauma due to IPV have a higher rate of suicide attempts. Two comprehensive assessment tools, the CASE Approach (Chronological Assessment of Suicide Events) and the SAFE-T Suicide Assessment will be presented. A powerful culturally congruent intervention program, the Grady Nia Project, will be discussed.

**Speaker:** Pamela Marcus, RN, APRN/PMH-BC

3046: (Older Adults Track) **A Story-Theory Based Intervention for Loneliness: Feasibility and Acceptability** *(APRN)*
3:35pm - 4:20pm

Limited interventions are available to address the problem of loneliness. This paper presents a story theory based intervention for loneliness that was developed to address key concepts of loneliness based on the loneliness literature. The group intervention was acceptable and feasible in pilot testing with older adults and has resulted in significantly lower loneliness scores.

**Speaker:** Laurie Theeke, PhD

3047: (Recovery Practice Track) **Valuing Patient Feedback: Implementation of a Discharge Phone Call Practice in an Inpatient Psychiatric Hospital** *(RN)*
3:35pm - 4:20pm

Discharge phone calls increase patient satisfaction and provide vital information to improve quality of care. The calls serve as a safety net for patients transitioning from hospital to home. Feedback received is a very powerful means by which nursing leadership can recognize staff that have made a difference.

**Speakers:** Avni Cirpili, RN, MSN, NEA-BC; Jennifer Barut, MSN/IH, RN-BC

**Poster Presentations Close**
4:30pm
3051: Case Studies in Forensic Psychiatric Nursing  (RN, APRN)
4:30pm - 6:00pm
Forensic psychiatric nursing joins mental health and legal concerns. We will discuss case studies on the challenges of mental health care in correctional facilities, links between history of sexual abuse and future violence, and evaluation and management of patients who are not guilty by reason of insanity.
Speakers: Angela F. Amar, PhD, PMHCNS-BC, FAAN; Nina Beaman, Ed.D, MSN, RNC-AWHC, RN-BC (PMH), CMA (AAMA); Carrie Carretta, PhD, APN, AHN-BC, FPMHNP; Andrea Katz, MSN, PMHCNS

3052: The Research Council Presents an Interactive Panel on Tips for Successful Publishing  (RN, APRN)
4:30pm - 6:00pm
Disseminating research and clinical improvement science is a crucial step toward improving the practice of psychiatric mental health nursing. The Research Council Chairs will offer a hands-on, skill-based, experiential workshop on Framing the Problem Statement, Making the Argument for Significance, and The Outline. Dr. Karen Stein, Editor of JAPNA, will provide tips to help you get published in JAPNA.
Speakers: Linda Beeber, PhD, PMHCNS-BC, FAAN; Danny Willis, DNSc, PMHCNS-BC; Daryl Sharp, PhD, PMHCNS-BC, NPP; Jane Mahoney, PhD, RN, PMHCNS-BC; Karen F. Stein, PhD, RN, FAAN

3053: RN-PMH Council Interactive Panel  (RN)
4:30pm - 6:00pm
The RN-PMH Council represents the interests of psychiatric nurses practicing in direct patient care. This council is for BSN, Associate and diploma nurses to come together and discuss issues including staffing, violence, patient and staff safety, stigma and more. This is your opportunity to network with psychiatric nurses from across the nation and share your accomplishments and concerns.
Speakers: Jolie Gordon-Browar, MSN, RN-BC, PMHN; James Shearer, APRN, PMHCN-BC

3054: Fighting Stigma: Psychiatric-Mental Health Advanced Practice Nurses Working Together  (APRN)
4:30pm - 6:00pm
The APRN Interactive Session will be an interactive exchange of information with participants and the current APRN Steering Committee. Joys, concerns and opportunities will be discussed. Information from collaboration with the Educational Council will be presented.
Speakers: Leslie Oleck, MSN, RN, PMHCNS-BC, LMFT; Michael Terry, DNP, APRN-PMH/FNP

3055: Child and Adolescent Council Interactive Panel  (RN, APRN)
4:30pm - 6:00pm
The Child and Adolescent Council facilitators will engage the audience in a discussion about many of the critical issues in child and adolescent psychiatric practice. A particular focus will be placed on a discussion of the needs and links available on the APNA Child & Adolescent Resource page.
Speakers: Vanessa Genung, PhD, RN, PMHNP-BC, LCSW-ACP, LMFT, LCDC; Sue Odegarden, RN, MA, MS, MSN
Tailgate Party at Heinz Field
Friday, November 9, 2012 | 6:15pm - 10:00pm

Wear your favorite team jersey or colors (professional, collegiate, or your child's little league!) for this fun event at Heinz Field, home of the Pittsburgh Steelers and University of Pittsburgh Panthers football teams. Private tours of Heinz Field will provide attendees with a behind-the-scenes look into Stadium, Great Hall, and much more. Join us for a salute to our PMH nurse members and conference attendees at Pittsburgh's latest and greatest landmark!

Included in all full conference registrations
Guest tickets: $75
Foundation Presentation & Video
8:15am – 9:15am
Join us for a presentation of the new APNA video “A Conversation with Grayce Sills”. All conference registrants are welcome to attend, and those who make a donation of $36.50 (when you register for the conference or on-site) will receive a copy of the DVD.

Concurrent Sessions
Block 1: 9:30am - 10:15am .75 Contact Hours

4011: (Undergraduate Education Track) Educating Psychiatric Nurses: Appreciative Methods that Avoid Stigma (RN, APRN)
9:30am - 10:15am
Research indicates that negative emotions narrow thoughts while positive emotions inspire creativity and acceptance, two essential components needed to avoid stigma. The language we choose affects our students’ motivation and ability to function as professionals who help others. Appreciative Inquiry (AI) builds on skills PMH nurses already learn and teaches how to recognize and replace negative or judgmental phrases.
Speaker: Rebecca Harmon, PhD, RN, PMHCNS, BC

4012: (Research - Child & Adolescent Track) School Nurse Feasibility, Reliability and Validity Test of the SARA and SLICE© Tools for Self-harm (RN, APRN)
9:30am - 10:15am
Self-harm includes behavior of repeated self-injury done in a compulsive manner. Prevention, early identification, and treatment are necessary. This presentation describes the continued instrument development for assessment tools called the SARA and SLICE and their usefulness as an intervention for prevention and referral for treatment of self-harm.
Speaker: Kimberly Williams, DNSc, PMHNP-BC, ANP-BC

4013: (Inpatient - Recovery Track) From Remedial Care & Control to Patient Centered Support and Least Restrictive Environment on an Acute Inpatient Unit (RN)
9:30am - 10:15am
Peplau’s Interpersonal Relations Theory is supplemented with elements of Crisis Theory, recovery & resiliency, and concepts of least restrictive environment and inclusion; we have shifted nursing’s focus from environmental and interpersonal control, to patient centered support in a least restrictive environment. Improved nurse/patient psychodynamics attained through continuous rapport development, enhanced communication strategies, least restrictive environment and evidence based safety measures.
Speaker: Eric Peterson, MSN, RN-C

4014: (Workplace Safety Track) Promoting Patient and Workplace Safety in a Behavioral Health Setting (RN, APRN)
9:30am - 10:15am
This presentation outlines the design of an evidence based program instituted by a multidisciplinary collaboration to address workplace safety incorporating violence and suicide risk factors. The history of the program design, data on patient/staff injuries, satisfaction levels and the multifaceted risk assessment action plan will be detailed. Strategies for maintaining a culture of safety will be discussed.
Speakers: Patricia Mulvaney-Roth, MSN, RN, PMHCNS-BC; Carla Jackson, MA, RN-BC
4015: (Integrated Physical & Mental Health Care Track) **Fighting Stigma: An Invitation to Psychiatric Nurses to Improve Care for People with Mental Illness Receiving Healthcare Services in Non-psychiatric Settings** *(RN, APRN)*

9:30am - 10:15am

Nurses providing care to patients with mental illness hospitalized for medical co morbidities may be overwhelmed or inadequately prepared to meet the needs of these patients. Research reflects incongruence between nursing and patient perceptions of need for care. The purpose of this presentation is to encourage psychiatric nurses to educate nurse colleagues to meet the needs of patients with psychiatric disorders in other clinical settings.

**Speaker:** Clare Conner, MSN, RN

4016: (Administration Track) **Development of a Skills Fair Format for Annual Competency Validation and Education for an In-Patient Psychiatry Service** *(RN)*

9:30am - 10:15am

This presentation describes using a skills fair format for education and competency validation for psychiatric nursing service personnel in a hospital setting. The process of identifying the core skills to be addressed and methodologies will be discussed. The cornerstone of the skills fair was the “Lucy Booth” where the “Psychiatric Nurse was in” and staff members responded to situational scenarios.

**Speaker:** Virginia Fox, MSN, PMHCNS-BC

4017: (Recovery Practice Track) **You Look Too “Normal” to Have PTSD** *(RN, APRN)*

9:30am - 10:15am

A patient’s and provider’s perspective about her deployment, reintegration, the stigma, and symptoms of PTSD that developed after her deployment. This presentation includes a review of the type of therapy used that led to post traumatic growth and resilience in a patient diagnosed with PTSD.

**Speaker:** Linda M. Stanley, MSHS, BSN, RNC

**Concurrent Sessions**

**Block 2:** 10:25am - 11:10am  .75 Contact Hours

4021: (Undergraduate Education Track) **Mindfulness Program For Nursing Students** *(RN, APRN)*

10:25am - 11:10am

Mindfulness practice has been shown to improve focus, successfully manage stress and increase empathy. It is crucial for nurses to be able to manage intense situations, distractions and overwhelming stimuli. An eight session Mindfulness Program for nursing students was developed to introduce the practice of mindfulness to nursing students in order to better prepare them to deliver safe nursing care.

**Speakers:** Constance Green, MS, MS, RN, NPP; Colleen Prunier, MS, RN, NPP, CNS, CARN

4022: (Research - Child & Adolescent Track) **Examining Mediators and Strategies to Improve Well Being Through Primary Prevention** *(APRN)*

10:25am - 11:10am

Adolescent vulnerabilities and the need for interventions prompted us to examine potential pathways and mediators for the effects of physical child abuse and explore whether text messaging information (TMI) as a primary prevention strategy will inform of signs and reduce the risks of RV through primary prevention. Structural equation modeling was used. Results showed targeted mental health information is needed.

**Speakers:** Rose Constantino, PhD, JD, RN, FAAN, FACFE; Lovie Jackson, PhD, MSW
4023: (Inpatient - Recovery Track) **Building a Healing Environment: Design Elements that Promote the Recovery Process and Reduce Stigma on an Inpatient Psychiatric Unit** *(RN, APRN)*
10:25am - 11:10am

The presentation will discuss a recently built state-of-the-art inpatient psychiatric unit at Northwestern Memorial Hospital’s Stone Institute of Psychiatry. The unit was designed as a therapeutic platform for cutting edge treatment modalities. The unit itself is considered to be a therapeutic component of the patient recovery process and enhances the staff’s ability to successfully engage patients.

**Speaker:** Maureen Slade, MS, RN, PMHCNS-BC, NE-BC

4024: (Workplace Safety Track) **The Effects of Patient Initiated Assaults on Hospital Based Inpatient Staff** *(RN)*
10:25am - 11:10am

Workplace violence is a crucial issue for nursing. The Assault Response Questionnaire and the Impact of Event Scale measured staff distress and reactions post assault. Routine screening for symptoms and psychological first aid are recommended as interventions.

**Speaker:** Monica Scaccianoce, MSN, ARNP

4025: (Integrated Physical & Mental Health Care Track) **Providing Care to Medically Ill Patients in the Inpatient Psychiatric Hospital Setting** *(RN)*
10:25am - 11:10am

This presentation will discuss how our inpatient psychiatric facility transitioned providing services to patients with mental illness who also may have complex medical issues. The process of this transition will be discussed, such as assuring staff competency with various medical care issues. The benefits of this transition, both to patients and the facility will also be discussed.

**Speakers:** Barbara Wear, RN-BC; Lavonia Bishop, RN/BSN

4026: (Administration Track) **Who Says New Graduate Nurses Must Have a Year of Med-surg?: Developing the Future of Psychiatric Nursing through a Psychiatric Nurse Residency Program** *(RN)*
10:25am - 11:10am

Nurse Residency Programs (NRP) develop clinical skills, improve retention, and provide novice nurses with support during transition into their first professional roles. You will learn about a recovery-based curriculum for a psychiatric NRP, including integration of evidence-based practice, community outreach and a mentoring program. The NRP Coordinator will discuss lessons learned and psychiatric nurse residents will share personal perspectives.

**Speakers:** Jennifer Barut, RN, MSN, PMH-BC; Meghan Baron, RN, BSN; Michelle Estes, RN

4027: (Recovery Practice Track) **Psychiatric Nurses' Attitudes and Persons with Borderline Personality Disorder: Focus on Clinical Practice, Education and Best Practices - A Follow Up** *(RN, APRN)*
10:25am - 11:10am

The program is a follow-up of the 2011 APNA research presentation "Psychiatric Nurses' Attitudes and Persons with BPD" with a focus on best practices, education, and clinical practice for nurses providing care to persons with BPD. Specific education and best practice strategies including DBT clinical modifications, that can be planned (within resources) by the nurse and/or institution will be presented.

**Speaker:** Judith Hauck, DNP, PMHCNS-BC
Concurrent Sessions

Block 3: 11:20am - 12:05pm .75 Contact Hours

4031: (Undergraduate Education Track) **Cultural Competence in Nursing Education: Beyond Talking the Talk (RN, APRN)**
11:20am - 12:05pm
Nursing students in 2012 are increasingly ethnically diverse, span the “generation spectrum” from baby boomers to millennials, and include more men. This presentation will provide an overview of some of the issues faced in teaching diverse student groups. “Hands on” tools to enhance cultural competence with students in the classroom and in clinical placements will be shared as well.

**Speaker:** Amy Morton-Miller, PhD, RN, PMHCNS-BC, CNE

4032: (Research - Child & Adolescent Track) **Attitudes of Sexual Assault Nurse Examiners: Expanding the Role to Care for Young Children (RN, APRN)**
11:20am - 12:05pm
Findings from a study, "Attitudes of Sexual Assault Nurse Examiners: Expanding the Role to Care for Young Children" will be presented. Attitudes expressed by the SANEs were varied; many who are opposed cited concern about experiencing vicarious victimization (e.g. "I would picture my daughter's face--I couldn't handle it"). Implications from the findings can inform pediatric psychiatric-mental health care and policy.

**Speaker:** Carol Marchetti, PhD, RN, PMHCNS-BC, SANE

4033: (Inpatient - Recovery Track) **Changing Inpatient Psychiatry: Moving From Control to Empowerment Through Behavioral Activation (RN, APRN)**
11:20am - 12:05pm
Behavioral Activation is an evidenced based milieu approach that assists patients in making targeted behavioral changes. Review of a study conducted on an inpatient psychiatric unit will be conducted. Behavioral Activation principles that can be incorporated into inpatient treatment along with a patient self report tool will be presented.

**Speaker:** Patricia Roberts, MSN, PMHCNS-BC, NE-BC

4034: (Workplace Safety Track) **Creating a Safer Milieu: Innovative Strategies to Reduce Patient and Staff Assaults (RN, APRN)**
11:20am - 12:05pm
Balancing a patient's right to a restraint-free environment with the need for a violence-free environment is increasingly challenging. Following a year of increasing violence on a Psychiatric ICU, a unit-based committee of staff and management convened to examine unit safety. A multipronged approach including environmental changes, recovery principles, and clinical pathways for high-risk patients was developed and implemented.

**Speakers:** Janice Adam, RN-BC; Timothy Meeks, BSN, RN-BC

4035: (Integrated Physical & Mental Health Care Track) **Evaluating Metabolic Syndrome Risk Factors in Patients Receiving Atypical Antipsychotics (RN, APRN)**
11:20am - 12:05pm
Atypical antipsychotics are generally recognized for the outstanding antipsychotic properties. Their adverse effects however, may negatively influence metabolic syndrome risk factors and related co morbidities. Metabolic monitoring should become a recommended clinical option for patients treated with atypical antipsychotics and should include referrals to address observed aberrations.

**Speaker:** Jaroslaw Gradek, DNP, APRN, NEA-BC
**4036: (Administration Track) New Employee Onboarding: Inspiration, Engagement, and Transformational Outcomes (RN, APRN)**

11:20am - 12:05pm

Healthcare organizations struggle to engage new employees in a fashion that inspires, promotes ownership, and fosters a personal desire for continual professional development. New Employee Onboarding is a patient-centric approach to inspiring and engaging new employees to the Recovery Model.

**Speakers:** Karen Sagisi, MA, BSN, RN-BC; Cheryl Odell, MSN, RN, NEA-BC; Cindy Murphy, MPH

---

**4037: (Recovery Practice Track) Engaging Psychiatric Patients and their Families in Recovery & Wellness Through the Promotion of the RN at the Bedside (RN, APRN)**

11:20am - 12:05pm

The most important relationship in behavioral health nursing is the nurse-patient relationship. Operationalizing Relationship Based Nursing enhances the relationship and accountability between RN and ancillary staff and also enhances accountability between the patient and nurse. This allows the nurse to actualize his/her practice and work with the patient towards recovery and wellness.

**Speakers:** Frances Prochak, MSN, BS, RN; Debra Norberg, BSN, RN; Susan Fitzgerald, BSN, RN

---

**Annual Meeting & Town Hall**

12:15pm - 1:30pm