APNA 31st Annual Conference
October 18-21, 2017
Phoenix Convention Center
Phoenix, Arizona

www.apna.org/AnnualConference
By and large, nurses are people of action. We are proactive, rather than reactive. We see the whole picture, helping to foster fulfilling lives rather than only treating a problem. This year’s conference theme, Whole Health Begins with Mental Health, speaks exactly to that proactive approach. It means that we are shifting the paradigm towards recognizing mental health as foundational to overall health. And what better place to celebrate the positive change we bring through our work than warm and sunny Phoenix, Arizona?

From workshops dedicated to psychotherapeutic and psychopharmacologic modalities, to interactive sessions with subject matter experts, to poster presentations outlining innovative solutions, this year’s program is packed full of actionable takeaways. With over 100 sessions and 48 tracks, you’re invited to join 1600+ colleagues and dig into topics like inpatient practice, recovery models for substance use, integrated care…and more!

I can’t wait to see you in Phoenix!

Kris A. McLoughlin, DNP, APRN, PMHCNS-BC, CADC-II, FAAN
APNA President

2016-2017 APNA Board of Directors

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Take a proactive approach to your practice!

- Promote mental health through 4 days of information exchange and perceptive conversation.
- Pursue a comprehensive program that offers more than 126 continuing education contact hours to attendees in-person and online.
- Produce real-world applications of new discoveries through interactive sessions with nursing experts.
- Propel yourself to the next career level through professional development and networking.
- Provide the best possible care when you return home armed with best practices, innovative approaches, and current research.

Choose How You Earn Continuing Education:

**In person**
Earn up to **26.25 contact hours** with sessions you attend on-site.

**And/or Online**
Access online session recordings 1-2 months after the conference
Earn **100+ contact hours** – included in your conference registration!

Read page 5 for conference learning outcomes and more info about continuing education.

Get Face-to-Face Time with Fellow Nurses

In addition to education, conversations with colleagues are a valuable aspect of the conference. That’s why we’ve built opportunities for face-to-face interaction into the schedule every day. Look for this symbol next to these events throughout the program.

Hot Topics

- **25 Sessions** Inpatient
- **18 Sessions** Recovery
- **17 Sessions** Substance Use/Addictions
- **16 Sessions** Integrated Care
- **13 Sessions** Psychotherapy
- **11 Sessions** Psychopharmacology

Build an Experience Tailored to Your Needs

*Pick from sessions on:*

- Addictions
- Administration
- Advanced Practice
- Psychotherapy
- Child & Adolescent
- Eating Behavior
- Education
- Emergency Departments
- Evaluation
- Graduate Education
- Inpatient
- Integrated Care
- Leadership
- LGBT Issues
- Military
- Mindfulness
- Nursing Practice & Education
- Older Adults
- Pain Management
- Practice
- Prevention
- Psychopharmacology
- Psychotherapy
- Public Health Strategies & Leadership
- Recovery
- Research
- Restraint Reduction
- Safety
- Self-injury
- Substance Use
- Trauma
- Undergraduate Education
- Violence
- Workplace Violence
APNA President Kris A. McLoughlin, DNP, APRN, PMHCNS-BC, CADC-II, FAAN is the Senior Nursing Advisor for the Substance Abuse and Mental Health Services Administration, an agency within the U.S. Department of Health and Human Services. She is board certified by the ANCC as a Clinical Nurse Specialist in both Adult and Child & Adolescent Psychiatric-Mental Health Nursing and is a Certified Substance Abuse Counselor. She received her BS from Boston College, her MSN in psychiatric-mental health nursing from Yale University and her Doctor of Nursing Practice from Case Western Reserve University.

Dr. McLoughlin is a nationally recognized Mental Health Clinical and Systems Consultant, who has assisted dozens of inter disciplinary teams and state health officials in improving their systems of care to provide safe, therapeutic, person-centered, trauma sensitive, recovery-oriented care and treatment. She was appointed “Special Monitor” by the U.S. District Court for a Civil Rights of Institutionalized Persons (CRIPA) case involving the U.S. Department of Justice and the State of Hawaii. Her current areas of expertise include mental health system development, co-occurring mental illness and substance related disorders, mental health recovery, interdisciplinary treatment planning, and forensic psychiatric nursing. Dr. McLoughlin’s recognitions and honors include the 2006 APNA Psychiatric Nurse of the Year Award and the 2015 Young Alumni Award for Excellence from the Frances Payne Bolton School of Nursing at Case Western Reserve University. She is also a Fellow in the American Academy of Nursing.

Vic Strecher is a behavioral scientist, professor, and Director of Innovation at the University of Michigan’s School of Public Health. In 1995, Vic founded the UM Center for Health Communications Research (www.chcr.umich.edu). In 1998, he founded HealthMedia, a digital health coaching company that was sold to Johnson & Johnson in 2008. In 2015 he founded JOOL Health (www.joolhealth.com), a digital health solution company that integrates the science of health and well-being, advanced smartphone and biometric technology, and big data analytics. His most recent book (May, 2016) is Life On Purpose: How Living for What Matters Most Changes Everything (HarperOne).

Get inspired by APNA nursing leaders in this quick-moving presentation which focuses in on our theme, Whole Health Begins with Mental Health, and how it relates to psychiatric-mental health nursing practice, administration, education, and research. Each pair of board members will have 20 slides that automatically advance every 15 seconds (total 5 minutes). Then, discuss with colleagues implications for your own practice.
Conference Learning Outcomes

This conference program has been developed through a call for abstracts and peer review process informed by the conference theme and learning outcomes below. By the end of the conference, the learner will be better able to:

1. Explore opportunities for PMH nurses to infuse mental health recovery and wellness into administration, education, practice, research and policy.
2. Advance psychiatric-mental health nursing by leading health care changes that focus on mental health and well-being.
3. Apply innovative best practice tools and strategies in various workplace settings to improve the mental health of the population.

Continuing Education Contact Hours

Contact Hours On-Site: 26.25
Psychopharmacology Contact Hours: 13.25
Contact Hours Online: 100+

Online Evaluations & CE Certificates

Jot down your responses as you attend sessions, then log into the APNA website at your convenience to complete the evaluations online. Once you’re finished, the system will generate a CE Certificate with an itemized list of the sessions you attended. Evaluations will be accessible during and after the conference through December 1, 2017.

Tools To Find The Sessions You Want:

- Look for the RN and/or APRN next to each session
- Check out session track names and read session descriptions
- Go to www.apna.org/ConfProgram to view full session abstracts
- Use the sort by track tool on the app at apna2017.pathable.com

Ready to Register?

Head to pgs 36-39 for full registration info!

Important Dates

Wednesday, September 6
Early Bird Registration Deadline

Friday, September 22
Registration Cancellation Deadline

Monday, October 9
Pre-Registration Deadline

Tuesday 4pm, October 17
On-Site Check-In & Registration Begins

Friday, December 1:
Online Evaluations Deadline

Connect

Join Our Conference Network Now:

- Download the Mobile App – Message other attendees and navigate the conference on-the-go: https://apna2017.pathable.com/. Or download the APNA 2017 app in the Apple or Google Play store.
- Sign Up for Real-Time Updates – Sign up for text message updates when you register or download the mobile app.
- Spread the #PMHNCon Buzz – Use our conference hashtag to let everyone know you’re coming! (And follow us on Twitter - @AmerPsychNurses, Facebook, Instagram - @psychiatricnurses, and YouTube for #psychnurse social content!)

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.

APNA 31st ANNUAL CONFERENCE OCTOBER 18-21, 2017 PHOENIX, ARIZONA
## Hotel & Travel Information

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Hilton Garden Inn</th>
<th>Hyatt Regency Phoenix</th>
<th>Sheraton Grand Phoenix</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>15 East Monroe Street</td>
<td>122 North Second Street</td>
<td>340 North Third Street</td>
</tr>
<tr>
<td>Distance from Center</td>
<td>0.3 miles from convention center</td>
<td>0.1 mile from convention center</td>
<td>0.2 miles from convention center</td>
</tr>
<tr>
<td>Discounted Group Rate</td>
<td>$192 single/double plus tax Guest room WiFi included</td>
<td>$199 single/double plus tax Guest room WiFi included</td>
<td>$209 single/double plus tax Guest room WiFi included $10 daily food and beverage credit included</td>
</tr>
</tbody>
</table>

| Reservation Cut-Off Date  | Monday, September 25, 2017 |
| Check in/Check out        | Check in time is 3:00pm. Check out time is 12:00pm noon. |
| Cancellation Policy       | Cancellations must occur more than 48 hours prior to the date of arrival. | Cancellations must occur more than 48 hours prior to the date of arrival. | Cancellations must occur more than 72 hours prior to the date of arrival. |

### Travel Information

**Phoenix Sky Harbor International Airport (PHX)** is one of the most accessible and affordable major airports in the United States. The airport is only five to ten minutes from the hotels with a typical cab fare ranging from $15-$20. Take a one-way ticket aboard the light rail from the airport to the hotels for only $2. Take advantage of APNA’s discounted airport transportation rate with SuperShuttle by visiting [www.apna.org/HousingTravel](http://www.apna.org/HousingTravel).

**By Air:** APNA Annual Conference attendees are eligible for airline discounts through United Airlines. For discount code information, see [www.apna.org/HousingTravel](http://www.apna.org/HousingTravel). For airport information, visit the Phoenix Sky Harbor International Airport website at [https://skyharbor.com/](https://skyharbor.com/).

**By Car:** Phoenix is within driving distance of several major cities including Las Vegas, NV, San Diego, CA and Los Angeles, CA. Parking is available at the Phoenix Convention Center on a first-come, first-served basis at a daily rate of $12.

**Getting Around Downtown:** To stay and play in Downtown Phoenix, no car is needed. Enjoy the city’s walkability or take advantage of the light rail, pedicabs or Grid bikes. Hop around town to explore restaurants, nightspots, coffee shops, boutiques, art galleries and live music.

**Light Rail:** The Valley Metro Rail is one of the most convenient and affordable ways to explore Greater Phoenix. An all-day pass costs just $4. Visit the neighboring communities of Tempe and Mesa with stops at attractions such as the Phoenix Art Museum, Heard Museum, Chase Field and Talking Stick Resort Arena. For more information on the Valley Metro Rail visit [http://www.valleymetro.org/](http://www.valleymetro.org/).

### Weather & Attire

The sun shines more than 300 days a year and humidity levels are pleasantly low. Average highs in October are in the 80s with lows in the 60s. Business casual attire and comfortable shoes are suggested for the conference. We strongly recommend carrying a sweater throughout the day as the meeting room temperatures may fluctuate. Be sure to wear your attendee badge each day at the conference.
Tuesday  
October 17
Registration Open
4:00pm – 6:00pm

Wednesday  
October 18
Registration Open
7:00am – 7:30pm

Pre-Conference Sessions
• Block 1: 8:00am – 10:00am
• Block 2: 10:15am – 12:15pm

Tracks:
- Business of PMH Nursing
- Inpatient
- Education
- Psychotherapy
- Advanced Practice
- Practice
- Psychopharmacology

Product Theater Lunch
12:20pm – 1:50pm

Pre-Conference Sessions
• Block 3: 2:00pm – 4:00pm
• Block 4: 4:15pm – 6:15pm

Tracks:
- Business of PMH Nursing
- Inpatient
- Professional Development
- Psychotherapy
- PST Training
- Practice
- Psychopharmacology

Conference Kickoff!
6:30pm – 7:45pm

Product Theater Dinner
8:00pm – 9:30pm

Thursday  
October 19
Product Theater Breakfast
7:00am – 8:30am
Registration Open
8:30am – 6:00pm
President’s Address
9:00am – 10:00am
Poster Presentations Open
10:00am – 6:30pm

Concurrent Sessions
• Block 1: 10:15am – 11:00am
• Block 2: 11:15am – 12:00pm
• Block 3: 12:15pm – 1:00pm

Tracks:
- Psychopharmacology
- Trauma
- Interprofessional Education
- Administration
- Substance Use
- Telemedicine
- Workplace Violence

Product Theater Lunch
1:15pm – 2:45pm

Mini Concurrent Sessions
3:00pm – 3:45pm

Tracks:
- Practice
- Self-Care
- Education
- Child & Adolescent – Inpatient
- E-cigarettes
- Research – Cultural Issues
- Integrated Care

Mini Concurrent Sessions
4:00pm – 4:45pm

Tracks:
- Psychopharmacology
- Emergency Departments
- Undergraduate Education
- Community Practice
- Military
- Mental Health & the Brain
- Integrated Recovery Models

Interactive Panels
5:00pm – 6:30pm

Mix & Mingle Reception
6:30pm – 8:30pm

Friday  
October 20
Product Theater Breakfast
7:00am – 8:30am
Registration Open
8:30am – 6:00pm
Keynote Presentation
9:00am – 10:00am
Poster Presentations Open
10:00am – 3:00pm
Exhibit Hall Open
10:00am – 1:00pm

Mini Concurrent Sessions
12:00pm – 12:45pm

Tracks:
- Anxiety
- Inpatient
- Undergraduate Education
- Family Education/Skills
- Alcohol Use Disorder
- Research – Special Populations
- Forensics

Product Theater Lunch
1:00pm – 2:30pm

Concurrent Sessions
• Block 1: 2:45pm – 3:30pm
• Block 2: 3:45pm – 4:30pm

Tracks:
- Special Populations
- Practice
- Education
- Administration
- Eating Disorders
- Violence

Interactive Panels
4:45pm – 6:15pm

Chapter Meetings
6:30pm – 7:30pm

Product Theater Dinner
7:45pm – 9:15pm

Saturday  
October 21
Product Theater Breakfast
7:00am – 8:30am
Registration Open
8:30am – 6:00pm
Ignite Session
9:00am – 10:00am

Concurrent Sessions
• Block 1: 10:15am – 11:00am
• Block 2: 11:15am – 12:00pm
• Block 3: 12:15pm – 1:00pm

Tracks:
- Psychopharmacology
- Emergency Departments
- Education – Simulation
- Child & Adolescent
- Psychotherapy
- Resilience
- Recovery

Annual Meeting &
Town Hall
1:15pm – 2:30pm

APNA 31st ANNUAL CONFERENCE  OCTOBER 18-21, 2017  PHOENIX, ARIZONA
REGISTRATION OPEN
7:00am - 7:30pm

PRE-CONFERENCE SESSIONS
8:00am - 10:00am
2.0 Contact Hours

1011 Business of Psychiatric Nursing Track
8:00am - 10:00am
Whole Health Opens Clinical Practice Opportunities for Psychiatric APRNs: Understanding Business of Psychiatric Nursing in Changing Healthcare Environment  APRN
Encouraging nursing leadership and skills enable workforce through business planning, participation in ACO’s or TCPI, documentation, boundaries, HIPAA, and technology is critical to optimal reimbursement. This presentation will encourage the presence and growth of psychiatric APRNs as practice leaders during time of legislative change and accelerated community need.

Presenters: Sharon R. Katz FPMH-APRN, CRNP; Yashmin Ramratan CFO

1012 Inpatient Track
8:00am - 10:00am
Making Safety Count: A 3-Prong Approach to Reducing Violence in the Healthcare Setting  RN APRN
We recognized the national trend of increasing violence in the inpatient hospital setting. Internal analysis and review of the literature resulted in identifying best practices using a three-pronged approach, including violence risk assessment, accountability for diligent patient monitoring, and implementing evidence based interventions such as the Behavioral Emergency Response Team.

Presenters: Tina M. Aown MSN, RN-BC, CNML; Nancy E. Purcell MBA/HCM, RN; Robyn Welch MSN, RN; Susan Phillips MSN, RN, PMHCNS/NP-BC; Diana Plummer LCSW; Michael Murphy MD, MPH

1013 Education Track
8:00am - 10:00am
Whole Health Begins with Mental Health Interprofessional Education (IPE): Developing, Implementing, and Evaluating IPE Simulations in Undergraduate Nursing Programs  APRN
Simulations will highlight the value of and roles within interprofessional practice which enhance the care of individuals with mental health illnesses. The simulations will follow one client from the Emergency Room to the inpatient unit and to the outpatient setting. Attendees will discuss benefits and methods of implementing IPE simulations.

Presenters: Todd B. Hastings PhD, RN; Traci T. Sims DNS, RN, CNS/PMH-BC

1014 Psychotherapy Track
8:00am - 10:00am
Doing it With a Group: Keeping Group Therapy Pertinent to Today’s Psychiatric/Mental Health APRN Practice  APRN
Group psychotherapy is an established treatment modality that is underused in PMH-APRN practice. PMH-APRNs can serve more patients, enhance continuity of care, remain cost-effective and increase their marketability to employers by using their repertoire of skills to deliver care both as prescribers and as group psychotherapists.

Presenter: Leslie G. Oleck MSN, RN, PMHCNS-BC, PMHNP-BC, LMFT

1015 Advanced Practice Track
8:00am - 10:00am
ADULT ADHD—ARE YOU UP TO SPEED? Recent Findings, Practice Standards, Concerns about Diagnosis and Responsible Prescribing of Controlled Substances, Special Populations, Myths & Misunderstandings, Refer or Treat?, Ongoing Management, and Barriers to Care  APRN
Adult ADHD negatively impacts health and safety, with risk of reduced life expectancy, likely psychiatric comorbidity, impaired function, and reduced quality of life. Yet many PMH nurses are reluctant to treat adult ADHD. Assess your skillset and consider expanding your practice to screen and refer or achieve confident treatment skills.

Presenter: Cheryl Waskiewicz MSN, PMHNP-BC
1016 Practice Track
8:00am - 10:00am
A Community Healing: Steps to Take when Tragedy Overwhelms a Community APRN
Participants will gain perspective from a community working together to restore balance, promote sustainability, and strategically plan for the wellness of a community in the aftermath of a school tragedy. Key stakeholders will present steps taken to put the pieces back together for a community in need of stabilization.

Presenters: Anka Roberto DNP, PMHNP-BC, APRN, MPH; Jennifer Barahona LCSW

1017 Psychopharmacology Track
8:00am - 10:00am
Intersecting Mental Health and Palliative Care: Pharmacologic and Non-pharmacologic Treatment of Life Limiting Illness RN APRN
Although individuals diagnosed with a life limiting illness may experience physiological distress, often anxiety, fear and mental suffering are equally debilitating. This presentation will explore pharmacologic and non-pharmacologic interventions to help alleviate psychic distress and maximize quality of life when diagnosed with a terminal illness.

Presenter: Mark A. Curtis, MSN, PMHCNS-BC, ACHPN, LMT

1018 FULL DAY COURSE
8:00am - 5:30pm
Motivational Interviewing Workshop: The Power of MI to Evoke Behavior Changes
This full-day experiential workshop guides participants through key principles of Motivational Interviewing (MI) applicable to all healthcare settings to support healthy behavior change by clients. Unfolding case scenarios will be used to introduce MI concepts and principles. Role-play scenarios allow participants to demonstrate understanding and build confidence in using MI principles. Participants will earn 7.0 contact hours for attending the entire pre-conference course, as well as a Motivational Interviewing Certificate of Completion.

Presenter: Susie Adams PhD, PMHNP, FAANP, FAAN; Ann Bispo MSN, APRN, PMHCNS-BC; Susan W. Blackman PhD, RN, PMHNP-BC; Carol Essenmacher DNP, C-TTS

PRE-CONFERENCE SESSIONS
10:15am - 12:15pm

1021 Business of Psychiatric Nursing Track
10:15am - 12:15pm
Risk Management Considerations When Providing Substance Use Disorder Treatment APRN
APRNs will now be permitted to receive training in order to receive a DEA waiver to prescribe suboxone for the treatment of OUD. This presentation will provide background information regarding the requirements for receiving the DEA waiver as well as the regulatory obligations/liability exposures associated with prescribing suboxone.

Presenter: Moira K. Wertheimer Esq, RN, CPHRM

1022 Inpatient Track
10:15am - 12:15pm
It’s Been a Long Road: A Passionate Journey of Safety & Culture Change in a University Medical Center Inpatient Psychiatric Service RN
A six year journey of culture change centered on patient and staff engagement to improve safety will be discussed. We will offer guidance in staff education, leadership strategies, & revisions to orientation. Retreat exercises in ethics & moral distress, & de-escalation case study will be covered.

Presenters: Heather P, O’Brien MS, RN; Joanne Bartlett MS, RN, PMHNP-BC; Marianne Chiafery DNP, MS Bioethics, PNP-C; Carole Farley-Toombs RN, MSN, MSEd, NEA-BC
1023 Education Track  
10:15am - 12:15pm  
**Academic Clinical Partnerships in Graduate Psychiatric Nursing Education**  
APRN  
Data from three federally funded projects, one for the East, Midwest and the Western US will be used to demonstrate the principles and solutions to developing effective Academic Clinical partnerships for training programs. Instruments and methods for data collection to demonstrate the outcomes will be discussed in each issue presented.  
**Presenters:** Michael J. Rice PhD, APN, FAAN; Gloria D. Dixon DNP, PMHNP-BC; Carol Capitano PhD, PMH-CNS; Joyce Shea DNSc, APRN, PMHCNS-BC; Tanya Sorrell PhD, PMHNP-BC; Kathy Riedford PhD, PMHNP-BC, RN

1024 Psychotherapy Track  
10:15am - 12:15pm  
**The Neurobiology of Sleep and Cognitive Behavioral Therapy for Insomnia (CBT-I)**  
RN APRN  
Sleep disturbances are common in psychiatric disorders. The neurobiology of sleep and arousal offer a way to understand the relationship of insomnia to psychiatric symptoms. CBT for Insomnia is a first line treatment and techniques will be discussed including sleep scheduling, sleep restriction, wind down, light management and cognitive restructuring.  
**Presenter:** Joanne DeSanto Iennaco PhD, PMHCNS-BC, PMHNP-BC, APRN

1025 Advanced Practice Track  
10:15am - 12:15pm  
"The medicine isn’t working, now what?” Seeing Children through a Holistic Lens. How to Reconceptualize Difficult Cases in Children and Adolescents with Complex Behavioral Health Problems  
RN APRN  
Psychiatric APRNs often struggle when children don’t respond to evidence based treatment. This session will re-conceptualize, using a more holistic approach, the assessment, diagnosis and treatment of complex symptoms in children and adolescents. Evidence based screening tools, psychopharmacology and psychotherapeutic modalities will be reviewed via a case study method.  
**Presenters:** Joy A. Lauerer DNP PMHCNS BC; Kathy Gaffney MSN, PMHCNS, PNP- BC, PMHS-BC; Julie A. Carbray FPMHNP, PMHCNS, PhD

1026 Practice Track  
10:15am - 12:15pm  
**Integrating Care: An Interdisciplinary Approach to Address Spiritual Needs**  
RN APRN  
Participants will gain new skills for assessing spirituality and providing integrated wholistic care. A nurse/chaplain team will offer theory, evidence, assessment methods, and vignettes. Participants will practice new skills through in-session exercises so that they can return home ready to integrate them into their nursing practice.  
**Presenters:** Melissa Elliott MSN, PMHCNS-BC; Yoshiya Takahashi M.Div., BCC; Dallas M. Ducar MSN, CNL

1027 Psychopharmacology Track  
10:15am - 12:15pm  
**Treating Tobacco & Nicotine Dependence: How Your Assumptions About Treatment Can Undermine Your Delivery of Care**  
RN APRN  
Providing effective tobacco treatment is a critical competency for clinicians treating patients with mental health issues who use tobacco. Nearly half of cigarettes are purchased by someone with a mental illness, who subsequently die an average of 25 years early. This presentation provides participants with translatable knowledge for effective interventions.  
**Presenter:** Carol Essenmacher PMHCNS-BC, DNP, CTTS

**PRODUCT THEATER LUNCH**  
12:20pm - 1:50pm  
**No contact hours provided**  
Ticketed event – pre-registration required. See page 38 for registration details.  
**Sponsoring Company:** Neurocrine Biosciences, Inc.
1031 Business of Psychiatric Nursing Track
2:00pm - 4:00pm
Understanding the Legal and Regulatory Ramifications related to RN and APRN Psychiatric Practice: Part 2
Psychiatric Standards of Practice and Nursing Board regulations will be presented as an educational strategy to minimize malpractice. Explicit evidence based guidelines will include documentation, assessing, diagnosing, treating, prescribing and evaluating patients. Dr. Reiners will compare and contrast two suicide jury cases, where she was the expert witness.

**Presenter:** Gina M. Reiners PhD, APRN, PMHNP-BC, PMHCNS-BC

1032 Inpatient Track
2:00pm - 4:00pm
Lessons Learned From Quality Improvement Project Aimed to Decrease the Fall Rate in the Inpatient Psychiatric Unit
This presentation will share strategies that decreased adult inpatient psychiatric unit rate of falls and falls with injury. Fall rate was reduced by 53%, fall rate with injury maintained at 0%.

**Presenters:** Ilze S. Hallman DNP, PMHNP-BC; PMHCNS-BC; GNP; Martha Hayes BSN, RN; Nadia Charania PhD, RN; Baljit Dhillon BSN, RN

1033 Professional Development Track
2:00pm - 4:00pm
Facebook, Myspace, Blog or Tweet, What You Say May Not Be Sweet: Professional Boundaries and Social Media
The intersection of Social Media and Professional Boundaries is an important consideration in nursing practice but hasn’t received sufficient attention, resulting in nurses being caught in HIPAA and professional boundary violations. This presentation will highlight ways to stay safe in personal and professional use of social media.

**Presenter:** Nancy Behling Dillon PhD, RN, PMHCNS-BC

1034 Psychotherapy Track
2:00pm - 4:00pm
Enhancing Trauma & PTSD Recovery: A Cognitive Processing Therapy Workshop for Military and Civilian Trauma
CPT is 12-session short-term, highly focused "Beckian" CBT model, prescriptive manualized therapy originally designed for victims of military trauma. Now being used in civilian settings for non-military traumatized populations, with efficacy. This workshop introduces PMHAPNs to CPT, working through sessions demonstrating a full dose of this effective evidence-based treatment.

**Presenter:** Kathleen T. McCoy DNSc APRN, PMHNP-BC, PMHCNS-BC, FNP-BC, FAANP

1035 PST Training Track
2:00pm - 6:15pm
FOUR HOUR COURSE - Problem Solving Treatment: A Brief Evidenced Based Therapy
As part of the APRN psychotherapy series this will be an in-depth presentation on problem solving treatment-a brief behavioral intervention for patients with depression, anxiety and other mental health disorders. Participants will learn the model, observe a role play and take part in a guided practice in PST.

**Presenter:** Rita Haverkamp MSN, PMHCNS-BC
1036 Practice Track
2:00pm - 4:00pm
Empowering Relationships: Taking Care of Ourselves and Others Mindful Self-Compassion in Practice  RN APRN
Self-Compassion practice can strengthen clinician resilience when working with the suffering of patients and challenges in the workplace to combat empathetic distress. This workshop will introduce the principles of mindful self-compassion and practice skills sourced from traditional contemplative practices and contemporary psychology and scientific research.

Presenter: Maryanne Jones Godbout DNP, PMHCNS-BC

1037 Psychopharmacology Track
2:00pm - 4:00pm
The Match Game: Matching Antidepressants to Symptoms of Anxiety and Depression--Which Drug for Which Symptom?  RN APRN
Through increasing understanding of receptor psychopharmacology, learn how to match the physical, emotional, and cognitive symptom clusters of depression with the appropriate antidepressant. Discussion will also focus on the use and efficacy of antidepressant receptor pharmacology in the management of the same symptom clusters in the treatment of anxiety.

Presenter: Mary D. Moller DNP, ARNP, PMHCNS-BC, CPRP, FAAN

PRE-CONFERENCE SESSIONS  2.0 Contact Hours

1041 Business of Psychiatric Nursing Track
4:15pm - 6:15pm
Putting Entrepreneurship to Work to Improve Mental Health Outcomes: You are Needed in Private Practice!  APRN
This interactive, lively presentation presents the opportunity to discuss, develop, and prioritize the steps necessary to formulate the entrepreneurial skills necessary to build and or expand a successful private practice. The participant will leave with a foundation plan for taking the first steps to success.

Presenter: Lucille C. Gambardella PhD, PMHCNS-BC, CNE, ANEF

1042 Inpatient Track
4:15pm - 6:15pm
Recovery Practice Implementation on Adult/Geriatric Acute Psychiatric Units  RN
The application of Trauma Informed Care and other interventions that incorporate the recovery model are an evidence based method to address violence or assaults on a psychiatric inpatient unit while promoting a healing and therapeutic environment.

Presenters: Mary Perez MSN, RN-C; Kristen Yawea DNPC, MBA, RN-C

1043 Professional Development Track
4:15pm - 6:15pm
Reviewing Scholarly Journal Submissions  RN APRN
Reviewing manuscripts for scholarly journals provides valued service to the profession and is a skill that can be learned. This workshop will provide an overview of the manuscript review process at JAPNA, information for development of reviewing skills, and an opportunity to practice skills in a mock manuscript review.

Presenters: Geraldine S. Pearson PHD, PMH-CNS, FAAN; Janice Goodman PhD, PMHCNS-BC, PMHNP-BC
Psychotherapy  Track
4:15pm - 6:15pm
Accelerated Resolution Therapy (ART): A Novel, Safe, Quick, and Effective Psychotherapeutic Treatment for Behavioral Health Problems  RN APRN
Accelerated Resolution Therapy (ART) is a brief, effective, exposure-based treatment for an array of behavioral health problems. Case reports show clinically significant reductions in anxiety and PTSD symptoms. This presentation provides an overview of ART, review current literature, review the protocol and anecdotal case studies from an enhanced ART clinician.

Presenter: JoEllen Schimmels PMHNP-BC, DNP

Practice Track
4:15pm - 6:15pm
Food and Mood - What Is The Research And Is There a Connection?  RN APRN
There is a growing body of research showing the correlation between food and mental health. Learn the significance of arachidonic acid, folate, tryptophan, mercury and artificial sweeteners as well as fruits, legumes, grains and vegetables on mood and behavior. Videos demonstrating this correlation will be shown.

Presenter: Joanne Evans MEd, RN, PMHCNS-BC

Psychopharmacology Track
4:15pm - 6:15pm
The Power of Zzzzs: Sleep Solutions for Psychiatric Nursing Practice  RN APRN
This session will provide a comprehensive overview of sleep and the role of psychiatric nurses in the management of sleep. It will review the biology of sleep, common sleep disorders, review non-pharmacological and pharmacological treatments for sleep, and explore the role of psychiatric nurses in assessing and managing sleep to improve psychiatric outcomes.

Presenter: CDR Joseph Holshoe, PMHNP-BC

CONFERENCE KICKOFF!
6:30pm - 7:45pm
Kickstart your conference at this event where you’ll get an overview of what you need to know for a superb conference experience and meet the recipients of the 2017 APNA Annual Awards for Excellence in Psychiatric Nursing.

PRODUCT THEATER DINNER
8:00pm - 9:30pm
Ticketed event – pre-registration required. See page 38 for registration details.
Sponsoring Company: Otsuka America Pharmaceutical, Inc. and Lundbeck LLC

“I highly recommend attendance at APNA conference! Every year has excellent informative sessions on a wide range of up to date topics for all levels of practice, education, research and administration. There is great networking. It is the gold standard for the most organized and well run and valuable conference I attend.”
PRODUCT THEATER BREAKFAST
7:00am - 8:30am
Ticketed event – pre-registration required. See page 38 for registration details.

REGISTRATION OPEN
8:30am - 6:00pm

PRESIDENT’S ADDRESS
9:00am - 10:00am
Whole Health Begins with Mental Health
This presentation will discuss the concept of Whole Health and the idea of transforming the meaning of health to one that recognizes mental health as foundational for all health. It will identify ways psychiatric-mental health nurses can take the lead in integrating this paradigm shift with individuals and on a systems level.

APNA President: Kris A. McLoughlin, DNP, APRN, PMHCNS-BC, CADC-II, FAAN

POSTER PRESENTATIONS OPEN
10:00am - 6:30pm
Attendees can earn up to 4.0 contact hours for time spent viewing and evaluating the posters on Thursday and Friday.

CONCURRENT SESSIONS
10:15am - 11:00am

2011 Psychopharmacology Track
10:15am - 11:00am
VA/DoD Clinical Practice Guideline for Opioid Therapy for Chronic Pain RN APRN
This activity will discuss the evidence based principles for the use of opioids for the treatment of chronic pain and how to appropriately taper or discontinue opioids in our patients when appropriate.

Presenters: James Sall PhD, FNP-BC; Eric Rodgers PhD, FNP-BC

2012 Trauma Track
10:15am - 11:00am
Trauma-Informed Care: Principles and Practice Guidelines RN APRN
"Trauma-Informed Care": This presentation reviews the challenges and relevance of trauma informed care. Participants will receive information pertaining to the organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma in the psychiatric population.

Presenter: Gloria Dixon DNP, PMHNP-BC

2013 Interprofessional Education Track
10:15am - 11:00am
The Time is Right for Interprofessional Education But Are you Ready? RN APRN
In the 1990’s, movement toward safety & quality emerged with Interprofessional Education (IPE) becoming a clear pillar of this movement. This presentation will review the IPE competencies and their application in psychiatric nursing. A proposed model of determining quality of learning based on Dow’s Points for Interprofessional Education System (PIPEs).

Presenter: Grace Katherine Wlasowicz RN, PhD, PMHNP-BC

2014 Administration Track
10:15am - 11:00am
Shifting the Culture: Identifying Essential Elements to Reduce Workplace Violence in Healthcare RN
The continuing rise in healthcare workplace violence demonstrates the need for change. As PMH nurses we are uniquely prepared to assist in shifting the culture surrounding this important issue. This presentation will review and share essential elements that can be implemented in healthcare organizations to decrease workplace violence.

Presenter: Kathy Holley MS, BSN, RN

Sponsoring Company: Janssen Pharmaceuticals, Inc.
2015  **Substance Use Track**  
10:15am - 11:00am  
**Tobacco Use Among Persons With Psychiatric Illnesses: Successful Interventions to Address a Hidden Epidemic**  
RN APRN  
Individuals with psychiatric disorders are disproportionately affected by tobacco-related disease and mortality. This presentation will: 1) describe reasons for the hidden tobacco use epidemic, 2) provide evidence-based solutions to address the problem, and 3) provide cases studies of addressing this problem within community mental health and acute care contexts.  
**Presenter:** Chizimuzo T.C. Okoli PhD, MPH, RN

2016  **Telemedicine Track**  
10:15am - 11:00am  
**Telepsychiatric Services: A Model for Implementation in the Primary Care Setting**  
RN APRN  
Telepsychiatry services are being leveraged with more frequency as there are now reimbursement models for these clinical services. Telepsychiatry outcomes are comparable to in-person office visits for a wide spectrum of mental illness. This presentation will describe a collaborative care model for implementing telepsychiatric services in the primary care setting.  
**Presenter:** Jess Calohan DNP, PMHNP-BC

2017  **Workplace Violence Track**  
10:15am - 11:00am  
**Development and Implementation of Brigham and Women’s Hospital’s S.A.F.E. Program to Reduce Workplace Violence**  
APRN  
Brigham and Women’s Hospital’s S.A.F.E. (Spot a threat, Assess the Risk, Formulate a safe clinical response, and Evaluate the outcome) program reduces workplace violence, staff injuries and promotes prevention through early identification of risks, standardized assessments and interventions. It utilizes a trauma informed care framework to promote resiliency and safety.  
**Presenters:** Barbara E. Lakatos DNP, PMHCNS-BC; Monique T. Mitchell MSN, PMHCNS-BC

**CONCURRENT SESSIONS**  
11:15am - 12:00pm  
**.75 Contact Hours**

2021  **Psychopharmacology Track**  
11:15am - 12:00pm  
**MTHFR Polymorphism: Treatment Options for Depression**  
APRN  
Depression is a significant contributor of chronic disability. At least half of adults with depressive symptoms do not experience symptom relief despite treatment. 70% with depressive symptoms have a polymorphism of MTHFR which leads to treatment resistance. Screening for and treating MTHFR polymorphism could lead to symptom relief from depression.  
**Presenter:** Allyson Matney Neal DNP, PMHNP-BC, PMHCNS-BC, CPNP

2022  **Trauma Track**  
11:15am - 12:00pm  
**Disruption of Neural Patterns Using a Bio-Acoustical Utilization Device (BAUD): A Different Way to Deal with Anxiety in Psychiatric Nursing Practice**  
RN APRN  
Psychotherapy for Post Traumatic Stress Disorder can be a long, painful process. A Bio-Acustocal Utilization Device (BAUD) is a FDA-registered instrument that psychiatric nurses can use to bring the normalization of a sensitized memory circuit in a matter of minutes, and a return to function and productivity.  
**Presenter:** Susan Parcell Bindewald PMHCNS-BC
2023 Interprofessional Education Track
11:15am - 12:00pm
Mental Health: Recognized by the Community and Academia as Critical for Whole Health  
Advanced practice psychiatric mental health nurses are pivotal in guiding interprofessional education and practice to include mental health and wellness. The planning and implementation of an education/practice interprofessional model at a school/community health center will be described. The successes and challenges will be analyzed.  
Presenter: Diana M. McIntosh PhD, PMHCNS-BNC

2024 Administration Track
11:15am - 12:00pm
Journey Toward a Therapeutic Healing Environment for Patients, and a Safe Working Environment for Staff  
A 234 bed facility, on the road to recovery-oriented care, implemented several initiatives over a decade to enhance safety. The journey to world-class psychiatric care focuses on standardization, resulting in a 90% reduction in restraints, a 22% reduction in staff injury and a 27% reduction of constant observation.  
Presenters: Kristy Loewenstein MSN, RN-BC, PMHNP-BC; Marybeth McManus BSN, MPA, RN-BC; Joseph Whelan BS, RN

2025 Substance Use Track
11:15am - 12:00pm
A Retrospective Descriptive Study of Chemically Impaired Nurses in Texas  
Substance use and impaired practice is still a problem in nursing. Do you want to learn the latest information on this topic and find out how you could help this population of nurses, come to our session and you will be glad you came.  
Presenter: Mercy Ngosa Mumba PhD, RN, CMSRN

2026 Telemedicine Track
11:15am - 12:00pm
Tele-psychotherapy: A Journey of Implementation and Discovery!  
This session will present the implementation journey of tele-psychotherapy into a private mental health practice that serves clients in multiple states. In addition, the presenters will introduce the providers’ reflective feedback challenging the constructs of the value of non-verbal communication within the therapeutic session.  
Presenters: Pasquale V. Iemma DNP, RN-BC; Elcha S. Buckman EdD, PMHCNS-BC

2027 Workplace Violence Track
11:15am - 12:00pm
Therapeutic Debriefing to Reduce Violence  
Most staff injuries in psychiatry occur as a result of patient directed violence. By implementing a post-violence debriefing, we reduced staff injuries by 50% from the previous two year period. Participants will learn about the benefits of and the process for conducting a post-violence debriefing.  
Presenters: Catherine O’Reilly MSN, PMHNP-BC; Heather Ward MA, LMFT

CONCURRENT SESSIONS
12:15pm - 1:00pm
.75 Contact Hours

2031 Psychopharmacology Track
12:15pm - 1:00pm
So Many Atypical Antipsychotics How to Choose: The Current Psychopharmalogical Treatment Landscape for Psychotic Spectrum Disorders  
The advent of AA’s in 1989, to the latest 2015 approval, offers clinicians many choices when treating psychotic spectrum disorders. The selection, dose titration, and cross taper of these medications is challenging. Selecting and stabilizing a patient with a psychotic disorder requires vast knowledge and experience using various AA’s.  
Presenter: Dawn Vanderhoef PhD, DNP, PMHNP-BC, FAANP
2032 Trauma Track
12:15pm - 1:00pm
Borderline Personality Disorder or Post-traumatic Stress Disorder: Do Autonomic Differences Reveal Unique Trauma Pathways and Novel Approaches for Diagnosis and Treatment? RN APRN
Post-traumatic stress disorder (PTSD) and Borderline Personality Disorder (BPD) are debilitating syndromes causing impairment across domains. Evidence from heart-rate variability (HRV), resting-state functional connectivity, and inflammation studies differentiate the autonomic dysfunction observed in each disorder. Physio-affective dynamics may afford improved conceptualization of and treatment for patients with BPD and PTSD.

Presenters: William C. Nicholson MSN, PMHNP-BC; Simone Durand MSN, CRNP

2033 Interprofessional Education Track
12:15pm - 1:00pm
Modeling Intradisciplinary Team-Based Integrated Behavioral Health Care in Advance Practice Nursing Education APRN
Innovative behavioral health courses for FNP, PNP, and PMHNP students were developed to prepare these providers to address the challenges of mental illness across their practice setting. Emphasis is placed on collaboration between primary care and psychiatric mental health NP students to provide appropriate treatment for mental health.

Presenters: Laura K. Melaro DNP, PMHNP-BC, FNP-BC; Allyson Matney Neal DNP, PMHNP-BC, Psychiatric CNS-BC, CPNP

2034 Administration Track
12:15pm - 1:00pm
Trauma Informed Care at the Bedside - The Challenges RN
The presentation will focus on the challenges of incorporating trauma informed and recovery practices into an acute behavioral health inpatient setting, using trauma informed and DBT techniques. The topic will be presented through the eyes of the nursing leader and include case studies.

Presenter: Ann Taylor-Trujillo RN, MSM, EdD, CENP

2035 Substance Use Track
12:15pm - 1:00pm
Holistic Approaches to Managing Substance Use Withdrawal RN APRN
This presentation focuses on the use of holistic, evidence-based and non-pharmacologic approaches to managing patients in substance use withdrawal. Auricular acupuncture, mindfulness practice and a variety of coping skills will be presented. Participants will have the opportunity to practice some of the skills presented.

Presenter: Bari K. Platter MS, RN, PMHCNS-C

2036 Telemedicine Track
12:15pm - 1:00pm
Telepsychiatry - Where Do APRN’s Fit In? APRN
This presentation will address the roles of APRNs in telepsychiatry services, best practice in telepsychiatry, and the limitations of those services. It will address some of the variation in state regulations and how limitation may be present depending on Board of Nursing and those states that have Telemedicine regulations.

Presenter: Jessica L. Estes DNP, APRN, NP

2037 Workplace Violence Track
12:15pm - 1:00pm
After the Assault RN APRN
Violence against mental health nurses is an international problem with consequences that impact staff and patients. A Post Assault Debriefing tool is one approach to enable nurses to obtain the support they need and provide assistance in identifying strategies to deliver safe and therapeutic care after experiencing an assault.

Presenter: Janice G. Adam BSN, RN-BC

PRODUCT THEATER LUNCH
1:15pm - 2:45pm
Ticketed event – pre-registration required. See page 38 for registration details.

Sponsoring Company: Sunovion Pharmaceuticals Inc.
MINI CONCURRENT SESSIONS
3:00pm - 3:45pm

2041 Practice
3:00pm - 3:45pm
Delirium Tremens - A Rapid Response  RN APRN
After transferring 45 patients in DTs to the ICU in 6 months, an urgent change in practice was necessary. Pardee Hospital promptly took action, implementing the role of a nurse educator, conducted house-wide training on addiction/symptom recognition, and implemented the CIWA-AR. Within 12 months, transfers were reduced by 87%.

   Presenter: Erin L. Fitzpatrick MSN, RN-BC

2042 Self-Care
3:00pm - 3:45pm
Nurturing Compassion Energy Among Psychiatric Mental Health Nurses Working in Trauma Exposed Environments  RN APRN
Compassion fatigue is a very real consequence of working with people who experience trauma and suffering. Nurturing compassion energy is key to promoting positive patient and nurse outcomes. A set of five intentional administrative practices can reinvigorate psychiatric nurses and prevent compassion fatigue who work in trauma exposed environments.

   Presenter: Nicole T. Kirwan RN, BSCN, MN, CPMHN(C)

2043 Education
3:00pm - 3:45pm
Whole Health Begins with Mental Health Education for Primary Care Providers  APRN
This presentation will present curriculum design for education of graduate non PMH students in mental health concepts. This training includes evidence based approaches to screening, such as use of PHQ-9 and SBIRT, to support graduate primary care students in meeting the needs of their patients, and practice in integrated medical homes.

   Presenter: Diane H. Esposito PhD, ARNP, PMHCNS-BC

Alcohol Use Disorder, Depression, Suicidality, and Head Injury in a Professional in Crisis: A Case Study of Clinical Reasoning  RN APRN
Professionals in crisis represent an under-reported population. Psychiatric nurses are challenged to address care related to patients with multiple conditions and socio-economic levels. The current practice of clinical reasoning, application of novel approaches, and the practice of prevention and management of suicide in patients with substance abuse disorders is discussed.

   Presenter: Jennifer M. Jackson MSN, RN, NE-BC

Managing Staff Burnout on a 15-Bed Gero Psych Unit  RN APRN
Lack of employee satisfaction led to feelings of burnout on gero-psych units which was demonstrated by low employee opinion survey results. In turn, this was also demonstrated by low patient satisfaction scores. Changes from leadership that were influenced by staff led to an increase in employee and patient survey results.

   Presenters: Delrita Munion BSN, RN; Chelsey Rose BSN, RN

Emotional Intelligence Among First Semester Nursing Students, New Graduate Nurses and Experienced Psychiatric/Mental Health Nurses: A Three-Way Comparison  RN
Emotional intelligence (EI) is the ability to recognize, understand and manage the emotions of ourselves and others. In nursing, EI is related to self-confidence, self-control, empathy, conflict management and teamwork. The purpose of this study was to compare EI of first semester nursing students, new graduates and experienced psychiatric/MH nurses.

   Presenter: Theresa Puckett PhD, RN
**2044  Child & Adolescent - Inpatient**  
3:00pm - 3:45pm  
*Use of Psychoeducational Music Therapy in the Inpatient Adolescent Psychiatry Population*  
*RN APRN*  
Only three percent of published music therapy studies have come from studying the inpatient child & adolescent psychiatry population. Drew White RN, BSN developed various music therapy modules and implemented them on his inpatient child & adolescent psychiatry unit to study the effectiveness of this intervention with this population.  
*Presenter:* William Andrew (Drew) White RN, BSN

**2045  E-cigarettes**  
3:00pm - 3:45pm  
*Treatment Resistant Smokers With Schizophrenia: A Case for Tobacco Harm Reduction*  
*RN APRN*  
Tobacco harm reduction interventions are critical for treatment resistant-chronically relapsing smokers with schizophrenia. The results of a 3 month pilot study, which examined the role of e-cigarettes on cigarette smoking behavior, mental and physical health, and e-cigarette attributed sensory experiences among smokers with schizophrenia will be presented.  
*Presenter:* Jennifer Theresa DiPiazza-Sileo PhD, PMHNP-BC

**2046  Research - Cultural Issues**  
3:00pm - 3:45pm  
*Mixed-Methods: Social Networks, Family Environment, Social Isolation and Mental Well-Being in Rural Latinos*  
*RN APRN*  
The purpose of this presentation is to describe a mixed-method research showing the relationship of social networks, family environment, social isolation and mental wellbeing among Latinos, in rural areas of North Florida, US. The target audience is health care professionals and researchers in the fields of mental health and community.  
*Presenter:* Jeanne-Marie R. Stacciarini RN, PhD, FAAN

**Improving Inpatient Child and Adolescent Patient Satisfaction Regarding Information about Medication Using Teach Back Methodology*  
*RN*  
Standardized Psychotropic Medication Education using Teach Back Methodology helps improve child and adolescent patient satisfaction on an inpatient psychiatric unit.  
*Presenters:* Diane Oran MN, RN, PMHCNS/NP-BC; Quan Phan, BSN, RN, PMH-BC

**It Begins and ENDS with Nursing – Improving Nursing Knowledge of Electronic Nicotine Delivery Systems (ENDS) to Enhance Patient Health Outcomes*  
*RN APRN*  
This overview provides practical, evidence-based knowledge regarding Electronic Nicotine Delivery Systems (ENDS). Information presented will assist nurses in recognizing ENDS products, health risks and provide a summary of major stakeholders’ policy statements. Information will assist participants in developing their own patient education/interventions for use in practice.  
*Presenters:* Marchell Rene Spielmann MSN, ARNP, FNP-BC, PMHNP-BC; Leigh G. Powers DNP, MSN, MS, BS, ARNP, PMHNP-BC

**Latinas’ Perceptions of a Story-Based Transmedia Intervention To Enhance Mental Health Symptom Management for Depression or Anxiety*  
*RN APRN*  
Perceptions of 28 English speaking Latinas with elevated depressive and/or anxiety symptoms were collected via 1:1 interviews after engagement with an online story-based transmedia program featuring dramatic videos and psychoeducational webpages. Participants found the transmedia appealing, the story’s lead Latina character relatable, and the media motivating for getting needed help.  
*Presenter:* MarySue V. Heilemann PhD, RN
2047 Integrated Care
3:00pm - 3:45pm
Delirium: Prevention and Treatment in the Integrated Primary Care Setting  APRN
This presentation will describe the implementation of Medical Psychiatric rounds for inpatient units as an innovative strategy. The unique role of the PMH nurse as part of the Consultation-Liaison team is demonstrated. Data on cases, lessons learned, and the value perceived by multidisciplinary team members at rounds will be shared.
Presenter: Pamela R. Stover DNP, MN, ARNP, PMHNP-BC, PMHCNS-BC

MINI CONCURRENT SESSIONS
4:00pm - 4:45pm
.75 Contact Hours

2051 Psychopharmacology
4:00pm - 4:45pm
The Deadly Trio: Heroin Fentanyl and Carfentanil……. RN APRN
This presentation will inform psychiatric providers about the current opioid epidemic in the US and broaden their awareness of the associated health care implications.
Presenter: Deborah Salani DNP, PMHNP-BC, NE-BC

2052 Emergency Departments
4:00pm - 4:45pm
A Protocol for Sweet Relief: Using Psychotropic Medications in Supportive Cancer Care  APRN
Psychotropic medications are commonly used to treat the mental and physical health needs of cancer survivors. Review of a treatment protocol for promoting the effective use of selected drugs to promote quality of life in cancer patients will be provided.
Presenter: Leigh A. Minchew DNP, APRN, WHNP-BC

The Impact of a Mental Health Nurse Consultant in Caring for Patient with Mental Health Comorbidities on a Medical Unit  RN APRN
This presentation will address the need for better incorporation of mental health care on medical units by exploring the role of a mental health nurse consultant for direct care staff and the impact that consultation has on direct patient care, staff attitude and confidence with mental health comorbidities.
Presenter: Jessica G. Wheeler DNP, ARNP, FNP-C, PMHCNS-BC

ED/Psych Collaboration – A Model for Increased Positive Patient Outcomes  RN APRN
Interprofessional communication & collaboration between ED and behavioral health staff is essential in the treatment of the mentally ill/substance dependent population. Identifying the root cause of the relationship issues between these two staff prompted swift action for improvement, while improving the patient experience in the ED and ED population health.
Presenters: Bridget A. Barron BSN, RN-BC; Mike P. Cavacos MSN, CCC, CCRN, NE-BC

Improving Care for Psychiatric Patients in the Emergency Department  RN APRN
It is estimated that one in eight patients arrives in the Emergency Department for psychiatric disorders. Learn how one hospital staffed their Emergency Department with specially trained psychiatric nurses. Their evidenced-based interventions decreased the use of restraints and admission wait time; which improved the overall experience for psychiatric patients.
Presenters: Amy M. Kirsch MSN, RN; Barb L. Connors MS, BSN, RN
2053  **Undergraduate Education**  
4:00pm - 4:45pm  
*Expanding an Ireland Study Abroad Program: Enhancing Outreach to Improve Student Access to International Mental Health Care*  
**RN APRN**  
This presentation will share the innovative strategies on how to increase interest and recruitment of students in a study abroad program to explore Ireland’s healthcare services that focuses in the specialty of psychiatric nursing.  
**Presenters:** Jeanette Rossetti EdD, MS, RN; Kathleen Musker PhD, RN

2054  **Community Practice**  
4:00pm - 4:45pm  
*No Health Without Mental Health*  
**APRN**  
This presentation will describe the innovative and intraprofessional work being done by nurses at two highly diverse ACT teams in Maine. Each team – one urban and the other rural – implements their services in unique ways to manage the holistic needs of their clients.  
**Presenter:** Rebecca A. Schroeder DNP, PMHNP-BC; Eryn M. Hopkins RN

2055  **Military**  
4:00pm - 4:45pm  
*Psychiatric Mental Health Nurse Practitioner Post Masters Veterans Affairs Experience*  
**APRN**  
The purpose of this program is to describe an innovative psychiatric mental health nurse practitioner Post Masters Veterans Experience Program designed to deliver comprehensive mental health care and to improve the overall quality of health and mental health services at the Durham VA in partnership with Duke University.  
**Presenter:** Pamela Lynn Herbig Wall PMHNP-BC, PhD, FAANP

Navigating the Minefield: Utilization of a Trauma-Informed Care Framework with Undergraduate Students in a Psychiatric/Mental Health Nursing Course  
**RN APRN**  
This presentation will describe the use of a trauma-informed care framework to assist nurse educators in helping prepare and guide undergraduate students in their first mental health nursing experiences. Knowing that many students have a history of trauma, utilization of this framework provides a valuable resource for today’s faculty members.  
**Presenter:** Amy R. Morton-Miller PhD, PMHNP-BC, PMHCNS-BC, CNE

Establishing and Maintaining Professional Boundaries in the Open Community Setting: What to say? What not to say? How do you know?  
In the autoethnographic tradition, this presentation by a new graduate nurse explores professional boundaries in the context of existing practices reported by seasoned nurses. Participants will have the chance to share their own “do’s and don’ts” around professional boundaries, and we will discuss the risks and benefits of self-disclosure.  
**Presenter:** Amy Hardt RN, BSN, MPH, MAA

Interrelationship of Resilience, PTSD, TBI, and Depression in Student Military Veterans  
**RN APRN**  
A descriptive cohort-controlled pilot study of military veterans and civilian student to investigate the relationship between resilience, PTSD, TBI, depression, and academic outcomes in a Mid-southern university.  
**Presenter:** Dr. Lynette Smith PhD, APRN, PMHNP-BC, FNP-BC

“The networking and contact with other psychiatric nurses is worth the cost alone. And then you get amazing and up-to-date education in any area of practice you need. Great event and well spent time.”
2056 **Mental Health & the Brain**  
4:00pm - 4:45pm  
**Signaling Safety: Interpersonal Interventions and Biological Stress Response**  
RN APRN  
This presentation introduces a new practice-ready theory of safety cues to illustrate how familiar interpersonal strategies used by PMH nurses reduce underlying biological mechanisms of stress. By melding the interpersonal nurse-client relationship theory and emerging biological theory, this practice theory legitimizes nursing interventions and guides development of whole health interventions.  
**Presenters:** Rebecca Elizabeth Salomon MSN, PMHNP-BC; Linda Song Beeber PhD, PMHNCNS-BC, FAAN

**Brain Stimulation and New Advances in ECT - in memory of Mary Rosedale, PhD, PMHNP-BC**  
RN APRN  
Brain stimulation provides essential information about the pathophysiology of psychiatric illnesses. Neuromodulation can decrease symptoms and helps to normalize brain function. We will identify seven brain stimulation treatments and describe mechanisms of action of ECT. We will define the vital role PMH nurses play in clinical practice, education and research.  
**Presenter:** Donna J. Ecklesdafer MSN, BSN, RN; Paula Bolton MS, ANP-BC

2057 **Integrated Recovery Models**  
4:00pm - 4:45pm  
**Honoring the patient as "Expert by Experience": Graduate PMH Curriculum Centered on Recovery and Integrative Health Principles (Hozho Life-Way Model - Navajo teaching exemplar)**  
APRN  
The presenters will share their experiences incorporating recovery and integrative nursing principles into their graduate advanced practice PMH nursing program using the patient as "expert by experience" theme to guide curriculum changes. Teaching strategies, resources, assignments, and evaluation tools implemented will be shared.  
**Presenters:** Pamela Lusk DNP, RN, PMHNP-BC, FAANP; Michelle Kahn-John PhD, RN, PMHNP-BC, GNP

**Veteran and Family Engagement in Recovery on the 17 North Acute Inpatient Psychiatric Unit at the Veterans Affairs New York Harbor Healthcare System**  
RN APRN  
Facilitating engagement and promoting a continuity of high quality services for Veterans & their families are the goals of the 17 N unit at VA NYHHS. A cornerstone of Recovery/Family Engagement is to ensure a continuity of mental health care in transition from 7 N unit to outpatient setting.  
**Presenters:** Linda I. Kaplan RN, MSN, CARN; Roxanne M. Casimir, RN-BC

**INTERACTIVE PANELS**  
5:00pm - 6:30pm  
**1.5 Contact Hours**

2061 **Council for Mental Health Advocacy**  
5:00pm - 6:30pm  
**The Council for Mental Health Advocacy Annual Meeting**  
RN APRN  
The Council for Mental Health Advocacy will provide information on current issues in multiple states. This presentation will assist members in developing their advocacy voice. Tools for working with legislators and the public will provide guidelines for PMH nursing advocacy.  
**Presenter:** Kathryn E. Brotzge MSN, APRN-BC

2062 **Council for Safe Environments**  
5:00pm - 6:30pm  
**Council for Safe Environments Interactive Discussion Panel**  
RN APRN  
CSE leaders will describe current work to improve safety through collaborations, innovations and exploration of best practices. Participants will be encouraged to engage in discussions about safety and violence prevention and to contribute their ideas about educational and practice models that promote caring within the least restrictive setting possible.  
**Presenters:** Diane E. Allen RN-BC, NEA-BC; Richard E. Ray MS, PMH-BC; Jeannine Loucks MN, RN-BC, PMH
Research Council Interactive Panel: A Trailer/Sampler of the APNA Research Institute  RN APRN

There is a demand to promote wellbeing through psychiatric nursing research and translation into practice. To this end, we are establishing an APNA Research Institute. The purpose of the Interactive Panel is to provide participants with a sampler/trailer of four modules from the more fully developed APNA Research Institute.

Presenters: Danny G. Willis DNS, RN, PMHCNS-BC, FAAN; Jane Mahoney PhD, RN, PMHCNS-BC; Brandy Mechling PhD, RN, PMHCNS-BC; Genevieve Chandler RN, PhD

Recovery Council

The Power of Lived Experience and Storytelling by Consumers and Staff in Psychiatric/Mental Health Practice: The APNA Recovery Council Panel  RN APRN

Descriptions of an individual’s Recovery journey have been transformative. Recruitment for Audio/video submissions to the APNA website was completed. Peer review selection produced a compiled AV presentation that will be featured at the annual conference. Results/discussion of Lived Experience, Storytelling, and future implications is planned for small group breakouts.

Presenters: Constance Noll DNP, MA, CRNP, PMHNP-BC; Gail Stern MSN, PMHCNS-BC

Forensic Council

Forensic Council Interactive Panel: Best Practices in Applying Trauma Informed Care  RN APRN

This interactive session will begin with a panel who will discuss how trauma informed care has been applied to forensic education, hospital and jail settings. Best practice case studies will be presented, followed by audience members sharing best practices from their venues and localities and troubleshooting how to overcome barriers.

Presenters: Nina Beaman EdD, MSN, RN-BC, RNC-AWHC, CNE; Helen M. Birkbeck MBA, BSN, MA; Evelyn Perkins RN, MS, PMH-BC, NE-BC

MIX & MINGLE RECEPTION – GAME NIGHT!

6:30pm - 8:30pm

After a day full of educational sessions, show your inner child some love on Thursday evening. Join industry leaders and colleagues in the Exhibit Hall to re-energize with interactive games, refreshments, and friends. (Of course, we’re only taking the youthful theme so far - adult food, beverages, and conversation will be readily available.)

“The feeling of comradery and shared purpose that comes from being in the same place with over sixteen hundred psychiatric mental health colleagues refreshes my spirit and provides inspiration that I am able to pass on in my own work setting!”
PRODUCT THEATER BREAKFAST
7:00am - 8:30am
No Contact Hours Provided
Ticketed event – pre-registration required. See page 38 for registration details.
Sponsoring Company: Alkermes, Inc.

REGISTRATION OPEN
8:30am - 6:00pm

KEYNOTE PRESENTATION
9:00am - 10:00am
1.0 Contact Hours
Life On Purpose: How Living for What Matters Most Changes Everything
Socrates said that an unexamined life isn’t worth living. Aristotle went further to say that a purposeless life isn’t even worth examining. Vic Strecher examines the importance of purpose to health and well-being, and ways of creating greater life purpose. His presentation spans ancient philosophy to the latest scientific research.
Keynote Presenter: Victor J. Strecher PhD, MPH

POSTER PRESENTATIONS OPEN
10:00am - 3:00pm
Meet the Presenters
10:30am - 11:30am
Browse the poster presentations and chat with presenters about their work in administration, education, practice, and research. Poster presentations are open starting at 10:00am on Thursday through 3:00pm on Friday.

EXHIBIT HALL OPEN
10:00am - 1:00pm

MINI CONCURRENT SESSIONS
12:00pm - 12:45pm
.75 Contact Hours
3011 Anxiety
12:00pm - 12:45pm
Is My Anxiety Normal? A Comparison of Normal Anxiety Compared to Anxiety Disorders as well as Good Health Practices and Treatments for Anxiety Experienced at the Primary, Secondary, and Tertiary Levels APRN
We will discuss the prevalence of anxiety in our communities as well as current practices for management of anxiety. We will then share our health promotion video titled, “Is My Anxiety Normal?” We will conclude with discussing tools to positively increase awareness and education regarding mental health, specifically anxiety.
Presenters: Tresa Marie Glaser BSN, RN; Clarissa Riches BSN, RN; Ariana McDonald BSN, RN; Kay Brinkopf BSN, RN

Using Mobile Health Technology to Assess for Distress APRN
We developed a novel distress management expert system software program to assess the patient’s distress and immediately recommend individually-tailored evidence-based psychosocial coping strategies and referrals. This program was piloted in a medically oncology practice and found feasible and effective. The program can be easily utilized in a primary care setting.
Presenter: Veronica B. Decker DNP, PMHCNS-BC, MBA, MS, RN, BSN
**3012 Inpatient**
12:00pm - 12:45pm

*What is the Secret? Open the Medical Record!*  RN
Hospitalized patients and their families are not optimally involved in the decisions that impact their care. Discover how to implement an Open Medical Record Program in your hospital and let the patient be the conductor of his care.

**Presenters:** Loralie M. Woods MSN, RN-BC; Gretchen Smith RN-BC; Diane Mcgrogran LCSW, MSW; Vanessa Kurzon MSN, RN

**3013 Undergraduate Education**
12:00pm - 12:45pm

*Alcohol Infusion Program as Part of Recovery Curricula*  RN
The presentation describes infusion of concepts related to alcoholism and the Recovery Model throughout undergraduate nursing curriculum as it pertains to anxiety, mood, schizophrenia, and substance use disorders. Discussion of media and research as learning tools will be included, in addition to, reflection as a learning activity.

**Presenter:** Marian L. Farrell PhD, PMH-NP, BC, CRNP

**3014 Family Education/Skills**
12:00pm - 12:45pm

*Kids First: A Pilot Study of Mindfulness and Emotional Well Being for Preschool Children*  APRN
Hypothesis: If mindfulness based program is taught to teachers and parents then children will experience an improvement in emotional (self) regulation. Parents and teachers learning to regulate themselves with mindfulness skills foster emotion regulation for preschool children and improve their readiness for kindergarten.

**Presenter:** Christine D. Moriconi PsyD, LMFT, PMHCNS-BC

**3015 Alcohol Use Disorder**
12:00pm - 12:45pm

*Exploring the Predictors of Motivation to Work with Individuals Who Use Alcohol: A Focus on the Nursing Profession*  RN  APRN
This presentation will discuss briefly the effects of nurses’ motivation to work with individuals who use alcohol on the patients’ screening, treatment and rehabilitation outcomes. Furthermore, it will discuss the factors that influence nurses’ motivation, screening of this patient population, and future implications.

**Presenter:** Khadejah F. Mahmoud MSN, RN

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**Innovative Simulation Training for Managing Agitated Patients**  RN  APRN
An innovative training strategy, Rapid Cycle Deliberate Practice (RCDP) Simulation was piloted in an academic medical center psychiatric unit on managing agitated patients. RCDP simulation proved effective in skill acquisition for verbal and physical de-escalation according to crisis prevention intervention concepts, promoting teamwork and communication among interdisciplinary teams and leadership.

**Presenters:** Caroline Stewart MSN, RN; Lesli Reeves MSN, RN, PMHNP-BC

**Substance Use Disorder Among Nurses: Quality Improvement In Pre-licensure Nursing Education**  RN
Substance use disorder (SUD) occurs for about 10% of nurses. Despite this, it remains inadequately addressed in formal nursing education. This quality improvement project implemented a learning module into two pre-licensure programs at a school of nursing to impact student nurses’ knowledge, skills, and attitudes regarding SUD among nurses.

**Presenter:** Dina M. Stewart BSN, RN, PHN

**A Clinical "Toolbox" for Intellectually Disabled Adults and Their Caregivers**  RN
Future Implications: Implications can include extending to use with other behavioral health patients and to different care settings (medical/surgical, primary care).

**Presenters:** Stacy Stark MSN, RN; Ann M. Mitchell PhD, RN, FAAN

**Alcohol Use Disorder, Psychosis, Obesity, and Diabetes: A Case Study of Complexity**  RN  APRN
Psychiatric nurses face challenges pertaining to outcomes-driven treatment planning for patients with complex illness presentations. Such an example will be presented as a case study: a patient with alcohol use disorder, psychosis, obesity and diabetes.

**Presenter:** Philippa Ashford MSN, RN
3016 **Research - Special Populations**
12:00pm - 12:45pm
**Association of Maternal Self-Report and Observational Data During The Postpartum Period: The Case for Subjective and Behavioral Measures**  
APRN
Developing research tools that incorporate observational as well as self-report measures is pivotal in expanding the theoretical basis of nursing as a discipline; particularly maternal-child and mental-health nursing, due to the inherent significance of dyadic, relational phenomena. Using mixed-methods approaches that combine qualitative and quantitative approaches may be especially useful.

*Presenter:* Semira Semino-Asaro PhD, RN, PMHCNS-BC

**Improving Outcomes by Infusing Innovative and Creative Ideas into Caring for Older Adults - The Influence of Nurses Improving Care for Health System Elders (NICHE) on a Geriatric Psychiatric Nursing Unit**  
RN
The influence NICHE program at UAB-Geriatric Psychiatry had positive outcomes. Direct caregivers became involved in the NICHE program as Scholars, made many positives changes on the unit. Direct care providers became change agents; were empowered to obtain the knowledge/skills necessary. Had many ideas, were allowed to explore, develop/implement them.

*Presenter:* Kimberly A. Barnes-Ayers BSN, MAEd, RN-BC

3017 **Forensics**
12:00pm - 12:45pm
**A Greater Good: Collaboration Between Law Enforcement and Acute Care Hospital Systems**  
RN
We will share how we expanded a collaborative model of care in the community with Law Enforcement and Community Mental Health to include the Acute Care Hospital System resulting in improved communication and partnership with all three systems along with a better response to individuals in crisis in the community.

*Presenters:* Inga M. Giske MSN, RN-BC, NE-BC

**The Prison Project: Attitudes Toward Prisoners in a Nursing Student Population**  
RN
Following a request from a maximum security prison for help at their annual resource fair, nursing faculty were curious about student perceptions and attitudes toward the prison and inmates. This session provides a literature review, analysis of research findings from pre/post survey tools and educator tips for prison clinical sites.

*Presenters:* Tara Haskins DNP, RN; Dewanna Blake MSN, RN

**PRODUCT THEATER LUNCH**
1:00pm - 2:30pm
Ticketed event – pre-registration required. See page 38 for registration details.

*Sponsoring Company:* Takeda Pharmaceuticals, USA, Inc. & Lundbeck

**CONCURRENT SESSIONS**
2:45pm - 3:30pm

**.75 Contact Hours**

3021 **Special Populations Track**
2:45pm - 3:30pm
**See Me, Hear Me: Diagnosing and Treating Anxiety in Racial & Ethnic Minorities with a Culture of Care**  
RN APRN
Historically racial/ethnic minorities are reported to experience lower rates of anxiety than their white counterparts. The literature suggest this may result from a paucity of cultural awareness of anxiety symptoms. In this presentation the Culture of Caring model highlights the value of cultural awareness in mental health nursing.

*Presenter:* Teresa D. Combs PhD, APRN, BC

3022 **Practice Track**
2:45pm - 3:30pm
**Essential RN Competencies for the Induction and Maintenance of Opioid Replacement Therapy**  
RN
This presentation will prepare the participant to educate RN’s to be an integral part of the health care team caring for the patient undergoing induction and maintenance of opioid replacement therapy (ORT). Participants will learn the essential evidence-based competencies associated with ORT.

*Presenters:* Janet Marie Standard DNP, PMHNP-BC; Michelle Knapp DNP, PMHNP-BC
3023 **Education Track**  
2:45pm - 3:30pm  
**Utilizing Telehealth to Overcome Clinical Site Challenges**  
Barriers to the provision of mental health nursing clinical experiences in rural settings include the commute, lack of physical space, and shortage of certified practitioners on site. Telehealth provides students an opportunity to learn how to deliver quality care to a diverse population while increasing patient satisfaction.  
**Presenter:** Stephanie T. Wynn DNP, RN-BC, PMHNP-BC, COI

3024 **Administration Track**  
2:45pm - 3:30pm  
**Developing the Next Generation of Psychiatric Mental Health Nurses: A Program for Nursing Students as Mental Health Assistants/Technicians**  
This session will present a training program for nursing students to be employed as Mental Health Assistants/Techs. Hiring criteria, interviewing formats, curriculum design, and outcome measures will be presented as well as the benefits for the sponsoring organization. Join us and learn how to influence our next generation.  
**Presenter:** Sally Ann Corbo Ed.S, PMHCNS-BC, NEA-BC

3025 **Eating Disorders Track**  
2:45pm - 3:30pm  
**When Food Controls a Mother’s Love: Recovered Anorexic Mothers Feeding their Children**  
There are invisible wounds in a recovered anorexic mother that can resurface when faced with feeding a child everyday. Antepartum identification of women who have a history of anorexia nervosa is imperative in order to provide guidance and emotional support throughout pregnancy and postpartum.  
**Presenter:** Carrie Morgan Eaton MSN, RNC-OB, PhD(c)

3026 **Violence Track**  
2:45pm - 3:30pm  
**Prevention of Sexual Violence with Bystander Education**  
Sexual violence is a serious and prevalent public health problem among adolescents and young adults, especially on college and university campuses. Bystander education is a promising and innovative approach to sexual violence prevention with significant implications for mental health nursing practice, policy, and future research.  
**Presenter:** Kerry Ann Peterson PhD, DNP, PMHCNS-BC, PMHNP-BC, RN

3027 **Practice Track**  
2:45pm - 3:30pm  
**Creation and Implementation of a Crisis Stabilization Service in a Community Safety Net Hospital in Chicago, IL**  
Sinai Health Systems developed a Crisis Stabilization Unit (CSU) at Holy Cross Hospital in response to escalating boarding times in the ED of patients with mental health (MH) issues, and a lack of community resources for MH care. 2,066 patients in 18 months have been evaluated in the CSU.  
**Presenters:** Evelyn J. Norton DNP, APRN, PMNP-BC; David J. Martucci BSN, MS, MBA Candidate

**CONCURRENT SESSIONS**  
3:45pm - 4:30pm  
**.75 Contact Hours**

3031 **Special Populations Track**  
3:45pm - 4:30pm  
**Women’s Experiences Living With and Recovering From Depression**  
Exploration of the perspectives of women living with depression, including their experiences of symptoms; their exposure to social adversity; and their efforts at recovery in the context of their larger sociocultural and sociopolitical environments. Findings guide interventions to better facilitate and support the mental health recovery process.  
**Presenter:** Susan M. Jarchow PhD, MSN, BSN, RN
3032 Practice Track  
3:45pm - 4:30pm  
New York-Presbyterian’s Nursing Suicide Risk Inventory (NSRI): A Daily Nursing Suicide Risk Tool for the Inpatient Psychiatric Setting  

The most common root cause of inpatient suicide is a failure in clinical assessment. A conspicuous gap exists in the literature regarding nursing-specific suicide risk tools for inpatient psychiatric settings. The Nursing Suicide Risk Inventory (NSRI) provides inpatient psychiatric-mental health nurses with a comprehensive picture of patient suicide risk.  

Presenter: Brynne D. Calleran BSN, BS, RN-BC

3033 Education Track  
3:45pm - 4:30pm  
Designing and Delivering Quality Distance Education: Challenges and Opportunities to Teach the Next Generation of PMHNPs  

This session presents strategies for aligning national competencies, learning outcomes, activities, and assessments throughout a curriculum using collaborative, team-based approaches. We will share technologies to promote interaction, meaningful practice, and feedback to facilitate learning and describe an effective mix of online activities and on-campus intensives to enhance student clinical skills.  

Presenters: Susan W. Blaakman PhD, PMHNP-BC; Holly E. Brown DNP, PMHCS-BC, PMHNP; Andrew Wolf EdD, RN, ACNP-C, CNE; Joseph Gomulak-Cavicchio MS Ed.

3034 Administration Track  
3:45pm - 4:30pm  
An Overview and Efficacy of a Psychiatric Intensive Care Unit in Managing Aggression among Individuals With Serious Mental Illness  

This presentation will describe a psychiatric intensive care unit created to manage aggressive behavior among individuals with serious mental illness. The presentation will include information about preliminary outcome and efficacy data, including types of aggression observed, interventions used to manage aggression, and seclusion and restraint rate comparisons.  

Presenters: Denise Thompson MSN, CS; Colleen Russo PNP

3035 Eating Disorders Track  
3:45pm - 4:30pm  
How-to be Anorexic, No Wannarexics Allowed  

A presentation for professionals interested in learning more about a new online subculture that welcomes eating disorders as a philosophy and way of life rather than a disease. It will also present the most recent scholarly evidence available on how this new culture affects those with and without Eating Disorders.  

Presenters: Sattaria Dilks DNP, APRN, PMHNP-BC, FAANP; Jana Lee Swearingen RN, BSN

3036 Violence Track  
3:45pm - 4:30pm  
Violence and the Brain  

Presenter will review areas of the brain that are most impacted by chronic exposure to gun violence, discuss functional and explicit beliefs and the roles they play in motivating violent behaviors and the use of evidence-based cognitive dissonance as an intervention to reduce gun violence in high risk populations.  

Presenter: Evelyn J. Perkins RN, MS, PMH-BC, NE-BC

3037 Practice Track  
3:45pm - 4:30pm  
Military and VHA Panel: Navy, Air Force, Army, and VHA Collaboration and Behavioral Health Nursing Updates  

Articulate challenges inherent in identifying and treating Service Members for behavioral health conditions and how the Navy, Air Force and Army are working together to standardize BH nursing processes across the Military Health System. Each service will additionally provide updates in behavioral health nursing from their particular service.  

Presenters: JoEllen Schimmels LTC, AN, PMHNP-BC, DNP; Sean Convoy PMHNP-BC, DNP; Kevin Creedon LtCol, USAF, PMHNP-BC; Scott Hutton RN, PhD, MBA, VHACO
INTERACTIVE PANELS
4:45pm - 6:15pm

3041 Practice Council
4:45pm - 6:15pm
APRN Council Interactive Panel APRN
The Interactive Panel will discuss Steering Committee achievements in assisting PMH-APRNs to navigate such challenges as reimbursement issues & scope of practice issues, advancement toward achieving full practice authority, and expansion of the APRN role within different models of integrated medicine models emerging throughout the country.

Presenters: Dana Jeanne Olive PhD, PMHNP-BC; Kathryn Johnson PMHNP-BC, PMHCNS-BC; Sattaria ‘Tari’ Dilks DNP, PMHNP-BC, FAANP

3042 Addictions Council
4:45pm - 6:15pm
Addictions Council Interactive Panel RN APRN
The purpose of the Addictions Council Interactive Panel is to convene a forum where psychiatric nurses can discuss addictions-related issues with the goal of increasing their knowledge to enhance understanding and, ultimately, practice in this area.

Presenters: Matthew Tierney RN, MS, PMHNP-BC, ANP-BC; Carol Essenmacher PMHCNS-BC, DNP

3043 Education Council
4:45pm - 6:15pm
Compassion Fatigue: What is our Education Curriculum Plan? RN APRN
Come meet with the pre-licensure, graduate and continuing education branches for: the annual report, the compassion fatigue initiative & the charge for each branch to discuss prevention. The graduate education breakout session will focus on student clinical supervision as a method to reduce compassion fatigue for faculty & graduate students.

Presenters: Shirlee Davidson MSN, CNS, RN; Diane Esposito PhD, ARNP, PMHCNS-BC

3044 Child & Adolescent Council
4:45pm - 6:15pm
Sexual Orientation, Gender Development and Psychiatric Mental Health Nursing of LGBTQ Children & Adolescents RN APRN
The purpose of this presentation is to discuss how emerging sexual orientation and sexual exploration can present challenges in psychiatric mental health nursing care of children and adolescents and offer best practices for managing and providing sensitive care for LGBTQ youth and their families across nursing care settings.

Presenters: Julie Carbray PhD, PMHCNS-BC, FPMHNP-BC; Diane Weiland PhD, PMHCNS-BC

CHAPTER MEETINGS
6:30pm - 7:30pm
Meet and reconnect with nurses who live in your area and get updates from your local APNA community.

PRODUCT THEATER DINNER
7:45pm - 9:15pm
Ticketed event – pre-registration required. See page 38 for registration details.

Sponsoring Company: Alkermes, Inc.
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<tr>
<th>EVENT</th>
<th>TIME</th>
<th>CONTACT HOURS</th>
<th>PRESENTERS</th>
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<tr>
<td><strong>PRODUCT THEATER BREAKFAST</strong></td>
<td>7:00am - 8:30am</td>
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<td><strong>REGISTRATION OPEN</strong></td>
<td>8:30am - 2:00pm</td>
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<td><strong>4001 Ignite Session with the APNA Board of Directors</strong></td>
<td>9:00am - 10:00am</td>
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<td>APNA Board of Directors</td>
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<td><strong>Whole Health Begins with Mental Health</strong></td>
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<td>Get inspired by APNA nursing leaders in this quick moving presentation which focuses in on our theme, Whole Health Begins with Mental Health, and how it relates to psychiatric-mental health nursing practice, administration, education, and research.</td>
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<td><strong>CONCURRENT SESSIONS</strong></td>
<td>10:15am - 11:00am</td>
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<td><strong>4011 Psychopharmacology Track</strong></td>
<td>10:15am - 11:00am</td>
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<td><strong>An Introduction to Medication Assisted Treatments for Opiate Use Disorders</strong></td>
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<td>Drug overdoses are a leading cause of accidental death. Non-pharmacological therapies are now recommended for chronic pain. CARA has expanded the roles for Advanced Practice Nurses in treating opiate use disorders with Medication Assisted Treatments (MAT) such as buprenorphine and forms of naltrexone. This is an introduction to MAT.</td>
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<td><strong>Presenter:</strong> Mary Weber PhD, PMHNP-BC, FAANP, FAAN</td>
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<td><strong>4012 Emergency Departments Track</strong></td>
<td>10:15am - 11:00am</td>
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<td><strong>Incorporating Psychiatric Nursing at the Frontline of Emergency Care</strong></td>
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<td>Psychiatric Emergency Services provided by Psychiatric providers allow for a patient focused approach to mental health care. Integration with Emergency departments can be challenging. Learn how our PMH nurses are making a difference each day and advancing healthcare changes focused around the mental health needs of our community.</td>
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<td><strong>Presenter:</strong> Ann Blankenhorn MSN, MBA, RN, NEA-BC</td>
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<td><strong>4013 Education Track</strong></td>
<td>10:15am - 11:00am</td>
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<td><strong>Who is Assessing Whom? Undergraduates Practicum Students as Standardized Patients for PMHNP Students</strong></td>
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<td>A simulation learning experience for both undergraduate practicum nursing students and graduate psychiatric nurse practitioner students promoted a holistic assessment approach. This simulation exercise was cost effective and benefited both the undergraduate practicum nursing students in clinical hour acquisition and provided more skilled standardized patients for the PMHNP student.</td>
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<td><strong>Presenters:</strong> Lois A. Schwarze BSN, RN, MSN, FNP - P, PCNP, PMHNP-BC; Stephanie Tia Townsend BSN, MSN, PMHNP-BC; Traci T. Sims DNS, RN, CNS/PMH-BC</td>
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<td><strong>4014 Child &amp; Adolescent Track</strong></td>
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<td><strong>Typologies of Aggressive Behavior in Children: Implications For Assessment, Treatment and Referral</strong></td>
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<td>The purpose of this presentation is to present typologies of aggressive behavior in children that include verbal aggression, aggression against property, self-aggression, sexual aggression, and aggression against others. Strategies for treatment and referral for each typology will be discussed.</td>
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<td><strong>Presenters:</strong> James J. Weidel PhD, FNP-BC, PMHNP-BC; Janet Standard DNP, PMHNP-BC</td>
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4015 Psychotherapy Track
10:15am - 11:00am

Back to our Roots: Growing the Next Generation of Nurse Psychotherapists  APRN

The foundation of PMH nursing is the interaction between the nurse, patient and family. During the transition from the CNS to PMHNP role, many graduate programs struggled with striking a balance of the three P’s with psychotherapy. An opportunity exists to re-balance the paradigm of how to focus on psychotherapy.

Presenters: Jennifer Scroggie MSN, PMHNP-BC; Dawn Vanderhoef PhD, DNP, PMHNP-BC, FAANP

4016 Resilience Track
10:15am - 11:00am

Creation and Implementation of a Novel Web-Based App to Screen and Support Struggling Nurses  RN APRN

This presentation will demonstrate the first web-based tool to systematically screen and support struggling nurses and to provide pathways to wellbeing. The presenter will illustrate how to use technology to foster a healthy work environment while improving patient outcomes, and implement similar programs in your clinical setting.

Presenter: Dallas M. Ducar MSN, CNL

4017 Recovery Track
10:15am - 11:00am

“RAISING” Awareness: The Influence of the NIMH Recovery after an Initial Episode of Schizophrenia (RAISE) Project on Nursing Care on an Inpatient Unit Serving Young Adults Experiencing First Episode Psychosis  RN APRN

The presentation will examine the Recovery after an Initial Schizophrenia Episode (RAISE) study and implications for PMH nursing practice on an inpatient unit. The talk will explore guidelines for the use of psychopharmacology, individual resiliency training, CBT for psychosis, an innovative Care Partner Program, and aftercare incorporating Coordinated Specialty Care.

Presenter: Jack Spencer MSN, PMHNP-BC

CONCURRENT SESSIONS .75 Contact Hours
11:15am - 12:00pm

4021 Psychopharmacology Track
11:15am - 12:00pm

Advanced Practice Registered Nursing (APRN) Curriculum Infusion: Preparing APRNs to Combat the Opioid Epidemic through Medication Assisted Treatment (MAT) Education  APRN

The opioid epidemic highlights the need for efficacious modalities to reduce the mortality associated with opioid use. APRNs must be proficient in the utilization of medication assisted treatment (MAT) to manage opioid use disorders. This session describes not only MAT but also a graduate-level educational intervention to increase MAT knowledge.

Presenter: Brayden N. Kameg BSN, RN

4022 Emergency Departments Track
11:15am - 12:00pm

Improving Management of Suicidal Patients in the Emergency Department  RN APRN

With an increase in suicidal patients presenting to emergency departments (EDs), the Joint Commission (TJC) released standards for care of suicidal patients. An ED was found to be noncompliant with these standards. A project was implemented to align the ED with TJC standards and improve care of suicidal patients.

Presenters: Michelle Heyland DNP, APN, PMHNP-BC; Michael Swanson BAN, RN

4023 Education Track
11:15am - 12:00pm

I Think I Can, I Think I Can, I KNOW I Can: Developing Resiliency in Nursing Students  RN APRN

Academic and clinical demands abound in this fast-paced, plugged in, expectation-laden culture. Nurse educators can teach students how to reframe stress and cultivate resiliency. This presentation describes and demonstrates portions of an educational seminar developed to increase resiliency skills to assist student nurses throughout their academic and professional careers.

Presenters: Ann M. Harms EdD, RN; Jacqueline R. Miller MSN, RN
4024 Child & Adolescent Track
11:15am - 12:00pm
**Decreasing Rates for Pediatric Bipolar** RN APRN
The diagnosis of Pediatric Bipolar Disorder (PBD) continues to be controversial. In the 1990's the rates of PBD were increasing by over 400%. Are the rates of PBD now rapidly decreasing? Understand the current trend in diagnosing PBD to make you more accurate at identifying this population.

*Presenter: Daniel E. Wesemann DNP, PMHNP-BC, ARNP*

4025 Psychotherapy Track
11:15am - 12:00pm
**Integration of Spirituality in Psychotherapy: Expanding the “fourth P”** APRN
Challenging patient? Treatment isn’t working? Is the patient experiencing a spiritual crisis that is inhibiting treatment? Neuroimaging and neurobiological research support a positive relationship between spirituality and religion, leading to improved mental health outcomes. This presentation will provide a strategy that can be used to begin this critical dialogue.

*Presenter: Carol Capitano PhD, PMHCNS-BC*

4026 Resilience Track
11:15am - 12:00pm
**Mindfulness in the Workplace: Practical Application** RN
This interactive presentation will introduce the learner to the art and science of mindfulness. Presenters will discuss the benefits of mindfulness, and provide opportunities for practicing focused attention with emphasis on the workplace. Practical tips and resources will be included.

*Presenters: Cathy J. Peters MS, RN, PMHNP-BC; Susan Ciurzynski PhD, RN-C, PNP*

4027 Recovery Track
11:15am - 12:00pm
**Transition to Wellness and Recovery without Rules or Boundaries** RN
The Transitions Program is an intensive outpatient program with the goal of allowing faster hospital discharge and diversion of Emergency Department admissions. Admissions are flexible and participation is a few days to a few weeks. Groups are individualized, care is multidisciplinary, and wellness and recovery are central themes.

*Presenters: Ann K. McKay RN, MS; Clare A. Larsen LICSW, MSW; Pamela J. Van Steinburg MS, RN*

**CONCURRENT SESSIONS**
12:15pm - 1:00pm

4031 Psychopharmacology Track
12:15pm - 1:00pm
**Pharmacogenetics and MAT: Facilitating Engagement for those with Co-Occurring Disorders** RN APRN
More than 65% of those with substance use disorders have a co-occurring mental health disorder. Pharmacogenetics testing guides the provider in prescribing for both disorders. The results are used to personalize care, educate the client and facilitate a clinical partnership that empowers the client and supports engagement in treatment.

*Presenter: Patricia M. Allen DNP, MSN, PMHNP-BC*

4032 Emergency Departments Track
12:15pm - 1:00pm
**Psychiatric Crisis Stabilization Services: Treat at the Source, not the Destination** RN APRN
Crisis stabilization services are the best, targeted solution to offering the right providers to the right patients in the right place at the right time for psychiatric patients. Through facilitation with health systems, we have seen inpatient hospitalization avoided, improved boarding times, and decreased restraint use.

*Presenter: Scott Zeller MD; Emily Rosendahl RN, BSN, MPH; Tamara Longo RN, MHI; Kimberly Lopez RN, MSN*
4033 **Education Track**
12:15pm - 1:00pm

**Educating Nursing Students on Intimate Partner Violence: Knowledge Integration from Classroom Theory and a Standardized Patient Simulation Experience**  
**RN APRN**

This presentation on IPV provides an overview of an innovative, interdisciplinary teaching methodology to educate health care professionals and students on how to screen, assess, and provide advocacy for those who are being abused. Classroom theory, an interactive workshop, and standardized patient simulation are all used to create the experience.

**Presenters:** Janene Luther Szpak DNP, PMHNP-BC; Kirstyn M. Kameg DNP, PMHNP-BC

4034 **Child & Adolescent Track**
12:15pm - 1:00pm

**The Impact of a Facility Service Dog on an Inpatient Child and Adolescent Psychiatry Unit**  
**RN APRN**

Participants will be provided with a comprehensive overview of the use of a Facility Service Dog within an Inpatient Child and Adolescent Psychiatry Unit. Highlights of the benefits will include: stress relief, emotional comfort, companionship, improved socialization, enhanced self-image, and increased ability to concentrate and focus.

**Presenter:** Jane Le Vieux PhD, RN-BC, LPC-S

4035 **Psychotherapy Track**
12:15pm - 1:00pm

**Freud's Couch in the Sim Lab: Psychotherapy Training of PMHNP Students Using Simulated Clinical Events**  
**APRN**

This presentation will demonstrate novel approaches to train students to perform psychotherapy using simulated clinical encounters. Video recordings will illustrate how to use specially-trained actors to conduct individual, couples and family assessments; and provide successive sessions of integrated med management and psychotherapy. Will include development of scenarios and evaluation tools.

**Presenter:** Michael Terry DNP, FNP, PMHNP

4036 **Resilience Track**
12:15pm - 1:00pm

**Is Divorce Making You Sick? Hidden Cost of Conflict: An Interdisciplinary Examination Between Family Law, Therapeutic Jurisprudence, Justice, and Work Productivity and Illness For Employed Adults**  
**APRN**

Mental illness and physical illness are comorbid bi-directionally. Approximately 70 percent of employees are reporting difficulty with competing interests from work and non-work demands. The employers that are involved in influencing a good “work–family fit” need to change the focus to be inclusive of all family types, including dissolving families.

**Presenter:** Lisa M. Burton PhD, MSN, APRN, PMHCNS-BC

4037 **Recovery Track**
12:15pm - 1:00pm

**Spreading Recovery Oriented Care across the State: Everything’s Bigger in Texas**  
**RN APRN**

APNA Texas is utilizing a grant to help coordinate and disseminate recovery knowledge, attitudes and skills across Texas. Using APNA’s Recovery to Practice program, mental health care is transformed to recovery oriented care by teaching others and training facilitators who can build a sustainable program.

**Presenters:** Celeste Johnson DNP, APRN, PMH CNS; Rebecca Deisler BSN, RN, PMHNP-BC

**ANNUAL MEETING & TOWN HALL**
1:15pm - 2:30pm

Hear about APNA activities and speak directly to the APNA Board of Directors.
FOR ADULTS WITH TARDIVE DYSKINESIA (TD), THE FIRST AND ONLY INDICATED TREATMENT

INTRODUCING

INGREZZA™ (valbenazine) capsules

NO FDA-APPROVED TREATMENT HAS EXISTED—UNTIL NOW.

Discover a new treatment for your adult TD patients
Visit us at booth #401

Important Information

INDICATION & USAGE

INGREZZA™ (valbenazine) capsules is indicated for the treatment of adults with tardive dyskinesia.

IMPORTANT SAFETY INFORMATION

WARNINGS & PRECAUTIONS

Somnolence

INGREZZA can cause somnolence. Patients should not perform activities requiring mental alertness such as operating a motor vehicle or operating hazardous machinery until they know how they will be affected by INGREZZA.

QT Prolongation

INGREZZA may prolong the QT interval, although the degree of QT prolongation is not clinically significant at concentrations expected with recommended dosing. INGREZZA should be avoided in patients with congenital long QT syndrome or with arrhythmias associated with a prolonged QT interval. For patients at increased risk of a prolonged QT interval, assess the QT interval before increasing the dosage.

ADVERSE REACTIONS

The most common adverse reaction (≥5% and twice the rate of placebo) is somnolence. Other adverse reactions (≥2% and >placebo) include: anticholinergic effects, balance disorders, falls, headache, akathisia, vomiting, nausea, and arthralgia.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit MedWatch at www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see the adjacent page for brief summary of Prescribing Information and visit www.INGREZZA.com for full Prescribing Information.

INGREZZA™ (valbenazine) capsules

for oral use

Brief Summary: For full Prescribing Information and Patient Information, refer to package insert.

INDICATIONS AND USAGE
INGREZZA is a vesicular monoamine transporter 2 (VMAT2) inhibitor indicated for the treatment of adults with tardive dyskinesia.

WARNINGS AND PRECAUTIONS
Somnolence
INGREZZA can cause somnolence. Patients should not perform activities requiring mental alertness such as operating a motor vehicle or operating hazardous machinery until they know how they will be affected by INGREZZA.

QT Prolongation
INGREZZA may prolong the QT interval, although the degree of QT prolongation is not clinically significant at concentrations expected with recommended dosing. In patients taking a strong CYP3A4 or CYP2D6 inhibitor, or who are CYP2D6 poor metabolizers, INGREZZA concentrations may be higher and QT prolongation clinically significant. For patients who are CYP2D6 poor metabolizers or are taking a strong CYP2D6 inhibitor, dose reduction may be necessary for patients taking a strong CYP3A4 inhibitor; reduce the dose of INGREZZA to 40 mg once daily. INGREZZA should be avoided in patients with congenital long QT syndrome or with arrhythmias associated with a prolonged QT interval. For patients at increased risk of a prolonged QT interval, assess the QT interval before increasing the dosage.

ADVERSE REACTIONS
The following adverse reactions are discussed in more detail in other sections of the labeling:

• Somnolence
• QT Prolongation

Clinical Trials Experience
Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice.

Variable and Fixed Dose Placebo-Controlled Trial Experience
The safety of INGREZZA was evaluated in 3 placebo-controlled studies, each 6 weeks in duration (fixed dose, dose escalation, dose reduction), including 445 patients. Patients were 26 to 84 years of age with moderate to severe tardive dyskinesia and had concurrent diagnoses of mood disorder (27%) or schizophrenia/schizoaffective disorder (72%). The mean age was 56 years. Patients were 57% Caucasian, 39% African-American, and 4% other. With respect to ethnicity, 26% were Hispanic or Latin. All subjects continued previous stable regimens of antipsychotics; 86% and 27% of subjects, respectively, were taking typical and atypical antipsychotic medications at study entry.

Adverse Reactions Leading to Deconcomitance of Treatment
A total of 3% of INGREZZA treated patients and 2% of placebo-treated patients discontinued because of adverse reactions.

Common Adverse Reactions
Adverse reactions that occurred in the 3 placebo-controlled studies at an incidence of ≥2% and greater than placebo are presented in Table 1.

Table 1: Adverse Reactions in Placebo-Controlled Studies of 6-week Treatment Duration Reported at ≥2% and >Placebo

<table>
<thead>
<tr>
<th>Adverse Reaction</th>
<th>INGREZZA (n=262) (%)</th>
<th>Placebo (n=185) (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Somnolence (weakened, fatigue, sedation)</td>
<td>10.9%</td>
<td>4.2%</td>
</tr>
<tr>
<td>Nervous System Disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anticholinergic effects</td>
<td>5.4%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Balance disorders/fall (tire, gait disturbance, dizziness, balance disorder)</td>
<td>4.1%</td>
<td>2.2%</td>
</tr>
<tr>
<td>Headache</td>
<td>3.4%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Akathisia (akathisia, restlessness)</td>
<td>2.7%</td>
<td>0.5%</td>
</tr>
<tr>
<td>Gastrointestinal Disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vomiting</td>
<td>2.6%</td>
<td>0.6%</td>
</tr>
<tr>
<td>Nausea</td>
<td>2.3%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Musculoskeletal Disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arthralgia</td>
<td>2.3%</td>
<td>0.5%</td>
</tr>
</tbody>
</table>

† Within each adverse reaction category, the observed adverse reactions are listed in order of decreasing frequency.

Other Adverse Reactions Observed During the Preamarketing Evaluation of INGREZZA
Other adverse reactions at ≥1% incidence and greater than placebo are shown below. The following list does not include adverse reactions: 1) already listed in previous tables or elsewhere in the labeling, 2) for which a drug cause was remote, 3) which were so general as to be uninformative, 4) which were not considered to have clinically significant implications, or 5) which occurred at a rate equal to or less than placebo.

Endocrine Disorders: Blood glucose increased
General Disorders: Weight increased
Infectious Disorders: Respiration infections
Neurologic Disorders: Dizziness, dyskinesia, extrapyramidal symptoms (non-akathisia)
Psychiatric Disorders: Anxiety, insomnia

During the clinical trials, there was a dose-related increase in prolactin. Additionally, there was a dose-related increase in alkaline phosphatase and bilirubin, suggesting a potential risk for cholelithiasis.

DRUG INTERACTIONS
Drugs Having Clinically Important Interactions with INGREZZA

Table 2: Clinically Significant Drug Interactions with INGREZZA

Monamine Oxidase Inhibitors (MAOIs)

Clinical Implication: Concomitant use of INGREZZA with MAOIs may increase the concentration of monoamine neurotransmitters in synapses, potentially leading to increased risk of adverse reactions such as serotonin syndrome or attenuated treatment effect of INGREZZA.

Prevention or Management: Avoid concomitant use of INGREZZA with MAOIs.

Examples: Isocarboxazid, phenelzine, selegiline

Strong CYP3A4 Inhibitors

Clinical Implication: Concomitant use of INGREZZA with CYP3A4 inhibitors increased the exposure (Cmax and AUC) to valbenazine and its active metabolite compared with the use of INGREZZA alone. Increased exposure of valbenazine and its active metabolite may increase the risk of exposure-related adverse reactions.

Prevention or Management: Reduce INGREZZA dose when INGREZZA is coadministered with a strong CYP3A4 inhibitor.

Examples: Itraconazole, ketoconazole, clarithromycin

Strong CYP2D6 Inhibitors

Clinical Implication: Concomitant use of INGREZZA with strong CYP2D6 inhibitors may increase the exposure (Cmax and AUC) to valbenazine’s active metabolite compared with the use of INGREZZA alone. Increased exposure of active metabolite may increase the risk of exposure-related adverse reactions.

Prevention or Management: Consider reducing INGREZZA dose based on tolerability when INGREZZA is coadministered with a strong CYP2D6 inhibitor.

Examples: Paroxetine, fluoxetine, quinidine

Strong CYP3A4 Inducers

Clinical Implication: Concomitant use of INGREZZA with a strong CYP3A4 inducer decreased the exposure of valbenazine and its active metabolite compared with the use of INGREZZA alone. Reduced exposure of valbenazine and its active metabolite may reduce efficacy.

Prevention or Management: Concomitant use of strong CYP3A4 inducers with INGREZZA is not recommended.

Examples: Rifampin, carbamazepine, phenytoin, St. John’s wort

Digoxin

Clinical Implication: Concomitant use of INGREZZA with digoxin increased digoxin levels because of inhibition of intestinal P-glycoprotein (P-gp).

Prevention or Management: Digoxin concentrations should be monitored when co-administering INGREZZA with digoxin. Increased digoxin exposure may increase the risk of exposure-related adverse reactions. Dosage adjustment of digoxin may be necessary.

Drugs Having No Clinically Important Interactions with INGREZZA

Dosing adjustment for INGREZZA is not necessary when used in combination with substrates of CYP1A2, CYP2B6, CYP2C9, CYP2C19, CYP2D6, or CYP3A4/5 based on in vitro studies.

OVERDOSAGE

Human Experience
The pre-marketing clinical trials involving INGREZZA in approximately 850 subjects do not provide information regarding symptoms with overdose.

Management of Overdose
No specific antidotes for INGREZZA are known. In managing overdose, provide supportive care, including close medical supervision and monitoring, and consider the possibility of multiple drug involvement. If an overdose occurs, consult a Poison Control Center (1-800-222-1222 or www.poisnon.org).

For further information on INGREZZA, call 844-INGREZZA (844-647-3992).

Distributed by:
Neurocrine Biosciences, Inc.
San Diego, CA 92130

INGREZZA is a trademark of Neurocrine Biosciences, Inc.
CP-V99-MS-0293 04/17
Registration Information

Pre-Registration: To register for the APNA 31st Annual Conference, go to www.apna.org/AnnualConference. Additional registration options are listed at page 37. Register before September 6, 2017 to take advantage of early bird registration rates. The Pre-Registration Deadline is October 9, 2017, after which you will need to register for the conference on-site.

On-site Registration: Onsite registration will be open from Tuesday, October 17th until space is no longer available. Please come with a completed offline form and allow ample time for the registration process. Please also be aware that some sessions may be unavailable due to limited capacity.

Special Registration Categories

Student: To qualify for the student rate, you must be an APNA Student Member; your membership must be current through October 31, 2017; and you must be enrolled in a nursing program on a full-time basis. You will need your APNA member number to log in to register for the conference.

Retired: APNA Retired Members who are 65 or older are eligible to receive the retired discount.

Military: The military registration rate is available for members of the Military, Reserves or National Guard on active duty. You must show proof of current active military service at Registration Check-in. Use the code: APNA2017MILITARY

Session Information

Sessions have been scheduled with plenty of time in between to minimize late arrivals and to allow for changing rooms during session blocks. Presenters will be urged to stay on schedule so please arrive on time to each session. Attendees will not be allowed to enter sessions after they have started. APNA reserves the right to make program changes as necessary and the right to cancel sessions if minimum enrollment has not been met or events occur beyond the reasonable control of APNA.

Americans with Disabilities Act

APNA plans to adhere to the legal requirements of the Americans with Disabilities Act. If a conference registrant is in need of any arrangement, please contact APNA at 855-863-2762 prior to the conference and/or visit the APNA Registration Desk onsite during the conference.

ANA Review Courses*

Psychiatric Mental Health Nurse Practitioner Workshop
Psychiatric Mental Health Nurse Workshop
Monday, October 16 & Tuesday, October 17, 2017: 8:00am – 4:30pm
Contact Hours: up to 14

The Nursing Knowledge Center Psychiatric-Mental Health Nursing and Psychiatric-Mental Health Nurse Practitioner Review Courses provide information relevant to current practice and review materials to prepare for the ANCC certification exam. In addition, participants may earn continuing education contact hours and gain valuable study tips and information to be used in preparing for certification exams. Domains of practice in the course reflect the test content outline.

Register for the PMH Nurse Workshop: https://goo.gl/6Fjk6x
Register for the PMH NP Workshop: https://goo.gl/xkn5BX

*These courses are being held on the Monday and Tuesday before the APNA Annual Conference. These workshops are not being held as a part of the APNA Annual Conference and are not being administered by APNA in any way. Please contact the ANA Knowledge Center for more information.
3 Ways to Register

**ONLINE** (credit card only)
[www.apna.org/AnnualConference](http://www.apna.org/AnnualConference)
If you register online, please do not mail or fax your registration.
**Note:** Students must have their APNA student membership # to register at the student rate.

**FAX** (credit card only) Please fax the completed form to APNA Registration c/o ConferenceDirect at 704-927-1439.

**MAIL** (do not send cash) Please make checks payable to APNA. Mail completed forms to:
APNA Registration  
c/o ConferenceDirect  
5600 Seventy Seven Center Dr., Suite 240  
Charlotte, NC 28217

Register by September 6, 2017 to receive the early bird rates.

### Attendee Information

Please print or type. Full registration fees must accompany this form for registration to be processed. Confirmation emails will be sent to all confirmed participants.

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIRST NAME</td>
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<tr>
<td>LAST NAME</td>
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<tr>
<td>APNA ACCOUNT ID NUMBER</td>
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<td>CREDENTIALS</td>
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<td>COMPANY</td>
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<td>TELEPHONE</td>
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<tr>
<td>EMAIL ADDRESS (REQUIRED)</td>
<td>PRINT CLEARLY</td>
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<tr>
<td>EMERGENCY CONTACT NAME AND PHONE NUMBER</td>
<td></td>
</tr>
</tbody>
</table>

If you would like to receive text message notifications and reminders during the conference, enter your cell phone number here: ________________________________________

### CONFERENCE REGISTRATION RATES

<table>
<thead>
<tr>
<th>Membership</th>
<th>Early Bird (Deadline: September 6)</th>
<th>Regular (Deadline: October 9)</th>
<th>On-site</th>
<th>Student*</th>
<th>Retired*</th>
<th>Active Military ** code: APNA2017MILITARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEMBER</td>
<td>$545</td>
<td>$645</td>
<td>$670</td>
<td>$299</td>
<td>$299</td>
<td>$299</td>
</tr>
<tr>
<td>NONMEMBER</td>
<td>$795</td>
<td>$895</td>
<td>$920</td>
<td></td>
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<td>$299</td>
</tr>
<tr>
<td>JOIN NOW!</td>
<td>$680</td>
<td>$780</td>
<td>$805</td>
<td></td>
<td></td>
<td>$434</td>
</tr>
</tbody>
</table>

#### One Day Only Registration

| One Day       | $299                               | $525                          | $435    |

Choose day:  
- [ ] Thursday 10/19  
- [ ] Friday 10/20  
- [ ] Saturday 10/21  

(Thursday one day registrations will not include a ticket to the Mix & Mingle reception)

* Available to those with APNA Student and APNA Retired Memberships only.
** 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.

### Pre-Conference Add-on***

(includes the full day of sessions on Wed, 10/18)

| Membership   | $199                          | $299                          | $199 |

***Available in addition to full or one day conference registration.

### REGISTRATION DEADLINE DATES

- **Early Bird:** September 6
- **Regular/Pre-Registration:** October 9
Pre-Conference Add-on
(Additional fee)
Circle one session number per block listed below to register.

Wednesday, 10/18
Block 1: 8:00am - 10:00am
1011 1012 1013 1014 1015 1016 1017 1018
Block 2: 10:15am - 12:15pm
1021 1022 1023 1024 1025 1026 1027 — —
Block 3: 2:00pm - 4:00pm
1031 1032 1033 1034 1035 1036 1037 — —
Block 4: 4:15pm - 6:15pm
1041 1042 1043 1044 — 1046 1047 — —

Product Theaters
Attendees can register for these non-CE promotional sessions at no cost. Product theaters will take place during the conference at the following times:

Wed, 10/18: Lunch (12:20pm - 1:50pm) Fri, 10/20: Breakfast (7:00am - 8:30am)
Wed, 10/18: Dinner (8:00pm - 9:30pm) Fri, 10/20: Lunch (1:00pm - 2:30pm)
Thurs, 10/19: Breakfast (7:00am - 8:30am) Fri, 10/20: Dinner (7:45pm - 9:15pm)
Thurs, 10/19: Lunch (1:15pm - 2:45pm) Sat, 10/21: Breakfast (7:00am - 8:30am)

Circle the product theaters above to register. Pre-registration is required by Monday, October 9th in order to attend these programs.

Method of Payment
☐ Check made payable to APNA in the amount of $__________
   (in US funds drawn on a US bank)
☐ Charge my credit card in the amount of $__________
   (credit card will be charged immediately)
☐ Visa ☐ Master Card ☐ Amex ☐ Discover

CARDBRAND EXPIRATION (MM/YYYY)

NAME AS IT APPEARS ON CARD

BILLING ADDRESS

CITY STATE BILLING ZIP

CARDHOLDER SIGNATURE

Sessions Registration
Seats are not guaranteed
Circle one session number per block listed below to register.

Thursday, 10/19
Concurrent Sessions
Block 1: 10:15am - 11:00am
Block 2: 11:15am - 12:00pm
2021 2022 2023 2024 2025 2026 2027
Block 3: 12:15pm - 1:00pm
2031 2032 2033 2034 2035 2036 2037
Mini Concurrent Sessions: 3:00pm - 3:45pm
2041 2042 2043 2044 2045 2046 2047
Mini Concurrent Sessions: 4:00pm - 4:45pm
2051 2052 2053 2054 2055 2056 2057
Interactive Panels: 5:00pm - 6:30pm
2061 2062 2063 2064 2065

Friday, 10/20
Mini Concurrent Sessions: 12:00pm - 12:45pm
3011 3012 3013 3014 3015 3016 3017
Concurrent Sessions
Block 1: 2:45pm - 3:30pm
3021 3022 3023 3024 3025 3026 3027
Block 2: 3:45pm - 4:30pm
3031 3032 3033 3034 3035 3036 3037
Interactive Panels: 4:45pm - 6:15pm
3041 3042 3043 3044

Saturday, 10/21
Concurrent Sessions
Block 1: 10:15pm - 11:00pm
4011 4012 4013 4014 4015 4016 4017
Block 2: 11:15pm - 12:00pm
4021 4022 4023 4024 4025 4026 4027
Block 3: 12:15pm - 1:00pm
4031 4032 4033 4034 4035 4036 4037

Mix & Mingle Reception
☐ Thursday, 10/19 - Included!
☐ Guest Ticket - $75
   (guests must be ages 12 and up.)

ADA
☐ Mobile ☐ Visual ☐ Audio

CANCELLATION POLICY
Notification of registration cancellation must be received in writing to inform@apna.org by September 22, 2017 to receive a refund minus a $75 administrative fee. No refunds will be issued after September 22, 2017. Please allow three weeks for processing of refunds.
You Must Be Registered for the APNA 31st Annual Conference to Reserve Hotel Accommodations

Please print or type. Full registration fees must accompany this form for housing to be processed.

Attendee Information

FIRST NAME ___________________________ LAST NAME ___________________________
TITLE ___________________________ COMPANY ___________________________
EMAIL ADDRESS (REQUIRED) ___________________________
TELEPHONE ___________________________ FAX ___________________________
ADDRESS ___________________________
CITY ___________________________ STATE ___________________________ ZIP ___________________________ COUNTRY ___________________________
EMERGENCY CONTACT NAME AND PHONE NUMBER ___________________________

Hotel Information

Hilton Garden Inn
☐ $192 single/double; Additional occupants are $10 / person per night for guests 18 years of age and older.

Hyatt Regency Phoenix
☐ $199 single/double; Additional occupants are $25 / person per night for guests 18 years of age and older.

Sheraton Grand Phoenix
☐ $209 single/double; Additional occupants are $20 / person per night for guests 18 years of age and older.

All hotel rooms are subject to applicable state and local taxes (currently 12.27%) in effect at the time of check-out.

Arrival Date: October _____, 2017 / Departure Date: October _____, 2017

Bed Type Request
☐ 1 King Bed
☐ 2 Queen Beds

Bed type is assigned by the hotel based on availability. Bed type and other requests are not guaranteed.

If you are sharing a room, please list your room occupants below:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

OTHER REQUESTS (Not guaranteed)
☐ ADA Please indicate Audio/Visual/Mobile
☐ Additional Requests ___________________________

All guest rooms are non-smoking.

To obtain the discounted APNA rate, guest room reservations must be made by 5:00pm Eastern Time on September 25, 2017. 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. Group rates may not be combined with any other discounts or offers.

Important Housing Items

• You must be a confirmed registrant to receive APNA’s discounted room rate.
• All reservations must be accompanied by a first night room deposit, plus tax or guaranteed with a major credit.
• All reservations must be made directly with APNA’s registration company by 5:00pm Eastern Time on September 25, 2017. After September 28, 2017, to make a new reservation or modify an existing reservation, you must contact the hotel directly. The APNA discounted conference rate is not guaranteed. Failure to cancel accommodations within the appropriate time frame will result in a fee of one night’s guest room and tax.
• Credit card or full payment via check or cash must be presented at check-in. The credit card provided on this form, online, via phone, or via email during the registration process is for guarantee purposes only. A credit card or other payment must be presented at check-in.
• Check-in time is after 3:00pm. Checkout time is by 12:00pm noon.

After September 28, 2017: To make a new reservation or modify existing reservation, you must contact the hotel directly. Contact information can be found on the hotel’s website.

Cancellation Policy

Hilton & Hyatt: Room cancellations must occur more than 48 hours prior to the date of arrival. Any cancellations after this time are subject to the first night’s room and tax charges.

Sheraton: Room cancellations must occur more than 72 hours prior to the date of arrival. Any cancellations after this time are subject to the first night’s room and tax charges.

When calling to cancel a hotel reservation, note the following: date, cancellation number, and name of the person taking the cancellation.

Please Provide a Credit Card to Guarantee or Hold Hotel Reservation

☐ Amex ☐ Discover ☐ Master Card ☐ Visa

CARD NUMBER ___________________________ EXPIRATION DATE (MM/YYYY) ___________________________
NAME AS IT APPEARS ON CARD ___________________________
BILLING ADDRESS ___________________________
CITY ___________________________ STATE ___________________________ BILLING ZIP ___________________________
CARDHOLDER SIGNATURE ___________________________

Once your reservation has been made, you will receive a hotel acknowledgement email from APNA’s registration and housing company. You will receive an email confirmation directly from the hotel after September 28, 2017.

Options to Book a Guest Room

ONLINE
(A credit card is required to guarantee your guest room reservation) Please make your hotel reservations online by visiting www.apna.org
FAX
Please fax the completed registration and housing forms to APNA at 704-927-1439
MAIL
Please mail the completed form to the below:
APNA Registration
c/o ConferenceDirect
5600 Seventy Seven Center Dr., Suite 240
Charlotte, NC 28217

For questions or assistance on the registration process please contact APNA’s registration and housing company via phone at 888.408.8191 or via email at APNA@conferencedirect.com.

Please note: Guest room reservations will be confirmed in writing and confirmations sent via email.

39
Sparkling Change through Education, Collaboration, Inspiration

Join 1,600 of your colleagues as we shift the paradigm and transform the meaning of health to one which recognizes mental health as foundational to overall health.

Whole Health Begins With Mental Health

1,600+ Colleagues

100+ CNE Contact Hours Online

26+ CNE Contact Hours On-Site