



President's Message



Dear Colleagues,

In this issue of APNA News you'll find updates on several activities underway here at APNA. These updates represent just a sampling of the exciting ways that members are collaborating to advance our profession. We are an organization inclusive of psychiatric-mental health nursing at all levels of practice and in all settings. What binds us together is our dedication to meeting the needs of persons with mental illness – our unwavering commitment to providing this population with the best possible care. Just take a look at the discussions on Member Bridge, or the content members present at conferences, or the work of our councils and chapters, and you'll see how true this is. Everything is framed within the context of the question, "How can I better support my patients?"

APNA helps us support our patients through education, resources, and ensuring that psychiatric-mental health nursing has a seat at the table. Here are a few illustrations of how: APNA taps into members expertise to create education that addresses current practice challenges (see the ATP and Recovery to Practice updates on page 3). We also send representatives to work with stakeholders in raising the visibility of nursing and mental health (our role as a Premiere Organizational Affiliate of ANA, for example). And our council structure allows us to collaborate on position papers that articulate psychiatric-mental health nursing's stance on important issues (the APNA Position Paper on the Use of Seclusion and Restraint, for example). All of what APNA does reflects our collective dedication to progressing who we are as psychiatric-mental health nurses and pressing forward the vital work that we do.

I am so proud to be a part of this community. Each one of us does incredibly important work. Remember that, and remember that you have a support system of nearly 10,000 like-minded colleagues here at APNA.



Susie Adams, PhD, APRN, PMHNP-BC, PMHCNS-BC, FAANP

BY THE NUMBERS: RECOVERY & PSYCHIATRIC-MENTAL HEALTH NURSING

20%
of youths 13-18 experience a severe mental disorders in a given year⁵

43.8 million
adults experienced any mental illness in 2013⁵

60 million
Americans have access to behavioral health benefits under the Affordable Care Act, in conjunction with the Mental Health Parity and Addiction Equity Act⁶

7.7 million
adults with any mental health illness also had a substance disorder in 2013⁵

The WHO

The WHY

4
dimensions support a life in recovery: health, home, purpose, community⁷

10
guiding principles of recovery: Hope, Person-Driven, Many Pathways, Holistic, Peer Support, Relational, Culture, Addresses Trauma, Strengths/Responsibility, Respect⁹

40 years of consistently documented recovery in the literature¹⁰

45-65%
of people diagnosed with schizophrenia will recover from the disorder over time.^{2, 3, 12}

65%
success rate, according to supported employment studies, in assisting people with mental illness to obtain competitive employment¹⁰

70%
of adults with mental illnesses who would like to work¹⁰

14
years nurses have ranked as the most trusted profession¹

35.6%
increase in number of nurses who rated their knowledge of recovery "Very High" after participating in an APNA Transitions in Practice program pilot

The HOW

36
podcasts in the APNA eLearning Center focused on Recovery

1200+
nurses and other professionals have completed the APNA Recovery to Practice Curriculum

193
Posts on Member Bridge mentioning recovery in the past year

133,791
Psychiatric-mental health nurses in the U.S.¹¹

APNA Continuing Education: Where to Earn Contact Hours this Year

APNA 13th Annual Clinical Psychopharmacology Institute

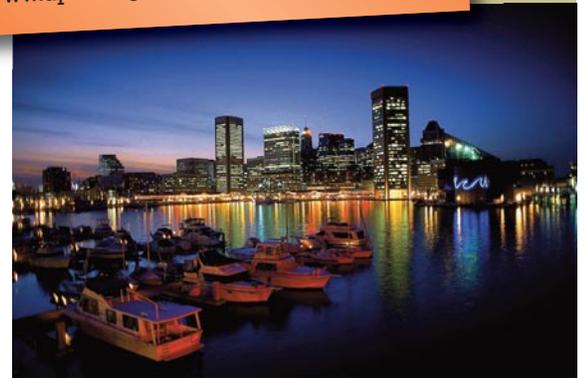
Where: Hyatt Regency Baltimore on the Inner Harbor, Baltimore, Maryland

When: June 11-14, 2015

Why: Cutting-edge updates in psychopharmacology filtered through the lens of psychiatric-mental health nursing practice

The new setting for this year's Clinical Psychopharmacology Institute offers more than just a beautiful view: Take a stroll along the Inner Harbor and you'll find a variety of shops, restaurants, museums, and more. A major international airport (BWI) and an Amtrak Station (BAL) nearby makes travel easy. Plus, this venue provides ample space for the growing number of nurses who come each year for pharmacology contact hours and a program that prioritizes the integration of scientific findings into the psychopharmacologic practice of psychiatric-mental health nurses.

Registration is OPEN:
Visit www.apna.org/CPI to learn more & register!



APNA 29th Annual Conference



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Where: Disney's Coronado Springs Resort, Lake Buena Vista, FL

When: October 28-31, 2015

Why: Networking with 1,500+ colleagues and a huge variety of enriching content

Set at Disney's Coronado Springs Resort, this year's Annual Conference will not only provide four days of immersion into the latest developments in psychiatric-mental health nursing, it will also offer the opportunity to soak up some balmy Florida weather.* If you are a Disney devotee, great news: shuttles to the park and discounted tickets will be available! And if you are not, you will find the Coronado Springs Resort to be a beautiful lake-side escape where southwest décor beats out Mickey Mouse. (There's even a Mayan-themed pool with a waterslide.) Either way, the setting promises to provide a beautiful, fun environment conducive to rejuvenating your practice with the latest info and best practices, as well as invigorating your spirit with the camaraderie of colleagues.

**Actual weather conditions are not under control of APNA, but past October weather patterns indicate a good chance for plenty of sunshine and highs near 80 degrees.*

APNA Annual Conference Podcasts

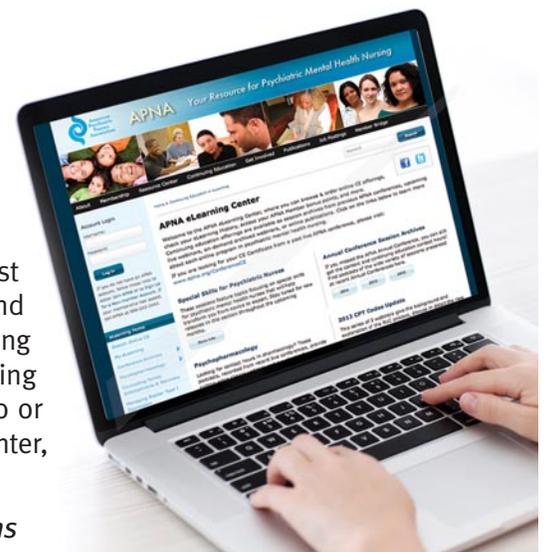
Where: Virtually anywhere you are

When: Any time you want

Why: Convenient online continuing education originally presented by your colleagues at APNA's most recent conference

101 session recordings (93.25 contact hours) from the Annual Conference this past October are now online in the APNA eLearning Center. Build your own program and listen at your own pace, wherever you are. Choose from a menu of podcasts covering topics such as reducing restraint trauma, treating Veterans with PTSD, storytelling in geropsych, and more. Then, download the podcasts for listening on-the-go or stream them online. After you listen to a podcast, log on to the APNA eLearning Center, complete your session evaluation, and immediately receive your CE Certificate.

Remember, APNA members can use membership bonus points to order sessions at no cost!





Coming Soon!

APNA Transitions in Practice Certificate Program

In its final stages of development, the APNA Transitions in Practice (ATP) Certificate Program is an educational program which aims to deliver the foundational psychiatric mental health (PMH) knowledge that RNs need as they transition into mental health practice settings. The Board of Directors called for the development of this program to help build the psychiatric-mental health nursing workforce and support nurses moving into psychiatric-mental health nursing. ATP's focus is on knowledge that will ensure the success of nurses new to psychiatric-mental health as well as improve the overall healthcare of people with mental health disorders.

ATP content is organized into six topic areas: therapeutic environment, recovery, risk assessment, psychiatric-mental health disorders and psychopharmacology. A committee of members who are leaders in psychiatric-mental health provided initial guidance on which topics it was important to cover in preparing RNs to transition in psychiatric-mental health. For each topic, APNA members with expertise in that area developed educational content for presentation. Last year, these members piloted their content to live audiences for feedback and evaluation.

"All of it!" responded one participant when asked which portion of the ATP program was most valuable. "Each topic reinforced what I have been learning in school, but also added additional insight/information." The education "empower[ed] me to be more proactive than passive in caring for patients," said another.

99% of participants agreed that the ATP educational content:

- Increases foundational knowledge, skills, and/or judgment in psychiatric-mental health.
- Helps nurses provide safe and effective care to persons with psychiatric-mental health conditions.
- Provides nurses with knowledge to improve patient outcomes.

In the coming months, ATP will be offered online, with on-demand faculty presentations, case studies and the option to earn continuing education contact hours. Participants who finish all of the online modules will receive a certificate indicating successful completion of the program. The ATP Certificate program will be especially beneficial to new graduates, nurses returning to practice, and nurses changing clinical practice areas. If you are interested in learning more about the program, visit: www.apna.org/atp.

FACULTY

- Diane Allen, MN, RN-BC, NEA-BC
- Joanne Bartlett, MSN
- Julie Carbray, PhD, FPMHNP, PMHCNS, APN
- Dawn Cogliser, MSN, RN-BC
- Nancy Dillon, PhD, RN, CNS
- Diane Esposito, PhD, ARNP, PMHCNS-BC
- Carole Farley-Toombs, MS, RN, NEA, BC
- Kim Hutchinson, EdD, PMHCNS-BC, CARN
- Kris Lambert, PhD, MSN, RN
- Pamela E. Marcus, RN, APRN, PMH-BC
- Cheryl Puntill, CNS, MN, APRN, PMHCNS, BC
- Joyce Shea, DNSc, APRN, BC
- Linda Stanley, MSN
- Matthew Tierney, APRN, MS
- Gail Stern, MSN, PMHCNS-BC

Recovery-Oriented Practices: APNA Recovery to Practice Curriculum

From 2011–2014, APNA participated in a SAMHSA initiative which set out to transform the concepts of recovery from a set of beliefs to recovery-oriented practices. With a goal of increasing knowledge of recovery-oriented care and how it translates into nursing practice, a task force of APNA members developed a curriculum for psychiatric-mental health nurses working in acute care settings. The resulting 8.5 hour interactive program, which is delivered by a trained facilitator, incorporates filmed presentations, group exercises, discussions, and online components.

After piloting the curriculum across the country, APNA is now providing facilitator training and leasing out the curriculum for delivery by trained facilitators. The content has thus far been provided to various hospital systems, to nursing leadership, to staff nurses... all in all the total number of providers who have completed the curriculum exceeds 1,200. If you are interested in receiving training or leasing the content, please visit www.apna.org/RecoverytoPractice.

PROGRAM FACULTY

- Eric Arauz, MA, MLER
- Jeanne A. Clement, EdD, PMHCNS-BC, FAAN
- Kris McLoughlin, DNP, APRN, PMH-CNS, BC, CADC-II, FAAN
- Mary D Moller, DNP, APRN, PMHCNS-BC, CPRP, FAAN

Not a Member?

Call 855-863-APNA or visit

www.apna.org/JoinNow



3141 Fairview Park Drive, Suite 625
Falls Church, VA 22042
www.apna.org
855-863-APNA (2762)



Call for Nominations!

APNA Board of Directors and 2016 Nominating Committee

Join the Board of Directors or Nominating Committee to hone your leadership skills, make strategic contributions on a national level, and establish lasting relationships with colleagues!

Now accepting nominations for the following positions:

- **President-Elect** • **Secretary** • **Member-at-Large** • **Nominating Committee Member**

To nominate yourself or a colleague, send your contact information to APNA Executive Director Nicholas Croce at inform@apna.org by Friday, April 24th.

Learn more at www.apna.org/elections.