

American Psychiatric Nurses Association
Texas Chapter Meeting Minutes
Monthly Meeting
October 7, 2020
Chapter Board: 6:00 pm
Chapter Members: 7:00pm

Present: Audrey Pyle Voss, Rebecca Puchkors, Pamela Greene, Amanda Simonton, Corenlus Metili, Ruth Ifediora, James Moreno

Guest Present: NONE

Absent: Olivia Barnes, Maribeth Fontabla

Item	Discussion	Action/Responsible Party
Approval of Agenda	Meeting called to order at 6:01 pm.	All Members
Approval of Minutes	Meeting minutes were approved by the Board.	All Members
Announcements and wins	<p>WIN—Rebecca’s leadership as President this past year.</p> <p>Virtual APNA Conference occurred last week.</p> <p>Regional updates from each Board member:</p> <p>-Updates included self-care interventions and reminders, assisting with nursing student clinical sites and preceptor experiences, and responding appropriately to the “second pandemic” that includes mental health issues for first responders and healers.</p> <p>-The Dallas area members participated in a walk for suicide prevention recently.</p> <p>-Recovery to Practice: We will be able to host Recovery to Practice as a virtual training on November 16th and on the first two Fridays in December. More details will be forthcoming from Chapter Support; Audrey will confirm the details.</p>	All Members
Old Business	<ol style="list-style-type: none"> 1. Reminder--Suicide Prevention Training: there is no virtual option. Available for small groups only at this time. 2. Zoom Chapter meetings: Dr. Peggy Landrum presented at the Chapter meeting that is open to Texas members across the state. 3. The Board discussed plans for future speakers at the Chapter meetings. The consensus is to present this opportunity to any interested members at the monthly membership meetings. Students are also welcome to present their work. Audrey announced this opportunity at the Member meeting that followed the Board meeting. 	All Members
New Business	<ol style="list-style-type: none"> 1. Discussion: Focus areas for 2020-2021 year (last year: connection and engagement—particularly important given the COVID-19 pandemic) 	All Members, Audrey Pyle Voss

	<ol style="list-style-type: none"> 2. The Board discussed areas of focus for this upcoming year. The consensus was to continue the focus on connection and engagement, while also expanding to include the importance of speaking with recovery-oriented language, both with our patients and professional colleagues. 3. Rebecca and Ruth volunteered to present on recovery language at the November 4th member meeting. 4. Follow-up items: <ul style="list-style-type: none"> -Audrey will confirm with Chapter Support the dates for the Recovery to Practice training and the plan for promoting this event. -Audrey will follow up with Board members who missed this meeting. -Audrey will ask Chapter Support about the process for voting on the new President-Elect for the Board. 	
Adjournment	<p>The meeting was adjourned at 6:45 pm. The next meeting will be <u>November 4, 2020 at 6:00 pm</u></p>	

Speaker for member meeting: PEGGY LANDRUM. Presentation is entitled “Choosing Self-Care: Change Talk.”

Brief Bio – Peggy Landrum, PhD, RN, CS

Dr. Peggy Landrum is a Clinical Professor in the College of Nursing, Texas Woman’s University, a licensed professional counselor, and a certified psychiatric mental health clinical nurse specialist. She is a member of the Motivational Interviewing Network of Trainers, and actively trains and coaches mental health professionals in the arena of motivational interviewing. Her clinical interest areas are behavioral change and health promotion, group dynamics, and the effective management of stress. One of her most recent research interests is motivation and behavior change in primary care settings. She maintains a clinical private practice and conducts workshops and trainings throughout the United States and in Europe.