APNA 18th Annual Clinical Psychopharmacology Institute

Earn 23 pharmacology contact hours!

June 11-14, 2020
Hyatt Regency Reston, VA

www.apna.org/CPI
The APNA Clinical Psychopharmacology Institute (CPI) provides a valuable experience while consistently exceeding expectations. If you are looking to maximize the return on your investment, come to CPI for the learning you’re looking for and more.

Come to CPI for the wide variety of evidence-based information presented during in-depth sessions and partake in engaging discussions with experts to address complex issues and real-life scenarios.

Come to CPI for updates on advances in neuroscience, medications, mechanisms of action, and delivery systems and get the latest research presented with a blend of cutting-edge science and the role of the provider-patient relationship in clinical decision-making.

Come to CPI to hear from a diverse array of fellow nurse clinicians on their successes and share your own experiences in a supportive environment that will nurture your practice and replenish your passion.

CPI is planned for nurses, by nurses. Designed to meet your need for education reflective of the realities of PMH nursing practice, CPI will provide you a state-of-the-science understanding of dimensions of psychopharmacologic practice across the lifespan. With a focus on complex clinical issues and the most current practices and insights in psychopharmacology, CPI sharpens the knowledge you bring to patient care.

I look forward to seeing you there.

Sattaria ‘Tari’ Dilks, DNP, APRN, PMHNP-BC, FAANP
APNA President
Faculty Interprofessional experts will present advanced level knowledge applicable to your practice.

Nurses 5
MDs 2
Pharmacists 2

CPI is planned for nurses, by nurses

6 Nurses
5 MDs
2 Pharmacists

With its immersive presentations, CPI prioritizes what you know works: Engaging with patients in pharmacotherapeutic nursing partnerships that support whole health.

99.6% of CPI attendees agree that they are better able to utilize evidence-based psychopharmacologic MH nursing practice interventions that promote healthy brains & healthy behaviors.

Included in Your Registration

23 Contact Hours in Pharmacology
25 Bonus Points in the APNA eLearning Center
Access to Session Recordings

Learning Outcome

Incorporate pharmacotherapeutic treatment modalities informed by new discoveries in neuroscience and psychopharmacology into psychiatric-mental health nursing practice.

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

Nursing Continuing Professional Development*

The APNA 18th Annual Clinical Psychopharmacology Institute will offer up to 23 contact hours in pharmacology.

Advance your clinical skills in presentations planned for nurses, by nurses.

15 Sessions

Engage with speakers at an ‘Ask the Expert’ table or join in larger discussions with nurse experts during daily Outcomes Panels.

$76 Savings with CPI Early Bird Registration through 5/18
+$25 Savings on APNA Annual Conference Registration for CPI Attendees
$101 in Total Savings

*Formerly Continuing Nursing Education

Faculty
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+$25
$101

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CPI Attendees
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*Formerly Continuing Nursing Education
Thursday, June 11

Registration Open
4:00pm – 6:30pm

PRE-CONFERENCE COURSE
Turning Down the Heat: Psychopharmacologic Management of Irritability through Aggression
5:00pm – 7:00pm
Julie A. Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APN
Register for this pre-conference course to discuss the psychopharmacology and utility of agents used for the management of irritability through aggression. Strategies from this course can be applied across diagnoses and for both acute and outpatient settings.
Select the pre-conference session add-on during registration (additional fee) to earn up to an additional 2 contact hours.

Dinner on your own.

Friday, June 12

Contact hours: 8.5

Registration Open
7:30am – 6:00pm

KEYNOTE: The Medication Interest Model (MIM): A Transformative Shared Decision Making Model
Shawn Christopher Shea, MD
8:00am – 10:00am
A clinical interviewing approach for forging the therapeutic alliance while enhancing medication understanding, interest, and follow-through. Over 100 easily-learned and taught techniques for talking with patients about medications, from initially describing one’s approach, to uncovering a patient’s true concerns about side effects, to enhancing medication adherence through the use of a new motivational theory (the Choice Triad).

The Psychosocial Dimension of Psychopharmacology
David Mintz, MD
10:15am – 11:45am
Explore common dynamics that can fuel treatment resistance, the evidence base regarding psychosocial aspects of pharmacotherapy - including elements of an effective and patient-centered alliance - and consider the role of the person as prescriber in fostering good outcomes.

Symposium Luncheon*: Clinical Convergence®: A Person-Centered Approach to Child and Adolescent Bipolar Depression
12:00pm – 2:00pm
This activity is provided by RMEI Medical Education, LLC and supported by an independent education grant from Sunovion Pharmaceuticals Inc.

Can We Medicate Suicidal Ideation? Pharmacotherapeutics of Suicide
Barbara J. Limandri, PhD, PMHCNS-BC
2:15pm – 3:45pm
Explore pharmacotherapeutic interventions for suicidal ideation and behavior. Incorporate psychosocial and neurobiological aspects of suicide to create a cohesive intervention strategy for suicide prevention.
Ketamine & Esketamine
Paula Bolton, MS, CNP, ANP-BC
4:00pm – 5:30pm
Examine ketamine’s potential use for treatment-resistant psychiatric disorders, including major depressive disorder, bipolar disorder, and post-traumatic stress disorder. Discuss best practices for incorporating esketamine to treat individuals with such disorders.

Outcomes Panel
CPI Program Committee
5:30pm – 6:00pm
Through panel discussion, synthesize concepts and knowledge delivered in the presentations throughout the day.

Product Theater Dinner*: Keep the Body in Mind: Looking at the Pathophysiology and Comorbidities Associated with Bipolar Disorder and Schizophrenia
6:30pm – 8:00pm
Sponsored by Alkermes, Inc.

Saturday, June 13

Registration Open
7:30am – 5:30pm

KEYNOTE: Improving Patient Outcomes in Schizophrenia
Christoph U. Correll, MD
8:00am – 9:30am
Review the evidence on best approaches for caring for individuals with schizophrenia, including acute, mid-, and long-term therapy options. Understand the risks, benefits, and effectiveness of psychopharmacologic interventions for schizophrenia.

Perinatal Mood and Anxiety Disorders: Walking the Tightrope of Care
Kathryn S. Johnson, MSN, PMHCNS-BC, PMHNP-BC
9:45am – 11:15am
This presentation will discuss the assessment and management of mood and anxiety symptoms throughout pregnancy and for the first year after birth.

Product Theater Luncheon*
11:30am – 1:30pm
Sponsored by Alkermes, Inc.

Drug Interactions: Psychotropic Medications, Supplements, & Herbal Products
Mary Gutierrez, PharmD, BCPP
1:45pm – 3:15pm
Identify strategies to minimize or avoid psychotropic drug interactions with prescription medications, supplements, and herbal products. Determine potential impact of adding these products to an existing drug regimen.

Recognition, Assessment & Treatment of Movement Disorders
Rebecca S. Roma, MD, MBA
3:30pm – 5:00pm
Analyze different presentations of drug induced movement disorders and look at treatment options including dystonia, akathisia, drug-induced Parkinsonism and tardive dyskinesia.

Outcomes Panel
CPI Program Committee
5:00pm – 5:30pm
Through panel discussion, synthesize concepts and knowledge delivered in the presentations throughout the day.

Product Theater Dinner*: Look Beyond the Everyday: An Alternative to a Daily Oral Antipsychotic for Schizophrenia or Bipolar I Disorder
6:00pm – 7:30pm
Sponsored by Otsuka America Pharmaceutical, Inc. and Lundbeck

Sunday, June 14

Contact hours: 6.0

Registration Open
7:30am – 3:30pm

PTSD, Military, Aggression, Depression, Military Culture
CDR Joseph Holshoe, PMHNP-BC
8:00am – 9:30am
Discuss unique concerns of individuals in the Military regarding pharmacology, mental health treatment, and diagnoses. Differentiate between mental health disorder symptoms in individuals in the Military and civilians.

Pharmacogenomics: Understanding the Science and Applications to Patient Care
Jeffrey Bishop, PharmD, MS, BCPP, FCCP
9:45am – 11:15am
Uncover the science and clinical implications of pharmacogenomic testing, regulatory considerations, and guidelines on evaluating evidence for clinical utility. Understand the current limitations of pharmacogenomic testing in mental health and discover resources to advance knowledge.

Brunch Provided*
11:15am – 12:15pm

Fact or Fiction: Psychopharmacology of Anxiety Disorders
Jeffrey R. Strawn, MD, FAACAP
12:15pm – 1:45pm
Review and summarize new data regarding psychopharmacology for anxiety disorders from childhood and adolescence to older adults. Focus on comparative efficacy and tolerability of treatments and on strategies for managing common side effects and common clinical challenges of treating anxiety disorders.

Best Practices for Serving and Supporting Gender Diverse Patients
Rhonda Schwindt, DNP, PMHNP-BC
2:00pm – 3:30pm
Examine best practices for pharmacological and non-pharmacological interventions for gender-diverse patients and discuss strategies to reduce barriers to affirmative mental health care.

*Meal services provided by APNA on a first come, first served basis.

Schedule is subject to change. APNA reserves the right to make program changes as necessary, and the right to cancel sessions if events occur beyond reasonable control of APNA. Check www.apna.org/CPI for schedule, program, and housing updates.
Explore Northern Virginia and everything from historic sites to great shopping from the Hyatt Regency Reston. Located adjacent to the shops and entertainment at Reston Town Center, the Hyatt Regency Reston sits walking distance to galleries, Reston National Golf Course, and Metro service to Washington, DC.

APNA Discounted Room Rate: $159.00 single/double occupancy plus tax

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

Parking Rates for CPI Attendees: Discounted Overnight Self-Parking $13.00 Daily Parking: $20.00 for 4+ hours

TRAVEL
Two airports are close to the Hyatt Regency Reston: Washington Dulles International Airport (IAD) is just 6 miles from the Hyatt and Ronald Reagan Washington National Airport (DCA) is 22 miles.

For information on airline discounts and ground transportation visit www.apna.org/CPItravel.

TO DO
Recharge in Reston
Whether you are an arts and culture connoisseur or savvy shopper, you’ll find something to love in the Reston Town Center.

Arts and Culture Connoisseur
The Greater Reston Arts Center (GRACE) enriches the community through access to contemporary visual arts in a variety of mediums. Looking to catch a movie while you’re here? Visit Bow Tie Cinemas for the latest blockbuster or indie film.

Savvy Shopper
With dozens of stores like J. Crew, Chico’s, lululemon, and more, you can refresh your wardrobe or grab a gift just steps from the hotel.

Enthusiastic Foodie
You don't need a passport to have a world class dining experience in the Reston Town Center. With everything from Asian fusion to American comfort food, your culinary adventure doesn't have to take you far to get you to something delicious.
Is this your first time attending the APNA CPI conference?  □ Yes  □ No

REGISTRATION RATES  Pre-registration ends Friday, June 5, 2020

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<tr>
<th></th>
<th>Member</th>
<th>Nonmember</th>
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<tr>
<td><strong>FULL CONFERENCE REGISTRATION</strong> (Friday - Sunday)</td>
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<tr>
<td>Early Bird  Deadline: May 18</td>
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<td>**PRE-CONFERENCE ADD-ON ** (Thursday)</td>
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<tr>
<td>Not included in Full Conference or One Day Registration</td>
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<td><strong>ONE DAY ONLY REGISTRATION</strong></td>
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<td>$199</td>
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* Available for members of the Military, Reserves, or National Guard on active duty. Must show proof of current active military service at Registration Check-in.
** Available in addition to full or one day conference registration.

PAYMENT INFORMATION

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CANCELLATION POLICY

Notification of registration cancellation must be received in writing to inform@apna.org by May 15, 2020 to receive a refund minus a $50 administration fee. No refunds issued after May 15, 2020, no exceptions.

The American Psychiatric Nurses Association is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation.
American Psychiatric Nurses Association
3141 Fairview Park Drive, Suite 625
Falls Church, VA 22042
www.apna.org
855-863-2762

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Reston, Virginia

“(CPI is) information-packed, engaging, thought-provoking, clinically useful, and memorable.”
- CPI Attendee

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