APNA 30th Annual Conference
October 19-22, 2016
Connecticut Convention Center   Hartford, Connecticut
PSYCHIATRIC-MENTAL HEALTH NURSING: INSPIRING LEADERSHIP EVERY DAY
www.apna.org/AnnualConference
Dear Fellow Leaders:

I am writing to personally invite you to the APNA 30th Annual Conference this October in Hartford, Connecticut. I chose this year’s conference theme, *Psychiatric-Mental Health Nursing: Inspiring Leadership Every Day*, because I believe that psychiatric-mental health nurses lead every day through the art and science of our recovery-oriented practice. We are bringers of hope and staunch advocates for effecting change. Psychiatric-mental health nurses are presented with opportunities to lead every day. Nowhere else will you see this fact in action more prominently than at the APNA Annual Conference, one of the largest gatherings of psychiatric-mental health nurses in the US. Joining me in Hartford will enhance your capacity for leadership by building your expert knowledge base, expanding your professional network, and re-igniting your pride and respect for what you do. Leadership comes from inspiration and sharing that inspiration – this conference will provide many opportunities for just that. This year’s keynote speaker, Margie Warrell, will offer practical ways to strengthen our inner leaders. Daily dedicated networking events mean more time to connect with fellow leaders in the field, so that you can make professional connections as well as new friends. Let’s come together and combine our expertise spanning administration, education, practice and research to improve the mental health of the nation. Page through this brochure to learn more about the exciting and exceptionally relevant educational and networking opportunities that make up this year’s conference.

I look forward to seeing you there!

Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC

---

**Table of Contents**

- Program Highlights ............................................. 3-5
- Featured Speakers .................................................. 4
- Continuing Education .............................................. 6
- Important Dates ...................................................... 6
- Schedule at a Glance ................................................. 7
- Hotel & Travel Information ........................................ 8
- Wednesday Program ............................................... 9
- Thursday Program .................................................. 14
- Friday Program ...................................................... 22
- Saturday Program ................................................... 28
- How to Register ...................................................... 32
- ANA Review Courses ............................................... 32
- Offline Registration & Housing Forms .......................... 33-35
Advance PMH Nursing Care
Join 1,600+ colleagues to discuss and learn about the latest diverse and innovative approaches to psychiatric-mental health nursing care.

Earn up to 128+ CNE Contact Hours
Earn up to 28 contact hours at the conference, plus an additional 100+ contact hours afterwards online.

Strengthen Your Skills
No matter your interests or level of practice, find current and relevant sessions grouped into 45+ tracks and 350+ topic areas that speak to your unique practice needs.

Build Your Network
Events every day dedicated to helping you connect with 1,600+ colleagues from across the world, including a networking opening program to get the conference started right.

Get Inspired
In keeping with this year’s conference theme, we’ll have featured speakers on Thursday and Friday mornings geared towards inspiring and strengthening your inner psychiatric-mental health nursing leader.

Why You Won’t Want to Miss It...

**New this Year!**

**Daily Dedicated Networking**
You tell us every year that in addition to the education, networking is one of the most valuable facets of the APNA Annual Conference. We hear you – and we’re taking it up a notch this year!

- **Networking Opening Program on Wednesday** Kick off the conference with a guided, structured networking event. We’ll provide you with conversation starters so that you can make connections right off the bat, then continue them throughout the conference. *Don’t forget your business cards!*
- **Poster Presentations on Thursday & Friday** This year’s poster presentations will be out in the open areas of the convention center, opening at 10am on Thursday and remaining open until 4pm on Friday, allowing for more time to view, discuss, and earn CE for the posters! Network with poster presenters and other attendees about great content in the areas of administration, education, practice, and research.
- **Evening Reception on Thursday** New Format! After day 1 of concurrent sessions, join us in the Exhibit Hall for hors d’oeuvres and mingling with attendees, plus get one-on-one time with exhibitors and industry leaders.
- **Chapter Meetings on Friday** Meet or reconnect with nurses who live in your local area with our chapter meetings on Friday evening.
- **Annual Town Hall & Meeting on Saturday** This is your chance to speak directly to the APNA Board of Directors. Take this opportunity to get your name out there and let them know your perspective!
Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC
APNA President’s Address
Thursday, October 20 | 9:00am – 10:00am

Currently, APNA President Mary Ann Nihart serves as Clinical Director and Chief Nurse for Ambulatory Care – Community Based Outpatient Clinics, Chief Nurse Mental Health Services and Telephone Linked Care in the San Francisco Veterans Affairs Health System and Associate Clinical Professor, University of California, San Francisco. After many years as a Psychiatric-Mental Health Nurse Practitioner in a San Francisco based clinic for treatment of mood and anxiety disorders in women, Nihart has turned her focus to expanding integrated mental health services in primary care with a special emphasis on women veterans. Nihart is nationally recognized as an expert in the integration of the biological basis of psychiatric disorders in the practice of psychiatric-mental health nursing and co-edited one of the first undergraduate psychiatric nursing textbooks based on a psychobiological understanding of mental illness. She has received multiple honors and awards, including the 2012 American Psychiatric Nurses Association (APNA) Psychiatric Nurse of the Year award.

Margie Warrell
Executive Life Coach and Author Stop Playing Safe and Find Your Courage
Keynote Presentation
Friday, October 21 | 9:00am – 10:00am

Margie Warrell’s passion, humour, stories and practical advice have led to her becoming a highly in demand speaker around the globe. She has shared her expertise on leading media outlets such as the Today show, FOX News, CNBC, and Al Jazeera, The Wall Street Journal, The Huffington Post, and Women’s Health. A certified master coach and popular keynote speaker, Warrell has run ‘courage-building’ programs with organizations worldwide like NASA, Ernst & Young, AOL and the United Nations Foundation. In 2010, Warrell founded Global Courage, an organization focused on supporting women in building their capacity, confidence and courage for leadership and becoming more powerful catalysts for change in their organizations, community and society. Warrell is the author of two bestselling books—Find Your Courage (McGraw-Hill 2009) and Stop Playing Safe (Wiley 2013). Her latest book, Brave: 50 Everyday Acts of Courage to Thrive in Work, Love and Life (Wiley, 2015) guides readers to move past the fears, doubts and beliefs that keep them from making the changes and taking chances they need to enjoy the fulfillment and success they desire.

Gail Stuart, PhD, RN, FAAN
American Psychiatric Nursing Foundation Keynote Presentation
Saturday, October 22 | 9:00am – 10:00am

A past president of APNA, Dr. Gail Stuart is Dean and a tenured Distinguished University Professor in the College of Nursing and a Professor in the College of Medicine in the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina. She is a fellow in the American Academy of Nursing, a member of Sigma Theta Tau, a past president of the American College of Mental Health Administration, a Distinguished Practitioner in the National Academies of Practice, and is currently President of the Annapolis Coalition on the Behavioral Health Workforce and on the National Advisory Board of SAMHSA. Dr. Stuart serves on numerous academic, corporate and government boards and has represented nursing on a variety of National Institute of Mental Health policy and research panels. She has published numerous articles, chapters, textbooks, and media productions. Most notable among these is her textbook, Principles and Practice of Psychiatric Nursing, which has been honored with four Book of the Year Awards from the American Journal of Nursing and has been translated into 5 languages. She has received many awards, including the ANA Distinguished Contribution to Psychiatric Nursing Award, the Psychiatric Nurse of the Year Award from the APNA and the Hildegard Peplau Award from the ANA. Dr. Stuart’s clinical and research interests involve the study of depression, anxiety disorders, clinical outcomes, and mental health delivery systems.
Evidence-Based Sessions on Trending Topics for RNs & APRNs:

Addictions
Administration
Advanced Practice Psychotherapy
Child & Adolescent
Child & Adolescent: Bullying
Eating Behavior
Education
Emergency Departments
Evaluation
Graduate Education
Inpatient
Integrated Care

Leadership
LGBT Issues
Military
Mindfulness
Nursing Practice & Education
Older Adults
Pain Management
Practice
Prevention
Psychopharmacology
Psychotherapy
Publication Skills & Leadership

Recovery
Research
Research: Substance Use
Restraint Reduction
Safety
Self-injury
Substance Use
Trauma
Undergraduate Education
Violence
Workplace Violence

It’s a big program, so we have some tools to help you find the sessions you want to attend:
- Look for the RN and/or APRN next to each session to determine if it’s the right fit
- Check out the track names assigned to each session
- Read the session descriptions in this brochure
- Go to www.apna.org/ConfProgram to view each session’s full abstract
- Use the online sort by topic tool to view the program by topic area at www.apna.org/ConfProgram

Get a Head Start On Your Conference Experience!

Download the Mobile App – Get on the go access to all the info you need to navigate the conference, plus the ability to message other attendees:

Sign Up for Real-Time Updates – Sign up for text messages when you register or download the mobile app to receive updates, schedule changes, and reminders about the conference.

Join the #PMHCon Buzz – Use our conference hashtag on social media to let your friends know you’re coming! (And follow APNA on Twitter - @AmerPsychNurses, Facebook, Instagram - @psychiatricnurses, and YouTube for psychnurse social content!)

Find New Conference Friends – Join our online conference connect community to communicate with attendees now about things like sharing a hotel room - www.apna.org/ConferenceConnect - or go ahead and use the mobile app messaging feature.
Continuing Education

Conference Learning Outcomes

This conference program has been developed through a call for abstracts and peer review process informed by the conference theme and objectives below.

By the end of the conference, the learner will be better able to:

1. Explore opportunities to develop networks for intra and inter-professional support and leadership development.
2. Apply innovative best practice tools and strategies in various workplace settings to improve the mental health of the population.
3. Advance psychiatric-mental health nursing by leading health care changes across administration, education, practice, and research.

Online Evaluations & CE Certificates

Jot down your responses as you attend sessions, then log into the APNA website at your convenience to complete the evaluations online. Once you’re finished, the system will generate a CE Certificate with an itemized list of the sessions you attended. Evaluations will be accessible during and after the conference through December 2, 2016.

Earn Continuing Education In-Person and Online

- Continuing education contact hours are earned based on the number of sessions attended and evaluations completed.
- Earn up to 28 contact hours with sessions you attend on-site.
- Complete your evaluations online during the conference or when you get home, then generate your CE certificate immediately.
- Access session recordings online after the conference to earn close to 100 additional contact hours – included in your conference registration!

See the APNA website for complete information on obtaining contact hours.

28 Contact Hours at the Conference
+ 100 plus Additional Contact Hours Online
= One Amazing Registration

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, September 7</td>
<td>Early Bird Registration Deadline</td>
</tr>
<tr>
<td>Fri, September 23</td>
<td>Hotel Reservations Deadline</td>
</tr>
<tr>
<td>Fri, September 23</td>
<td>Registration Cancellation Deadline</td>
</tr>
<tr>
<td>Mon, October 10</td>
<td>Pre-Registration Deadline</td>
</tr>
<tr>
<td>Mon-Tues, October 17-18</td>
<td>ANA Review Courses</td>
</tr>
<tr>
<td>Wed, October 19</td>
<td>On-site Registration &amp; Check-in Opens</td>
</tr>
<tr>
<td>Wed-Sat, October 19-22</td>
<td>APNA Annual Conference</td>
</tr>
<tr>
<td>Fri, December 2</td>
<td>Online Evaluations Deadline</td>
</tr>
</tbody>
</table>

Ready to Register?

Head to page 32 for details!

The American Psychiatric Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
### Wednesday  
**October 19**

- **Registration Open**  
  6:30am – 6:30pm

- **Pre-Conference Sessions**  
  - Block 1: 7:15am – 9:15am  
  - Block 2: 9:30am – 11:30am

**Tracks:**  
Recovery  
Education  
Psychotherapy  
Child & Adolescent  
Psychopharmacology  
Advanced Practice  
Psychotherapy  
Publication Skills

- **Symposium Luncheon**  
  11:30am – 1:00pm

- **Pre-Conference Sessions**  
  - Block 3: 1:15pm – 3:15pm  
  - Block 4: 3:30pm – 5:30pm

**Tracks:**  
Violence  
Graduate Education  
Psychotherapy  
Addictions  
Psychopharmacology  
Advanced Practice  
Psychotherapy  
Publication Skills & Leadership

- **Opening Networking Program**  
  6:00pm – 8:00pm

- **Product Theater Dinner**  
  8:15pm – 9:45pm

---

### Thursday  
**October 20**

- **Registration Open**  
  8:30am – 6:00pm

- **President’s Address**  
  **Mary Ann Nihart**  
  9:00am – 10:00am

- **Poster Presentations Open**  
  10:00am

- **Concurrent Sessions**  
  - Block 1: 10:15am – 11:00am  
  - Block 2: 11:15am – 12:00pm  
  - Block 3: 12:15pm – 1:00pm

**Tracks:**  
Safety  
Graduate Education  
Research  
Administration  
Psychopharmacology  
Child & Adolescent: Bullying  
Military

- **Lunch - TBD**  
  1:15pm – 2:45pm

- **Mini Concurrent Sessions**  
  3:00pm – 3:45pm

**Tracks:**  
Restraint Reduction  
Older Adults  
Research: Substance Use  
Pain Management  
Practice  
Leadership  
Eating Behavior

- **Interactive Panels**  
  4:00pm – 5:30pm

- **Awards Ceremony**  
  5:45pm – 6:30pm

- **Networking Reception in the Exhibit Hall**  
  6:30pm – 8:30pm

---

### Friday  
**October 21**

- **Product Theater Breakfast**  
  7:00am – 8:30am

- **Registration Open**  
  8:30am – 6:00pm

- **Keynote Presentation**  
  **Margie Warrell**  
  9:00am – 10:00am

- **Mini Concurrent Sessions**  
  12:00pm – 12:45pm

**Tracks:**  
Workplace Violence  
Prevention  
Research  
Administration  
Practice  
Self-injury  
Integrated Care

- **Product Theater Lunch**  
  1:00pm – 2:30pm

- **Concurrent Sessions**  
  - Block 1: 2:45pm – 3:30pm  
  - Block 2: 3:45pm – 4:30pm  
  - Block 3: 4:45pm – 5:30pm

**Tracks:**  
Emergency Departments  
Undergraduate Education  
Evaluation  
Nursing Practice & Education  
Practice  
LGBT Issues  
Mindfulness

- **Poster Presentations Close**  
  4:00pm

- **Interactive Panels**  
  4:45pm – 6:15pm

- **Chapter Meetings**  
  6:30pm – 7:30pm

---

### Saturday  
**October 22**

- **Registration Open**  
  8:30am – 2:30pm

- **APNF Keynote Presentation**  
  **Gail Stuart**  
  9:00am – 10:00am

- **Concurrent Sessions**  
  - Block 1: 10:15am – 11:00am  
  - Block 2: 11:15am – 12:00pm  
  - Block 3: 12:15pm – 1:00pm

**Tracks:**  
Inpatient  
Graduate Education  
Research  
Substance Use  
Psychotherapy  
Recovery  
Trauma

- **Annual Meeting & Town Hall**  
  1:15pm – 2:30pm
Hotel & Travel Information

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Hartford Hilton</th>
<th>Hartford Marriott Downtown</th>
<th>Holiday Inn Hartford Downtown Area</th>
<th>Radisson Hotel Hartford</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>315 Trumbull Street Hartford, CT 06103</td>
<td>200 Columbus Blvd Hartford, CT 06103</td>
<td>100 E River Drive East Hartford, CT 06108</td>
<td>50 Morgan Street Hartford, CT 06103</td>
</tr>
<tr>
<td>Distance from Center</td>
<td>0.8 miles from the convention center</td>
<td>Connected to the convention center</td>
<td>1.0 mile from the convention center</td>
<td>0.6 miles from the convention center</td>
</tr>
<tr>
<td>Discounted Group Rate</td>
<td>$159 single/double plus tax Guest room WiFi included</td>
<td>$179 single/double plus tax Guest room WiFi included</td>
<td>$139 single/double plus tax Guest room WiFi included</td>
<td>$155 single/double plus tax Guest room WiFi included</td>
</tr>
<tr>
<td>Reservation Cut-Off Date</td>
<td>Friday, September 23, 2016</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check in/Check out</td>
<td>Check in time is 3:00pm. Check out time is 12:00pm noon.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancellation Policy</td>
<td>Cancellations must occur more than 72 hours prior to the date of arrival.</td>
<td>Cancellations must occur more than 72 hours prior to the date of arrival.</td>
<td>Cancellations must occur more than 72 hours prior to the date of arrival.</td>
<td>Cancellations must occur by 6:00pm EST on October 13.</td>
</tr>
</tbody>
</table>

TRAVEL INFORMATION

Bradley International Airport (BDL) is one of the busiest airports in the entire New England area. Over 350 international and national flights are provided daily. The airport is just 15 minutes from downtown which is an estimated $45 taxi fare.

**By Air:** APNA Annual Conference attendees are eligible for airline discounts through United Airlines. For discount code information, see www.apna.org/HousingTravel. For airport information, visit the Bradley International Airport website at http://www.bradleyairport.com/.

**By Car:** Hartford is a short drive from several major cities. New York City is a quick 2 hour drive and Philadelphia, PA is 3.5 hours away.

**By Train:** Amtrak operates service via Hartford Union Station (HFD) in downtown Hartford. Trains run between Hartford and Springfield, MA or New Haven, CT where further connections can be made to New York City and numerous other cities.

Getting to and from the Airport

The Connecticut Department of Transportation provides a semi-express bus service from the airport to downtown Hartford for $1.50 each way. For scheduling and more information, visit http://www.cttransit.com/RoutesSchedules/BradleyFlyer.asp.

Getting Around Downtown

CTTransit offers a free circulator bus in downtown Hartford providing service to several attractions, hotels and restaurants. For more schedule information, visit http://www.cttransit.com/RoutesSchedules/dash_freeShuttle.asp.

WEATHER & ATTIRE

Hartford average highs in October are in the 60s with lows in the 40s. Business casual attire and comfortable shoes are suggested for the conference. We strongly recommend carrying a sweater throughout the day as the meeting room temperatures may fluctuate. Be sure to wear your attendee badge each day at the conference.
**REGISTRATION OPEN**
6:30AM – 6:30PM

**PRE-CONFERENCE SESSIONS**
BLOCK 1: 7:15AM – 9:15AM  
2.0 Contact Hours

1011 Recovery Track  
7:15am - 9:15am

**The Community Resiliency Model (CRM): Mental Wellness Self-Care**  
RN APRN

The Community Resiliency Model will be presented by 2 certified CRM trainers. The audience will become acquainted with the entire model, as well as the rationale for its use. Three basic CRM skills will be taught and practiced by members of the audience.

*Presenters:* Linda Grabbe, PhD, FNP-C, PMHNP-BC; Dorothy Jordan, DNP, APRN, PMHNP-BC, PMHCNS-BC

1012 Education Track  
7:15am - 9:15am

**Implementation and Evaluation of a Clinical Hybrid Program in a Psychiatric Mental Health Nursing Undergraduate Course**  
RN APRN

The implementation and evaluation of an innovative mental health clinical hybrid program in a baccalaureate nursing program will be presented. Highlights include core clinical concepts, outline of each clinical simulation day and learning outcomes. In addition, a variety of self-reflective exercises, interactive learning activities and resources are discussed and facilitated.

*Presenter:* Nancy Meierdierks Bowllan, EdD, CNS, RN

1013 Psychotherapy Track  
7:15am - 9:15am

**EMDR Therapy for Pain and Fibromyalgia**  
APRN

Eye movement desensitization & reprocessing (EMDR) therapy is included in many national and international practice guidelines for the treatment of acute and posttraumatic stress disorder (PTSD). The phases and protocol for EMDR therapy will be presented for the treatment of pain and fibromyalgia.

*Presenter:* Kate Wheeler, Ph.D., PMHNP-BC, APRN, FAAN

1014 Child & Adolescent Track  
7:15am - 9:15am

**CBT for Child/Adolescent Inpatient Groups and Brief Outpatient Visits. An In-depth Training Workshop for Psychiatric RNs & APRNs to implement a Cognitive Behavioral Skills Building Intervention (COPE) with Children and Adolescents in their Treatment Settings**  
RN APRN

COPE - A Cognitive Behavioral Therapy (CBT) based program for Child/Adolescent inpatient groups and brief individual sessions. An in-depth training workshop for Psychiatric RN's and APRN's to implement COPE. Workshop includes the basics of CBT adapted for children/teens, implementation of the COPE program with demonstrations/videos.

*Presenter:* Pamela Lusk, DNP, RN, PMHNP-BC

1015 Psychopharmacology Track  
7:15am - 9:15am

**Pharmacology of Medical Cannabis**  
APRN

Introduction to the pharmacodynamics and pharmacokinetics of medical cannabis, review of current research on its action in multiple organ systems, discussion of potential drug-drug interactions, use vs. abuse, and considerations in providing health risk and benefit advice to clients.

*Presenter:* Caroline Tassey, MSN PMHNP-BC

1016 Advanced Practice Psychotherapy Full Day Course  
7:15am - 9:15am

**Advanced Practice Psychotherapy: Next Steps to Develop Intensive Treatment Approaches - Part 1**  
APRN

This pre-conference course will demonstrate the effective use of psychotherapy, regardless of fixed constraints of a practice setting. Using one clinical case scenario, we will demonstrate how to use concepts from three theoretical approaches in the delivery of care.

*Presenters:* Kathryn Johnson, PMHNP-BC; PMHCNS-BC; Sattaria Dilks, DNP

* indicates sessions eligible for psychopharmacology contact hours.
PRE-CONFERENCE SESSIONS
BLOCK 2:  9:30AM – 11:30AM

2.0 Contact Hours

1021 Recovery Track
9:30am - 11:30am

**DBT for Inpatient Psychiatry, a Tool for Recovery Programming**  RN

Inpatient Nurses, tired of scrambling for group content? Dialectical Behavioral Therapy isn’t just for borderline personalities anymore. Mindfulness and Distress Tolerance Skills will help your inpatients to their recovery goals while increasing outcomes and patient satisfaction. Leave this session ready to implement DBT groups and basic principles for your patients.

**Presenter:** Judy S. Linn, BS, MSN

1022 Education Track
9:30am - 11:30am

**Brain Stimulation – Best Clinical Practices, Research and Integration into a PMHNP Program**  RN APRN

The field of brain stimulation represents a therapeutic class that has shown safety and efficacy in patients who are refractory to standard treatments. We analyze evidence for a range of approaches, examine nursing-led research and advanced practice roles and the perspectives of students and faculty concerning brain stimulation learning opportunities.

**Presenters:** Mary Rosedale, PhD, PMHNP-BC; Donna Ecklesdafer, MSN, RN; Paula Bolton, MSm ANP-BC; Nicole Cerussi, BS, RN; Florence Leighton, BS, RN; Anthony DeDonatis, BS, RN; Janet Standard, DNP, PMHNP-BC; Danielle Conklin, MSN, PMHNP-BC; Candice Knight, PhD, EdD, PMHNP-BC

1023 Psychotherapy Track
9:30am - 11:30am

**Psychotherapeutic Modalities for the Psychiatric Nurse: Application of Motivational Interviewing and Behavioral Activation**  RN

This presentation will provide knowledge about motivational interviewing (MI) as an evidenced based technique. In this presentation, the audience will learn about MI, see a demonstration of an interview using MI techniques and obtain resources for reference.

**Presenters:** Dawn Vanderhoef, PhD, DNP, PMHNP/CS-BC; Rita Havrkamp, PMHCNS-BC; Barbara Warren, PhD, RN, PMHCNS-BC, FNAP, FAAN

1024 Child & Adolescent Track
9:30am - 11:30am

**Childhood Trauma: Advances in Neuroscience and Innovative Therapeutic Interventions**  APRN

Childhood trauma significantly impacts the biopsychosocial development of children and has lifelong ramifications for mental and physical health. New knowledge regarding neurobiological changes following childhood trauma calls for a paradigm shift in APN practice. Come explore new approaches and interventions which promote child and adolescent emotional regulation, resilience, and recovery.

**Presenters:** Joy Ann Lauerer, DNP PMHCNS BC; Kathleen C. Gaffney, MSN, PMHCNS, CPNP, PMHS-BC; Linda Grabbe, PhD, FNP-C, PMHNP-BC

1025 Psychopharmacology Track
9:30am - 11:30am

**Risk Management Considerations When Prescribing Controlled Substances**  APRN

This presentation defines risk management and liability exposures that APRN’s may face when prescribing controlled substances. Potential liability exposures will be illustrated through the use of case examples, discussion and Q &A. Risk mitigation strategies will be presented to help lessen the identified liability exposures.

**Presenter:** Moira K. Wertheimer, Esq., RN, CPHRM
1026 Advanced Practice Psychotherapy Full Day Course
9:30am - 11:30am
Advanced Practice Psychotherapy: Next Steps to Develop Intensive Treatment Approaches - Part 2   APRN
This pre-conference course will demonstrate the effective use of psychotherapy, regardless of fixed constraints of a practice setting. Using one clinical case scenario, we will demonstrate how to use concepts from three theoretical approaches in the delivery of care.

  Presenters: Kathryn Johnson, PMHNP-BC; PMHCNS-BC; Sattaria Dilks, DNP

1027 Publication Skills Track
9:30am - 11:30am
Learning the Nuts and Bolts of Reviewing Scholarly Journal Submissions   RN APRN
This workshop will offer education about the process of reviewing a peer reviewed manuscript. It will also allow participants to engage in small group activity aimed at conducting a mock peer review of a paper and then discussing with other group members.

  Presenter: Geraldine S. Pearson, PHD, PMH-CNS, FAAN

SYMPOSIUM LUNCHEON
11:30AM – 1:00PM
1.5 Contact Hours

PRE-CONFERENCE SESSIONS
BLOCK 3: 1:15PM – 3:15PM
2.0 Contact Hours

1031 Violence Track
1:15pm - 3:15pm
Technology Dependence and Its Impact on Anxiety and Depression, Violence and Predatory Behavior   RN APRN
This session examines the basis of technology dependence and its similarities to addictive behavior. Participants will examine current research on its effect on the brain and the connection to anxiety and depression, the potential for violence and how this increases the vulnerability of individuals to predators and radical groups.

  Presenter: John K. Kriger, MSM, LCADC, CPS

1032 Graduate Education Track
1:15pm - 3:15pm
Teaching Psychotherapy in Graduate PMHNP Programs: Part I  An In-Depth Workshop for Faculty (The 5 W's of the 4th P: Who, What, When, Where, Why of Teaching Psychotherapy in Graduate Schools)   APRN
Psychotherapy, a foundation of advanced practice psychiatric nursing is ‘our fourth P.’ This in-depth, interactive workshop will feature a panel of expert graduate faculty in PMHNP programs discussing how they incorporate psychotherapy content and creatively leverage community psychiatric resources to provide quality clinical experiences for their graduate psychiatric nursing students.

  Presenters: Pamela Lusk, DNP, RN, PMHNP-BC, FAANP; Kathleen Wheeler, Ph.D., PMHNP-BC, APRN, FAAN; Candice Knight, PhD, EdD, APN, PMHNP-BC, PMHNP-BC; Mary Moller, DNP, APRN, PMHCNS-BC,CPRP, FAAN

1033 Psychotherapy Track
1:15pm - 3:15pm
Neuroscience & Psychotherapy: Implications for Practice   APRN
Neuroscience provides understanding of the interconnectedness of an individual's lived experience with their genetic and epigenetic self and has the potential to provide the clinician insight into the patient's present condition presenting a clearer path to treatment and recovery by providing rationale and guidance regarding psychotherapy selection and application.

  Presenter: Kathrene Carter Brendell, DNP, APRN, PMHNP-BC
1034 Addictions Track
1:15pm - 3:15pm
Psychiatric Nurses: Empowered to Treat Opioid Use Disorder in the Current Epidemic. Part 1: Epidemiology & Assessment  

In this first part of a two-part presentation, nurses will gain knowledge of epidemiological evidence regarding opioid use disorders, and will also learn best treatment approaches.

Presenters: Matthew Tierney, MS, ANP-BC, PMHNP-BC; Laura G. Leahy, DNP, APRN, PMH-CNS/FNP, BC; Mary Kastner, PMHNP-BC; Carolyn Baird, DNP, MBA, RN-BC, CARN-AP, CCDPD, FAIAAN; Susan Caverly, PhD, ARNP, BC, PLLC

1035 Psychopharmacology Track
1:15pm - 3:15pm
Pharmacogenomics Nursing: Personalized Health Care  

Pharmacogenomics nursing is about the relationship between an individual’s genes and drug response. Nurses already use knowledge about drug to drug interactions to promote safe, efficacious medication outcomes. Pharmacogenomics takes this knowledge a step further by matching a drug treatment to a patient’s genotype.

Presenter: Julie Anne Follett, MSN, PMHCNS-BC

1036 Advanced Practice Psychotherapy Full Day Course
1:15pm - 3:15pm
Advanced Practice Psychotherapy: Next Steps to Develop Intensive Treatment Approaches - Part 3  

This pre-conference course will demonstrate the effective use of psychotherapy, regardless of fixed constraints of a practice setting. Using one clinical case scenario, we will demonstrate how to use concepts from three theoretical approaches in the delivery of care.

Presenters: Kathryn Johnson, PMHNP-BC; PMHCNS-BC; Sattaria Dilks, DNP

1037 Publication Skills & Leadership Track
1:15pm - 3:15pm
Writing for Publication: Getting Your Abstract Ready for Developing of a Manuscript  

This workshop is aimed at helping nurses review an abstract and strategize developing a publication, use peers for support and guidance, and plan for developing a manuscript. This will occur with didactic and small group work. All participants are encouraged to bring an abstract or idea for sharing.

Presenter: Geraldine S. Pearson, PHD, PMH-CNS, FAAN

PRE-CONFERENCE SESSIONS
BLOCK 4: 3:30PM – 5:30PM
2.0 Contact Hours

1041 Violence Track
3:30pm - 5:30pm
What We Don’t Know Can Hurt Us: A Comprehensive Model for Managing Violence & Aggression on Psychiatric Inpatient Units  

Effective management of aggression and violence in acute inpatient settings is critical. A comprehensive model that has successfully reduced aggression and injuries to staff includes research on use of emerging technology, administrative support, staff training, interdisciplinary collaboration and alliances with law enforcement.

Presenters: Diane E. Allen, MN,RN-BC, NEA-BC; Lisa A. Mistler, MD, MS; Alexander deNesnera, MD; Frank N. Harris, Lt

1042 Graduate Education Track
3:30pm - 5:30pm
Teaching Psychotherapy in Graduate PMHNP Programs: Part II An In-Depth Workshop for Faculty (The 5 W’s of the 4th P: Who, What, When, Where, Why of Teaching Psychotherapy in Graduate Schools)  

Psychotherapy, a foundation of advanced practice psychiatric nursing is ‘our fourth P.’ This in-depth, interactive workshop will feature a panel of expert graduate faculty in PMHNP programs discussing how they incorporate psychotherapy content and creatively leverage community psychiatric resources to provide quality clinical experiences for their graduate psychiatric nursing students.

Presenters: Pamela Lusk, DNP, RN, PMHNP-BC, FAANP; Kathleen Wheeler, Ph.D., PMHNP-BC, APRN, FAAN; Candice Knight, PhD, EdD, APN, PMHNP-BC, PMHNP-BC; Mary Moller, DNP, APRN, PMHNP-BC, CPRP, FAAN
1043 **Psychotherapy Track**
3:30pm - 5:30pm

**The Elephant in the Therapy Session: Treating Abortion-Related Trauma and Grief**  
RN APRN

One in four women are post-abortive. This practical Jungian, vignette-based workshop demonstrates gently uncovering, bringing hope and healing to the two-pronged hidden grief and trauma that accompanies abortion in two of three people: Connecting symptoms to PTSD; transforming complicated grief; normalizing and reframing counter-transference as helpful in the therapeutic relationship.

**Presenter:** Diane L. Sellers, MA, PMHRN-BC, LMFT

---

1044 **Addictions Track**
3:30pm - 5:30pm

**Psychiatric Nurses: Empowered to Treat Opioid Use Disorder in the Current Epidemic Part 2: Treatment**  
RN APRN

In this second part of a two-part presentation, nurses will gain knowledge of evidence-based treatments for opioid use disorders, and will be encouraged to provide leadership to help patients and communities increase access to treatment to reduce the morbidity and mortality of the current “opioid epidemic.”

**Presenters:** Matthew Tierney, MS, ANP-BC, PMHNP-BC; Laura G. Leahy, DrNP, APRN, PMH-CNS/FNP, BC; Mary Kastner, PMHNP-BC; Carolyn Baird, DNP, MBA, RN-BC, CARN-AP, CCDPD, FIAAN; Susan Caverly, PhD, ARNP, BC, PLLC

---

1045 **Psychopharmacology Track**
3:30pm – 5:30pm

TBD

---

1046 **Advanced Practice Psychotherapy Full Day Course**
3:30pm - 5:30pm

**Advanced Practice Psychotherapy: Next Steps to Develop Intensive Treatment Approaches - Part 4**  
APRN

This pre-conference course will demonstrate the effective use of psychotherapy, regardless of fixed constraints of a practice setting. Using one clinical case scenario, we will demonstrate how to use concepts from three theoretical approaches in the delivery of care.

**Presenters:** Kathryn Johnson, PMHNP-BC; PMHCNS-BC; Sattaria Dilks, DNP

---

1047 **Publication Skills & Leadership Track**
3:30pm - 5:30pm

**Toolkit for New Leaders in Psychiatric/Mental Health Nursing**  
RN APRN

This presentation is designed to provide new and emerging leaders with a set of competencies that will allow them to effectively transition into their leadership role. Through didactic discussion participants will understand the basics of finance, employee engagement, customer service, quality and patient safety, and conflict management.

**Presenters:** Avni Cirpili, RN, DNP, NEA-BC; Kathy S. Lee, MS, PMHCNS-BC

---

**OPENING NETWORKING PROGRAM**  
1.0 Contact Hours  
6:00PM – 8:00PM

*New this year!* Kick off your conference experience by getting to know your fellow attendees and learning how to network. After a welcome and introduction to the conference, you’ll be able to network with your colleagues, making friends and connections that can turn into collaborations, career advancements, and even job opportunities. Come prepared with your dashing smile, pen in hand, and a few business cards!

---

**PRODUCT THEATER DINNER**  
8:15PM – 9:45PM

*Sponsoring Company:* Alkermes Inc.
REGISTRATION OPEN
8:30AM – 6:00PM

PRESIDENT’S ADDRESS
9:00AM – 10:00AM
1.0 Contact Hours
Psychiatric-Mental Health Nurses: Inspiring Leadership Every Day
This presentation will describe the characteristics/qualities of individuals who are leaders and will explore ways to develop networks for leadership support and development. You will be challenged to identify at least one nursing project or issue that ignites your passion to lead, providing examples of everyday leadership that influence change in nursing practice, education, research, or administration.
APNA President: Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC

POSTER PRESENTATIONS OPEN
10:00AM
up to 4.0 Contact Hours*
* Attendees can earn up to 4.0 contact hours for time spent reviewing and evaluating the posters on Thursday and Friday.

CONCURRENT SESSIONS
BLOCK 1: 10:15AM – 11:00AM
.75 Contact Hours

2011 Safety Track
10:15am - 11:00am
Five Strategies to Mitigate Suicide Risk RN APRN
Drawing from systematic literature reviews, five strategies have been identified to use in the care of individuals who are suicidal. These strategies were followed longitudinally and shown to be efficacious in reducing suicidal thoughts and behaviors. The strategies with rationale will be explained with a focus on implementation into practice.
Presenter: Pamela K. Greene, PhD, RN, NEA-BC

2012 Graduate Education Track
10:15am - 11:00am
Developing an Academic-Clinical Partnership Team to Implement Interprofessional PMHNP DNP Education: A Story of Collision and Collaboration APRN
Presentation describes the story of an academic-clinical partnership team brought together to implement a three year funded HRSA grant for advancing interprofessional education of PMHNP DNP, Pharm D. and OT students. Quantitative and qualitative findings support the team’s narrative. Recommendations for future project team development are discussed.
Presenters: Merrie J. Kaas, PhD, PMHCNS-BC, FAAN; Barbara L. Peterson, PhD, PMHCNS-BC; Laura Church

2013 Research Track
10:15am - 11:00am
The Impact of a Self-Management Intervention Use on Depression Outcomes APRN
This study explored the relationship between use of a self-regulation intervention (PIM-D) and depression outcomes. Participants who used PIM-D more often showed improvement in sense of belonging, social support, quality of life, self-efficacy and depression scores at six months post-intervention.
Presenters: Bonnie M. Hagerty, PhD, RN; Melissa A. Bathish, PhD, RN, CPNP

For target audience, look for RN and APRN next to each session title.
2014 Administration Track
10:15am - 11:00am
Getting Psychiatric Mental Health Nurses to the Policy Table  RN APRN
Nurses are excluded from policy roles due to lack of preparedness, invitation and time away from the bedside to participate. This session aims to increase awareness regarding the underrepresentation of psychiatric-mental health nurses in health-care reform policy arenas and encourage approaches to closing this gap through education and engagement.

Presenters: Jake Crevison, DNP, RN, PMHNP-BC; Michael Polacek, MSN, RN-BC

2015 Psychopharmacology Track
10:15am - 11:00am
Fatal Attractions: Psychotropics, Cardio-Pulmonary Drugs, and AntiRetrovirals...Deadly Combinations  APRN
Most psychiatric patients experience co-occurring medical illnesses. Drug-drug and drug-disease interactions are increasing as the numbers of available medications increase in both psychiatric and non-psychiatric illnesses. A brief review of the etiology of the top 10 common interactions occurring in patients with co-morbid medical conditions will be presented.

Presenter: Mary Denise Moller, DNP, ARNP, PMHCNS-BC, CPRP, FAAN

2016 Child & Adolescent: Bullying Track
10:15am - 11:00am
Cyberbullying – The Dark Side of the Internet  RN APRN
The use of mobile devices has placed unprecedented access of technology in the hands of adolescents and with that access has come cyberbullying. This workshop will look at the factors that place adolescents at risk to become victims of bullying and to become bullies. Specific evidence-based interventions will be discussed.

Presenter: Sattaria S. Dilks, DNP, PMHNP-BC, FAANP

2017 Military Track
10:15am - 11:00am
PTSD, Vagus Nerve, and Social Withdrawal: Heart-rate Variability as an Indicator of Symptom Severity and a Treatment Target for Psychiatric Mental Health Nurse Practitioners  RN APRN
Objective clinical measures for determining symptom severity and/or response to treatment in PTSD are lacking. Due to clinically valid and cost-effective availability of advanced consumer technology, heart-rate variability could provide such measures due to its correlation with PTSD symptom severity and its relative ease of assessing in the clinical setting.

Presenters: William Chance Nicholson, MSN, CRNP, PMHNP-BC; Teena McGuiness, PhD, CRNP, FAAN; Daniel Wyers, MSN, CRNP, PMHNP-BC

CONCURRENT SESSIONS .75 Contact Hours
BLOCK 2:  11:15AM – 12:00PM

2021 Safety Track
11:15am - 12:00pm
Eliminating Restraints on a High Acuity Inpatient Behavioral Health Unit  RN
Between April 2015 and February 2016, over 165,000 hours of care have been provided, frequently to agitated, aggressive patients. With hard work and a dedicated team, no restraints were utilized. This amazing accomplishment has led to a sense of pride among staff and a safer and more therapeutic environment.

Presenter: Melinda L. Elliott, RN, MSN, NE-BC

2022 Graduate Education Track
11:15am - 12:00pm
Interprofessional Education in Psychiatric Mental Health Graduate Education: Lessons from the Classroom  APRN
Two foundational, integrative mental health PMHDNP didactic courses were revised to include interprofessional competencies. PMHDNP, PharmD3 and OT students developed understanding of collaborative team work through deliberate online and face-to-face group discussions, simulations. Data from student focus groups, surveys, reflections, and self-assessments indicate positive student feedback and improved collaborative skills.

Presenters: Barbara L. Peterson, PhD, PMHCNS-BC, RN; Merrie J. Kaas, PhD, PMHCNS-BC, FAAN, RN

indicates sessions eligible for psychopharmacology contact hours.
2023 Research Track  
11:15am - 12:00pm  
Understanding Depressive Symptoms: Chronic Sorrow in the Elderly (Methodological Considerations and Clinical Implications)  
Presenter: Andrée de Lisser, DNP, APRN, PMHCNS-BC

2024 Administration Track  
11:15am - 12:00pm  
Building and Sustaining Resilience for Nurse Leaders in Mental Health Nursing  
Presenters: Chelsie Lee Nilsson, MSN, PMHNP-BC; Audrey A. Nottke, MBA, MSN, BSN

2025 Psychopharmacology Track  
11:15am - 12:00pm  
How Not to Prescribe Benzodiazepines: You’re getting nervous already, aren’t you?  
Presenters: Alan Anthony (“Tony”) Amberg, MSN APN PMHNP-BC; Lauren M. Prasek, APN, PMHNP-BC

2026 Child & Adolescent: Bullying Track  
11:15am - 12:00pm  
The Newest Risk Factor for Pediatric Depression, Anxiety, and Suicidal Ideation: Cyberbullying  
Presenter: Elizabeth Hutson, RN, PMHNP-BC, PhD Student

2027 Military Track  
11:15am - 12:00pm  
Combat-related Post Traumatic Stress - Survivor Guilt in the 21st Century  
Presenter: Kathleen Lehmann, EdD(c), RN-BC PMHN

CONCURRENT SESSIONS  
BLOCK 3: 12:15AM – 1:00PM  
.75 Contact Hours
2032 Graduate Education Track
12:15pm - 1:00pm
Inspiring Future Leadership with Inter-professional Training for Advanced Practice Psychiatric Nursing Students at a School/Community Health Center  APRN

Advanced practice psychiatric mental health (APPMH) nurses are pivotal in guiding interprofessional education and practice. The leadership role of the faculty and APPMH nursing student in planning and implementing interprofessional case conferences at a school/community health center will be described. The successes and challenges will be analyzed.

Presenter: Diana McIntosh, Ph.D., APRN, PMHCNS-BC

2033 Research Track
12:15pm - 1:00pm
The Impact of Two Nursing Protocols on Continuous Special Observation  RN

Continuous Special Observation (CSO) commonly ordered for patients at risk to injure themselves or others is based on control and coercion. Two nursing protocols based on engagement were developed as an alternative. Nine year descriptive retrospective analysis of CSO and the protocols revealed significant reductions in the use of CSO

Presenter: Richard E. Ray, RN, MS, PMH-BC

2034 Administration Track
12:15pm - 1:00pm
Using Electronic Devices to Improve the Patient Care Experience on an Inpatient Behavioral Health Unit  RN

Patients are seldom allowed to use cell phones and personal electronic devices on inpatient behavioral health units. Survey results seem to indicate that allowing access to these devices at the University of Iowa Hospital decreased patient perception of isolation from family and friends.

Presenter: John J. Wagner, MA, RN-BC

2035 Psychopharmacology Track
12:15pm - 1:00pm
2015 ASAM Guidelines for the Use of Medications in Opioid Addictions: What Providers Need to Know about Implementing It into Practice  APRN

In this session, we will review the 2015 ASAM National Practice Guidelines for the Use of medications in the treatment of opioid use disorder. We will review the DSM-5 criteria for a substance use disorder, levels of care for treatment, and the process of making appropriate referrals when necessary.

Presenter: Jessica Lynn Estes, DNP, APRN-NP, FPMHNP

2036 Child & Adolescent: Bullying Track
12:15pm - 1:00pm
Bullying: A Crisis in the Lives of our Children - How can Psychiatric Nurses Help?  APRN

This presentation explores dangers of bullying confronting children today. How do we identify early warning signs of bullying, intervene and educate children, families and schools to stop bullying in society? Every 7 seconds, a child is being bullied in school. We will discuss interventions to stop bullying in our world.

Presenter: Sharon Faith DiVitto, RN, MSN, MA, CS, APRN

2037 Military Track
12:15pm - 1:00pm
Institutional Stigma and the United States Military  RN APRN

United States military service members who seek mental health care are confronted with institutional stigma that is explicitly written within military policies. Advanced Practice Psychiatric Nurses should advocate for policy change and promote service members’ ability to seek and receive mental health treatment without limitations to their career.

Presenters: Douglas Taylor, BSN, RN-BC; Amy Brzuchalski, RN, MSN; Charles Walker, RN, BSN, CEN

LUNCH – TBD
1:15PM – 2:45PM
MINI CONCURRENT SESSIONS
3:00PM – 3:45PM

2041 Restraint Reduction
3:00pm - 3:45pm
Restraint Reduction Education in a Critical Care Unit: Inclusion of Mitigation of Nurse Stress/Therapeutic Communication  RN APRN
Restraint reduction occurs by changing safety paradigms. Cultures persist considering restraints as safe for inpatients in critical care areas. Educational interventions included mitigation of nurse stress, de-escalation, injuries in restraints, and restraint alternatives. Results, measured by restraint volumes and an RN survey (Perceived Stress Scale, PSS-10), are presented pre/post intervention.

Presenters: Constance Noll, MA, MSN, PMHNP-BC, CRNP; Janet McMillan, DSN, RNPMH-NC

Use of a Tidal Model Informed Program to Improve Patient Satisfaction and Decrease Chemical Restraints on an Adult Inpatient Psychiatric Unit at a Community Hospital  RN
Seeking to improve patient satisfaction and decrease utilization of chemical restraints, our inpatient psychiatric unit designed and implemented a Tidal Model informed practice change that focused on therapeutic nurse-patient relationships and interdisciplinary support of a recovery-oriented environment. Outcome measurements suggest effectiveness of our practice change.

Presenters: Phyllis Cratty, RN, BSN; Brittany Chabak, LCSW, MPH

2042 Older Adults
3:00pm - 3:45pm
Never Let a Stumble be the End of Your Journey: The Road to Decreasing Falls on a Gero-Psych Unit  RN
Common falls prevention strategies were not successful in significantly decreasing falls rates on a geriatric psychiatry unit. A new falls analysis was conducted, which resulted in the implementation of non-traditional preventive measures. The unit then went 52 days without a fall and rates remain below the NDNQI benchmark.

Presenters: Ann Evans, MSN, RN; Bonnie Underwood, BSN, RN

Reducing Falls with Injury on an Inpatient Geriatric Psychiatry Unit through the Elevation of Nursing Support Staff: An Interprofessional Approach  RN
Discover how one organization was able to decrease their inpatient psychiatry falls with injury rate by 100% through an internal certification program which elevated the practice of nursing support staff. The initiative was supported by an interprofessional task force aimed at identifying patients who had unsteady gait and low MoCA.

Presenters: Lynn Ives, MSN, RN-BC; Jessie Reich, MSN, RN, ANP-BC, CMSRN; Kathryn Farrell, MSN, RN

2043 Research: Substance Use
3:00pm - 3:45pm
Developing a Tailored Tobacco Treatment Program for Individuals with Schizophrenia: A Mixed-Methods Study  RN APRN
Individuals with Schizophrenia have a greater tobacco use prevalence than those with other mental illnesses. We employed a mixed-methods design to adapt an evidence-based tobacco treatment program to the unique needs of this population. Our findings highlight specific tobacco treatment approaches to be tailored to those with schizophrenia.

Presenter: Chizimuzo T.C. Okoli, PhD, MSN, MPH, RN

Educating Undergraduate Psychiatric Mental Health Nursing Students in Screening, Brief Intervention, Referral to Treatment (SBIRT) and Motivational Interviewing to Improve Rates of Substance Abuse Screening and Enhance Therapeutic Communication Skills  RN APRN
This presentation will discuss use of an online interactive eLearning scenario to teach screening, brief intervention, referral to treatment (SBIRT) to undergraduate psychiatric nursing students. The Kognito eLearning simulation, SBI with Adolescents, will be presented and participants will be able to become active learners in the simulation experience.

Presenters: Cathy W. Koetting, DNP, CPNP, FNP-C; Patricia Freed, Ed D, RN
2044 Pain Management
3:00pm - 3:45pm

Acceptance and Commitment Therapy as an Adjunctive Treatment for Pain  RN APRN
This presentation will describe an evidence-based practice project about the use of Acceptance and Commitment Therapy (ACT) as an adjunctive treatment for pain. The presentation will review the evidence that supports the use of ACT for pain treatment; it will include a case study to illustrate the application.

Presenters: Schuyler Ellis, BSN, RN; Madison Worley, BSN, RN; Jane Mahoney, PhD, RN, PMHCNS-BC

Mindfulness Meditation as an Adjunctive Treatment for Chronic Pain  RN APRN
Chronic pain often co-occurs with depression, anxiety, somatization disorders and suicidality. Primary pain strategies have limited efficacy and often devastating side-effects, including opiate dependence. This presentation will describe an evidence-based practice project about mindfulness meditation as an adjunctive treatment for chronic pain. Implications for education and practice will be discussed.

Presenters: John Benson, BSN, RN; Erica Cusicina, BSN, RN; Stephen Morocco, BSN, RN; Jane Mahoney, PhD, RN, PMHCNS-BC

2045 Practice
3:00pm - 3:45pm

Inappropriate Placement of Delirium Patients on the Psychiatric Unit  RN
Delirium is a commonly misdiagnosed as a psychiatric illness. Inappropriate placement of delirium patients to psychiatric units often need emergent transfers due to medical events. This presentation will focus on one organization’s journey into developing an assessment/screening tool that will assist in appropriate placement of patients to the psychiatric unit.

Presenter: Michelle L. Geiss, RN-BC, BSN

Personalized Medicine: Using Psychogenomic Testing in Your Practice  RN APRN
Psychogenomics is a rapidly evolving field that predicts patient response to psychotropic medications based on genotype. By eliminating drugs that may not be efficacious either pharmacokinetically and/or pharmacodynamically, less trial and error in drug selection can result in less patient morbidity, and better outcomes.

Presenter: Sheryl LaCoursiere, PhD, PMHNP-BC, FNP-BC, APRN

2046 Leadership
3:00pm - 3:45pm

Characteristics of Great Nurse Leaders: A Systematic Review  RN
Description of Systematic Review of the literature published between 2006 - 2016 on characteristics of great nurse leaders. Strategies that promote enriching and innovative work environments will be discussed. Effective and ineffective leadership characteristics will be compared and contrasted. Gaps within the literature on effective nurse leadership will be identified.

Presenter: Vickie Hughes, DSN, MSN, CNS

Being the Legally Responsible Clinician In Charge of Patient Care - Clinical Leadership in UK Psychiatric Mental Health Nursing  RN APRN
This presentation describes the legal and clinical implications for nurses in the UK of practicing as the ‘Responsible Clinician’ for civilly committed patients. A nurse taking on a clinical leadership role previously the domain of the attending physician, changes the dynamics within a multidisciplinary team and has wider professional connotations.

Presenter: Paul Veitch, RN, MSc, PGcert

“I look forward each year to participating in the APNA Conference for the education, networking, and being with other psychiatric nurses. We touch lives in a special way! It is so special to be with others who share our passion and commitment.”

- Judy Magnon, RN-BC, BS, CAC
2047 Eating Behavior
3:00pm - 3:45pm
The Connection Between Food And Mood - What The Research Is Telling Us RN APRN
There is a growing body of research showing the correlation between food and mental health. Learn the significance of arachidonic acid, folate, tryptophan, mercury and artificial sweeteners as well as beans, greens, grains and vegetables on depression and mood.

Presenter: Joanne Evans, MEd, RN, PMHCNS-BC

Does a Mindful Eating Intervention Decrease Binge Eating Episodes? RN APRN
A nine week group intervention on mindful eating was administered to a group of self-identified binge eating women taking psychotropic drugs in order to decrease binge eating in this population. Binge eating and levels of depression decreased to a 95% confidence level; participants were highly satisfied with the intervention.

Presenters: Sharon D. Beck, LCSW, RN, DNP student; Ruth Milstein, DNP, PMHNP-BC, LMHC

INTERACTIVE PANELS
4:00PM – 5:30PM

2051 APRN Council
4:00pm - 5:30pm
APRN Council Interactive Session APRN
This interactive session will serve to inform those in attendance about issues common to all PMH-APRN practices, about various state and national developments and suggest possible solutions. Finally, we will discuss innovative ways to begin to include psychotherapy in all APRN practice.

Presenters: Kathryn S. Johnson, PMHNP-BC; PMHCNS-BC; Sattaria (Tari) Dilks, DNP

2052 Education Council
4:00pm - 5:30pm
Interactive Education Council Session RN
This interactive panel will report the Council’s progress in development of our structure and strategic planning process over the last year. Council branch chairs will share feedback received from APNA members and describe initial plans for the subcommittees’ work in the areas of undergraduate, graduate and continuing education.

Presenter: Barbara Jones Warren, PhD, RN, PMHCNS-BC, FNAP, FAAN

2053 Recovery Council
4:00pm - 5:30pm
What are your Recovery Resilience Innovations? Recovery Interactive Panel RN
Every day nurses collaborate with patients to develop resilience that will promote recovery. This very interactive panel provides an opportunity to share examples of your resilience innovations.

Presenters: Genevieve E. Chandler, PhD, RN; Kris Lambert, PhD, RN; Gail Stern, PhD, RN; Sue Brammer, PhD, RN

2054 Addictions Council
4:00pm - 5:30pm
Addictions Council Interactive Panel RN APRN
The Addictions Council Interactive Panel will address addictions-related issues with the goal of increasing participant knowledge to enhance understanding and practice in this area. The Panel will foster discussion and empower attendees to provide leadership in addressing substance use and addictive disorders.

Presenters: Matthew Tierney, MS, ANP-BC, PMHNP-BC; Carol Essenmacher, DNP, C-TTS
2055  **Child & Adolescent Council**  
4:00pm - 5:30pm  
**Child and Adolescent Council Interactive Panel  RN APRN**  
This session will provide an overview of trauma/neuroscience of trauma in children and teens and an overview of trauma as it affects nurses’ self-care, inpatient care, EBP practices, and special populations.  
**Presenter:** Diane M. Wieland, PhD, MSN, PMHCNS-BC, PMHNP-BC, CNE

**AWARDS CEREMONY**  
5:45PM – 6:30PM  
*New this year!* Join us for a special ceremony to honor APNA members who have demonstrated excellence in psychiatric-mental health nursing: our 2016 APNA Annual Awards recipients.

**NETWORKING RECEPTION IN THE EXHIBIT HALL**  
6:30PM – 8:30PM  
*New this year!* Network with your fellow attendees as well as the 2016 Exhibitors in this light-fare reception  
*Here’s a preview of the companies who will be there...*  
Alkermes  
Allergan  
American Nurses Association  
American Nurses Credentialing Center  
American Professional Agency, Inc.  
Arbor Pharmaceuticals, LLC  
Barkley & Associates, Inc.  
Corizon Health  
Diamond Healthcare  
Fitzgerald Health Education Associates, Inc.  
Florida State University College of Nursing  
Genomind  
Horizon Health  
Hospital Corporation of America (HCA)  
Humane Restraint Co., Inc.  
Janssen Pharmaceuticals, Inc.  
Otto Trading, Inc.  
Parkview Medical Center  
Pro-ACT, Inc  
PsychU  
SLACK Incorporated  
SMA Behavioral Health Services, Inc.  
Spartanburg Regional  
Springer Publishing Company LLC  
Staff Care, Inc.  
Sunovion  
The Gideons International  
Timberline Knolls Residential Treatment Center  
US Army  
Whin
PRODUCT THEATER BREAKFAST  
7:00AM – 8:30AM

No Contact Hours Provided

Sponsoring Company: Takeda Pharmaceuticals U.S.A., Inc. & Lundbeck

REGISTRATION OPEN  
8:30AM – 6:00PM

KEYNOTE PRESENTATION  
9:00AM – 10:00AM
1.0 Contact Hours

Choosing to Lead
How others see us begins with how we see ourselves. This powerful presentation will explore how even if you don’t see yourself as a “natural leader”, you can identify and rewrite self-limiting stories, re-define the leader you are, and re-ignite the results you achieve. Margie empowers with powerful insights to become the kind of leader others can trust to speak the truth, stand firm in a storm and choose the right path over the expedient one. You will leave feeling more purposeful in your work, more passionate about why you do it, and more inspired to create positive change with greater clarity, confidence and courage.

Keynote Speaker: Margie Warrell

EXHIBIT HALL OPEN  
10:00AM – 1:00PM

MINI CONCURRENT SESSIONS  
12:00PM – 12:45PM

.75 Contact Hours

3011 Workplace Violence
12:00pm - 12:45pm
The Aftermath of Workplace Violence: The Lived Experience Phenomena of Assault Against Nurses  RN
Registered nurses are at risk for experiencing physical violence in the workplace. This phenomenological study explores the resiliency characteristics of registered nurses employed in potentially high-risk areas after an assault. The research concluded that registered nurses can survive and thrive in high risk areas when resiliency correlates are implored.

Presenter: Kathleen Clark, PhD RN PMHCNS-BC

3012 Prevention
12:00pm - 12:45pm
Suicide Awareness and Prevention for College Students: Incorporating Campus-Based and Social Media Interventions for a Multidimensional Approach  RN APRN
Suicide is the second leading cause of death for individuals between the ages of 17 and 25. Those attending college have an increased risk. Campuses can help reduce risk by developing broad awareness campaigns that incorporate social media into campus based education and awareness.

Presenters: Jessica G. Wheeler, MSN, RN, PMHCNS-BC; Kerstin Holl Gillespie, BSN, RN; Sylvia R. May, BSN, RN

Preventing Workplace Violence: Know your Patients and Yourself  RN
Early identification of patient aggression is a critical issue for nursing staff to promote a safe workplace. A pilot project was implemented involving nurses from two medical surgical units and the emergency department at an academic medical center to enhance assessment and clinical intervention skills to prevent episodes of violence.

Presenters: Gail Bromley, PhD, RN; Rose Anne Berila, RN, MSN, CNS

Building Resilience through Positive Practice  RN
Teach undergrads to develop self care through positive mindfulness practices they develop for themselves and as a tool to collaborate with their patients of any age, diagnosis or location.

Presenters: Genevieve E. Chandler, PhD, RN; Maud Low, RNC MSN CLNC
Effectiveness of Resourcefulness Training for Women Dementia Caregivers  

**Effectiveness of Resourcefulness Training for Women Dementia Caregivers**  
**RN APRN**  
Effective health self-management interventions for women caregivers of elders with dementia are needed. Resourcefulness training, which has been found to effectively minimize stress, negative emotions, and depressive cognitions, can be implemented in practice to promote caregiver health and quality of life.  
 **Presenter:** Jaclene A. Zauszniewski, PhD, RN-BC, FAAN

---

**Effectiveness of a HeartMath® Intervention with Parents or Guardians of Children in Head Start**  
**RN APRN**  
This RCT pilot study examined the effectiveness of a HeartMath® Self-Regulation Program based on biofeedback techniques and emotional self-regulation with parents of children in Head Start. With further research, this self-management approach to stress, anxiety, fatigue and depressive symptomatology can lead to improved mental health outcomes for low income populations.  
 **Presenters:** Beth M. King, PhD, RN, PMHCNS-BC; Karethy Edwards, DrPH, APRN, FNP-BC

---

**Reducing Pediatric Psychiatric Hospital Re-admissions through the Innovative use of a Nurse Case Manager for Post Discharge Follow-up**  
**RN**  
Readmissions are traumatic to patients and families. In addition, they costly. The innovative role of our RN Case Manager for post-discharge follow-up has proven to decrease inpatient readmissions, enhance staff job satisfaction, improve quality care, and potentially increase financial reimbursement for our pediatric hospital.  
 **Presenters:** Helen J. Ramsbottom, BSN, RN, LCSW; Lisa C. Farmer, BSN, RN-BC, LMSW

---

**Psychiatric Nurses and Sexual Assault Nurse Examiners Partner to Support Victims of Sexual Assault with Mental Illness**  
**RN APRN**  
This presentation informs attendees on a collaboration between psychiatric mental health nurses and sexual assault nurse examiners to expose the prevalence of mental illness in victims of sexual assault. Learn how nurses partnered to change public policy and highlight needed reforms in the care of victims.  
 **Presenters:** Leslie W. Miles, DNP, APRN-BC; Linda Mabey, DNP, APRN-BC

---

“I am part of a powerful collective of professional nurses. Together we have a tremendous impact. We make a difference.”  
- Debra Anderson
3016 Self-injury
12:00pm - 12:45pm
Improving Knowledge Through an Educational Program on an Integrated Care Pathway for Self-Injurious Behavior (SIB) and Intellectual and Developmental Disability (IDD)  RN APRN
To date, there is a lack of standardized treatment for individuals with self-injurious behavior (SIB) and intellectual and developmental disability (IDD). Specifically, this project addressed how an evidence-based integrated care pathway for SIB can increase the level of knowledge for staff and standardize care for individuals with IDD.

Presenter: Regina Green, DNP, PMHCNS-BC

3017 Integrated Care
12:00pm - 12:45pm
Fostering Perinatal Integration Through Educational Collaboration  RN APRN
An inter-professional partnership was created to develop an educational strategy for psychiatric nurses which addressed a knowledge deficit related to caring for patients on the perinatal continuum. Key elements of the partnership and the program will be discussed inclusive of metrics demonstrating program impact and knowledge acquisition.

Presenters: Kimberly Olson, MSN, RN-BC; Mary G. Mendes de Leon, MA, RN-BC

Lethal Pleasures: Preventing Injury from Autoerotic Asphyxiation and Self-Strangulation Games  APRN
Self-strangulation activities are engaged in primarily by youth for the purpose of “getting high” and/or to enhance sexual pleasure. A review of for risk factors for identifying high risk individuals and guidelines for differentiating between pleasure-seeking activities and suicide attempts will be presented. Implications for community education are also included.

Presenter: Maureen Donohue-Smith, PhD, MSN, RN, PMHNP-BC

PRODUCTION THEATER LUNCH
1:00PM – 2:30PM
Sponsoring Company: Otsuka America Pharmaceutical, Inc. and Lundbeck LLC

No Contact Hours Provided

CONCURRENT SESSIONS
BLOCK 1: 2:45PM – 3:30PM

3021 Emergency Departments Track
2:45pm - 3:30pm
Intervening with the Agitated Patient – Best Practices, De-Escalation Techniques, Reducing Assaults, Restraints and Coercion  RN APRN
Acutely agitated patients are commonly encountered in numerous practice settings. These can result in assaults and injuries, restraints, and forced medications, with poor results for patients and staff alike. Modern best-practices approaches, including de-escalation techniques, are dramatically improving outcomes worldwide. This presentation will share these guidelines in practical demonstrations/discussions.

Presenters: Scott L. Zeller, MD; Tamara Longo, RN, MHI, NE-BC; Kimberly M. Lopez, RN, MSN

For target audience, look for RN and APRN next to each session title.
3022 Undergraduate Education Track
2:45pm - 3:30pm
Assessing Metabolic Syndrome in Individuals with Serious Mental Health Disorders as a Student Nurse Service Learning  RN
Preventing and managing Metabolic Syndrome in individuals suffering from serious mental health disorders is often an unmet need. Addressing their health care concerns in a student nurse service learning initiative was an excellent means of delivering basic screening, while providing an opportunity for students to understand complex health care needs.

Presenter: Suzanne Fischer Prestoy, PhD, MSN, RN-BC

3023 Evaluation Track
2:45pm - 3:30pm
Assessing Clinical Outcomes in a Community Based Outpatient Child and Adolescent Mental Health Services (CAMHS)  APRN
Patient-specific outcome measurement is achievable in routine clinic pediatric mental health care. Identifying variables direct clinical resources and refine care planning. Routine pediatric mental health care delivered under usual and naturalistic conditions is effective for pediatric populations.

Presenter: Geraldine S. Pearson, PHD, PMH-CNS, FAAN

3024 Nursing Practice & Education Track
2:45pm - 3:30pm
Understanding the Legal and Regulatory Ramifications related to Psychiatric Nursing Scope of Practice   RN APRN
Dr. Reiners will present the role of Boards of Nursing related to regulatory policies and potential malpractice secondary to scope of psychiatric nursing provided by RNs and APNs. Specific psychiatric guidelines and standards of best practice based on evidence based research including documentation and treatment planning will be presented.

Presenter: Gina M. Reiners, PhD, APRN, PMHNP, PMHCNS

3025 Practice Track
2:45pm - 3:30pm
The Unique Needs Initiative: A Collaborative Approach to Meeting the Needs of Individuals with Developmental Disability, Non-suicidal Self Injury, and Impulsive Violence in an Unionized Psychiatric Hospital   RN APRN
The Unique Needs Initiative improved the quality of patient care with unit programming that was created to address the specific needs individuals with developmental disability, NSSI, and aggression. The result of the initiative was decreased restraint and seclusions, increased staff skill and increased patient and staff satisfaction on inpatient units.

Presenters: Richard Johnson, MHA RN; Kevin Ritchie, BSN RN; Bethany Williamson, BA RN; Jason Drapeau, BS RN; Hannah Roosa, BS RN

3026 LGBT Issues Track
2:45pm - 3:30pm
Inter-professional Collaboration to Promote LGBTQ Mental Health Care to Reduce Healthcare Disparities: Are Nursing Students Educated to Provide Sensitive Quality Care to Improve Health Care Outcomes of LGBTQ Individuals?   RN APRN
This presentation will provide a comprehensive overview on how two universities incorporated LGBT mental healthcare content into the nursing curricula of undergraduate and graduate programs. The ultimate goal is to assist in reducing health care disparities and unequal treatment to LGBT individuals.

Presenters: Tatayana Maltseva, MSN, ARNP, PMHNP-BC; Deborah Salani, DNP, PMHNP-BC, ARNP, BC-NE

3027 Mindfulness Track
2:45pm - 3:30pm
A User’s Guide to Integrating Mindfulness in Undergraduate Nursing Education   RN APRN
This presentation focuses on the “how to” of implementing self-care, including mindfulness, into an undergraduate nursing curriculum. Strategies, assignments, and in-class activities for integrating mindfulness into nursing education are provided. The presentation reviews preliminary findings of the effects on perceived stress among student nurses who engaged in classroom-based mindfulness interventions.

Presenters: Bethany Tollefson, MSN, RN; Lindsay Anderson, MS, PMHCNS-BC
CONCURRENT SESSIONS
BLOCK 2: 3:45PM – 4:30PM

.75 Contact Hours

3031 Emergency Departments Track
3:45pm - 4:30pm
Are Emergency Departments (ED) the Best Place to Care for Psychiatric Patients in Crisis?  RN APRN
Psychiatric complaints are one out of every eight emergency department visits (Owens, et al., 2010). Presenters will describe a program where ED nurses have received specialized education on recognizing and initiating standardized psychiatric care protocols thus reducing risk for agitation or violence and delays in psychiatric care and stabilization.

Presenters: Jeannine S. Loucks, MSN, RN-BC PMH; Elizabeth Winokur, PhD, RN, CEN

3032 Undergraduate Education Track
3:45pm - 4:30pm
Assisting Undergraduate Students to Embrace the Art and Science of Mental Health Nursing: A Long Way to go and a Short Time to Get There  RN
This session is for engaging nursing educators in a discussion about effective methods of facilitating learning about mental health in the current undergraduate nursing student. Emphasis will be placed on sharing creative ideas for presenting content in a manner that engages students while addressing cognitive, behavioral, and affective learning needs.

Presenters: Dawana G. Gibbs, RN, MSN, CNE; Donna G. Turner, RN, MSN;

3033 Evaluation Track
3:45pm - 4:30pm
Evaluation of a Psychiatric NP Residency Program in Integrated Care  APRN
This presentation will review outcomes for the first year of a PMHNP Residency Program in Integrated Care from the perspectives of the sponsoring organization, the academic partner, and the resident.

Presenters: B. Jamie Stevens, MSN, APRN, PMHNP-BC; Joyce M. Shea, DNSc, APRN, PMHCNS-BC; Sarah Freiberg, MSN, APRRN, FPMHNP-BC

3034 Nursing Practice & Education Track
3:45pm - 4:30pm
Transitioning to Teach: Helping Clinicians and Administrators Enter Academia  RN APRN
The DNP degree was developed to prepare expert clinicians and administrators but the faculty shortage has created an opportunity for DNP graduates to enter academia. The protocol for applying for faculty positions including cover letters, curriculum vitae, teaching philosophy, academic job talk and/or teaching demonstration will be reviewed.

Presenter: Joan C. Masters, EdD, MBA, APRN, PMHNP

3035 Practice Track
3:45pm - 4:30pm
Moral Distress and the Psychiatric Nurse: Assessment and Intervention  RN APRN
Psychiatric nurses are at risk for moral distress. The definition, causes and consequences of moral distress will be addressed. Promotion of resiliency through the use of integrative therapies will be examined. An ethical decision pathway will be shared and potential organizational supports will be discussed.

Presenter: Kathryn S. Thompson, MS, RN, PMHCNS-BC

3036 LGBT Issues Track
3:45pm - 4:30pm
Sexual Health Assessments with Special Attention to Sexual and Gender Minority Populations  RN APRN
Sexuality is a central part of the human experience, yet sexual health is often a neglected area of clinical practice. This is especially true for individuals within sexual and gender minority groups. This presentation focuses on overcoming obstacles and offers strategies for addressing sexual health concerns.

Presenter: Jeffrey “Frey” Peter Seagrove-Nelson, MSN, APRN, PMHNP-BC

For target audience, look for RN and APRN next to each session title.
3037 Mindfulness Track
3:45pm - 4:30pm
Assessing the Effectiveness of an Interactive, Adjunctive iBook Nursing Curriculum on Pre-licensure Nursing Students' and Nurse Practitioner Students’ Knowledge of OEF and OIF Veterans, Combat PTSD, and Mindfulness Practices RN APRN
As reported cases of PTSD continue to rise amongst OEF/OIF veterans, nursing education has done little to embrace curriculum centered on the care of this unique population. This quasi-experimental pre/post test design examines knowledge change amongst nursing and nurse practitioner students who engaged in a unique experiential curriculum.
Presenter: Erica Mumm, DNP, MSN, RN

POSTER PRESENTATIONS CLOSE
4:00PM

INTERACTIVE PANELS
4:45PM – 6:15PM 1.5 Contact Hours

3041 Institute for Safe Environments
4:45pm - 6:15pm
Institute for Safe Environments Interactive Discussion Panel RN APRN
Participants will be encouraged to engage in discussions about safety and violence prevention and to contribute their ideas about educational and practice models that promote caring within the least restrictive setting possible.
Presenters: Diane E. Allen, MN, RN-BC, NEA-BC; Michael J. Polacek, MSn, RN-BC

3042 Institute for Mental Health Advocacy
4:45pm - 6:15pm
The Institute for Mental Health Advocacy Annual Interactive Panel 2016 RN APRN
The Institute for Mental Health Advocacy assists members to develop their advocacy voice. Review of tools, legislative tracking system and discussion from participants will occur in this session.
Presenter: Kathryn E Brotzge, MSN, PMHNP-BC

3043 Research Council
4:45pm - 6:15pm
Writing Excellent Research and Practice Change Proposals with Grab: Is There a Method to Mastering the Craft? RN APRN
Have you ever had the desire to improve the care of your patients and their families? Then write a proposal to describe your innovative idea! Come join us at the Research Council Interactive Panel. We will provide you with the basic tools for writing excellent research and practice change proposals.
Presenters: Linda Beeber, PhD, CNS-BC, FAAN; Genevieve Chandler, PhD, RN; Jane Mahoney, PhD, RN, PMHCNS-BC

3044 Administrative Council
4:45pm - 6:15pm
Supporting and Mentoring Nurse Leaders RN
This interactive session will provide Administrative Nurse Leaders with strategies for supporting existing and emerging Nurse Leaders. Through review of established frameworks and interactive discussion, participants will leave this session with strategies to address the challenges faced by Nurse Leaders.
Presenters: Kathy S. Lee, MS, PMHCNS-BC, APN; Avni Cirpili, RN, DNP, NEA-BC

3045 Military Panel
4:45pm – 6:15pm
Military Panel: Navy, Air Force, and Army Behavioral Health Nursing Updates RN APRN
Join us for an exciting update on Behavioral Health Nursing in the Active Duty Military Health System. This presentation will provide an overview of current and future Navy, Air Force, and Army BH nursing practices; along with Veteran’s Health Administration collaboration for enterprise-wide standardization of BH nursing practices.
Presenters: Jean Fisak, CAPT(sel), USN, PMHCNS-BC, MSN; Kevin J. Creedon, Lt Col, USAF, PMHNP-BC, MSN; JoEllen Schimmels, LTC, AN, PMHNP-BC, DNP

CHAPTER MEETINGS
6:30PM – 7:30PM
REGISTRATION OPEN
8:30AM – 2:30PM

APNF KEYNOTE PRESENTATION
9:00AM – 10:00AM
1.0 Contact Hours

Presenter: Gail Stuart, PhD, RN, FAAN

CONCURRENT SESSIONS
BLOCK 1:  10:15AM – 11:00AM

.75 Contact Hours

4011 Inpatient Track
10:15am - 11:00am
Nurses Initiating Change: Engaging Nurses in Development of Unit Orientation Pathways and Processes at an Inpatient Psychiatric Hospital  RN
Due to mental-health nursing shortages, an effective orientation program is paramount to retention and nursing satisfaction. Presenters will discuss nurse empowerment resulting from an orientation program driven and developed by nurses and review strategies of continual best-practice based on identified needs of new staff and the ever-changing mental healthcare system.
Presenters: Gina M. Miglore, BSN, RN; Marissa E. Boeding, BSN, RN; Jennifer K. Barut, PhD(c), MSN, RN-BC; Lori Harris, BSN, RN-BC

4012 Graduate Education Track
10:15am - 11:00am
Preparing Future PMHNPs to care for Child and Adolescent Psychiatric Needs through a Novel Core Competency and Specialized Practice Model  APRN
Graduate nursing programs grapple with providing adequate learning content and practicum opportunities in child psychiatry within a lifespan context. A model from the Oregon Health Science University that meets generalist competencies while allowing further specialization and sub-specialization through focused coursework, clinical work, and the DNP project is presented.
Presenters: Tina Walde, DNP, PMHNP-BC; Margaret Scharf, DNP, FNP-BC, PMHNP-BC; Nicole Bennett, MN, PMHNP-BC

4013 Research Track
10:15am - 11:00am
Report on the National Psychiatric Mental Health Advanced Practice Registered Nurse Survey  APRN
Presentation of workforce data derived from the 2016 APNA sponsored National Psychiatric Mental Health (PMH) Advanced Practice Registered Nurse (APRN) survey. Based on survey responses, the current PMH APRN workforce is described, its size, distribution, types of services provided and therapeutic modalities utilized. Implications for workforce development are discussed.
Presenters: Kathleen R. Delaney, PhD, PMHNP-BC; Barbara L. Drew, PhD, PMHCNS-BC; Amy J. Rushton, MSN, PMHCNS-BC

4014 Substance Use Track
10:15am - 11:00am
The Explosion of a New Designer Drug - Flakka: Implications for Practice  RN APRN
Nurses need to be aware of a new synthetic designer drug, Flakka and how to manage the patients in the acute phase of the drug's ingestion. Designer drugs are continuously hitting the market, nurses play key roles in prevention, education, detection and removal of these dangerous agents to avoid death.
Presenters: Deborah Ann Salani, DNP, PMHNP-BC, ARNP; Laura Dean Albuja, DNP, FNP-C, MS.Ed

For target audience, look for RN and APRN next to each session title.
4015  Psychotherapy Track
10:15am - 11:00am
APRN
This presentation provides an introduction to the Perspectives of Psychiatry and how they provide a rational approach to person-centered care. Participants will discuss ways that psychiatric mental health nurses can lead initiatives to identify key elements of evidence-based psychotherapeutic interventions and develop improved standards of care.

Presenters: Karan S. Kverno, PhD, PMHNP-BC, PMHCNS-BC; Tamar U. Rodney, MSN, PMHNP-BC

4016  Recovery Track
10:15am - 11:00am
Integrating Stages of Change into Day to Day Practice RN APRN
Stages of change is an evidenced based practice that enhances nursing skills and increases positive outcomes. Being able to identify what stage a person is in allows nurses the ability to provide appropriate interventions. This model helps nurses understand and deal with resistance, resolve ambivalence and move into action stage.

Presenter: Judith Wing Magnon, BS, RN-BC, CAC

4017  Trauma Track
10:15am - 11:00am
Historical Trauma and Mental Health among Native Americans RN APRN
This presentation will explore historical trauma among Native Americans and its associations with psychopathology. We will then discuss a conceptual model for nursing in Native American individuals, specific assessment tools, and questions regarding historical trauma. Lastly, we will explore “retraditionalization” as a way to facilitate recovery from historical trauma.

Presenter: Nicholas Guenzel, PhD, APRN-NP

CONCURRENT SESSIONS
BLOCK 2: 11:15AM – 12:00PM
.75 Contact Hours

4021  Inpatient Track
11:15am - 12:00pm
Novelties and Innovations in Assessing Competency in Psychiatric Mental Health Staff Nurses RN
This presentation describes in detail the steps that were taken in the development of a unique process at RWJUH-Somerset to assess competency in the psychiatric mental health staff nurses with the development of a competency based orientation manual specifically for this specialty and a skills fair day.

Presenters: Nellie Sun, MSN, RN; Kathleen Zavotsky, PhD, RN, CCRN, CEN, ACNS-BC

4022  Graduate Education Track
11:15am - 12:00pm
Enhancing Child and Adolescent Content & Clinical Training in Advanced Practice Psychiatric Nursing Programs: A Joint Workshop from the APNA Child & Adolescent Council and the APNA Education Council, Graduate Branch RN APRN
Child / adolescent psychiatric/ mental health content is now required in all PMHNP programs. This interactive workshop will feature a panel of graduate faculty in PMHNP programs discussing how they incorporate child/ adolescent content and creatively leverage community psychiatric resources to provide quality clinical experiences for their graduate students.

Presenters: Pamela Lusk, DNP, RN, PMHNP-BC; Jason Earle, PhD, PMHNP-BC; Erin Ellington, DNP, RN, PMHNP-BC

4023  Research Track
11:15am - 12:00pm
Florence Nightingale Meets the New Generation of Evidenced-Based Practice: A Tale of Collaborative Inquiry RN APRN
As evidence-based practice becomes integral to nursing, nursing participation in a larger culture of inquiry is essential. This session highlights one facility’s journey from initial inquiry to implementation of an innovative evidenced-based protocol, manipulating sleep and wake cycles to treat adolescent depression, and its final approval for clinical research.

Presenters: Diane Thomas Hurd, BSN, RN-BC; Keri Cross, BSN, RN-BC; Heather Landon, BSN
4024 Substance Use Track
11:15am - 12:00pm
Electronic Nicotine Delivery Systems (ENDS): Information and Discussion on Electronic Cigarettes and “Vape Pens”
RN APRN
This presentation is about electronic nicotine delivery systems (ENDS), known as e-cigarettes or vape pens. Nurses are responsible to acquire and translate new information into practice. As the largest category of clinicians, nurses see patients in a variety of settings and should provide patients with current information on ENDS.
Presenters: Carol A. Essenmacher, PMHCNS-BC, DNP, CTTS; Carolyn Baird, DNP, MBA, RN-BC, CARN-AP, CCDPD, FIAAN

4025 Psychotherapy Track
11:15am - 12:00pm
Ending the Identity Crisis: The Resurrection of Psychotherapy in Contemporary PMH-APRN Practice  APRN
Applied psychotherapy by PMH-APRNs is on a steady decline. This presentation will review the history and use of psychotherapy throughout the evolution of the PMH-APRN role in mental health service delivery and will re-emphasize the effective use of dynamic and supportive psychotherapies in both advanced education and clinical practice.
Presenters: Donna Rolin, PhD, APRN, PMHCNS-BC; David Goen, BSN, RN-BC, CCHP; Sherrie Margiotta, MSN, RN; Angela Retano, RN, PMHNP-BC

4026 Recovery Track
11:15am - 12:00pm
The Importance of Patient Engagement to Achieving Recovery  RN APRN
Meaningful engagement between staff and patient is at the heart of psychiatric nursing and is vital to patient recovery, yet seemingly it is often missing from today’s patient experience. This presentation will discuss factors that affect engagement and potential solutions for making therapeutic engagement the norm rather than the exception.
Presenter: Edward A. Herzog, MSN, APRN-CNS

4027 Trauma Track
11:15am - 12:00pm
The Assessment and Management of Impulsive and Compulsive Subtypes of Severe Trauma-related Disorders  APRN
This presentation will examine the impact across the lifespan of impulsive/compulsive symptomatology with severe trauma-related disorders. Three case studies will be presented to illustrate the neurobiological underpinnings and longitudinal course of this impulsive/compulsive symptom cluster. Current evidence and consensus-based treatment modalities for assessment/management of these symptom clusters will be discussed.
Presenters: Aaron M. Miller, MS, RN, PMHNP-BC; Rosalind De Lisser, MS, RN, PMHNP-BC, FNP-BC

CONCURRENT SESSIONS
BLOCK 3: 12:15PM – 1:00PM

4031 Inpatient Track
12:15pm - 1:00pm
"Leading Through the Night" How an Inpatient Psychiatric Hospital Successfully Engaged and Empowered their Night Shift Staff  RN
The need for engaged, empowered and highly qualified nurses is no less important on the night shift. This presentation will describe one hospitals journey to successfully engage, empower and transform their night shift nurses. This is a journey of re-igniting passion through transformational leadership, shared governance and valuing our staff.
Presenters: Joyce Streeter, BSN, RN-BC; Nancy Moore, MSN-BC; Linda Tayyun, BSN, RN-BC

4032 Graduate Education Track
12:15pm - 1:00pm
Integrating Mental Health Topics into a Family Practice Primary Care Curriculum  APRN
This presentation will examine a very successful Family Nurse Practitioner Program and discuss the integration of mental health topics throughout the curriculum through collaboration between Psychiatric and Family Nurse Practitioner faculty.
Presenters: Shonda Phelon, DNP, APMHNP-BC, FNP-BC, GNP-BC; Sueanne Davidson, DNP, FNP-BC

For target audience, look for RN and APRN next to each session title.
4033 Research Track
12:15pm - 1:00pm
Assessing the Mental Health Needs of First Responders: A Systematic Review  RN APRN
Duty-related traumatic exposures put first responders at high risk for developing mental disorders. A systematic review showed rates of PTSD, depression, suicide, anxiety, binge drinking, and sleeping problems to be significantly greater among first responders compared to general populations. Future research will explore the mental health needs of first responders.

Presenter: Sara Jones, PhD, APRN, PMHNP-BC

4034 Substance Use Track
12:15pm - 1:00pm
Practice and Dissemination of EBP: Behavioral Couples Therapy for Alcohol/Drug Dependence in the Veterans Administration  APRN
Behavioral Couples Therapy for Alcohol/Drug dependence is an evidenced based practice developed by O’Farrell with an extensive research program. The 12 week program will be described. The VA is teaching, disseminating and evaluating this psychotherapy as a primary treatment for veterans with SUD’s. Therapists include psychologists, nurses, and social workers.

Presenter: Steve Gentz, MSN, PMHCNS, NP

4035 Psychotherapy Track
12:15pm - 1:00pm
Self-reflective Practice: A Critical-reflection Workshop for Building Reflective Skill in Clinical Practice and Training  APRN
Self-reflective practice is linked to increased empathy, engagement, improved awareness of biases, and better communication. Critical-reflection is a technique used to build self-reflective practice and is well documented in the literature. In this workshop we will present two experiential exercises for engaging in critical reflection: a verbal and written critical-reflection.

Presenters: Rosalind DeLisser, MS, FNP, PMHNP; Aaron Miller, MS, PMHNP

4036 Recovery Track
12:15pm - 1:00pm
From Command and Control to Celebrating the "WE" in Wellness and Recovery: Inspired Culture Change in Acute Mental Health  RN
Have we disenfranchised our patients by discounting their self-determination and feedback based on mental illness? Nursing leaders challenged staff of a 48-bed acute mental health hospital to examine illness-centered unit customs and folklore influencing daily practice. Recovery to Practice (RTP) training emphasizes hope and paradigm shift from deficits to strengths.

Presenters: Mary Laufer, DNP, RN, NE-BC; Amy Monger, RN-BC; Ramona De La Cruz, RN

4037 Trauma Track
12:15pm - 1:00pm
Young Urban Female Survivors of Commercial Sexual Exploitation and Trafficking: Complex Trauma and An Integrated Model of the Path to Recovery  RN APRN
A multidimensional model of trauma recovery in female survivors of commercial sexual exploitation and domestic trafficking is presented. Clinical implications surround complex trauma and the non-linear nature of recovery. Based on a grant funded research partnership between Columbia University and the Girls Education and Mentoring Services (GEMS) in New York.

Presenter: Joan A. Kearney, PhD PMHCNS APRN

ANNUAL MEETING & TOWN HALL
1:15PM – 2:30PM
Registration Information

Pre-Registration: To register for the APNA 30th Annual Conference, go to www.apna.org/AnnualConference. Additional registration options are listed on page 33. Register before September 7, 2016 to take advantage of early bird registration rates. The Pre-Registration Deadline is October 10, 2016, after which you will need to register for the conference on-site.

On-site Registration: Onsite registration will be open from Wednesday, October 19, 2016 until space is no longer available. Please come with a completed offline form and allow ample time for the registration process. Please also be aware that some sessions may be unavailable due to limited capacity.

Special Registration Categories

Student: To qualify for the student rate, you must be an APNA Student Member; your membership must be current through October 31, 2016; and you must be enrolled in a nursing program on a full-time basis. You will need your APNA log in and password to register for the conference.

Retired: APNA Retired Members who are 65 or older are eligible to receive the retired discount.

Military: The military registration rate is available for members of the Military, Reserves or National Guard on active duty. You must show proof of current active military service at Registration Check-in. Use the code: APNA2016MILITARY

ANA Review Courses*

Psychiatric Mental Health Nurse Practitioner Workshop
Psychiatric Mental Health Nurse Workshop

For test content outline dated 12/23/2015 (PMHNP) and 10/15/2014 (PMH Nurse)

Monday & Tuesday, October 17-18, 2016
8:00am – 4:30pm

Register for one of the ANA workshops online at www.apna.org/ANAReview or by checking one of the boxes at the bottom of pg 33. This 2-day course includes:

• Access to course content materials on the ANA website
• A printed workbook of the ANA speaker slide handouts for the workshop (provided by APNA)
• An access code to the online practice questions on the ANA website
• A 20% off discount code for purchase of the Certification Exam Review Manual associated with the workshop you attend (purchased at www.nursebooks.org).
• Nurses meeting the requirements for successful completion of the course may earn 14 contact hours (60-minute contact hour)

The American Nurses Association Center for Continuing Education and Professional Development is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. ANCC Provider Number 0023

ANA is approved by the California Board of Registered Nursing. Provider Number CEP 6178

*These courses are being held on the Monday and Tuesday before the APNA Annual Conference begins on Wednesday. The workshops are not being offered as a part of the APNA Annual Conference.

Session Information

Sessions have been scheduled with plenty of time in between to minimize late arrivals and to allow for changing rooms during session blocks. Presenters will be urged to stay on schedule so please arrive on time to each session. Attendees should not claim full credit for a session if they enter after it has started. APNA reserves the right to make program changes as necessary and the right to cancel sessions if minimum enrollment has not been met or events occur beyond the reasonable control of APNA.

Americans with Disabilities Act

APNA plans to adhere to the legal requirements of the Americans with Disabilities Act. If a conference registrant is in need of any arrangement, please contact APNA at 855-863-2762 prior to the conference and/or visit the APNA Registration Desk onsite during the conference.
**Register by September 7, 2016 to receive the early bird rates.**

### ATTENDEE INFORMATION

Please print or type. Full registration fees must accompany this form for registration to be processed. Confirmation emails will be sent to all confirmed participants.

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIRST NAME</strong></td>
<td></td>
</tr>
<tr>
<td><strong>LAST NAME</strong></td>
<td></td>
</tr>
<tr>
<td><strong>APNA ACCOUNT ID NUMBER</strong></td>
<td>(IF APPLICABLE)</td>
</tr>
<tr>
<td><strong>CREDENTIALS</strong></td>
<td></td>
</tr>
<tr>
<td><strong>COMPANY</strong></td>
<td></td>
</tr>
<tr>
<td><strong>ADDRESS</strong></td>
<td></td>
</tr>
<tr>
<td><strong>CITY</strong></td>
<td><strong>STATE</strong></td>
</tr>
<tr>
<td><strong>ZIP</strong></td>
<td><strong>COUNTRY</strong></td>
</tr>
<tr>
<td><strong>TELEPHONE</strong></td>
<td></td>
</tr>
<tr>
<td><strong>EMAIL ADDRESS</strong> (REQUIRED)</td>
<td>PRINT CLEARLY</td>
</tr>
<tr>
<td><strong>EMERGENCY CONTACT NAME</strong></td>
<td><strong>PHONE NUMBER</strong></td>
</tr>
</tbody>
</table>

**Note:** Students must have their APNA student membership # to register at the student rate.

**3 WAYS TO REGISTER**

**ONLINE** (credit card only)

[www.apna.org/AnnualConference](http://www.apna.org/AnnualConference)

If you register online, please do not mail or fax your registration.

**Note:** Students must have their APNA student membership # to register at the student rate.

**FAX** (credit card only) Please fax the completed form to APNA Registration c/o ConferenceDirect at 704-927-1439.

**MAIL** (do not send cash)

Please make checks payable to APNA. Mail completed forms to:

APNA Registration  
c/o ConferenceDirect  
5600 Seventy Seven Center Dr., Suite 240  
Charlotte, NC 28217

---

If you would like to receive text message notifications and reminders during the conference, enter your cell phone number here: ____________________________

---

### CONFERENCE REGISTRATION RATES

<table>
<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>NONMEMBER</th>
<th>JOIN NOW!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Full Conference Registration</strong></td>
<td>(All full conference registrations include a ticket to the Friday evening event)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early Bird (Deadline: September 7)</td>
<td>$495</td>
<td>$745</td>
<td>$630</td>
</tr>
<tr>
<td>Regular (Deadline: October 10)</td>
<td>$570</td>
<td>$820</td>
<td>$705</td>
</tr>
<tr>
<td>On-site</td>
<td>$595</td>
<td>$845</td>
<td>$730</td>
</tr>
<tr>
<td>Student*</td>
<td>$299</td>
<td>—</td>
<td>—</td>
</tr>
<tr>
<td>Retired*</td>
<td>$299</td>
<td>—</td>
<td>—</td>
</tr>
<tr>
<td>Active Military ** code: APNA2016MILITARY</td>
<td>$299</td>
<td>$299</td>
<td>$434</td>
</tr>
</tbody>
</table>

**One Day Only Registration**

<table>
<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>NONMEMBER</th>
<th>JOIN NOW!</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Day</td>
<td>$299</td>
<td>$525</td>
<td>$435</td>
</tr>
</tbody>
</table>

**Choose day:**

- **Thursday 10/20**  
- **Friday 10/21**  
- **Saturday 10/22**

(Thursday one day registrations will not include a ticket to the networking event)

* Available to those with APNA Student and APNA Retired Memberships only.

** Conference Plus! REGISTRATION**

<table>
<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>NONMEMBER</th>
<th>JOIN NOW!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Conferences (includes the full day of sessions on Wed, 10/19)</td>
<td>$150</td>
<td>$250</td>
<td>$150</td>
</tr>
</tbody>
</table>

---

### ANA REVIEW COURSE REGISTRATION

<table>
<thead>
<tr>
<th>Course</th>
<th>Member Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PMH NP Workshop</td>
<td>$329</td>
</tr>
<tr>
<td>PMH Nurse Workshop</td>
<td>$299</td>
</tr>
</tbody>
</table>

---

**Registration Deadline Dates:**

- **Early Bird:** September 7
- **Regular/Pre-Registration:** October 10

---

**ANA REVIEW COURSE REGISTRATION**

- **PMH NP Workshop**  
  - $329 for members & nonmembers
- **PMH Nurse Workshop**  
  - $299 for members & nonmembers
Conference Plus! REGISTRATION
(Additional fee)
Circle one session number per block listed below to register.

**Wednesday, 10/19**
Block 1: 7:15am – 9:15am
- 1011
- 1012
- 1013
- 1014
- 1015
- 1016
Block 2: 9:30am – 11:30am
- 1021
- 1022
- 1023
- 1024
- 1025
- 1026
- 1027
Block 3: 1:15pm – 3:15pm
- 1031
- 1032
- 1033
- 1034
- 1035
- 1036
- 1037
Block 4: 3:30pm – 5:30pm
- 1041
- 1042
- 1043
- 1044
- 1045
- 1046
- 1047

**SECTIONS REGISTRATION**
Seats are not guaranteed.
Circle one session number per block listed below to register.

**Thursday, 10/20**
Concurrent Sessions
Block 1: 10:15am - 11:00am
- 2011
- 2012
- 2013
- 2014
- 2015
- 2016
- 2017
Block 2: 11:15am - 12:00pm
- 2021
- 2022
- 2023
- 2024
- 2025
- 2026
- 2027
Block 3: 12:15pm - 1:00pm
- 2031
- 2032
- 2033
- 2034
- 2035
- 2036
- 2037
Mini Concurrent Sessions: 3:00pm - 3:45pm
- 2041
- 2042
- 2043
- 2044
- 2045
- 2046
- 2047
Interactive Panels: 4:00pm - 5:30pm
- 2051
- 2052
- 2053
- 2054
- 2055

**Friday, 10/21**
Mini Concurrent Sessions: 12:00pm - 12:45pm
- 3011
- 3012
- 3013
- 3014
- 3015
- 3016
- 3017
Concurrent Sessions
Block 1: 2:45pm - 3:30pm
- 3021
- 3022
- 3023
- 3024
- 3025
- 3026
- 3027
Block 2: 3:45pm - 4:30pm
- 3031
- 3032
- 3033
- 3034
- 3035
- 3036
- 3037
Interactive Panels: 4:45pm - 6:15pm
- 3041
- 3042
- 3043
- 3044
- 3045

**Saturday, 10/22**
Concurrent Sessions
Block 1: 10:15am - 11:00am
- 4011
- 4012
- 4013
- 4014
- 4015
- 4016
- 4017
Block 2: 11:15am - 12:00pm
- 4021
- 4022
- 4023
- 4024
- 4025
- 4026
- 4027
Block 3: 12:15pm - 1:00pm
- 4031
- 4032
- 4033
- 4034
- 4035
- 4036
- 4037

**Networking Event in the Exhibit Hall**
- Thursday, 10/20 - Included!
- Guest Ticket - $75
  (guests must be ages 12 and up.)

**ADA**
- Mobile
- Visual
- Audio

**CANCELLATION POLICY**
Notification of registration cancellation must be received in writing to inform@apna.org by September 23, 2016 to receive a refund minus a $75 administrative fee. No refunds will be issued after September 23, 2016. Please allow three weeks for processing of refunds.

**PRODUCT THEATERS**
These non-CE promotional sessions are available to all attendees at no cost. Product theaters will take place during the conference at the following times:
- Wed, October 19: Dinner (8:15pm - 9:45pm)
- Fri, October 21: Breakfast (7:00am - 8:30am)
- Fri, October 21: Lunch (1:00pm - 2:30pm)

If you are interested in learning more about the Product Theater programs, please select “yes” below and you will receive an email with further information, including a web link to register for the programs.
- Yes
- No

**METHOD OF PAYMENT**
- Check made payable to APNA in the amount of $ ____________
  (in US funds drawn on a US bank)
- Charge my credit card in the amount of $ ____________
  (credit card will be charged immediately)
- Visa
- Master Card
- Amex
- Discover

CARD NUMBER
EXPIRATION DATE (MM/YYYY)
NAME AS IT APPEARS ON CARD
BILLING ADDRESS
CITY
STATE
BILLING ZIP
CARDHOLDER SIGNATURE
YOU MUST BE REGISTERED FOR THE ANNUAL CONFERENCE TO RESERVE HOTEL ACCOMMODATIONS

Please print or type. Full registration fees must accompany this form for housing to be processed.

ATTENDEE INFORMATION

FIRST NAME ___________________ LAST NAME ___________________

TITLE ___________________ COMPANY ___________________

EMAIL ADDRESS (REQUIRED)

TELEPHONE ___________________

ADDRESS ___________________

CITY ___________________ STATE ___________ ZIP ___________ COUNTRY ___________________

EMERGENCY CONTACT NAME AND PHONE NUMBER ___________________

HOTEL INFORMATION

Hartford Hilton

☐ $159 single/double ☐ $169 triple ☐ $179 quad

Hartford Marriott Downtown

☐ $179 single/double ☐ $189 triple ☐ $199 quad

Holiday Inn Hartford Downtown Area

☐ $139 single/double ☐ $144 triple ☐ $149 quad

Radisson Hotel Hartford

☐ $155 single/double ☐ $165 triple ☐ $175 quad

Hotel rooms are subject to applicable state and local taxes (currently 15%) in effect at the time of check-out.

Arrival Date: October _____, 2016 / Departure Date: October _____, 2016

Bed Type Request

☐ 1 King Bed ☐ 2 Queen Beds

Bed type is assigned by the hotel based on availability. Bed type and other requests are not guaranteed.

If you are sharing a room, please list your room occupants below:

____________________________________________________________________________________

OTHER REQUESTS (Not guaranteed)

☐ ADA Please specify Audio/Visual/Mobile ___________________

☐ Additional Requests ___________________

All guest rooms are non-smoking.

To obtain the discounted APNA rate, guest room reservations must be made by 5:00pm Eastern Time on September 23, 2016. Reservations are made on a first-come, first served basis until the room block is sold out. It is recommended to make hotel reservations as early as possible. Room rates are subject to change without notice and are based on availability. Group rates may not be combined with any other discounts or offers.

PLEASE PROVIDE A CREDIT CARD TO HOLD HOTEL RESERVATION

Each individual room reservation must be confirmed and guaranteed by the attendee with a deposit equal to the full price of the room for one night.

☐ Amex ☐ Discover ☐ Master Card ☐ Visa

CARD NUMBER ___________________ EXPIRATION DATE (MM/YYYY) ___________________

NAME AS IT APPEARS ON CARD ___________________

BILLING ADDRESS ___________________

CITY ___________________ STATE ___________ BILLING ZIP ___________

CARDHOLDER SIGNATURE ___________________

Once your reservation has been made, you will receive a hotel acknowledgement email.

IMPORTANT HOUSING ITEMS

• You must be a confirmed registrant to receive APNA’s discounted room rate.
• All reservations must be accompanied by a first night room deposit, plus tax or guaranteed with a major credit card.
• All reservations must be made directly with APNA’s registration company by 5:00pm Eastern Time on September 23, 2016.
• After September 28, 2016, to make a new reservation or modify an existing reservation, you must contact the hotel directly. The APNA discounted conference rate is not guaranteed. Failure to cancel accommodations within the appropriate time frame will result in a fee of one night’s guest room and tax.
• Credit card or full payment via check or cash must be presented at hotel check-in. The credit card provided on this form, online, via phone, or via email during the registration process is for guarantee purposes only. A credit card or other payment must be presented at check-in.
• Check-in time is after 3:00pm. Checkout time is by 12:00pm noon.

After September 28, 2016: To make a new reservation or modify an existing reservation, you must contact the hotel directly. Contact information can be found on the hotel’s website.

CANCELLATION POLICY

Marriott, Hilton and Holiday Inn: Room cancellations must occur more than 72 hours prior to the date of arrival. Any cancellations after this time are subject to the first nights room and tax charges.

Radisson: Room cancellations must occur by 6:00pm EST on October 13. Any cancellations after this time are subject to the first nights room and tax charges.

When calling to cancel a hotel reservation, note the following: date, cancellation number, and name of the person taking the cancellation.
“If you can go to only one conference a year, this is the one to attend. You will leave having learned so much about what is happening in your area of practice, and feel a sense of pride that you are part of the psychiatric nursing profession.” — APNA Annual Conference Attendee