



## Message from the President

The 2017 April Conference was a big success! Seventy-nine participants attended the conference. Dr. Moller's presentation was both informative & thought-provoking, She provided applicable information for psychiatric nurses at all levels of practice.

I would like to thank Dr. Ann Taylor-Trujillo for the excellent work she did leading the conference committee team. I would also like to express my gratitude to the Board and the conference committee members for their commitment, hard work & the hours they dedicated to making the conference a success.

Mary Perez & her husband donated several large trays of fruit for the participants to enjoy. RJ Electric, LLC offered several hours of free electrical services as a door prize. Thank Mary & Mr. Gleason for your support of NM APNA Chapter.

In lieu of an honorarium, Dr. Mary Moller requested a student scholarship be awarded to National APNA Conference. Denai Forrest, MSN & DNP student was the recipient of this scholarship. Kolomeir Clinic awarded two BH Tech Scholarships to the NM APNA Conference. Thank you for your contribution.

NM Chapter of APNA partnered with UNM Behavioral Health to offer the first APNA PMH Nurse Essential Competencies for Assessment & Management of Individuals at Risk for Suicide. There were 26 nurses in attendance. Thank you, Shirlee Davis, MSN & Mary Perez, MSN for presenting an informative & successful program. Please contact me if you would like to offer this timely and important program at your organization. [Click here for more information.](#)

Ann Taylor-Trujillo, Ed.D, MSN, CENP, Jill Martin, BA, PMH-BC & Marianne Broyles, RN have resigned from the NM Board. I would like to thank each of you for your contribution and dedication to APNA NM Chapter.

Lastly, **The 2018 NM APNA Chapter Conference will be held April 7th.** Please plan to attend! See additional information on page 2.

See you at the April 7<sup>th</sup> Conference.

*Carol*

## Chapter Officers:

### President:

- Carol Capitano  
Ph.D., PMHCNS-BC

### President Elect:

- Mary E. Perez,  
MSN, RN-BC  
Ph.D., PMHCNS-BC

### Immediate Past

### President:

- Lisa Atwa, MSN,  
PMHNP-BC

### Secretary:

- Janet Thelen,  
PMHNP-BC

### Treasurer:

- Donna Helgesen,  
MSN, MBA

### Members-at-Large

- Molly J. Faulkner,  
PhD, APRN, LISW
- Barbara A.  
Gilmore, PMHNP-BC
- Maureen R.  
Kolomeir, MBA,  
MSN, PMHNP-BC
- Kristen S. Yawea  
DNPc, MBA, RN-BC

**5th Annual APNA New Mexico Chapter  
UNMH-Psychiatric-Mental Health Nursing  
Conference  
Saturday, April 7, 2018**

The Learner will acquire the knowledge to care for clients and their families with addictions as well as care for him or herself.

**REGISTRATION\***

The registration fees are

- \$85 for non-members,
- \$75 for members,
- \$25.00 for students and non-licensed.

Breakfast, Lunch, and Snacks will be provided.

Register at [www.apna.org/APNANMRegister/](http://www.apna.org/APNANMRegister/).

\*Full payment must accompany Registration. Once your payment has been verified - you will be registered.



Free "M" Lot Parking. From I-25 - East on Lomas to Yale - North on Yale to Tucker (Top of Hill). "M" Lot on Right. Domenici Center on East end of M Lot.

Although this conference is sponsored by the American Psychiatric Nurses Association-New Mexico Chapter, any Professional who is engaged with mental or behavioral health care is welcome to attend. Specific Continuing Education Units (CEU's), other than nursing, will not be provided. Contact your licensing board in advance to determine whether or not hours for this conference can be used as CEU's towards your license renewal.

**ACCREDITATION**

This activity has been submitted for review to UNMH Clinical Education.

UNMH Clinical Education is an Approved Provider of Continuing Nursing Education by NMNA Accredited Approver Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

For successful completion of this course and to receive Continuing Nursing Education (CNE) credits you must be present for the entire program, sign in on the roster provided, and complete the evaluation.



**5th Annual APNA New Mexico Chapter & UNMH Psychiatric-Mental Health Nursing Conference**

**Saturday, April 7, 2018  
UNM-Domenici Center-West  
Campus (Room 3760)  
1001 Stanford NE  
Albuquerque, New Mexico 87106**



**Attention Inpatient Behavioral Health Tech!**  
Kolomeir Clinic is providing a scholarship for you to attend this conference. Send an email to [kolomeir@hotmail.com](mailto:kolomeir@hotmail.com) telling us why you want to attend. The winner will be notified by Kolomeir Clinic.

**"KEYNOTE SPEAKERS**



Shirlee Davidson MSN, RN is a psychiatric mental health clinical nurse specialist, independent practitioner, educator, consultant & nationally known speaker. She has diverse clinical background that includes public health & medical-surgical nursing. As a psychiatric mental health clinical nurse specialist, her expertise includes acute & chronic psychiatric inpatient and outpatient care, consultation-liaison, college counseling & psychiatric mental health nursing education. She is one of the founding members of American Psychiatric Nurses Association (APNA), NM Chapter & past president of the chapter. She is the co-chair of APNA Education Council, & is an APNA certified facilitator in Recovery to Practice & Suicide Assessment Competency Based Training. She is a member of Sigma Theta Tau, International Honor Society of Nursing & is featured in a recent Sigma Theta Tau published book entitled, "Redefining Retirement for Nurses." She is a published author on emotional reactions of severely burned patients, group therapy training & psychiatric nursing consultation liaison. In 1989, Shirlee was presented with the YWCA Woman of the Year Award in Springfield, Illinois for social service in the community. She continued to serve the community as Health Commissioner on the Santa Fe County Health Policy & Planning Commission & the City of Santa Fe Health Planning Committee. She was a board member for the NM Center for Nursing Excellence, as well as other organizations. Shirlee & her husband live near Nashville, Tennessee where she tutors nursing students, teaches NCLEX review courses & is helping organize APNA psychiatric mental health nursing educational programs in middle Tennessee.

AGENDA	
7:45am	Registration & Continental Breakfast
8:15am	Welcome & Introductions
Room-3760	Keynote: Shirlee Davidson, MSN, RN
8:30am-10:00am	Psychiatric-Mental Health Nursing "Care" In The Midst Of The Opioid Crisis: What Would Hildegard Peplau Say?
10:00-10:15	Morning Break
Room-3760	Keynote: Snehal Bhatt, MD
10:15am-11:45	The Opioid Epidemic: From Stigma and Fear To Recovery
11:45am-12:00	Afternoon Breakout Session-Overview
12:00-13:00	Lunch
Session 1-Breakouts-13:00-14:00	
	Bellelizabeth Foster, BSN, MD-Adolescents and Addictions
	Larissa Maley, PhD-Substance Use Disorders (SUD): Psychotherapeutic Treatment
	Elisa Adames, MSN, APMHNP-BC, CARN-AP-Adult Addictions
	Lisa Van Meir, LPCC & Charolette Collins, RN, BSN-Dialectical Behavior Therapy (DBT) Informed Care in Pediatric Acute Settings
14:00-14:15	Afternoon Break
Session 2-Breakouts-14:15-16:15	
	Jeri Braccialarghe, RN-Healing the Healer
	Joan Deis, MSN, RN-BC-Compassion Fatigue and Stress Management
	Lindsey Schweiger-Whalen, BSN, DNP (c)-Converging Cultures: Partnering In Affirmative & Inclusive Healthcare for Members of The Lesbian, Gay, Bisexual, And Transgender Community
16:15-16:30	Evaluation & Wrap-Up



Dr. Snehal, Bhatt MD, Associate Professor Division Chief, Addiction Psychiatry, Attending Addictions Psychiatrist I am board certified in General and Addiction Psychiatry. I serve as the chief of addiction psychiatry division, and also as the medical director for

ASAP. Additionally, I partner with UNM ECHO and Indian Health Services to carry out trainings and case consultations of topics of addictions and chronic pain. I am also a trainer for buprenorphine waiver certification. I have conducted research on barriers to alcoholism treatment to Native American populations, improving access to addictions treatment in communities in New Mexico, exploring novel pharmacological treatments for addictive illnesses. I am also involved in educating residents and medical students at UNM.





## **Spotlight on: Jill Martin, BA, PMH-BC**

Jill served on the Board of APNA New Mexico Chapter from 2012 until present. She has served as Treasurer for the last five years. She has worked for New Mexico Solutions in Albuquerque as an ACT team nurse for one year and six years for the New Mexico Veterans Affairs Healthcare System in Albuquerque. At the VAH, her positions varied from staff nurse to assistant nurse manager on the Acute Psychiatric Unit.

She has a Bachelor of Arts degree in Psychology from the University of Minnesota and an Associate in Applied Science Degree in Nursing from Santa Fe Community College. Jill is ANCC board certified in Psychiatric Mental Health Nursing and a member of Phi Theta Kappa Honorary Society. Jill came to nursing as a second career, starting nursing school at age 50. She had concerns about how she would fare going back to school as an older student, but she excelled and graduated top of her class.

Jill's job before nursing school was a full-time mother for seven years and before that, she worked as a meeting/event planner for BI Worldwide. Jill worked for BI for ten years and traveled extensively throughout the world helping manage events for Fortune 500 corporations. Jill has continued to work for BI on a part-time basis when time allows. Her expertise with BI was well utilized in the planning and implementation of APNA NM Chapter Annual Conferences.

Jill was mentored and inspired by past APNA New Mexico President Shirlee Davidson. Shirlee was Jill's Psychiatric Nursing teacher at the Santa Fe Community College. It was because of Shirlee's enthusiasm and excellent teaching that Jill aspired to work in psychiatric nursing. Jill is currently employed by Christus St. Vincent Regional Medical Center in Santa Fe as a nurse on the Inpatient Adult Behavioral Health Unit.



# 2017 APNA New Mexico Chapter Conference Highlights





## **Resilience and Mindfulness Program for Women Veterans of New Mexico**

Shannon Starkey, RNC

The **Regaining Balance** program is an innovative program for women veterans with PTSD. The program offers residential resilience and mindfulness retreats in the mountains of northern New Mexico. Founded in 2012 as an outreach program of Mountain Gate Zen center, three four-day retreats are offered each year, along with one weekend retreat for the female wives or partners of veterans with PTSD.

Retreats are free for participants, thanks to donations and grants, and staff offer their services pro bono. Facilitators include a clinical nurse specialist, a psychiatric DNP student, and a meditation teacher with over 40 years of experience.

Resiliency tools incorporating mindfulness and Eugene Gendlin's focusing technique are taught through various activities, including breath meditation, mind-body exercises, hiking in the adjacent national forest, and trauma processing tools, such as journaling and art therapy. Camaraderie and a therapeutic milieu are also a vital part of the experience.

Participants are encouraged to utilize the resiliency tools to process trauma symptoms as they may arise during the retreat, with support from clinical staff as needed. Participants report greater feelings of inner peace and centeredness as a result of the retreat and the tools they learned. As one former participant said, ***"My hope is that many other women veterans will be able to experience the Regaining Balance retreat. I went there with no expectations, and came out with a new focus and feeling more grounded. I know that others can feel this as well, but only if this amazing place continues its work with women veterans."***

More information about the retreats, as well as the complementary daylong program offered in Albuquerque each month, Day of Mindfulness, may be found at

[www.regainingbalance.org](http://www.regainingbalance.org)

<http://www.sanmonjizen.org/mindfulness.html>.

**"Volunteer clinicians are needed for a retreat next year, May 30 to June 3, 2018. If interested, please email [RegainingBalance@gmail.com](mailto:RegainingBalance@gmail.com)."**



## Kudos and Recognitions



*Janet Thelen, PMHNP-BC*

*Janet is a member of the NM Advanced Practice Committee for the BON.*

*Congratulations to Mary Magnusson, MSN, RN*

*Mary is the Clinical Behavioral Health Director at Christus St. Vincent Regional Medical Center.*

*Shannon Starkey, RNC  
PMHDNP Student*

*Shannon is a facilitator at Regaining Balance retreats. She is dedicated to working with women veterans at this retreat center. Please see her article if you would like more information and how you may be able to volunteer for this valuable program.*

**"Volunteer clinicians are needed for a retreat May 30 to June 3, 2018. If interested, please email [RegainingBalance@gmail.com](mailto:RegainingBalance@gmail.com)."**

*Congratulations to the following PMHNP's for obtaining the  
**Medication Assisted Treatment Waiver***

*Elisa Adames, PMHNP-BC, CARN-AP  
Janet Thelen, PMHNP-BC  
Janice Penn, Ph.D., PMHNP-BC*

*Have you received  
an award,  
certification or  
kudos? Let us know!*

*Thank you to the following presenters  
for representing the New Mexico  
Chapter at the APNA Conference in  
Phoenix, 2017.*

*Gloria Dixon, DNP, PMHNP-BC  
Mary Magnusson, MSN, RN  
Rachel Marzec, DNP, PMHNP-BC  
Mary Perez, MSN, RN-BC  
Kristen S. Yawea DNPc, MBA, RN-BC*

*Do you know a psychiatric  
nurse would you like to  
recognize?  
Please send me the name(s)  
and contact information.*

## Do you want to be more active in the APNA New Mexico Chapter? Here are a few ideas...

*\* Interested in building leadership skills in a dynamic, supportive environment? \* Would you like to share your expertise? \* Need to build your resume/CV? \* Want to serve your community?*

*Then consider serving on the New Mexico Chapter Board! We are looking for members to serve as leaders throughout the State.*

Contact: [ccapitano@salud.unm.edu](mailto:ccapitano@salud.unm.edu)

- ✓ *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*
- ✓ *Submit the name of a nurse we can Spotlight for accomplishments? Retiring? Contributed to psychiatric nursing? Other accomplishments?*

- ✓ *Write an article for the newsletter*
- ✓ *Share pertinent legislative and/or legal information*
- ✓ *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 New Mexico 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!***

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

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

***Send articles, news you would like to share, kudo's and the names of nurses you would like to recognize to:***

***ccapitano@salud.unm.edu.***