APNA Virginia Chapter Conference 2019

Risk Reduction, Relationships, and Recovery: The Nursing Role in Mental Health

Competency Based Training For Suicide Prevention

Friday, August 9th, 2019
Saturday, August 10th, 2019
Virginia Commonwealth University
School of Nursing
1100 East Leigh Street, Richmond, VA 23298

The American Psychiatric Nurses Association is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s (ANCC) Commission on Accreditation.
Overview

Please join us for the third annual APNA Virginia chapter conference on August 9, 2019 in Richmond, VA. For the first time this year, we will be offering two tracks—RN and APRN. Our focus for this conference is to explore risk reduction, relationships, and recovery in mental health nursing. The psychiatric nursing role serves in a pivotal point at the intersection of these three concepts. Our hope is to allow you to explore and understand your own practice and role as a nurse in mental health.

We are also excited to offer the APNA Competency Based Training for Suicide Prevention Program on August 10, 2019 with a special discounted rate to those who attend both days. There are a limited number of spots available for this training, so register early!

Objectives:

Upon completion of this conference, the participant will be able to:

- Describe best practices that support or enhance the recovery process for substance misuse and mental health.
- Discuss strategies for risk reduction that promote holistic health and optimal mental wellness.
- Explore the role of the nurse in strengthening mutually supportive relationships.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00am–8:15am</td>
<td>Registration</td>
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<tr>
<td>8:15am–8:30am</td>
<td>Welcome and opening remarks</td>
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<td>Dr. Kimberly Curry-Lourenco</td>
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<td>VCU SON Clinical Learning Center Director</td>
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<tr>
<td>8:30am–8:45am</td>
<td>Conference introduction</td>
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<tr>
<td></td>
<td>• Lora Peppard, APNA Virginia Chapter President-Elect</td>
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<td>• Lyons Hardy, 2019 Conference Planning Chair</td>
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<tr>
<td>8:45am–9:45am</td>
<td>Plenary #1</td>
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<tr>
<td></td>
<td><em>Understanding addiction: From prevention to lasting recovery</em></td>
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<td>• Robert L. Dupont, MD</td>
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<td><em>Introducer: Lora Peppard</em></td>
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<td>9:45am–10:00am</td>
<td>Break</td>
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<td>10:00am–11:00am</td>
<td>Breakout #1 (RN track)</td>
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<td><em>Environment of care in inpatient psychiatric settings: Challenges with ligature resistant designs in new and older facilities</em></td>
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<td>• Danielle Murphy, MS, RN, CPN and Suzanne Weaver, MS, CHEM</td>
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<td><em>Introducer: Joe Briglia</em></td>
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<td>Breakout #1 (APRN track)</td>
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<td><em>Psychotherapy in lifespan populations</em></td>
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<td>Treating children and adolescents within the Millennial generation</td>
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<td>• Donna de Villier, DNP, MN, PMH-BC, RN, RPTS</td>
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<td>Psychotherapy with older adults: When they’re ready, are we?</td>
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<td>• Christianne Nesbit, DNP, RN, GNP-BC, PMHNP-BC</td>
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<td>11:00am–11:15am</td>
<td>Break</td>
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<td>11:15am–12:15pm</td>
<td>Plenary #2</td>
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<td><em>NAMI In Our Own Voice</em></td>
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<td>Tara Culton and Courtney Pare'</td>
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<td><em>Introducer: Lyons Hardy</em></td>
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<td>Time</td>
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<td>12:15pm-1:15pm</td>
<td>Lunch/Networking</td>
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| 1:15pm-2:15pm | Plenary #3  
  * Underestimating or overestimating the power of therapeutic Interactions*  
  - Kathleen Delaney, PhD, PMHNP, FAAN  
  * Introducer: Nina Beaman* |
| 2:15pm-2:30pm | Break  
  Breakout #2 (RN track)  
  * Cultural humility: Caring for the LGBT+ patient in psychiatry*  
  - Lauren Connelly, BSN, RN-BC and Lexi Robertson, BScN, RN-BC  
  * Introducer: Christina Blottner* |
| 2:30pm-3:30pm | Breakout #2 (APRN track)  
  * Psychopharmacology trends and updates*  
  - Ericka Crouse, PharmD, BCPP, BCGP  
  * Introducer: Lorraine Anderson* |
| 3:30pm-4:30pm | Plenary #4  
  * Nurses everywhere need psychiatric mental health nurse connections*  
  - Gail Stern, MSN, PMHCNS-BC, APNA President  
  * Introducer: Kirby Patmon* |
| 4:30pm-4:45pm | Concluding remarks  
  - Nick Croce, APNA Executive Director  
  * Introducer: Marian Newton* |
| 4:45pm-5:45pm | Reception and installation of 2020 state chapter officers. |
**Presenter Bios**

**Lauren Connelly, BSN, RN-BC**
Ms. Connelly has worked in Adult Inpatient Psychiatry at VCU for the past 5 years, currently works as a Clinical Coordinator, and is pursuing her MSN-PMHNP at UVA.

**Presentation:**
*Cultural Humility: Caring for the LGBT+ Patient in Psychiatry*

**Ericka Crouse, PharmD, BCPP, BCGP**
Dr. Crouse is an Associate Professor at the VCU School of Pharmacy who practices as a clinical pharmacist in inpatient psychiatry and an outpatient substance abuse clinic.

**Presentation:**
*Psychopharmacology trends and updates*

**Kathleen R Delaney, PhD, PMHNP, FAAN**
Dr. Delaney is the Program Director of the PMHNP program at Rush College of Nursing

**Presentation:**
*Underestimating or Overestimating the Power of Therapeutic Interactions*

**Donna de Villier, DNP, MN, PMH-BC, RN, RPTS**
Ms. de Villier has been providing medication management, individual, group, family, multi-family and couples therapy in a variety of psychiatric settings and levels of care for over 35 years.

**Presentation:**
*Treating children and adolescents with the millennial generation*

**Robert L. DuPont, MD**
Dr. DuPont is President of the Institute for Behavior and Health and served as the First Director of the National Institute on Drug Abuse and Second White House Drug Chief.

**Presentation:**
*Understanding Addiction: From Prevention to Lasting Recovery*

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**Learning Outcomes**

1. Describe best practices that support or enhance the recovery process for substance misuse and mental health.

2. Discuss strategies for risk reduction that promote holistic health and optimal mental wellness.

3. Explore the role of the nurse in strengthening mutually supportive relationships.
**Presenter Bios**

**Danielle J. Murphy, MS, RN, CPN**

Ms. Murphy is the Manager for Regulatory Affairs at VCU Health.

**Presentation:**

*Environment of Care in Inpatient Psychiatric Settings: Challenges with Ligature Resistant Designs in New and Older Facilities*

**Christiane Nesbitt, DNP, GNP-BC, PMHNP-BC**

Dr. Nesbitt is an associate professor at Old Dominion University and adjunct faculty Shenandoah University.

**Presentation:**

*Psychotherapy and older adults. When they are ready are we?*

**Alessandra (Lexi) Robertson, BScN, RN-BC**

Ms. Robertson is an inpatient nurse at the Virginia Treatment Center for Children who is passionate about advocating for LGBTQIA+ patients.

**Presentation:**

*Cultural Humility: Caring for the LBGT+ Patient in Psychiatry*

**Gail Stern, MSN, PMHCNS-BC**

Ms. Stern is currently the President of APNA and is the Administrator of the Department of Psychiatry for Lehigh Valley Health Network.

**Presentation:**

*Nurses Everywhere need Psychiatric Mental Health Nurse Connections*

**Suzanne Weaver, MS, CHEM**

Ms. Weaver is the Senior Safety Director for VCU Health and oversees quality programs for the Support Services Department and compliance with the standards found in the Environment of Care and Life Safety Chapters.

**Presentation:**

*Environment of Care Challenges in inpatient psychiatric settings- new construction vs older existing facilities*
Cancellation policy:
Deadline to cancel registration for the Suicide Prevention Training is July 25 (minus $20 facilitator fee).

Deadline to cancel registration for the Chapter Conference is July 28th, minus $25 fee. Student rates not eligible for refund. Please submit all cancellation requests to chaptersupport@apna.org.

For questions, please contact:

Marian Newton
APNA Virginia Chapter President
mnewton@su.edu
(540) 665-5509

Lyons Hardy
Conference Planning Chair
hardyl@vcu.edu

Register
www.apna.org/APNAVARegister

Registration accepted by check only at the door.

Parking & hotel information can be found in this brochure.

Conference Fees

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<th>Early Bird (before 7/05/2019)</th>
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<tr>
<td>APNA Member</td>
<td>$60.00</td>
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<td>Non Member</td>
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<td>Student</td>
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Both Conference & Suicide Training

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<th>Early Bird (before 7/05/2019)</th>
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<tr>
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Suicide Training Only

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<td>Student</td>
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Fee includes light breakfast and boxed lunch for each day and refreshments at the reception on Friday.

APNA Virginia Chapter Conference
The APNA Virginia Chapter would like to recognize the following organizations for their support.

Thank you to the Washington/Baltimore HIDTA for its sponsorship of the morning keynote.
**Directions:**

**Interstate 95 North:**
- Take on I-95N to exit 74C to merge onto US-250 W/E Broad Street.
- Use the right lane to merge onto US-250 W/E Broad Street. 0.2 mi
- Turn right onto N. 11th Street 0.3 mi
- The building sits at the bottom of N. 11th Street, along Leigh Street.

**Interstate 95 South:**
- Take I-95S to the N. 3rd Street Exit in Richmond from I-64.
- Take E. Leigh Street for 0.7 mi and the building will sit to your right.
**Directions:**

**Interstate 95 North:**
- Take on I-95N to exit 74C to merge onto US-250 W/E Broad Street.
- Use the right lane to merge onto US-250 W/E Broad Street.
- Turn right onto College Street
- College Street turns left and becomes E. Marshall Street.
- Turn right onto N. 13th street
- Continue onto Duval Street Connector, and then turn left in to the parking deck.

**Interstate 95 South:**
- Take I-95S to the N. 3rd Street Exit toward Coliseum/Downtown.
- Take E. Jackson Street, to N. 8th Street.

**Parking costs:** $2 for the first hour, $4 for two hours and $2 per hour for each additional hour for a maximum rate of $16 per day.

**Credit cards, debit cards and cash are accepted.**

**Pay stations are located in front of the stairwell.**

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**Parking**

8th Street Parking Deck

659 N. 8th Street, Richmond, VA 23298

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APNA Virginia Chapter Conference 2019
Directions:

Interstate 95 North:
- Take on I-95N to exit 74C to merge onto US-250 W/E Broad Street.
- Use the right lane to merge onto US-250 W/E Broad Street.
- Turn right onto 7th Street.
- Turn right onto Duval Street, and the parking deck is on the right.

Interstate 95 South:
- Take I-95S to the N. 3rd Street Exit toward Coliseum/Downtown.
- Turn left onto Jackson Street.
- Turn left onto Navy Hill Drive, continue onto Duval Street and the parking lot is on the right.

Parking costs: $5 per hour, or $18 per day.

Credit cards, debit cards and cash are accepted.

Pay stations are located at the exits of the parking deck.
Walking Directions from Parking Decks

8th Street Parking Deck:
- Exit the deck to the left of the elevators.
- Take Turpin Street to 10th Street.
- Make a left onto Leigh Street and the School of Nursing building will be on the right side of the street.

Coliseum Parking Deck:
- Exit the deck onto 7th Street.
- Take 7th Street to 8th and Leigh Street.
- Walk straight down Leigh Street until you reach the School of Nursing building on your right.
Accommodations

- We have reserved a block of hotel rooms at the Delta Marriott Downtown Richmond which is located about one mile from the School of Nursing. Shuttle service is provided within a two mile radius of the hotel. There are a limited number of rooms available for August 8 and 9 at a rate of $155 for a single room.

- Hotel address: 555 E Canal St, Richmond VA, 23219.

Click here to reserve.
Continuing Nursing Education and Disclosure Information

The speakers and planning committee members have no conflicts of interest to disclose. Criteria for successful completion of this activity include attendance at the entire event and submission of a completed evaluation form. Contact hours are pending.

Accreditation of the continuing education activity does not imply endorsement by APNA, ANCC or the APNA Virginia Chapter of any commercial products displayed in conjunction with this activity.

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The APNA Virginia Chapter was formed in 1999, and revitalized in 2010 and 2016.

www.apna.org/Virginia