



President's Message

Happy New Year to each of you. I am excited about 2017 and the many opportunities that are waiting for each of us. It is an exciting time to be in psychiatric mental health nursing. Our nursing specialty inspires individuals to follow their vision and assist others to become active participants in life. Each day we provide someone with "HOPE" and dreams that tomorrow is going to be a better day.

If you haven't checked out the national web site lately there are many evidence based trainings available to each of us. Did you know...that psychiatric nurses are making a difference and raising the standard of care in suicide prevention through education? APNA has a Competency Based Training for Suicide Prevention and provides competencies for the Assessment and Management of Suicide Risk into daily nursing practice.

"Each day we provide someone with HOPE..."

We know that prescription opioid abuse has reached an all-time epidemic level. APNA also has a free CNE webinar series on the Effective Treatments for Opioid Use Disorders: Educating and Empowering Nursing during an Epidemic.

Don't forget that the APNA 31st Annual Conference will be in Phoenix this year. The dates are October 18-21, 2017.

2017 is going to be a great year. I am honored to serve you in my role as the APNA California Chapter President.

Thank you for all your hard work and commitment to serving those impacted by mental illness.

Jeannine Loucks, MSN, RN BC, PMH
APNA CA Chapter President

Inspirational, Renewed, Purpose: Highlights of APNA 30th Annual Conference

The theme of the 30th Annual National Conference was *Inspiring Leadership Everyday*. Nurses from all over the nation gathered to celebrate our mission of education, research and advocacy for those living with severe mental illness. Breakout sessions were available for nursing students, novice nurses, experienced nurses, educators, administrators, and advanced practitioners alike. APNA's nursing scholars were announced. If you are considering furthering your education and entering graduate school, remember scholarships are also available for advanced degrees.

California Chapter APNA had a good showing, especially considering the distance traveled to attend. Our State Chapter was represented with speakers including our incoming President, Jeannine Loucks, who shared her expertise in Psychiatric Emergencies. Administrators, Amanda Gastelum Munoz and Cheryl Odell, from Sharp Mesa Vista Hospital in San Diego, presented posters on reducing medication errors through barcoding and building healing environments into hospital renovations, respectively. Those who attended our CA State Chapter meeting witnessed the gracious transferring of positions among the President, President Elect, and Immediate Past President followed by a meet and greet. All areas of California were represented. Imagine what we can do working together!

The weather was warm yet crisp. Some took advantage between major sessions to visit historical landmarks, such as the home of American author Mark Twain. Memories and new connections were made by all. The only disappointment was having to choose between two breakout sessions occurring at the same time.



Above Left: CA Chapter Board Members Jeannine Loucks, Marlene Nadler-Moodey, Kathleen McDermott, Rosalind De Lisser Above Right: San Diego Area Chapter Members Dorothy Brown, Cheryl Odell, Marie Zamora
Below: APNA CA Chapter Meeting



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Thank You, President Obama, for the Cures Act

December 13, 2016 marks the day President Barack Obama signed the 21st Century Cures Act into law. So what does this mean to us as PMH nurses?

Two of the main fine points directly impact funding and policies related to the opioid epidemic, suicide prevention and severe mental illness. \$1 billion is to be budgeted for those seeking treatment for heroin and opioid dependence. A final report submitted by President Obama's Mental Health and Substance Use Disorder (MHSUD) Parity Task Force called for immediate reform to collaboration of primary care and behavioral health providers, funds to oversee and enforce insurance compliance with parity, as well as a Consumer Guide to Disclosure Rights to help insurance subscribers advocate for mental health coverage. Immediate and long term recommendations by the MHSUD Parity Task Force are protected and funded by the Cures Act.

The American population will also benefit from research and funding provided by the Cures Act toward the BRAIN and Precision Medicine Initiatives, and The Cancer Moonshot.

For more information visit <https://obamawhitehouse.archives.gov/blog/2016/12/12/3-letters->

Education on APNA.org

Have you recently taken advantage of the **FREE CE education** offered to you as an APNA member? Currently, a 3 part eSeries on **Bipolar Spectrum Disorders** is available. Points of focus include assessment, building a therapeutic relationship, physiological interventions and recovery oriented interventions. Help to keep your colleagues informed about **Effective Treatments for Opioid Use Disorders**. This online education is available to ALL RNs and APRNs, *APNA membership not required*. There are 3 different modules to select from based on your professional standing as a RN, PMHRN, or APRN. More information can be found on apna.org

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