



Message from the President

Happy Spring!

Spring is an exciting time for the APNA New Mexico Chapter. For the past four years, the chapter has been hosting a Spring Conference. This year the conference will be held **April 22**. We will also be hosting an event on pre-conference **April 21**, no charge to attend (see p.3).

We are honored to have Dr. Mary Moller as the presenter this year. Dr. Moller is a well-respected leader within psychiatric nursing. She is a prolific researcher and is a well-known national and international speaker.

Each year, participant feedback has been positive and complimentary. Participants have found the information presented to be useful and applicable to practice and patient care.

We are pleased to note the conferences have attracted participants not only from within New Mexico but also from other states. This year, there are participants attending from California, Colorado, Tennessee and Texas.

I would like to acknowledge the generosity of Kolomeir Clinic and Dr. Mary Moller. Maureen Kolomeir has funded two scholarships for BH Techs so that they may attend the conference. Dr. Moller, has requested the chapter provide a scholarship to the APNA National Conference, in lieu of an honorarium (p. 3). The deadline to apply is **April 15, 2017**.

See you at the pre-conference and conference!

Carol

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Owner of Kolomeir Clinic,
Albuquerque NM

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Board Members

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Maureen R. Kolomeir, MBA, MSN, PMHNP-BC
Mary E. Perez, RN-BC, MSN
Kristen S. Yawea DNPC, MBA, RN-BC
Ann Taylor-Trujillo, Ed.D, RN, CENP



Spotlight on: Maureen Kolomeir, PMHNP-BC, MBA

The American Psychiatric Nurses Association New Mexico Chapter is relatively new. Maureen is one of the original officers of the Chapter. She was one of a small group of dedicated nurses who revitalized the NM Chapter, and she continues to contribute to its growth and success.

Maureen began her career as a nurse 25 years ago, 23 of those years have been in behavioral health. She graduated from an ADRN program and began her career as an oncology nurse. She continued her career working in various aspects of behavior health. In 2005, she was awarded the New Mexico Nurse of Excellence for BH. As the project manager at Kaseman Hospital, she instituted the healing gardens for adult and child units. While serving as a 2nd Lieutenant in the US Army, Maureen was responsible for Suicide Prevention. That interest continued in civilian life when she developed methods for suicide prevention, which were adopted by Presbyterian statewide and published nationally by HCPPro. She was also a presenter at the SW Nursing Research Conference in 2003 where she presented original qualitative research on caregiver's experience w dementia.

Six years ago, Maureen began her practice as a PMHNP-BC. She owns Kolomeir Clinic located in Albuquerque, NM. Kolomeir Clinic is one of the few BH Clinics that accept Medicare patients. Her clinic is based on a primary care, integrative medicine model, which includes dream-tending therapy and Tibetan Medicine. In addition, Maureen makes psychiatric home health visits to group homes if a client is unable to attend clinic appointments. Halak, her German Shepherd, contributes to the success of the clinic, as a therapy dog. She provides genealogical testing for psychotropic medications, which is another unique aspect of her clinic. Her clinic is a Safe Space for LGBTQ community. Maureen welcomes and is a mentor for students who would like a clinical experience in her clinic.

Maureen's other accomplishments include: professional opera singer, speaks English French and Hebrew and taught Hebrew. She is a leader of the Chevra Kadisha for women (burial society). She is a published poet, musician, and was a songwriter for the group Shangoya in the 80's. Maureen has two adult children (son is a Buddhist monk) and two grandchildren.

Maureen values education, and in addition to her current degrees, she is pursuing a Leadership DNP, through UNM College of Nursing.

APNA National Conference Scholarship

The American Psychiatric Nurses Association New Mexico Chapter is pleased to sponsor one New Mexico ADN, AAS, BSN, MSN, PhD, or DNP nursing student to attend the:

APNA 31st Annual Conference
Whole Health Begins with Mental Health
October 18-21, 2017
Phoenix, Arizona

Expenses Covered:

- Conference registration fee – for regular conference dates 10/19-21
- Hotel – 3 nights – Checking in on 10/18 – checking out on 10/21.
- Airfare and Misc. expenses fee

Criteria for Consideration:

- ADN, AAS, BSN, MSN, PhD or DNP nursing student, in good standing, enrolled in a nursing program in New Mexico

National Conference information:
<http://www.apna.org/i4a/pages/index.cfm?pageid=3304>

Must Submit:

- One page letter regarding:
 - Why do you want to be a psychiatric mental health nurse?
 - Why do you want to attend the APNA 31st Annual Conference in Arizona?
 - What you will do with the information you learn from attending the conference?
- **Submit by April 15, 2017**
- Selected student will be announced at the **NM APNA Annual Conference, April 22, 2017.**
- Please **submit** the requested information to Carol Capitano, PhD, PMHCNS-BC, APNA NM Chapter President
ccapitano@salud.unm.edu

New Mexico Chapter 4th Annual Conference



Pre-conference
April 21
Pre-Conference
April 22

Pre-Conference

Join us for an evening with Dr. Moller. The event will be held April 21, 2017, 6-8 pm at the Nativo Lodge. It is an opportunity to meet and dialogue with Dr. Moller. You are also invited to network & socialize with other PMH nurses in the community.

This is a free event with hors d'oeuvres.

Click on the APNA NM Chapter Website for additional information:
<http://www.apna.org/i4a/pages/index.cfm?pageid=3920>

Mary Moller, DNP, PMHNP-BC, PMNCNS-BC, CPRP, FAAN, is nationally & internationally known as a vibrant & engaging speaker. She is an Associate Professor at Pacific Lutheran University, Tacoma, Washington. She is widely published and has held many positions within APNA. Her accomplishments and awards are too numerous to list in this section.

Dr. Moller will focus on a variety of topics ranging from neurobiology to recovery & resiliency in the mentally ill (across the lifespan).

Please join us for this informative and lively conference.

Upcoming Conferences

Contemporary Forums

Psychiatric Nursing

April 26-29, 2017

Nashville, TN

Former APNA New Mexico Chapter President and Board Member, **Shirlee Davidson, MSN, RN** will present at this conference. She will reflect on "CARE" in psychiatric mental health nursing.



Contemporary Forums

Psychiatric Nursing

May 17-20, 2017

Las Vegas, NV

NM Chapter Board Member, Dr. Ann Taylor-Trujillo will be

presenting information related to Trauma Informed Care & Milieu Management.



APNA 15th Annual Clinical Psychopharmacology Institute

June 8-11, 2017

Baltimore, Maryland

APNA 31st Annual Conference

Whole Health Begins with Mental Health

October 18-21, 2017

Phoenix, AZ

APNA New Mexico Chapter will sponsor a student to attend the national conference with a donation from Dr. Moller. Please see information listed on previous page!



Kudos and Recognitions



Dr. Ann Taylor-Trujillo & Shirlee Davidson will each be presenting at Contemporary Forums Psychiatric Nursing Conferences (see above conferences for details)



Dr. Molly Faulkner, PhD, APRN, LISW will be one of the presenters at the SBIRT/Motivational Interviewing Symposium. This symposium offers 5 CME's and 7 CE credits and is free to attend. The symposium is offered in the following cities:



Maureen Kolomeir has been accepted into the UNM College of Nursing Leadership DNP. She will begin classes Fall 2017.

Kolomeir Clinic

Thank you Maureen for providing two scholarships for Behavioral Health Techs to attend the APNA NM Chapter Conference, April 22, 2017.



* **Albuquerque, April 12th**

https://ruhps_symposiumabq2017.eventbrite.com

* **Silver City, April 19th**

https://ruhps_symposiumsilvercity2017.eventbrite.com

* **Portales May 17th**

https://ruhps_symposiumportales2017.eventbrite.com

🌟 Kudos and Recognitions 🌟



Tina Carlson is a poet and a psychiatric healthcare provider at Albuquerque Healthcare for the Homeless. Her poems have appeared in many journals including Dark Mountain, Bosque (the magazine), Blue Mesa Review, New Mexico Mercury, American Journal of Nursing and her work has been anthologized in The Best of Kore Press and Waving, Not Drowning, among others. She is currently working on a collaborative book with 2 other poets as a response to the election results of 2016.

Her book *Ground, Wind, This Body* explores the effects of war on family and is forthcoming from UNM Press in March 2017.

<https://watermelonisotope.com/2017/02/27/tina-carlson-3-poems/>



Bryan Krumm is the recipient of the "Author of the Year" award by *The Nurse Practitioner Journal*. He won the award for the article "Cannabis for posttraumatic stress disorder: A neurobiological approach to treatment. The award will be presented to him April 19, 2017 at the Conference for Primary and Acute Care Clinicians.

Bryan Krumm MSN, RN, PMHNP, BC is a Psychiatric Nurse Practitioner and the director of Harmony Psychiatric, LLC in Albuquerque New Mexico. He specializes in the non-pharmaceutical treatment of PTSD and provides comprehensive evidence based psychiatric care to patients with a variety of disorders using Cannabis, dietary supplementation, diet, exercise and Mindful Awareness. He helped author New Mexico's Medical Cannabis law and included language that allows Advanced Practice Nurses to refer patients to the program. He maintains over a thousand patients in New Mexico's Medical Cannabis Program for PTSD and has been able to help many of them move away from pharmaceuticals. He is a Veteran of the US Army. He has been recognized as a top advocate for Veterans by High Times magazine and as a Leader in Nursing by Cannabis Nurses Magazine. In 2009, he filed a rescheduling petition for Cannabis with the DEA. In August 2017 the DEA denied Krumm's petition, but was forced to ease restrictions against Cannabis research and admit that Cannabis does not cause psychosis, does not cause lung cancer, is not a "gateway drug" and that it does not cause permanent cognitive deficits.

<http://www.harmonypsych.org/about-bryan-krumm-cnp/>

*Send kudo's and
the names of
nurses you would
like to recognize
to:
ccapitano@salud.
unm.edu.*

Are you looking for ways to become more active in APNA? Here are a few ideas...

- ✓ Share information & activities on a cause that draws attention to psychiatric issues (child abuse, suicide, domestic violence, Alzheimer's, etc.)
 - ✓ If you have an interest, questions or information to share on practice issues, let us know
 - ✓ Write an article for the newsletter
 - ✓ Share pertinent legislative and/or legal information
 - ✓ Submit the name of a nurse we can Spotlight for accomplishments? Retiring? Contributed to psychiatric nursing? Other accomplishments?
 - ✓ Share the **Tips & Tricks** you have learned on the unit, in the clinic, in your practice, and anywhere else nurses are employed
 - ✓ Volunteer to be a member of the NM Annual Conference Committee (it is fun & **you don't have to live in Albuquerque**)
 - ✓ Share your awards, nominations, and other recognitions that you or someone else has received
 - ✓ Share with us if you published an article, book, received a grant...
- These are just a few suggestions. We want to hear from you!***

***Thank you to all members for your continued support
of APNA New Mexico Chapter***

***See you at the Pre-conference and conference
April 21 and 22***

***Please share the newsletter and conference
information with others***

We welcome all submissions and appreciate your interest and enthusiasm! Please send submissions to ccapitano@salud.unm.edu.