



## STATE CONFERENCE: AN OVERVIEW

Discover the exciting presentations and provoking discussions from our state conference in Mountain View!

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“We are an active and busy chapter as evidenced by the area activities in Los Angeles, San Francisco, Sacramento, and many more planned.”

## PRESIDENT'S MESSAGE

Spring is here! It always seems to be a time of renewal and new-ness for me, and this year is no different. It was a pleasure to meet so many California members who are new to me and a delight to connect with long-time colleagues and cherished friends at our chapter conference in April. Much of this NetLetter will be devoted to that day; please take a moment to look through it.

We are an active and busy chapter as evidenced by the area activities in Los Angeles, San Francisco, Sacramento, and many more planned. Considerations for next year's educational activities for us are already in the works. Our website will be changing as of June 1<sup>st</sup>; the APNACA.org website will no longer be active. We are

moving everything over to the national APNA Chapter website for simplicity and elimination of duplication. Please make sure that you have selected the California Chapter as one of your “Communities” on the APNA Member Bridge so you are assured to receive all of our timely information. This is the time of year when we turn our attention to our future. Nominations for the Chapter Board of Directors will soon be called for; watch for coming information. We are always welcoming of members who wish to have some activities in their area and encourage them to become an Area Representative. We've got lots of mentoring for all of our leadership roles.

As always, thank YOU for all you do! Enjoy Spring, Save Water! –**Marlene Nadler-Moodie**



## + ON LEADERSHIP: AN OVERVIEW OF THE STATE CONFERENCE

By Diane Oran

Several members of the APNA California chapter, both from northern and southern California, met together to attend the annual state conference in Mountain View on April 25, 2015. We are grateful to Mike Fitzgerald for hosting the conference at El Camino Hospital this year. The leaders selected to present successfully fulfilled the conference's main objective, which was stated in the conference title: "Psychiatric Nurses Leading the Way: Developing and Influencing Psychiatric Leaders".

Cathy O'Reilly, the APNA California Education Chair, did a fantastic job of coordinating the conference as well as finding sponsors to keep the cost of the conference as low as possible. Thank you to Shire Neuroscience for breakfast and TEVA Pharmaceuticals for lunch.

The first presentation by Senator Jim Beall and Mike Fitzgerald made legislative issues come alive with the important updates presented. Both Senator Beall and Mike have been tireless advocates for people with mental illness,

developmental disabilities, as well as those who have alcohol and drug addictions. Senator Beall provided an update on several bills currently in the legislative process that are important for both psychiatric-mental health nurses and patients. Senator Beall has been a champion for Mental Health parity for patients with Medi-Cal.

The keynote speaker and President-Elect of APNA, Mary Ann Nihart, gave an informative and heart-warming presentation on "The Future of PMH Nursing: Activating Our Inner Leader". She shared her experiences with mental health consumers in her own community who were involved in tragic situations that led to their unnecessary deaths. This "hitting home" experience was shared with passion and humility, and a new devotion to the needs of the mentally ill in each of our own communities. The audience

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## Overview of the State Conference (continued)

was moved, in some cases, to tears by her poignant presentation.

The breakout sessions offered a good variety of leadership information about “Transforming to a Recovery-Oriented System of Care in a Psychiatric Intensive Care Unit: The Risks, Rewards and Role of Nursing”; about “Nursing Leadership in Interprofessional Practice & Education”; and about “Depression Matters: Advocating for the Best Care Suicide Screening for Hospitals”. It was impossible not to be inspired to bring back this wealth of information on evidence-based practices to our workplaces. For instance, nurses in Cedars-Sinai Medical Center in Los Angeles implemented the suicide screening Patient Health Questionnaire (PHQ-9) on admission to identify and provide appropriate care for at-risk patients; this is an excellent example of the significance of the PMH nursing role across various specialty settings.

We were honored to have APNA Executive

Director Nick Croce attend the state chapter meeting to update California nurses about numerous services that the national APNA organization provides our members. He inspired California members to check out all of the new benefits and enhancements that APNA provides so that members can feel “we are getting something” from the dues we pay.

Past APNA California Chapter President, Kathy Johnson, provided a heart-warming memorial of the life of Nurse Psychotherapist and former California Chapter President Ann Wilkinson. Her namesake award was presented to Julie Monheit this year. The Wilkinson family presented the current and past award recipients with roses from Ann’s garden. After hearing Kathy’s presentation, we all walked away with a sense of how many nurses and patients Ann touched with her inspirational leadership.

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## Overview of the State Conference (continued)

The afternoon breakout sessions also provided useful information for the PMH nursing practice. Presentations included “The Benefits of an Admission & Discharge Nurse on an Inpatient Psychiatric Unit”; “Integrating Care in a Community Mental Health Center: A Case Study”; and “Expanding the use of PMHNP in California’s Public Mental Health System”. Beth Phoenix and Deborah Johnson showed some interesting data from the recent funding for PMHNP programs from the Mental Health Services Act. UCSF and Azusa Pacific have been given funding to help train PMHNPs. The funding has helped trained NPs with the cost of their education. In return, NPs must give back to their communities by providing services to agencies/counties that provide Mental Health Services.

In the afternoon the Tourette Syndrome Association sponsored Dr. James McCracken, the Joseph Campbell Professor of Child Psychiatry and Director of the Division of Child and Adolescent Psychiatry at the UCLA NPI- Semel Institute (formerly the Neuropsychiatric Institute) in Los Angeles, to present about “Diagnosing and Treating Tourette Syndrome”. Again, PMH nurses were provided with more evidence-based practice information on current medication and other

interventions to help treat patients with Tourette’s. Each nurse in attendance walked away with a “Guide to the Diagnosis and Treatment of Tourette Syndrome” and a DVD to use in their own practice.

The day ended with a panel interview consisting of the following leaders: David Karcher, a CNS from Cedars-Sinai in Los Angeles; Cheryl Odell, CNO of Sharp Mesa Vista Hospital; Digant Dave, Manager of Behavioral Health Sciences at El Camino Hospital; and Rosalind DeLisser, an Assistant Clinical Professor at UCSF School of Nursing. Each panel participant answered questions about their unique paths toward their own rise to leadership in mental health.

And finally, there were fantastic raffle items awarded to liven up the day and help people leave with even more enthusiasm. Members who didn’t attend truly missed out on a wonderful day of camaraderie, learning, and compassion for our patients and ourselves. We left with a kindled passion to make a difference in our own communities by taking on leadership roles for the advancement of the PMH profession. We also left with an even stronger passion to continue providing expert care for our mental health clients.





## 2015 ANN WILKINSON AWARD WINNER: + ANN'S LEGACY LIVES ON

By Julie Monheit

I am excited and grateful to have been selected to receive this year's Ann Wilkinson Nurse Psychotherapist Award. By attending the chapter conference I was able to gain a deeper understanding of the meaning of the award. Specifically, I learned about Ann and the way she was an exemplar of excellence as an APRN; she served as a patient advocate as well as a nurse practice advocate directly through her work as a psychotherapist and also through the profound impact she had on others as a friend, family member, and colleague. I will use the award to enhance my skills and I hope to carry on my practice in her tradition.

All nurses develop and utilize therapeutic communication skills and many perform counseling with their clients. This formed the initial foundation of my practice, which I drew on when I first started as a newbie intern psychotherapist during graduate school. While in graduate school at UCSF, I

received formal training in CBT and DBT types of psychotherapy and sought further psychodynamic training at The Psychotherapy Institute in Berkeley, CA. I currently have a private practice in Oakland, CA where I work with adults using long-term depth oriented psychodynamic psychotherapy. I also feel that CBT and DBT therapies offer important skills and structure that can be helpful, especially for clients with trauma histories. I plan on using my award to receive consultation that will help me better combine both behavioral and psychodynamic approaches in my psychotherapy work.

Psychiatric nurses offer a unique skill set; we are fluent in the medical/pharmacological treatment of mental health, while also offering more holistic and relational approaches for our patients. Despite our value, I feel we are often unrecognized—especially in the area

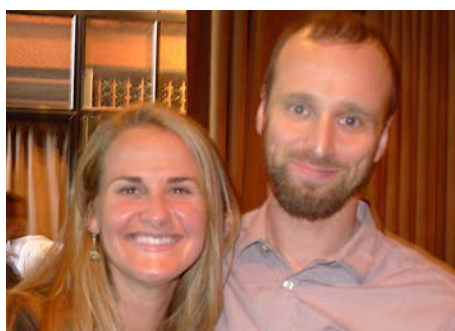
of psychotherapy—and it seems to me that there are fewer and fewer of us engaging in this part of our scope of practice. The reasons for this are complex, ranging from difficulty with reimbursement from insurance companies, lack of support and training as a psychotherapist, lack of support and lack of training in running your own business, among other problems. I plan to continue my work as a therapist and also hope to utilize the collegial aspect of APNA to form coalitions with other psychiatric nurses so that we can support each other in this part of our practice and not let it dwindle away. Being present at the conference helped me feel supported and hopeful with this endeavor. It revitalized my commitment and passion in this important work that is part of Ann's legacy.

## AREA REPRESENTATIVE QUARTERLY UPDATES +

### Los Angeles Area: March Meeting

By Diane Oran

The Los Angeles area of APNA California had an evening of professional networking and learning at Morton's The Steakhouse in Burbank on Tuesday, March 24, 2015. There was a presentation of Loxapine inhalation powder as a new rapid-delivery, non-invasive treatment for agitation. Also known as ADASUVE, it is the first approved, non-injectable therapy for the acute treatment of agitation in adults with schizophrenia and bipolar I disorder. There were about 15 members present who shared updates on local inpatient and outpatient programs and enjoyed a nice meal together.



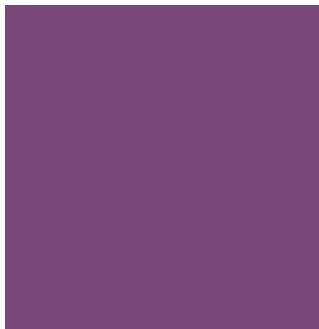
### San Francisco Area: April Meeting

By Erik Lee

Monday, April 13, was a special day in San Francisco because it was Opening Game Day for the Giants. It was also special because APNA-CA held its first local event of the year in the San Francisco Bay Area—after the game, of course. 29 APNA members (mostly PMHNPs and PMHNP students) connected or re-connected with friends and colleagues over a three-course dinner while listening to a lecture about l-methylfolate presented by Dr. Rakesh Jain, a clinical professor at the University of Texas School of Medicine. After the lecture, Pam Lab provided logistical information about how to prescribe Deplin®. (If you are interested in learning more about the presentations, please refer to the links below.) Dinner took place at Alexander's Steakhouse, an upscale restaurant in the

SOMA area of San Francisco. APNA members filled the entire lower level of the restaurant in an exclusive space called The Wine Library (aptly named because of the dramatic floor to ceiling wine displays). The dinner (and wine) was generously sponsored by Pam Lab and we are thankful for their participation in this local APNA event.

If you have missed the dinner and would like to find out more, please visit Dr. Jain's website <http://jainfolateinfo.weebly.com> to download the slides. You may also e-mail Pam Lab Representative Carson Reid at [carson.reid@pamlab.com](mailto:carson.reid@pamlab.com) for more information on what was presented; she will be happy to entertain any questions.



## Sacramento Area: March Meeting

By Carla Levin

On Tuesday, March 3, Sacramento area members of APNA California participated in a wonderful dinner meeting and presentation by Sonny Cline, a Physician Assistant and graduate of the Stanford Medical School Primary Care Associates Program. Sonny is a vibrant, engaging, and amazing speaker who captivated the meeting attendees with a presentation on Abilify Maintena. In addition to sharing his excellent pharmaceutical knowledge, Sonny spoke about his own experiences with patients and his current practice in Sacramento. The meeting was well attended by numerous psychiatric nurse practitioners, family nurse practitioners, and psychiatric nurses from a variety of settings.

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## Sacramento Area: April Meeting

By Carla Levin

Sacramento area members of APNA California met for another dinner meeting and presentation, sponsored by Teva, at Ruth's Chris Steak House on the evening of April 29<sup>th</sup>. The presentation explained the pharmacology behind Nuvigil and the prescription of the drug for excessive sleepiness in shift work disorder. Dr. Paul Markovitz, MD,

PhD gave a very interesting and informative talk and discussed current research on the topic as well as patient vignettes from his practice. The dinner and presentation was attended by psychiatric nurses, psychiatric nurse practitioners, family nurse practitioners, and faculty from Samuel Merritt University.

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## APNA CALIFORNIA WEBSITE UPDATE

After many years, we are moving our Chapter's website to a new location. We will have a single webpage on our National organization's website. This is being done in order to more fully take advantage of the website management services offered to Chapters by APNA. We believe that having a single webpage will allow us to reduce redundancies and to maximize our communications with our Chapter's members. We will also be reducing website costs to better utilize those funds for our educational events.

Please go to our new website: [www.apna.org/California](http://www.apna.org/California). There you will find a wealth of information about our Chapter's activities and events, including dates of Area Meetings, Chapter meetings, and Conferences. You will also find our newsletter (The NetLetter), meeting minutes, the Ann Wilkinson Nurse Psychotherapist Award information, contact information for our officers, and photos taken at recent events. Other information related to advocacy and education is being developed for this webpage. The [www.apnaca.org](http://www.apnaca.org) website has closed as of June 1, 2015. If you have any questions regarding this transition, please contact Marlene at [moodienurse@gmail.com](mailto:moodienurse@gmail.com).





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