

APNA WASHINGTON CHAPTER

Fall 2017

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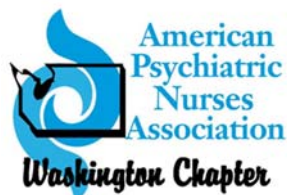
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President's Corner

Hello Washington!

Monty Henderson RN, BSN and I have been the first co-presidents during the exciting revitalization of the APNA Washington Chapter. This chapter has been absent for about 20 years. Now It's been almost a year since the chapter has started back up. (Shout out to Mary Moller and Chapter Support, thank you!)

Last winter, I created a fundraiser music concert (January 2017) and raised over \$500 to start our treasury. This helped with some of the initial expenses for our first annual conference in Ellensburg whose theme was "Advocacy for Psychiatric Nurses and Our Patients".

The conference was a fantastic success. Informative speakers (including Nick Croce!!), networking, and raffle tickets were a hit. The board is looking forward to continued success with our second conference in Spokane, WA (we hope to get some nurses from Idaho to attend as well). Be on the lookout for a flyer coming out with more specifics of the juicy details of this conference which will be held at the Davenport Hotel on April 27th and 28th, 2018. This will be a great opportunity to earn contact hours.

Katie Schwarz, RN, BSN
Chapter President
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APNA Washington Chapter Mission

The Washington Chapter of the American Psychiatric Nurses Association seeks to engage in statewide initiatives to promote mental health; recovery from mental illness; and to reduce the stigma associated with mental illness.

Current Board and Open Positions

I would like to thank the current Board of Directors for a great 6 months. Many opportunities will be coming up in the next year or so for legislative changes in Nursing. Let's keep the fight moving forward for Psychiatric Mental Health Nursing. "Whole Health begins with Mental Health"

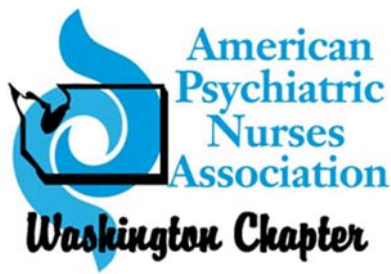
WORKING TOGETHER

The APNA Washington Chapter board is always looking for opportunities to collaborate with other organizations on goals that are mutual such as:

- ❖ Coordinating event dates/content: The AAPPN has one major conference in the spring, usually March at Bastyr University in Seattle. They have additional educational offerings throughout the year. By having a collaborative relationship, the two organizations will make sure we don't schedule on top of each other. We can also recommend speakers to each other that we had found successful.
- ❖ Trading Advertising: It is usually "we'll advertise your conference to our members if you advertise our conference to your members." (\$\$\$ saving) However, it could have other applications as well.
- ❖ Alerts to members: In a reciprocal relationship, if there are notices that APNA would like to get out to the other organization's members, we could let them know and they could utilize their listserv to get the word out. The same would work for when other organizations wanted to inform APNA members of events that we feel would be of interest.

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SAVE THE DATE

2nd ANNUAL APNA WASHINGTON CHAPTER CONFERENCE

Pre-Conference

April 27, 2018

Suicide Prevention Training

Space will be limited

(Applying to meet the Washington state mandatory 6 hours of suicide prevention training)

Main Conference

APRIL 28, 2018

SPOKANE, WA

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Practice Tips
Carol Kottwitz, DNP, PMHNP, ARNP
Gonzaga University

As we continue our journey to build the APNA Washington Chapter, I would like to reflect on the strength of interpersonal relationships as the foundation of psychiatric nursing. This is the seminal work of Hildegard Peplau and establishes our identity and roles as psychiatric nurses.

The context of current psychiatric care is that of insurance-driven length of stays, limited appointments and a neurobiological basis of care. Yet, we know it is the therapeutic relationship that allows our patients to connect, trust, and heal in a stressful and chaotic world. It is our privilege to be present with others, to come along side and *be* with them to relieve their suffering, rather than “do to” them.

Focusing our attention and taking the time to truly listen to patient story is what allows us to empathize and understand their experiences. I truly appreciate the data I receive through the completion of screening tools and tests, but it is the connection and relationship that allows for understanding the meaning of this data. One without the other is not complete and is of limited value.

As we move forward with our future work of building the foundation of our chapter, let us commence in way that we know best, through building strong relationships based on common values, respect, and a passion for the work that we do and the patients we care for.

[Searching for success stories](#)

We are looking to shine the light on the specialty of psychiatric nurses and would like to hear your success stories. Please submit to the newsletter editor:

Ramirez@gonzaga.edu

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