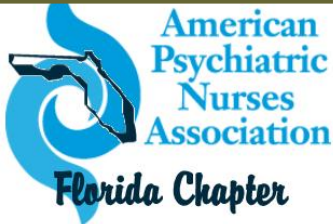
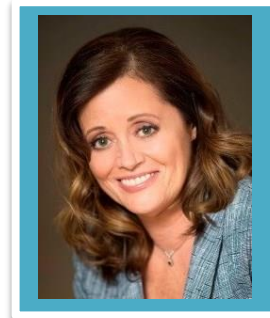


May 2018

APNA Florida Chapter



President's Message



Board of Directors

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Lisa Burton

President-Elect

Debbie Salani

Past President

Susan Archacki-Resnik

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Beth King

Treasurer

Cheryl Kaufman

Media Coordinator

Karen McNeely

Members-at-Large

Diane Esposito

Cindy Parsons

Leigh Powers

Veronica Decker

Suzan Blacher

Dear Fellow Florida Nurse Warriors,

We did it! We successfully held our first two-day annual conference at the University of Miami School of Nursing and Health Sciences, our largest State Conference since we began as a Chapter. Over 100 nurses from across the state attended our two-day State Conference. Our first major philanthropic Fund-Raising event raised close to \$4000.00. Funds will be donated to The Red Cross and NAMI/Broward for Free Trauma Counseling specifically for those affected by the Marjory Stoneman Douglas High School Tragedy (<https://namibroward.org/free-trauma-counseling/>). Special thanks to those who contributed so generously.

This year, we partnered with interdisciplinary experts: UM Human Trafficking and USF hurricane research outcomes. We provided The APNA Competency Based Training for Suicide Prevention, and the American Red Cross provided Psychological First Aid Course. Our program included education on the unique behavioral health effects of certain crises and disasters, including mass violence, terrorism, hurricane devastation, human trafficking and opiate addiction. We believe this initiative will advance the public good by advancing the knowledge, expertise, and compassion of professional nurses to the disaster mental health needs.

I would like to thank Dr. Debbie Salani, President-Elect, who served as our tireless Conference Chair for her hard work and dedication. I appreciate all the joint effort from the members of the BOD's who helped make our conference a success.

New this year, we presented our Florida Chapter of the American Psychiatric Nurses Association 2018 State Awards for Excellence.

The nurses that have been selected as the recipients of the prestigious Florida Chapter of the American Psychiatric Nurses Association 2018 State Awards for Excellence were honored at the awards ceremony held during the Florida State APNA 2018 National Conference April 14, 2018, in Coral Gables, Fl. The Florida State Awards for Excellence in Nurse Education, Leadership (RN & APRN), Research, Innovation, and Practice (RN & APRN) recognize nurses in the state who demonstrate excellence in these categories. Congratulations to all the nurses who were selected by their peers through a statewide nomination and election. We recognize the efforts of these individuals who have made a significant contribution to psychiatric nursing.

Please join me in congratulating the 2018 Awards Champions in the State of Florida:

APNA Florida Chapter Psychiatric Nurse of the Year: **Diane Esposito, Ph.D., ARNP, PMHCNS-BC**
APNA Florida Chapter Award for Excellence in Education: **Mariamama J. Pyngolil, MSN, APRN, PMHCNS-BC**
APNA Florida Chapter Award for Excellence in Leadership – APRN: - **Lisa Burton, Ph.D., APRN, PMHCNS BC**
APNA Florida Chapter Award for Excellence in Leadership – RN: **R. John Repique, DNP, RN, NEA-BC**
APNA Florida Chapter Award for Excellence in Research: **Beth King, Ph.D., PMHCNS-BC, PMHNP-BC**
APNA Florida Chapter Award for Innovation: **Ruth Milstein, DNP, APRN, FMHNP-BC**
APNA Florida Chapter Award for Excellence in Practice – APRN: **Valerie Kolbert, MS, APRN, PMHCNS-BC**
APNA Florida Chapter Award for Excellence in Practice – RN: **Susan Kimper, MSN, RN-BC**

At the Annual Membership Meeting, new state initiatives were approved. Four new committees are now established for all members who are interested in participating at the local level. Participants will formulate a policy action plan as members the following new committees: Legislative Advocacy; Conference Planning; Disaster Mental Health; and Entrepreneurship. We hope the variety of committees will attract members to increase their participation and active involvement by raising awareness about issues impacting Florida communities and psychiatric nurses. Details will be shared as our next Board of Directors terms begin.

I want to personally invite you to become an active member of our Florida Chapters Board of Directors. The positions that will be available are President-Elect, Media Specialist, Treasurer, and two Member At-large Positions.

President-Elect: As president, you are the most visible face of our APNA Chapter.

This position will prepare you to take over after your term as the President of our chapter. You will work closely with the President. Next year, Dr. Debbie Salani will take over as our President. If you don't have the pleasure of knowing Dr. Salani, let me tell you what you are missing. Dr. Salani is one of the kindest, driven and effective people I have ever met. If you are the one elected as President-Elect, you will be blessed to be in partnership with Dr. Salani. She will take our chapter to the next level. Dr. Salani is the quintessential teacher. I am proud to call her my friend. The succession plan is geared so this leadership role is supported by both the President and the Immediate Past President. Mentorship is critical in this role so you will be ready when it's your turn to take over. With Dr. Salani by your side, you will be ready and able. I will also be with both you and Dr. Salani, to continue supporting the BOD as we continue to grow as a chapter. This is a three-year commitment.

Media Specialist: This position is critically important. You will have tough shoes to fill, following Karen McNeely. The newsletter is a major part of the expectations of the role. We will always need more methods of reaching our members. We have underutilized social media. I see this role as evolving to touch members through many more avenues; Twitter, Instagram, podcasts, video broadcasting our conferences, etc. This role has the power to connect us all over the state to feel connected and stay connected. This position is a 2-year commitment.

Treasurer: This role is involving more than processing our financial debits and credits. The treasurer role involves stewardship of our chapter funds. The responsibility of the treasurer is to directly manage our resources. This includes

formulating budgets, forecasting costs, and managing account receivables. This role is critically important to the wellbeing of the chapter. We pledge to be transparent with Chapter finances. We rely on the Treasure to maintain these records and communicate to the members via monthly financial chapter financial reports. We receive tremendous support from National for these reports. The Treasurer is expected to fully participate in all BOD activities. You won't be limited to the responsibilities of this role as a member of the BOD. As with all the roles available on the BOD, you have the right and responsibility to vote on issues before the BOD's. This position is a 2- year commitment.

Member-At-Large: We currently have two positions available for this term. Historically, MAL's have been instrumental in the planning and implementation of our state conference. This year we will also have a State Conference Planning Committee to further assist the BOD and members. This position is a 2-year commitment.

Nominating Committee: There are two positions; Non-voting board position. This is a one-year commitment for the state chapter election process. Committee members can assist with questions regarding available positions and in stimulating interest in becoming a BOD member.

Our Board of Directors has been active contributors to our National organization as Florida's scholars. This year is no exception.

Please join me in congratulating the BOD members on their accepted abstracts to be presented at the APNA 32nd Annual Conference, *Trusted Agents of Change: Nurses Balancing Inequities in Mental Health Care* on October 24-27, 2018, in Columbus, Ohio:

Veronica B. Decker DNP, PMHCNS-BC, MBA, MS, RN, BSN: ***Cancer Treatment Providers Must Consider Depression.*** Presentation Type: Poster Presentation.

Cindy Parsons, DNP, ARNP-BC, FAANP: ***ADHD -A Lifespan Approach to Care and Quality Outcomes:*** Presentation Type: Poster Presentation

Deborah Salani DNP, PMHNP-BC, ARNP, NE-BC, Co-presenter: Linda Mays, DNP, ARNP, PMHNP-BC: ***Utilization of Game-Based Learning to Teach Psychopharmacology and Substance Abuse to Undergraduate Nursing Students.*** Presentation Type: 45-minute concurrent session

Deborah Salani DNP, PMHNP-BC, ARNP, NE-BC. Co-presenter: Lisa Burton, Ph.D., PMHNP-BC: ***Back with a Vengeance, The Reappearance of Crystal Meth: Implications for Healthcare Providers.*** Presentation Type: Poster Presentation

Diane H. Esposito Ph.D., ARNP, PMHCNS-BC Co-presenter: Shirley P. Davidson MSN, PMHCNS. ***Psychiatric Mental Health Nurses: Excellent Care Solutions for our Student-Athletes.*** Presentation Type: 45-minute concurrent session

Diane H. Esposito Ph.D., ARNP, PMHCNS-BC. ***Is it Electronic Screen Syndrome (ESS) or Internet/Gaming addiction?*** Presentation Type: Poster Presentation

Diane H. Esposito Ph.D., ARNP, PMHCNS-BC. ***The relationship between risk factors and stress response in women following elective abortion.*** Presentation Type: Poster Presentation

Diane H. Esposito Ph.D., ARNP, PMHCNS-BC Co-presenter: Shirley P. Davidson MSN, PMHCNS: ***Supervision for Psychiatric Mental Health Nurses.*** Presentation Type: Invited Interactive Panel

Lisa Burton Ph.D., ARNP, PMHCNS-BC. *Beyond the Straight Jacket: Time for a Reframe in Psychiatric Nursing.*
Presentation Type: 45-minute concurrent session

I would like to thank the exiting Board of Director members for their service and commitment to our organization and Florida Chapter: Treasurer: Cheryl Kaufman, PMHNP-BC; Media Specialist: Karen McNeely DNP, PHMNP-BC; Members-At-Large: Diane Esposito, Ph.D., ARNP, PMHCNS-BC and Cindy Parsons, DNP, ARNP-BC, FAANP. You will be missed.

The State of Florida needs you. According to the The State of Mental Health in America Report, 2018 (<https://www.sprc.org/resources-programs/state-mental-health-america-2018>), Florida was ranked one of the lowest (44th) in access to care, one of the highest states (#3) for adults with serious thoughts of suicide, and one of the top ten states with the highest prevalence of mental illness (#6) in the country. The shortage of mental health providers is a significant concern for Floridians, with Florida ranking #43 (750:1). I urge you to become more involved with our organization, enlist others to join APNA, as our organization is the strongest voice in psychiatric nursing and for psychiatric nurses.

As your outgoing President, this will be my last President's message. It has been an honor to serve you.

Please remember to take good care of yourself.

Warmly,

Lisa

Lisa Burton, Ph.D., ARNP, PMHCNS-BC
APNA Florida Chapter President



Important Dates



Find us on Facebook @
APNA Florida Chapter or

Florida Chapter APNA:
<https://apnafl.nursingnetwork.com>

Florida Chapter Advanced Practice Council:
<https://appnf.enpnetwork.com>

- [Holistic Self Care: Your Secret Power for Enhancing Patient Care](#)
May 11, 2018
Jacksonville, Florida
 - [Medicines from the Earth Herb Symposium 2018](#)
June 1-4, 2018
Blue Ridge Assembly
Black Mountain, N.C.
 - [American Holistic Nurses Association](#)
June 5-10, 2018
The Sheraton at the Falls
Niagara Falls, N.Y.
 - [APNA 16th Annual Clinical Psychopharmacology Institute](#)
June 7-10, 2018
Hyatt Regency Baltimore on the Inner Harbor
Baltimore, MD.
 - [Conference 2018 | Adult/Geriatric/Neuropsychotropic Drug Therapy](#)
June 15, 2018
Shoreline Conference Center
Shoreline, Washington
 - [FNP Annual Conference 2018](#)
August 16-18, 2018
Orlando, Florida
 - [Integrative Medicine for Mental Health Conference 2018](#)
September 6 - 9, 2018
Dallas, Texas
 - [The ASAM State of the Art: Course in Addiction Medicine](#)
October 11-13, 2018
Washington, D.C.
 - [APNA 32nd Annual Conference](#)
October 24 – 27, 2017
Columbus, Ohio
 - [Psych Congress 2018](#)
October 25-28, 2018
Orlando, FL
 - [2018 NEI Congress](#)
November 7-11, 2018
Orlando, Florida
-



In the Spotlight

Congratulations to our 1st Annual Florida Chapter Award Recipients



APNA Florida Chapter Psychiatric Nurse of the Year
Diane Esposito, PhD, ARNP, PMHCNS-BC



Excellence in Education
Mariamamma J. Pyngolil, MSN
APRN, PMHCNS-BC



Excellence in Leadership – APRN
Lisa Burton, Ph.D, APRN, PMHCNS-BC



Excellence in Leadership – RN
R. John Repique, DNP, RN, NEA-BC





Excellence in Research
Beth King, PhD, PMHCNS-BC
PMHNP-BC



Award for Innovation
Ruth Milstein, DNP, APRN, FMHNP-BC



Excellence in Practice – APRN
Valerie Kolbert, MS, APRN
PMHCNS-BC



Excellence in Practice – RN
Susan Kimper, MSN, RN-BC



APNA Florida Chapter 2018 Award Recipients





2018
APNA FLORIDA
CHAPTER
SPRING
CONFERENCE





The Role of Psychiatric Nursing

In Response to Crisis





They
May forget your
name
But they will never
forget how you made
them FEEL.
Maya Angelou





It was great seeing so many of you at our Spring Conference. Hopefully you found this a great educational and networking opportunity. With the conference now behind us, it is time to focus on developing your leadership team for the next year.

Are you willing to step up and get involved (or re-involved) with the organization? We are looking for people who are willing to share their talents and time for the Florida Chapter APNA. The following positions will open for election next month. Please review and take this opportunity to be a part of the mission of APNA Florida.

Position Descriptions:

The Chapter **President-Elect** shall have the powers and exercise the duties of the Chapter President in case of the Chapter President's absence or incapacity. The Chapter President-Elect shall perform such duties as from time to time may be assigned to her/him by the Chapter President or by the Chapter Board of Directors, and after serving a one-year term, shall serve the next one-year term as Chapter President.

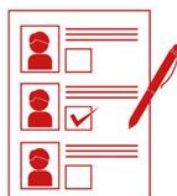
The Chapter **Treasurer** shall collect and receive all monies due or belonging to the Chapter and shall be responsible for the financial affairs of the Chapter, subject to oversight and direction from the Chapter Board of Directors. The Chapter Treasurer shall receive all account information from the National APNA office and serve as intermediary between the Chapter and APNA. The financial statement will be presented at each meeting of the Chapter. The Chapter Treasurer shall render, and account of all monies received and dispersed during the previous fiscal year.

The Chapter **Media Coordinator** shall develop a public relations plan for the Chapter and maintain the quality and relevance of existing communication mechanisms, i.e. newsletter, website, conference brochures and flyers. The Chapter Media Coordinator shall adhere to APNA logo policies.

The Chapter **Members-at-Large** may plan and coordinate meetings of the Chapter and continuing educational offerings and shall perform duties assigned to her/him by the Chapter Board of Directors. These individuals shall function as liaisons between Chapter membership and the Chapter Board and follow up on recruitment and retention of membership.

The **Nominating Committee** is a non-voting board position. This is a one year commitment for the state chapter election process.

Leadership and learning are indispensable to each other. –John F. Kennedy



Chapter Election Nomination Form 2018

The current available positions and terms of each office are:

- President - elect July 1, 2018 through June 30, 2019, advancing to President then to Past President. This is a three year commitment through June 30, 2021.
• Treasurer July 1, 2018 - June 30, 2020 (2 years)
• Media Coordinator July 1, 2018-June 30, 2020 (2 years)
• 2 Members-at-large (MAL) July 1, 2018 - June 30, 2020 (2 years)
• 2 Nominating Committee Members-July 1, 2018-June 30, 2019 (1 year)

Nomination Deadline: May 12, 2018

Complete the following application form and submit via email to LisamburtonPhD@gmail.com or online @ APNA Florida Chapter

Nominees must be APNA members in good standing for one year prior to assuming office.

Name and credentials

Address

Phone number: Home Work

Email address

APNA membership number

Board position desired

Brief biographical sketch:

Blank lines for biographical sketch

Describe your vision for APNA, Florida Chapter in the desired position:

Blank lines for vision description

By submitting this nomination form, if elected by the membership, I agree to serve in the elected position to the best of my ability.

I agree to attend a Board of Directors meeting in June, attend scheduled board meetings by phone, and participate within the organization as my role requires.



A very special THANK YOU to outgoing board members for their commitment to our Florida Chapter. You will all be missed, and we are very grateful for your service!!!



Being a state board member for APNA was an awesome opportunity to grow both professionally and personally. It was also an opportunity to get to know fellow psychiatric nursing professionals on a more personal level. The responsibilities of the treasurer have become very streamlined since National took over the book keeping and banking and credit card processing a few years ago. As treasurer, you are sent an email monthly update from National, with a spread sheet that details the most recent expenses and revenue for our chapter. Typically, those numbers are reported at the scheduled board conference calls. The treasurer is responsible for filling out "Disbursement requests" from state board members, to National, for expenses incurred through the work of the board. This involves filling out and scanning a standard form with the relevant information and then forwarding that information, along with appropriate receipts, to National, where they review the document and disperse the funds. Primary responsibilities are related to the annual state conference. You are responsible to manage the onsite registrations, (cash, check and credit card) both the night before and the morning/day of the conference. You will coordinate with the conference chair and the media board member to have folders, name badges and information for the attendees, as well as handle onsite financial transactions. You will also assist with the raffle and or silent auction. After the conference, you will tally funds, scan appropriate documents, copy sign in/registration information and submit disbursement requests for expenses incurred for the conference. Once the funds are tallied in a spreadsheet, the monies and documents are sent FedEx to National. As treasurer, you will participate in scheduled board calls, as well as additional calls for the annual conference once those details begin to come together.

---Cheryl Kaufman MSN, PMHNP-BC, Treasurer



I have always valued connections both personally and professionally. All psychiatric nurses need to feel connected and supported by each other and our professional organization. I wanted to get more involved with APNA, therefore the role of the media coordinator seemed like the perfect fit. As the Media Coordinator for the past 4 years, I try to use the newsletter to achieve this goal. Florida is a large diverse state with unique populations within our state. My goal was to develop something that would be useful, relevant, encourage professional development, engage all psychiatric nurses, and most importantly foster a sense of connectedness with each other and our profession. I feel like I have the best job on the board, because I get to be creative, stay on top of what's going on in our profession nationally, statewide, and locally, and interact with wonderful nurses around the state. In addition, the media coordinator is very involved in the state conference planning with promotional and educational materials. If social media is your thing, then this is the position for you!

---Karen McNeely DNP, PMHNP-BC, Media Coordinator





I'd like to thank the members of APNA Florida Chapter for the past three years representing you in various activities locally and at Nationals. We have seen many positive changes in Florida nursing law regarding Psychiatric Advanced Practice Nursing. Psychiatric nursing is in the fore front on Suicide Prevention, Disaster Response and the treatment in the Opioid problem here in Florida. The ability for Florida APN's to have DEA licenses (we were the last state hold out), the changing of "title" in Florida from ARNP to APRN to get in line with the National titling, positions us for many positive changes in the future. Never forget that you have a "Voice" in how your state chapter is run. Get out there and nominate yourself for an open position on the Board. Stay healthy & well.

--- Susan Archacki-Resnik MSN; APRN PMHNP BC,

Immediate Past President



I have served on the APNA: Florida Chapter- Board of Directors(BOD) in the role of a Member at Large (MAL) since 2014. This is my fourth year, of two consecutive two-year terms, and though it is sad to be ending my service, I know I will continue with active engagement with this group of colleagues and friends. When I attended my first APNA national conference in 2012, I was instantly hooked. There is something about being in a room full of hundreds or thousands of psychiatric nurses, who are kindred spirits. On the flight home from Pittsburgh that year, sitting with some of these new-found friends, I was invited to submit an abstract to speak at the Florida State Chapter that Spring. Now, I had been a card carrying APNA member since 1996 - But I never realized the value of this level of active engagement. I enjoyed getting to know more and more APNA members in our chapter and presented for the first time- information about Trauma Informed Care at the FAU conference. This gave me the confidence to submit an abstract to the next national conference in San Antonio Texas, and when it was accepted, I traveled again the next year to an APNA National Conference. I started getting involved in the APNA National Education Council as well, where I found tremendous support and creative energy in collaborating with Psychiatric Mental Health Nurse Educators from around the country in our monthly conference calls, and work on various projects. In fact, since 2012, I have attended and presented something at each of the last 6 National Conferences and most of the Spring Chapter conferences as well. I have been learning so much about our ever-changing field, and it provides me with the inspiration that I pass on to my students, and my patients! So even though I am ending my role as a MAL - this is not a goodbye! All my best!

---Diane Esposito, PhD, ARNP, PMHCNS-BC, Member-at-Large



Over the last 4 years, I have served on the APNA: Florida Chapter- Board of Directors(BOD) in the role of a Member at Large (MAL). This is my fourth year, of two consecutive two year terms, and I will be ending my term. I have been an active member of APNA since 1990 but never had taken a leadership role in the state. It has been a great learning experience to work with a talented Board of Directors to grow and develop our psychiatric nursing organization. A highlight of my term was the celebration of the passage of PMHNP controlled substance legislation. Last year I chaired the Conference planning committee, and while it was an enormous undertaking being able to host the conference in Tampa, seeing attendees so pleased with the offerings was rewarding. I know I will continue with active engagement with this group of colleagues and friends. I will continue to be actively involved with APNA at the national and state level and just want to say thank you for the

opportunity to serve the PMH nurses of Florida. I also want to thank my colleagues on the board who share their knowledge, passion and support so that this organization serves to meet the needs of members and functions effectively.

---Cindy Parsons, DNP, ARNP-BC, FAANP, Member-at-Large

Advanced Practice Update

The **South Florida Psychiatric Advanced Practice Nurses Council** continues to hold monthly meetings that are well planned and attended. Please join us at the next meeting on May 10, 2018. Details TBA.

For more information on this group contact: S.FI.PsychAPNCouncil@gmail.com or on Facebook @ APNA South Florida Advanced Practice Council.

The chair of the **Orlando/Central Florida APC** group is Hannah Phillips. This is a very active group that meets monthly. Anyone interested in joining their group can contact Hannah at: Hannah.elizabeth.phillips@gmail.com.

At the time of this publication, the **Treasure Coast APC** is undergoing reformation. For information about the Treasure Coast APC, please contact Diane Esposito at: dianearnp@gmail.com.

The **West Coast Advanced Practice Council** has become very strong. In addition to Emily Bell, Sharon Krieger and Marguerite Moon have been working to plan meetings for this group. Contact Emily for more information about this group at Emily.e.donelson@gmail.com.

The **Miami Advanced Practice Council** will be planning more activities in the coming months. The chair, Lisa Burton welcomes all inquiries or comments. She can be reached at: lisaburtonphd@gmail.com or text her at 786-300-5776.

The **North Florida Advanced Practice Council** meets in the Jacksonville area, remains a very active group, and continues to grow in membership. Our next meeting is May 17, 2018 at The Capital Grille, 5197 Big Island Drive, Jacksonville, Florida 32246 and will be sponsored by Vraylar/Allergan. Contact us for more details. We typically meet on the 3rd Thursday of the month. All PMHNPs and PMHNP students are welcomed. For more information, please contact Karen McNeely at: n.fl.psychapncouncil@gmail.com.

Keep checking Member Bridge for further updates on ALL our wonderful Florida APC's!!



May is Mental Health Month

In 2018, NAMI will promote the theme of "[CureStigma](#)" throughout all awareness events, including Mental Health Month.

Each year millions of Americans face the reality of living with a mental health condition. 1 in 5 Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family. Take action today to help others as we fight stigma, provide support, educate the public and advocate for equal care.



Advertise in the APNA Florida Newsletter

- Active **APNA** members receive a 50% discount on ads!
 - Business Card \$50.00
 - ¼ Page \$75.00
 - ½ Page \$100.00
 - Full Page \$200.00
 - Contact Media Coordinator Karen McNeely DNP, ARNP @ karensmcneely@gmail.com or Phone: 954-592-4789
-