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## President's Message

Dear APNA CA Members,

Hello all and Happy Summer! I hope this NetLetter finds you enjoying summertime and finding time to explore our beautiful state with all of its diversity and natural beauty. It has been a busy few months in APNA and in our world. Locally, on April 28<sup>th</sup>, we held our APNA CA Chapter Conference in Long Beach, CA. It was an exciting day full of comradery, education and networking. Please enjoy the more detailed information to follow in this NetLetter. Nationally, on June 19<sup>th</sup>, APNA issued a position statement and called for an end to the Immigration Policy that separated families. Just days later, President Trump called for changes in the policies that governed immigration related to separating families.

Elections are currently open for APNA National positions and APNA CA will be holding our State elections in August. Make your voice heard!

Don't forget that registration is now open for the APNA 32nd Annual Conference *Trusted Agents of Change: Nurses Balancing Inequities in Mental Health Care*, October 24-27, 2018 at the Greater Columbus Convention Center in Columbus, Ohio. I look forward to seeing you there!

Thank you once again for all the great and hard work you do to serve, support, educate and nurture those struggling with mental health issues.

***Kathleen McDermott DNP, RN, MSN, PMHNP-BC***

## Notes on APNA California Chapter Conference 2018

Last Fall, during the Chapter meeting at the APNA National Conference in Phoenix, Arizona, APNA CA Chapter President Kathleen McDermott described her vision of a California conference that would enhance our practice while at the same time provide us with the chance to network with other mental health nurses from across the state. Kathleen had a vision of excellent learning, with good food in comfortable, convenient surroundings.



On April 28, 2018, Kathleen's vision came to fruition in Long Beach, California. Eighty nurses - members, non-members, and students – gathered at the Courtyard Marriott Downtown Hotel for an all-day event, *Competency Based Training for Suicide Prevention: Psychiatric-Mental Health Nurse Generalist Role*. APNA's Education Department provided the program and APNA Chapter Support handled the online registration, no easy task.

Speakers, Barbara Limandri, Marsha Asher, and Cheryl Puntill, were so knowledgeable, engaging the attendees in an interactive dialog that involved everyone in the room. In

addition, twelve exhibitors including universities, hospitals, and pharmaceutical companies, provided conference attendees with up-to-date information about medication, educational opportunities, and employment. Attendees earned 6.5 hours of continuing education hours. Special thanks go to Loralie Woods for hours spent perfecting the Conference Brochure, to Christine Costa for hours spent



compiling our Orange County e-mail distribution list, to Donna Bray, Thelma Beltran, Juanita Andrews, and Alexandra Keller for hours of help with stuffing packets and handling registration. If your name is not mentioned, please forgive my memory. You know who you are and you know how appreciated your contributions have been.



The food was delicious as well as healthy. Coffee and tea flowed. At the end of the day, with full bellies and full brains, we left confident in knowing that it was a day well spent.

Suzane Wilbur  
Conference Chair

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## Registration is Now Open! APNA

**32<sup>ND</sup> Annual Conference is being held October 24-27, 2018,** at the Greater Columbus Convention

Center of Columbus, Ohio. Take a much-deserved break, use professional development days, network with old friends, meet new friends, and earn CEUs while you engage with fellow PMH nurses on topics like responding to mass casualty trauma, pharmacology, reducing stigma, and more. The APNA Annual Conference delivers 100+ varied sessions and networking opportunities to the 1600+ psychiatric-mental health RNs and APRNs who attend each year. Attendees have the opportunity to earn 29.25 CNE contact hours onsite and an additional 95+ contact hours online. **Register by September 10, 2018 to save with Early Bird Rates!**

## Competencies for Suicide Prevention

Recently, we lost two very prominent individuals to suicide. This is a reminder to each of us how fragile life can be. Suicide is the 10<sup>th</sup> leading cause of death in the United States (CDC, 2015), becoming a public health issue impacting surviving families and our communities. It is imperative as psychiatric and mental health nurses that we understand the phenomenon of suicide and specific therapeutic interventions.

**APNA has created a *Competency Based Training for Suicide Prevention* (APNA, 2015).** This training program will assist practitioners in developing skills which can help with identifying risk factors and protective factors for suicide as well as determining risk level and interventions. We encourage each of you to participate in this skill building training. – Jeannine Loucks MSN, RN-BC, Immediate Past President

## Attention Bay Area Members



Are you located in San Francisco, East Bay, or South Bay? If so, please take 1-2 minutes to complete a very brief survey.

We are welcoming new area representative, Jessica Frihart, who brings warm enthusiasm for organizing local events. Responses to this survey are crucial for helping us offer local events that interest you.

Please copy and paste this survey link:

<https://www.surveymonkey.com/r/5MFVL58>