

# APNA CALIFORNIA CHAPTER NETLETTER

January 2015 Issue

## Conference Preview!

Get the inside scoop on this year's APNA California Chapter State Conference in El Camino Hospital, located in Mountain View!

pg. 7

Written by Marlene Nadler-Moodie

## A Message From the President

Happy New Year to each of you, I sincerely wish you a healthy and happy year ahead!



Having taken the helm as President of the CA Chapter in October, I have had much time to reflect on the past years of my own involvement with APNA. I was our CA Chapter President from 2003-2005, became a Member at Large on the APNA Board (National) from 2006-2008 and then served in the office of the President for APNA from 2011-2013. Coming around full circle, now focusing on our Chapter and local activities again. During these years, the growth of APNA has been enormous. Back in 2003,

pg. 2



ANN WILKINSON AWARD

pg. 3

Read about the winners of the 2013 Ann M. Wilkinson Psychotherapy Award and what they've done since!



MAKING A DIFFERENCE

pg. 8

One of our own APNA California Chapter nurses made it to OC'S "100 Most Influential People" list of 2014!



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### President's Message (continued)

nationally we had about #3-4000 members, in California about #400, now we are #10,000 strong in the nation with about #750 in our state Chapter.

Those of you who are similar to me and been a member for a long time have witnessed and hopefully experienced the tremendous changes that have occurred in the organization. Now with a strong leadership team and staff, the APNA has developed a wide array of easily accessible education options as well as instant communication opportunities and more.

The future will bring even more, especially so for the Chapter, as we embark on an enhanced relationship through new affiliation agreements. Change is a constant that I prescribe to in my own practice and I am eager to see our Chapter benefit from more opportunities. Some things that will be changing over the next few months will be:

1

The merging of our websites (we have two); this will decrease the confusion of where some things such as meeting/education notices, general announcement communications, job ads etc. are located. Right now we have both the [www.apnaca.org](http://www.apnaca.org) and [www.apna.org/california](http://www.apna.org/california) websites; this has confused members. We will take down the independently owned site, saving us money and time which it took to manage it.

2

With the support of national we will have less independent work to do for our annual chapter conference by way of registration, communication, and supportive handouts.

3

We will reconfigure our banking structure so that we are not solely responsible which has the downsides of tax issues and basic fund management. We will join the other chapters under national's umbrella.

We in the CA Chapter have always had strong leaders with an interdependent and close tie with national. I anticipate this will continue and be enhanced with the new affiliation agreements. Stay tuned for more information as we get closer to the details. For now, make sure to "save the date" for our next Chapter Conference in Mountain View, April 25, 2015. I look forward to meeting each of you there!

*Marlene Nadler-Moodie*



Written by Diane Oran

## Ann M. Wilkinson Award Money Used For Therapeutic Games

I would like to thank the California Chapter of APNA for awarding me with the Ann M. Wilkinson Nurse Psychotherapist Award.

As a Child and Adolescent Psychiatric Clinical Nurse Specialist at UCLA, I run many therapeutic groups for children and adolescents. I used the award money to purchase therapeutic games to use in groups and also purchased some treatment manuals for adolescents. These tools during the past few years have been very valuable in providing therapeutic groups and individual care for the children, adolescents, and parents I treat at UCLA Neuropsychiatric Hospital. Many children are unable to read facial social cues of others and have communication deficits. The "Understanding Faces Game" is a great tool to enhance these skills. For children who have Attention Deficit Hyperactivity and other problems with attention or impulsivity, the "Stop, Relax and Think Game"

helps them learn skills in a light-hearted fun manner. The "Bully Wise" game uses dominos to help children learn how to get help when they are a target or a bystander and helps them understand why children bully others. Manuals for teens included "Dialectical Behavioral Therapy with Suicidal Adolescents" (Miller, Rathus, & Linehan, 2007) and "Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others" (Van Dijk, 2011).



Written by Matthew Tierney

## Remembering Ann

I feel honored to have received the 2013 Ann M. Wilkinson Nurse Psychotherapist Award.

Awards are markers, and to me this award is a marker that I am part of the web of psychiatric nurses who support both the profession and the patients and families we serve. Most especially, I feel it marks my association with Ann, who is a true cornerstone of psychiatric nursing in California. I had the good fortune to spend time with Ann when we were both in CalAPNA's workgroup for CNS Prescriptive Privileges. In conversions and in emails, Ann taught me the value of promoting the profession of nursing, the importance of appropriately extending our practice scope and abilities, and the importance of recognizing our nurse colleagues' talents and

abilities. (Okay, brief aside, those who never read one of Ann's emails missed out on one of our profession's true pearls! A verbatim example from Ann, punctuation and all: "I don't think we can afford the time.. we need something written by September... what if Matt just picks up the phone and calls XXXXX [redacted]..???? let's move on... it's going to be too late...we've been stuck for another week").

Through example and by sharing her work experience, Ann taught me that psychiatric nurses have a special breadth of applicable practice abilities, from independent, to consultative, to interdependent and team-

based. The work I do as a nurse therapist is informed by Ann's example and by her various professional roles throughout her career: teacher, therapist, colleague, consultant, educator. Ann was a true trailblazer: together with her husband George, she taught nurses, physicians, and therapists the best 20th century therapeutic modalities that came out of California—from Yalom's group psychotherapies to others. As I write this, I realize that Ann's real gift as a nurse leader and therapist was in recognizing and promoting the value of the riches that are in our own sight lines: from the trailblazers like Yalom (her Bay Area neighbor), to the nurse working next to her. The Ann Wilkinson Award is a reminder that the great things we do as psychiatric nurses are local in importance and global in impact. In addition, the award money offered by the APNA California Chapter had been utilized to support my psychotherapy practice by financing my malpractice insurance. As Florence Nightingale wrote, and Ann embodied: "...**never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself.**"



### THE STORY BEHIND ANN

**Ann Wilkinson** was a nurse psychotherapist, former president of the APNA California Chapter, and a dedicated advocate for psychiatric nursing over many years. She was a mentor to many, and a savior to her patients. After her passing, the Ann Wilkinson Award was set up by her good friends and fellow California nurses, as well as her family to honor her commitment to the role of the nurse psychotherapist.



### APPLY FOR THE AWARD!

Application Deadline: March 20, 2015

Provide the following information in 1-2 pages and submit via e-mail to California Chapter Board Member **Diane Oran**: [doran@mednet.ucla.edu](mailto:doran@mednet.ucla.edu). Include your name, email, home address and phone number **AT THE TOP OF THE APPLICATION**. Applications will be blinded before being sent to the review committee.

1. Please summarize your psychiatric nursing education and experience
2. Briefly tell us about your current practice setting
3. Describe your current use of psychotherapy
4. If selected, how would you use award money
5. The Awardee will agree to write a brief article for the Chapter NetLetter within six months of receiving the award describing how he/she has utilized the award.



Written by Iris Mayoral

## Board of Directors Scholar from California Shares Her Conference Experience

My name is Iris Mayoral, and I am from Los Angeles, California.

I'm currently a senior BSN student at the University of Pennsylvania. This fall, I had the opportunity of attending the 28th Annual American Psychiatric Nursing Association (APNA) Conference as a Board of Directors Scholar. At the conference, I had the privilege of connecting with the APNA community and gaining valuable information from a variety of workshops presented by psychiatric nursing leaders.

At the conference, I was honored to interact with experienced psychiatric nurses, researchers, and leaders in the field of mental health. I appreciated their openness when sharing their perspectives on how to successfully implement new initiatives, such as the integration of mental health and

primary care, in systems that can often be challenging to navigate or change. I was thrilled to encounter my former nursing preceptor, Charmaine Platon, whom I'd met during my externship at UCLA Ronald Reagan Neuropsychiatric Hospital last summer. I was fortunate to attend two workshops with her. Being in her company was incredibly helpful when relating the new material I was learning to real scenarios on a geriatric psychiatric unit with which I was acquainted. I also found it special that my Penn psychiatric mental health nursing course director, Dr. Nancy Hanrahan, invited me to assist her in managing her PTSD ToolKit table at the convention exhibition hall.

My favorite workshops during the conference were those about geropsychiatric nursing care and ways to effectively address the needs of individuals in mental health crisis. In regards to geriatric care, I was particularly captivated by the workshop given by Dr.

## Board of Directors Scholar (continued)



Joan L. Fopma-Loy titled, "Texture Layering, We See a Sea Story, and 55 Word Stories: Building Geropsychiatric Nursing Competencies and Enhancing Quality of Life through Creative Arts Programming." The concept of incorporating art in the practice of mental health care to enrich the lives of patients with

dementia resonated with me because of my musical background and appreciation for the arts as a method of self-expression.

Michelle Heyland's workshop, "An Alternative to Emergency Departments for Individuals in Mental Health Crises: The Living Room" was also fascinating. I was excited to hear about The Living Room (TLR), a community crisis respite program in Chicago, IL that uses the Recovery Model when caring for patients in mental health crisis in a patient-centered, private, and low-stimulating setting. The presentation

inspired me to write an Op-ed on this topic for my community nursing class to raise awareness for the need of more programs like TLR. I also viewed several research posters at the conference that described different approaches used to educate ED healthcare team members on how to efficiently care for patients with mental illnesses, despite the fact that EDs are often not the most appropriate setting for these individuals.

I first became familiar with psychiatric mental health care as a high school student, when my 11-year old sister had to be treated for an eating disorder at UCLA. I admired the work of the compassionate and highly skilled team that was able to save my sister's life. Attending the APNA Conference as a BOD Scholar has solidified my goal in becoming a psychiatric mental health nurse who cares for geriatric patients with mental health issues. I am very grateful for having been chosen as a BOD Scholar and look forward to remaining active in the APNA community. The conference has empowered me to explore the myriad of ways in which I can respond to the unique needs and strengths of my future patients and their families.

## 2015 EVENTS: MARK YOUR CALENDARS!



### APNA 29<sup>TH</sup> ANNUAL CONFERENCE

**October 28-31, 2015**

Disney's Coronado Springs Resort  
Lake Buena Vista, Florida



### APNA 13<sup>TH</sup> ANNUAL CLINICAL PSYCHOPHARMACOLOGY INSTITUTE

**June 11-14, 2015**

Hyatt Regency Baltimore on the Inner Harbor  
Baltimore, Maryland

Written by Catherine O'Reilly

## 2015 State Conference in El Camino Hospital Focuses On Leadership



EL CAMINO HOSPITAL:  
SITE OF THIS YEAR'S STATE  
CONFERENCE



EXPLORE MOUNTAIN VIEW:  
COMPUTER HISTORY MUSEUM



VISIT DOWNTOWN:  
CITY HALL AND THE CENTER FOR  
THE PERFORMING ARTS



SHORELINE PARK:  
INCLUDES AN 18-HOLE GOLF  
COURSE, LAKE, AND TRAILS

The 2015 APNA California Chapter Conference, titled “Psychiatric Nurses Leading the Way: Developing and Influencing Psychiatric Leaders”, will be held at El Camino Hospital in Mountain View on April 25, 2015. With over 700 members in the APNA California Chapter, the conference planning committee rotates the location of the conference each year to meet the needs of those who don’t wish to travel long distances and those with wanderlust for traveling. Mountain View is located near California’s central coast with nearby hiking paths as well as abundant cultural activities and an exciting nightlife.

Themes for conferences are generally identified by member needs assessments and by leaders’ suggestions to share information about new regulations or processes that can affect the practice of psychiatric mental health nurses. With looming changes from the Affordable Care Act, the Institute of Medicine’s recommendations for increased nursing leadership in healthcare reform, and heightened media focus on the failings of mental health care, both leaders and members unsurprisingly suggested the conference theme of leadership.

Our committee encompassed a broad definition of leadership that would include the work of some of our less visible leaders, whose names we might not recognize but whose absence would be quickly noticed. Of course we don’t want to miss out on opportunities to grow from messages shared by our recognized leaders, like our keynote speaker Mary Ann Nihart. Mary Ann is not only APNA’s 2014-2015 President Elect, but also a Past President of the California Chapter, a Council Member for the city of Pacifica, and was the 2012 APNA Nurse of the Year.

We still have some work to do in preparation for the conference but we would like to thank Nick Croce, APNA’s Executive Director, and the staff at our national offices for their help with a number of challenging tasks. I’d also like to recognize our committee members who have put in so much of their time and energy: Chery Odell, David Karcher, Suzane Wilbur, and Digant Dave. Please check back at our website for updates on registration, hotel accommodations, and things to do around the conference.

**Website:** [http://www.apnaca.org/home/about\\_the\\_california\\_chapter\\_apna](http://www.apnaca.org/home/about_the_california_chapter_apna)



Written by Charmaine Platon

## Jeannine Loucks Honored as One of the 100 Most Influential People in Orange County

In 2011, I was graciously awarded as an APNA Janssen Scholar (now known as the “Board of Directors” Scholarship program). At the time, one of the APNA nurses whom I vividly recall reaching out and supporting me as a new grad nurse and Janssen Scholar was Jeannine Loucks. Jeannine is a Department Manager at St. Joseph Hospital in the Emergency Care Center ECDU. She is also the current Secretary of the APNA California Chapter. Her energy, enthusiasm, and openness allowed me to feel welcome in the APNA California Chapter.

I heard about Jeannine’s law enforcement education project in the 2012 APNA Annual Conference in Pittsburgh, Pennsylvania. Her inspiration behind the project began when she saw an increase in the amount of people with mental illness being brought into the hospital by police officers. She then aspired to enhance police officers’ competence in handling

mental health field encounters. Jeannine developed a training program for these police officers, which included a series of educational videos that she helped produce.

Nearly three years later, Jeannine’s hard work and tenacity earned her a spot on the “100 Most Influential People in Orange County” list for the year of 2014. And rightfully so. Her work not only helped to dispel the stigma of mental illness, but also clearly demonstrated the positive impact that nurses have on the community.

According to the OC Register, the list focuses “less about familiar public figures and more about newsmakers and unsung heroes who had a big and specific impact in 2014.” Jeannine’s influence, however, is immeasurable and truly exemplifies nursing excellence and leadership.



Written by Catherine O'Reilly

## Los Angeles Area Meeting: “Leading Our Profession”

The American Psychiatric Nurses Association (APNA) Los Angeles area met at 7 PM on December 2, 2014. The meeting was held at Glendale Adventist Medical Center and was hosted by the medical center's Behavioral Medicine Nursing Director Lucy Mayers, MSN, RN, and APNA Los Angeles Area Representative Catherine O'Reilly, MSN, RN-BC. We had just under two dozen attendees despite challenges with weather and traffic.

The meeting consisted of a 1-hour CE presentation by Catherine O'Reilly on “Psychiatric Nurses: Leading Our Profession”. The theme coincides with the APNA California Conference theme on leadership. Through the presentation we learned about the American Nurses Association (ANA) and APNA standards of practice requirements for leadership and management. We defined leadership as providing the knowledge, vision and enthusiasm for a goal and management as providing the vitality and discipline for getting there. We used the acronym ACCOMPLISH to better understand the 10 leadership competencies identified in Standard twelve of the Scope of Standards for Psychiatric Mental Health Nurses:

- **Abides** by the vision goals and plan for an individual's care...or makes changes
- **Communicates** effectively with consumers and colleagues
- **Conflict** resolution skills are developed
- **Oversees** nursing care given by others while retaining accountability
- **Mentors** colleagues
- **Participates** in professional organizations
- **Lifelong learning** commitment for self and others
- **Influences** policy making for consumers and practice
- **Seeks** ways to advance nursing autonomy and accountability
- **Handles** colleagues with respect, trust, and dignity

We also looked at the practices of select LA psychiatric mental health nurses to reveal these leadership competencies in action and then discussed how we lead and how we can advance those leadership steps in our own practice. Several nurses stayed after the presentation expressing their enjoyment with networking as well as ideas for upcoming meetings.



### YOU ARE INVITED! NEXT LA AREA MEETING

New year planning and poster discussion with LA Area Rep Cathy O'Reilly

#### AGENDA

- Introductions
- Location, Frequency and Focus of meetings
- Other APNA LA area activities
- Round Robin
- 2015 APNA California Conference Poster Planning

#### WHERE

Kaiser Mental Health Center  
Los Angeles

#### ADDRESS

765 College St,  
Los Angeles, CA 90012

#### DATE

Tuesday, January 27, 2015

#### TIME

7:00 to 8:30 PM

*This L.A. Area APNA/California Chapter Meeting is at no cost to the participants. Members and nonmembers are welcome.*

**FREE Parking is available.**

For RSVP contact Catherine O'Reilly.

**Contact information:** E-mail  
[Catherine.o.oreilly.rn@gmail.com](mailto:Catherine.o.oreilly.rn@gmail.com),  
or call (858) 243-1470

## 2015 CONFERENCE: SAVE THE DATE!



### PSYCHIATRIC NURSES LEADING THE WAY: DEVELOPING AND INFLUENCING PSYCHIATRIC LEADERS

Saturday, April 25, 2015 | 8:00 AM to 5:30 PM  
El Camino Hospital Mountain View  
2500 Grant Road, Mountain View, CA 94040

The **American Psychiatric Nurses Association (APNA) California Chapter** is a professional organization committed to the specialty practice of psychiatric mental health nursing, health and wellness promotion through identification of mental health issues, prevention of mental health problems and the care and treatment of persons with psychiatric disorders.

We cordially invite Psychiatric Mental Health Nurses, Nurse Managers, Supervisors, and **any clinician that wishes to enhance his/her mental health practices** or networking with others in the mental health field to attend our annual conference.

The American Psychiatric Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

### CONFERENCE OBJECTIVES

- 1 Identify three examples of paths toward successful nursing leadership in mental health care
- 2 Evaluate and develop your skills for leading a mental health focused Interdisciplinary Team
- 3 Characterize your commitment to organizing collaborative mental health adventures within your own community.

### DETAILS TO FOLLOW

**Please watch our website, [www.apnaca.org](http://www.apnaca.org), as details become available.**

Please consider submitting an abstract for an oral or poster presentation

### REFUND POLICY

Notification of cancellation must be received in writing to **Antony Wilson** at [adw1963@hotmail.com](mailto:adw1963@hotmail.com) by **March 25, 2015** to receive a refund minus a \$25 administrative fee. Please allow three weeks for processing. Telephone cancellations are not eligible for a refund, and no refunds will be issued after March 25, 2015.



## INTERESTED IN WRITING OR PHOTOGRAPHY?

**Submit an article or photo(s) to the APNA California Chapter NetLetter!**

We are in need of writers and photographers to chronicle our events or to submit stories related to psychiatric nursing in California. Please e-mail the NetLetter Editor **Charmaine Platon** at [platon.charmaine@gmail.com](mailto:platon.charmaine@gmail.com) if you are interested!

## SEEKING MENTAL HEALTH NURSING FACULTY

Azusa Pacific University (San Diego location) is seeking adjunct or full-time mental health nursing faculty for the pre-licensure phase of their entry-level masters (ELM) in nursing program at the San Diego regional center. Qualified candidates will have a MSN (or be enrolled in an MSN program) with teaching experience in the clinical and/or classroom environment with a mental health nursing background. Azusa Pacific University is a Christian university with a variety of nursing programs in the San Diego area including entry-level masters, RN-BSN and advance practice masters programs.

**Interested applicants should contact Janet Wessels, Director of the ELM Program at [jwessels@apu.edu](mailto:jwessels@apu.edu) phone 626-815-2164.**

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