APNA 17th Annual
Clinical Psychopharmacology Institute

PLANNED FOR NURSES, BY NURSES

June 6-9, 2019
Omni Louisville Hotel
Louisville, KY

www.apna.org/CPI
#APNAPsychopharm
Earn up to 21 contact hours in pharmacology
At the APNA Clinical Psychopharmacology Institute (CPI), you get more than a psychopharmacology conference. You get an opportunity to nurture your practice with cutting edge neuroscience and pharmacology. You replenish your passion for what you do through the camaraderie of other psychiatric-mental health nurses. And, you get to feel at home with a collegial environment that promotes asking questions and joining in discussions. You get continuing education designed for nurses, by nurses while surrounded by those who understand you and what you do the best.

This educational program was created by the CPI Program Committee based on your need for education that reflects the realities of psychiatric-mental health nursing practice. We know that you prioritize person-centered nursing and that therefore any education must improve your capacity to care for each individual patient. After each day’s informative presentations, you will get an opportunity to apply what you learned with a panel-led case-based discussion.

Read on to learn about this year’s engaging educational program, the perks included in your registration, this year’s new location, and more…. See you in Louisville in June!

Gail Stern, RN, MSN, PMHCNS-BC
President

Join other providers who want to advance their clinical skills. CPI is targeted to psychiatric-mental health nurses who provide or prescribe medication to persons with psychiatric-mental health conditions. Other health care providers interested in psychopharmacology are welcome, including nurses, psychiatrists, psychologists, primary care physicians, and pharmacists.

The American Psychiatric Nurses Association is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
Advancing Integration of Pharmacology in Person Centered Nursing

The APNA Clinical Psychopharmacology Institute (CPI) presents a state-of-the-science understanding of dimensions of psychopharmacologic practice across the lifespan. The Institute focuses on complex clinical issues, addressing the most current practices and insights in clinical psychopharmacology.

CPI is planned for nurses, by nurses. It’s practical, unbiased, and designed to help you provide expert person-centered care to the populations you serve. That’s why at CPI you will:

- Gain insights from interdisciplinary experts that can be directly applied to your practice.
- Uncover how to incorporate new research into treatment decisions during peer discussions.
- Embrace patient-centered approaches to promote positive outcomes.

Go Beyond Medication Management

The emphasis on the neurobiology of pharmacology was amazing. I appreciated the content that reminded me to use my therapy skills with patients. Sometimes, I get too distracted with medication management.

(2018 CPI Attendee)

Outcomes Panels

Join members of the CPI Program Committee at the end of each day’s sessions to dig deeper into real-world applications. Discussing examples from the experiences of psychiatric-mental health nurse experts helps you visualize how to weave the new information into your practice.

Continuing Education

The APNA 17th Annual Clinical Psychopharmacology Institute will offer up to 21 contact hours in pharmacology.

2019 Conference Educational Learning Outcomes

1. Incorporate new discoveries in psychopharmacology and neuroscience into psychiatric-mental health nursing practice.

2. Utilize evidence based psychopharmacologic mental health nursing practice interventions that promote healthy brains and healthy behaviors.

Continuing nursing education contact hours are awarded based on number of sessions attended and evaluations completed. To receive full credit for a session, you must attend the entire session and complete its online evaluation.

What will you get with your registration?

- Up to 21 continuing education contact hours in pharmacology.
- Online session recordings to revisit or earn CE. (Available approx. 2 months after the conference)
- CPI mobile app with messaging, schedule, maps, and more.
- Digital session handouts to follow along on your device or print beforehand.
- Additional 25 bonus points in the APNA eLearning Center.
- $25 discount on APNA Annual Conference registration (October 2019 in New Orleans).
Schedule is subject to change. APNA reserves the right to make program changes as necessary, and the right to cancel sessions if events occur beyond reasonable control of APNA. Check www.apna.org/CPI for schedule, program, and housing updates.

Thursday Pre-Conference

Contact hours: 2.0

4:00pm – 7:00pm  Registration Open

5:00pm – 7:00pm  Pre-Conference Course
Deep Dive into Neurotransmitters: Focus on Glutamate & GABA
Debbie Thomas, EdD, APRN, PMHCNS/NP-BC, CMP
Register for this pre-conference course to explore neurotransmitters, particularly glutamate and GABA, from a psychopharmacological perspective. You’ll also leave with a better understanding of how this neurobiology relates to the lived experience of persons with mental health disorders.

Select the pre-conference session add-on during registration (additional fee) to earn up to an additional 2 contact hours.

Dinner on your own.

Friday, June 7

Contact hours: 6.5

Breakfast on your own.

7:30am – 5:30pm  Registration Open

8:00am – 9:30am  Remission Versus Recovery: An Opportunity to Engage People Living with Schizophrenia Earlier Using LAIs
Rebecca S. Roma, MD, MBA
Examine the course of illness in clients with schizophrenia. Review recent research comparing oral medications and LAIs (long acting injectables). Discuss how we can involve clients earlier in the course of disease and engage them to consider long acting treatment options.

9:45am – 11:15am  Complex Issues in Pediatric Psychopharmacology: Depressive & Anxiety Disorders
Jeffrey R. Strawn, MD, FAACAP
Focus on first-line psychopharmacologic treatments for youth with DSM-5 depressive and anxiety disorders. Explore the comparative pharmacology of SSRIs and SSNRIs based on key pediatric trials and review evidence supporting other psychopharmacologic interventions. Review differences in efficacy and tolerability of pharmacotherapy in youth and discuss strategies to identify which treatment may work best for which patient (e.g., predictors of treatment response).

11:30am – 1:30pm  Networking Lunch
Up to 1.5 contact hours will be added if an educational program is funded during this slot.

Faculty

Pamela Z. Cacchione, PhD, CRNP, BC, FGSA, FAAN – Ralston House Endowed Term Chair in Gerontological Nursing; Associate Professor of Geropsychiatric Nursing-CE; Nurse Scientist, Penn Presbyterian Medical Center, University of Pennsylvania, School of Nursing

John V. Campo, MD – Chief Behavioral Wellness Officer, Assistant Dean for Behavioral Health, Professor of Behavioral Medicine and Psychiatry, West Virginia University (WVU) and the Rockefeller Neuroscience Institute

Sattaria Tari Dilks, DNP, APRN, PMHNP-BC, FAANP – Professor and Co-coordinator of Graduate Nursing, College of Nursing and Health Professions, McNeese State University

Elizabeth Fitelson, MD – Assistant Professor of Psychiatry, Co-founder and Director of the Women’s Program, Department of Psychiatry, Columbia University Medical Center

Elizabeth Galik, PhD, CRNP, FAAN, FAANP – Professor, University of Maryland School of Nursing

Laura G. Leahy, DrNP, APRN, FAANP – Psychiatric & Addictions Advanced Practice Nurse, Master Clinician in Psychopharmacology, APNSolutions, LLC, Sewell, NJ

Douglas P. Olsen, PhD, RN – Associate Professor, Michigan State University College of Nursing & College of Human Medicine; Associate Professor, Sechenov University, Moscow, Russian Federation; Contributing Editor, American Journal of Nursing

Rebecca S. Roma, MD, MBA – Rebecca S Roma MD MBA Evaluation and Consulting LLC; Former Medical Director, Community Treatment Teams, Pittsburgh Mercy Health System, Pittsburgh, PA

Jeffrey R. Strawn, MD, FAACAP – Associate Professor of Psychiatry & Pediatrics, Director, UC Anxiety Disorders Research Program, Department of Psychiatry & Behavioral Neuroscience, University of Cincinnati; Cincinnati Children’s Hospital Medical Center

Christian J. Teter, PharmD, BCPP – Neuropsychiatric and Substance Use Disorder Pharmacist, Marblehead Neuropsychiatric Rx, LLC

Debbie Thomas, EdD, APRN, PMHCNS/NP-BC, CMP – Board Certified Psychiatric Clinical Specialist; Board Certified Master Psychopharmacologist; Owner, Here & Now Psychiatric Services & Center for Pharmacogenomic Studies; Emeritus Professor & Director, PMHNP Program, University of Louisville School of Nursing

Matt Tierney, ANP, PMHNP, FAAN – Associate Clinical Professor, UCSF School of Nursing, Department of Community Health Systems; Clinical Director of Substance Use Treatment and Education, Office of Population Health, UCSF Health

Dawn Vanderhoef, PhD, DNP, PMHNP-BC, FAANP – Assistant Professor, Academic Director Psychiatric Mental Health Nurse Practitioner Specialty, Vanderbilt University School of Nursing
1:45pm – 3:15pm
Sexual Issues and Psychotropics - Identification & Treatment Strategies
Sattaria ‘Tari’ Dilks, DNP, APRN, PMHNP-BC, FAANP
Discuss the pathways involved in disrupted sexual response, how psychotropics interact with those pathways, and review potential treatment options to combat these side effects. Sexual side effects to psychotropic drugs is one reason for premature discontinuation of otherwise effective medication regimens.

3:30pm – 5:00pm
Ethical Decision-Making in Mental Health & Psychopharmacology
Douglas P. Olsen, PhD, RN; Barbara Limandri, PhD, PMHCNS-BC; Barbara Jones Warren, PhD, RN, PMHCNS-BC, FNAP, FAAN
Discuss ethical considerations in psychopharmacological clinical practice with three nursing experts. Use an ethical decision-making framework to help navigate ethical dilemmas encountered by psychiatric-mental health nurses in clinical practice.

5:00pm – 5:30pm
Outcomes Panel
CPI Program Committee

Saturday, June 8
Contact hours: 6.5

Breakfast on your own.

7:30am – 5:30pm
Registration Open

8:00am – 9:30am
Managing Pharmacologic Treatments for Older Adults
Elizabeth Galik, PhD, CRNP, FAAN, FAANP
Focus on deprescribing benzodiazepines and antipsychotics when managing anxiety and agitation in older adults, explore alternative pharmacological options, and understand how to use these medications appropriately and safely when necessary.

9:45am – 11:15am
Complex Topics in Substance Use – Drug Adulterants, Treatment Transitions, & Pregnancy
Matt Tierney, ANP, PMHNP, FAAN
Examine hot topics in substance use disorders to gain an understanding of current and emerging needs, including: adulterants in the illicit drug supply and related harm reduction strategies, transitions in medication treatment for opioid use, and treatment of opioid use disorder during pregnancy and post-partum period.

11:30am – 1:30pm
Networking Lunch
Up to 1.5 contact hours will be added if an educational program is funded during this slot.

1:45pm – 3:15pm
The Art of Deprescribing: An Evidence-Based Approach to Understanding Who is the Right Patient, When is it the Right Time, and How to Taper the Medication?
Dawn Vanderhoef, PhD, DNP, PMHNP-BC, FAANP
Get the current evidence-based practices for weaning patients off medications safely and effectively. Understand how these processes and considerations fit into the wellness approach you take in providing care.
HOTEL

Omni Louisville Hotel
400 S 2nd Street
Louisville, KY 40202

Experience lavish (yet surprisingly affordable) accommodations in the heart of ‘Bourbon City’. Reflecting the past, present, and future of our vibrant Kentucky town, Omni Louisville Hotel is the new cornerstone of downtown.

APNA Discounted Room Rate:
$185.00 single/double occupancy plus tax

Guest room reservations are made on a first-come, first served basis until the room block is sold out. It is recommended to make hotel reservations as early as possible. Room rates are subject to change without notice and are based on availability.

Reserve your room today!
Book Online: Visit www.apna.org/CPITravel
Call: 1-888-444-6664 and refer to APNA CPI Conference for reduced rate

TO DO

Sightseeing
Whether you are a sports fan, history buff, or urban explorer, there are plenty of things to do throughout Louisville!

- Louisville Slugger Museum & Factory: Celebrate the role of the Louisville Slugger in baseball’s past, present, and future.
- Churchill Downs: Visit the home of America’s greatest race, the Kentucky Derby, since 1875.
- Waterfront Park: Explore an 85-acre municipal park adjacent to downtown Louisville and the Ohio River.

Shopping
With shopping districts of all stripes located throughout Louisville and surrounding communities, it’s no wonder Louisville has become a shopping destination for much of the South and Midwest. Shopping in downtown Louisville is as varied as its dining scene. Find an authentic Louisville gift from the glass creations at Glassworks, the Kentucky-made crafts at the Kentucky Museum of Art and Craft, or the state’s oldest handmade pottery at the 200-year-old Stoneware.

Restaurants
Welcome to an entirely new, New Southern Cuisine experience. A city with more than 2,500 restaurants, including James Beard nominated options, Louisville is the Culinary Capital of Bourbon Country. Bon Appetit Magazine has called Louisville “One of the Best Foodie Small Towns in America”. And Food & Wine Magazine calls Louisville’s East Market Street “One of the 10 Best Foodie Streets in America.” After all, when you put so many award-winning chefs and restaurants so close to so many award-winning distilleries, something tasty is bound to happen.

Visit apna.org/CPITravel for a list of discounts available to CPI attendees.

TRAVEL

Airline discounts have been arranged for CPI Conference registrants. To book, visit www.apna.org/CPITravel. The Louisville International Airport (SDF) is 5.9 miles from the hotel. Taxi service is available from the airport to the Omni. The approximate cost from SDF to the hotel is $22.00.

Parking Rates for CPI Attendees:
0-4 hours: $22.00  |  4-8 hours: $28.00
Valet (for overnight guests): $26/day
ATTENDEE INFORMATION  (*all fields required)

NAME
APNA ACCOUNT ID#
EMAIL ADDRESS
ADDRESS
CITY
STATE ZIP
PHONE
EMERGENCY CONTACT (NAME, RELATIONSHIP, PHONE)

Is this your first time attending the APNA CPI conference?  ☐ Yes  ☐ No

REGISTRATION RATES  Pre-registration ends Friday, May 31, 2019

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<th>Member</th>
<th>Nonmember</th>
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<tr>
<td>FULL CONFERENCE REGISTRATION</td>
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<td>Early Bird  (Deadline: May 13)</td>
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| ONE DAY ONLY REGISTRATION |     |           |           |
| One Day  (Circle): Fri Sat Sun | $199  | $325      | $334      |

|                        |        |           |           |
| PRE-CONFERENCE SESSION ADD-ON ** |     |           |           |
| Pre-Conference  (Thursday, June 6) | $69   | $119      |

Full Conference and One Day Registration Rates do not include the pre-conference session.
* Available for members of the Military, Reserves, or National Guard on active duty. Must show proof of current active military service at Registration Check-in.
** Available in addition to full or one day conference registrations.

PAYMENT INFORMATION

TOTAL AMOUNT TO CHARGE
CREDIT CARD # EXPIRATION DATE
BILLING ADDRESS CITY STATE ZIP
NAME ON CARD
CARDHOLDER SIGNATURE

CANCELLATION POLICY

Notification of registration cancellation must be received in writing to inform@apna.org by May 17, 2019 to receive a refund minus a $50 administration fee. No refunds will be issued after May 17, 2019.
“I can say without reservation that the learning I’ve experienced has been crucial to my professional development, and thus important to the people I serve. I encourage any psychiatric nurse to take advantage of the opportunity to participate in this tremendously high-quality conference.”