



President's Message

Dear Colleagues,

Twitter – love it or hate it. Sometimes it takes more than the 140 characters of a tweet to get your message across and sometimes the 140 character limit forces you to get to the point. In a world where short and sweet is preferred, messages are often either distilled down to the essentials or oversimplified at the cost of accuracy. It depends on the message.

What psychiatric-mental health nurses do is complex, nuanced, and rooted in science. That's why you'll not see the Annual Conference turned into a Twitter chat, or research articles in *JAPNA* cut down to a sentence, for example! That being said, our time is also incredibly valuable and that means quick access to up-to-date information is essential. The APNA Annual Conference program is structured so that you get both – we have 2-hour pre-conferences which provide deep dives into complex topics and we have mini-concurrent sessions which give you succinct, to-the-point updates in 20-minutes. You also get on-demand access to sessions on-line after the conference, so you can find the content you need whenever you need it. Your needs as a practicing clinician, administrator, educator, or researcher, are paramount.

This year at the conference the Board is going to get up on stage and present what is called an ignite session on Saturday morning. An ignite session's structure forces its presenters to package their information in a quick moving, pared down format. Each presenter gets 20 slides, with 15 seconds for each slide (a total of five minutes). We're going to tackle the *Whole Health Begins with Mental Health* topic from the viewpoints of administration, education, practice, and research. Our presentations will provide the essential info, then we'll give you time to explore in-depth the complexities and implications through discussions with your fellow attendees. It's an experimental endeavor, but I think it's going to be exciting and you won't want to miss it!

Looking forward to seeing you this October 18-21 in Phoenix, Arizona! You can learn more at apna.org/AnnualConference. Register by September 6th to save \$100!



Kris A. McLoughlin, DNP, APRN,
PMH-CNS, BC, CADC-II, FAAN



WHOLE HEALTH
BEGINS WITH
MENTAL HEALTH

IN BRIEF ▶▶▶

- ▶ **Free CE of the Month for APNA Members**
4 free sessions each month, covering various aspects of psychiatric-mental health nursing care. View this month's offerings at apna.org/FreeCE
- ▶ **JAPNA – Now with Continuing Education**
Each issue of APNA's scholarly journal will include a continuing education article from here on out. apna.org/JAPNA
- ▶ **Register for the APNA Annual Conference**
Take the proactive approach to your practice! Join 1600 of your colleagues in Phoenix, AZ this October 18-21. apna.org/AnnualConference
- ▶ **Stand for Mental Health**
Educate stakeholders on the need to ensure that mental illness and substance use disorders are adequately addressed in national and state policies through this ongoing effort. apna.org/standformentalhealth
- ▶ **MAT Waiver Training Now Available**
24 hours of free CNE (21 in psychopharmacology) meet requirements for APRNs with prescriptive authority to obtain a DEA waiver to prescribe MAT (including buprenorphine) for opioid use disorders. apna.org/PCSSMAT
- ▶ **APNA Transitions in Practice Certificate Program**
Newly updated content now online! More than 2,000 learners have registered for this program, which offers 15 CNE contact hours and foundational PMH nursing knowledge. apna.org/atp
- ▶ **Competency-Based Training for Suicide Prevention**
APNA Facilitators continue to deliver this hybrid training for PMH-RNs in the assessment and management of suicide risk. For upcoming trainings, check apna.org/suicideprevention
- ▶ **Assessment & Monitoring Toolkit**
This toolkit of resources gathered by the APNA Council for Safe Environments, is now available at apna.org/Safety

Purpose, Technology & Wellbeing ◀◀◀



We chatted with this year's Annual Conference Keynote Vic Strecher, PhD, MPH to get insight into who he is, what he thinks, and what to expect from his Keynote this October. Strecher is a Professor and Director for Innovation and Social Entrepreneur at the University Of Michigan School Of Public Health. He is also founder and CEO of JOOL health, a digital health solution company pioneering the

integration of the science of purpose with technology and big data to promote positive health outcomes.

Q. Where are you now, and what brought you there?

A. John Naisbitt, author of Megatrends, said that "The most exciting breakthroughs of the 21st century will not occur because of technology but because of an expanding concept of what it means to be human." I'm at a point in my career and in my life where I want to discover what it means to be human — whether it's difficult to grasp, difficult to publish, difficult to get grant funding — I don't care about those things anymore.

Q. Could you speak to the science supporting the link between purpose and overall wellbeing?

A. For starters, people with a strong purpose in their lives live longer, are less likely to get a stroke or heart attack, make

fewer hospital visits, are less likely to develop depressive symptoms, and more resilient than people with a weak or no purpose in their lives. They also have better sex. There are many other positive physiological, psychological, and behavioral benefits from having a strong purpose. These effects are both strong and consistent even after statistically controlling for demographic, personality, health, and behavioral factors.

Q. How can we leverage new technology to create a sense of engagement that encourages behavior change?

A. New data collection options using the technology available in our society — smartphones, the web, biometric devices — allows us to better understand what makes a person tick. Advances in predictive analytics allow us to create an intervention model specific to each individual — a model that continually gets smarter. I see this technology serving both as a powerful adjunct to counseling from a psychiatric-mental health nurse and as a way to help individuals further examine the behavioral and environmental influences in their lives, becoming better researchers of themselves.

Q. Describe what attendees should expect from your session in three words.

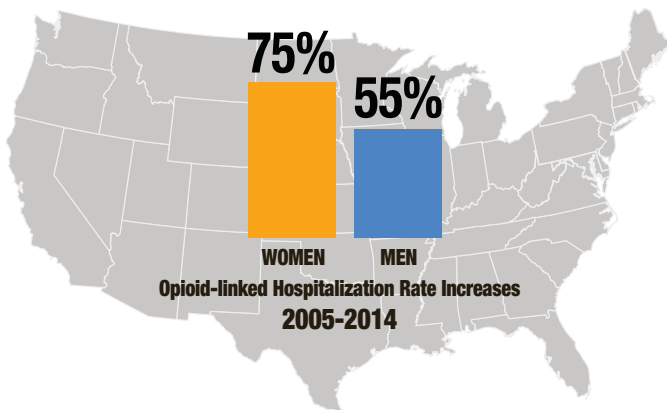
A. EMOTION JOY
SYNCHRONICITY



On Purpose: Mobile App & Graphic Novel for Conference Attendees

Annual Conference attendees will receive Strecher's graphic novel, "On Purpose" as well as an interactive mobile app, which serves as a purpose-driven tool for promoting healthy behavior change. Learn more at www.dungbeetle.org.

Opioid Use: Need for Education Continues



A new report from AHRQ provides new data on opioid-related hospitalizations. There are several striking points in this report. Opioid-related hospitalizations amongst women rose sharply, increasing by 75% 2005 - 2014. With hospitalizations of men increasing 55% during that period, both women and men were hospitalized at about the same rate in 2014 for opioids and heroin. The report also shows wide variation in opioid-linked hospitalizations across states. Hospitalization rates in 2014 were highest for women in WV, MD, and MA and for men in DC, NY, and MD. There was also significant variation across states in age groups most likely to have opioid-related hospitalizations.

▶▶▶ Driving a Paradigm Shift



Dr. Kris McLoughlin chose Whole Health Begins with Mental Health as her theme for her year as APNA President. But what exactly does it mean and how does it apply to you? Find out in her Keynote presentation at the APNA Annual Conference. Below, she shares some thoughts and hopes around Whole Health Begins with Mental Health.

Here's what led Kris to the concept of Whole Health Begins with Mental Health:

Years ago, I noticed a change in how our society talked about health – often when speaking of physical health, “... and mental health” was added to the end of the sentence. I appreciated that mental health was being brought into the conversation, but thought, “Why should mental health be at the end, as if it is an afterthought?” In my mind, mental health is the driver, or jump-off point for overall health. If we are to focus on achieving “health” we need to begin with mental health. I hope that the conference serves to reinforce this concept and helps us find our voices in advocating for the fundamental role mental health plays in wellness.

More and more research is bringing to light the role that mental health plays in overall health. Here's how Kris sees this impacting the profession and the individuals we serve:

It has exciting implications for everything from how we structure our health systems to how providers across specialties interact with mental health concerns. This focus on the role of mental health in overall wellness reinforces a basic tenet of our specialty – that the mind and body are not two separate entities. A proactive approach which focuses on building mental

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health in order to promote wellness is a step away from an illness-driven model of care and a step towards a health promotion model. This means more focus on prevention, early intervention, and recovery. Psychiatric-mental health nurses across the country are already implementing innovative practices to promote mental health, weave these approaches throughout the health care system, and reframe our society's whole outlook on the role of mental health. Many of these exciting innovations will be showcased in the presentations at the conference. The big picture hope is that we will have a healthy society full of persons living fulfilling and meaningful lives.

Psychiatric-mental health nurses are skilled advocates – think of how often we advocate on behalf our patients. We can take our finely honed advocacy skills into a broader arena and present this concept in our conversations with colleagues, stakeholders, friends, and family. Simply introducing the concept to those around us is a powerful way to drive grassroots change. Flip your language – put mental health before physical health!

Here's one way that you can transform the meaning of health to one that recognizes mental health as foundational for overall health:

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this concept in our conversations with colleagues, stakeholders, friends, and family. Simply introducing the concept to those around us is a powerful way to drive grassroots change. Flip your language – put mental health before physical health!

Here's what Kris is most looking forward to at the conference:

As I mentioned before, colleagues are already implementing impressive new approaches that place mental health at the starting point, as well as woven throughout, the continuum of care. I'm excited to hear from them at the conference and for the thoughtful conversations that will occur. My fellow psychiatric-mental health nurses never cease to inspire and amaze me with their ingenuity, passion, and dedication.

Opioid abuse affects all genders and age groups, but the issue presents differently in different communities. What remains consistent is the need for providers to be equipped with knowledge of best practices and treatment options for persons with/at risk for opioid use disorders. APNA's webinars, [Effective Treatments for Opioid Use Disorders](#), are targeted to all nurses, APRNs, and PMH-RNs respectively. They provide free continuing education to nurses who want to gain knowledge, help their patients, and increase access to care.

Feedback from thousands of participants shows that the webinars are helping to shift perceptions and practices. See, for example,

responses from nurses who completed the webinar for non-PMH nurses: "I will increase the number of screenings for opiate use," says one. "I intend to interview patients more carefully and research options for individual issues as needed." A nurse educator says, "I plan to teach SUD as a medical/mental health issue not [a] legal [one] and help empower nurses to make a difference." Important takeaways relate to an understanding of addiction as an illness and the importance of the ability "to see each person in their reality and individual situation."

Learn more about the webinars at apna.org/nursesturnthetide



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Inside this issue:
Q&A with speakers from
the Annual Conference,
quick updates, and more!

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



The APNA Annual Conference program is built from abstracts which are submitted, peer reviewed, and selected by *your colleagues*.



“ *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.”*

▶ Register by 9/6 to save \$100

apna.org/AnnualConference