APNA 15th ANNUAL
Clinical Psychopharmacology Institute
Planned for nurses by nurses

Up to 23 Contact Hours

Hyatt Regency Baltimore on the Inner Harbor
Baltimore, MD

June 8-11 2017

www.apna.org/CPI
#APNAPsychopharm
Dear Colleagues,

Psychopharmacologic clinical practice is engrossing and complex. It can be hard to find time to keep up with state-of-the-science and new developments in pharmacology which will benefit our patients. The APNA Clinical Psychopharmacology Institute (CPI) Program Committee has kept that reality at the forefront when planning this year’s program. They have not only selected top-pics which reflect requests from past attendees, they have mindfully built a comprehensive program which speaks to the real-world issues important to clinical practitioners.

The APNA CPI program, because it is planned for nurses by nurses, also speaks to the holistic approach that we psychiatric-mental health nurses take towards treating the whole person and promoting overall wellness. We do so much more than treat an illness. That full and integrated approach is reflected in the theme for this year’s institute: Integration of Psychopharmacology and Nursing Science: Strategies to Promote Healthy Brains, People, and Lives.

It is my pleasure to invite you to the APNA 15th Annual Clinical Psychopharmacology Institute. When you join us in June, you will leave Baltimore with evidence-based psychopharmacologic interventions for your practice, from personalized treatment decisions based on principles of neurotransmission, pharmacokinetics, and pharmacodynamics, to new discoveries that can impact the lives of persons with complex psychiatric and substance use disorders.

See you soon!

Kris A. McLoughlin, DNP, APRN, PMHCNS-BC, CADC-II, FAAN
President
Learning with **DYNAMIC EXPERTS** in neurobiology and psychopharmacology, from leading nurse clinicians to cutting-edge scientists.

A program informed by the **HOLISTIC NURSING APPROACH** with scientific evidence aimed at treating the whole person.

And that’s not all… **Check out these perks for CPI Attendees:**

- Online session recordings to revisit information or earn CE for what you did not attend on site. (Available 1-2 months after the conference)
- Additional 10 continuing education contact hours in the APNA eLearning Center
- $25 discount on APNA Annual Conference registration (October 2017 in Phoenix, AZ)
- CPI mobile app including schedule, maps, updates, and ability to message other attendees.
- Digital session handouts to follow along on your device or print beforehand.
- Print Program Book with plenty of pages included for handwritten note-takers.
- Free continental breakfast Fri & Sat mornings

23+ CONTINUING NURSING EDUCATION CONTACT HOURS in psychopharmacology in-person or online.

Conversations that **ENHANCE YOUR UNDERSTANDING** of diagnostic considerations, optimal treatment strategies, and current best practices across the country.

**Don’t just take our word for it. Here’s why nurses choose CPI:**

> “My practice is increasingly complex with psych/medical comorbidities and poly pharmacy. I need to continue to stay current with SCIENCE.”

> “I will maintain my prescriptive authority in my state because I have had these continuing education credits. I have a richer understanding of data I am collecting from my patients to support planning their care and the selection of my interventions.”

> “It reminds me of the complexity of the lives, brains, and behaviors of my patients, and that they deserve for me to continue learning more…”

### Continuing Education

The APNA 15th Annual Clinical Psychopharmacology Institute will offer **up to 23 contact hours**. The content of this CNE activity pertains to psychopharmacology. Because states’ requirements may vary, contact your State Board of Nursing for more information.

#### 2017 Conference Educational Learning Outcomes

1. Incorporate evidence based psychopharmacologic mental health nursing practice interventions that promote healthy brains, people, and lives.
2. Discuss the science of personalized psychopharmacology including principles of neurotransmission, pharmacokinetics and pharmacodynamics and their influence on psychopharmacologic nursing practice.
3. Relate new discoveries in psychopharmacology and neuroscience to the nursing practice of caring for persons with complex psychiatric disorders.

Continuing nursing education contact hours are awarded based on number of sessions attended and evaluations completed. To receive full credit for a session, you must attend the entire session and complete its online evaluation. **Evaluations Deadline: Monday, July 24, 2017.**

Presenters are required to disclose any actual or potential conflict of interest. Planners have no conflict of interest to disclose.
Xavier F. Amador, PhD
President, LEAP Institute and LEAP Associates, LLC

Dr. Xavier Amador, founder of the LEAP Institute, is an internationally renowned clinical psychologist. His books, authoritative clinical research, worldwide speaking tours, and extensive work in television news and entertainment make him truly unique among his peers. Particularly, his research on psychotic and mood disorders, his work as a forensic psychologist, and his development of the LEAP Institute have made him a worldwide expert in the mental health field. Dr. Amador’s expertise has been called upon by government, industry and the broadcast and print media where he has appeared as a frequent expert for CNN, ABC News, NBC News, CBS 60 Minutes, New York Times, Washington Post, Wall Street Journal and many other national and international news outlets.

He is currently a Visiting Professor of Psychology at the State University of New York. For over two decades he also served as a Professor of Psychiatry and Clinical Psychology at Columbia University and Professor of Psychology at New York University. He was also previously the Director of Research at NAMI; and the Director of Psychology at the New York State Psychiatric Institute.

Kevin Hines
Brain Health Advocate & Storyteller

Kevin Hines is a brain/mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. The fall would break his body, but not his spirit. Today, Kevin dedicates his life to saving lives by spreading the message of hope and sharing his art of living mentally well. He is one of the most respected and admired voices of lived experience. Kevin’s story is a remarkable testament to the strength of the human spirit and a reminder for us to love the life we have.

Carol Essenmacher, PMHCNS-BC, DNP, CTTS
Certified Tobacco Treatment Specialist; Tobacco Treatment Coordinator, Battle Creek VA Medical Center

CDR Joseph Holshoe, PMHNP-BC
Commander, U.S. Public Health Service, Womack Army Wellness and Support Center, Fort Bragg, NC

Joy A. Lauerer, DNP, PMHCNS-BC, RN
Assistant Professor, Medical University of South Carolina College of Nursing

Lorenzo Leggio, MD, PhD, MSc
Chief, Section on Clinical Psychoneuroendocrinology and Neuropsychopharmacology, NIAAA DICBR and NIDA IRP; Associate Director for Clinical Research, Medication Development Program, NIDA IRP, National Institutes of Health

Sanjay J. Mathew, MD
Marjorie Bintliff Johnson and Raleigh White Johnson, Jr. Chair for Research in Psychiatry; Professor of Psychiatry & Behavioral Sciences, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine

Grace Nadolny, MD
Medical Director, Older Adults Transitions Services, El Camino Hospital

Nancy Noyes, RN, MS, PPCNP-BC, PMHCNS-BC
Advanced Practice Provider Behavioral Health Clinical Manager, Nationwide Children’s Hospital

Lauren M. Osborne, MD
Assistant Professor of Psychiatry, Assistant Director, Women’s Mood Disorders Center, Johns Hopkins University School of Medicine

Philip Shaw, MD, PhD
Earl Stadtman Investigator, Section on Neurobehavioral Clinical research, Social and Behavioral Research Brand, National Human Genome Research Institute, and Adjunct Faculty, National Institute of Mental Health (NIMH)

Christian J. Teter, PharmD, BCPP
Associate Professor (Psychopharmacology), College of Pharmacy, Center for Excellence in the Neurosciences, University of New England

Barbara Jones Warren, PhD, RN, PMHCNS-BC, FNAP, FAAN
Professor of Clinical Nursing; Director, Psychiatric Mental Health Nursing Across the Lifespan Specialty Track, The Ohio State University College of Nursing
Science: Strategies to Promote Healthy Brains, People, & Lives

Thursday, June 8

Contact hours: 2.0

5:00pm – 7:00pm
Pre-Conference Course: The Power of Zzzzs: Sleep Solutions for Psychiatric Nursing Practice
CDR Joseph Holshoe, PMHNP-BC
This pre-conference session will provide a comprehensive overview of sleep and the role of psychiatric nurses in the management of sleep. It will review the biology of sleep, common sleep disorders, review non-pharmacological and pharmacological treatments for sleep, and explore the role of psychiatric nurses in assessing and managing sleep to improve psychiatric outcomes.
Select the pre-conference session during registration (additional fee) to earn up to an additional 2 contact hours. Dinner on your own.

Friday, June 9

Contact hours: 7.5

7:30am – 8:00am
Networking Continental Breakfast

8:00am – 9:30am
Novel Experimental Medicine Approaches to Depressive and Trauma-related Disorders
Sanjay J. Mathew, MD

9:45am – 11:15am
Clinical Treatment Targets in Addictions
Lorenzo Leggio, MD, PhD, MSc

11:30am – 1:30pm
Symposium Luncheon: The Future is Now: New Treatment Options for Tardive Dyskinesia in 2017
Sponsored by: Creative Educational Concepts
Contact hours (1.5) provided by: Creative Educational Concepts.
Supported by: Neurocrine Biosciences, Inc
Lunch provided

1:45pm – 3:15pm
Telepsychiatry: Connecting and Prescribing from a Distance
Joy A. Lauerer, DNP, PMHCNS-BC, RN

3:30pm – 5:00pm
Early Assessment, Diagnosis and Treatment of Pediatric Delirium
Nancy Noyes, RN, MS, PPCNP-BC, PMHCNS-BC

5:30pm – 7:00pm
Product Theater Dinner
Clinical Experts in Bipolar Depression
Sponsored by: Sunovion Pharmaceuticals Inc.
No contact hours provided.

Saturday, June 10

Contact hours: 7.5

7:30am – 8:00am
Networking Continental Breakfast

8:00am – 9:30am
KEYNOTE: "I am Not Sick, I Don't Need Help!”: How LEAP Can Transform Your Psychopharmacology Practice
Xavier F. Amador, PhD

9:45am – 11:15am
The Management of Mood and Anxiety Disorders in Pregnancy and Postpartum
Lauren M. Osborne, MD

11:30am – 1:30pm
Symposium Luncheon: Clinical ConvergenceSM: Patient and Provider Perspectives on Optimal Care in Bipolar Depression
Sponsored by: RMEI Medical Education, LLC
Contact hours (1.5) provided by: Postgraduate Institute for Medicine
Supported by: Sunovion Pharmaceuticals Inc.

1:45pm – 3:15pm
Employing Multiple Mechanisms with Downstream Effects: Contemporary Psychopharmacologic Approaches
Christian J. Teter, PharmD, BCPP

3:30pm – 5:00pm
Optimizing the Aging Journey: Psychopharmacologic Approaches to Geriatric Anxiety, Depression, Delirium and Dementia
Grace Nadolny, MD

Sunday, June 11

Contact hours: 6.0

7:30am – 8:00am
Coffee Provided

8:00am – 9:30am
KEYNOTE: Cracked Not Broken
Kevin Hines

9:45am – 11:15am
ADHD Across the Lifespan: Research Update
Philip Shaw, MD, PhD

11:15am – 12:15pm
Brunch Provided

12:15pm – 1:45pm
Culture, Violence, & Psychopharmacology
Barbara Jones Warren, PhD, RN, PMHCNS-BC, FNAP, FAAN

2:00pm – 3:30pm
Treating Nicotine and Tobacco Dependence: Assumptions That Could be Harmful to Your Patients
Carol Essenmacher, PMHCNS-BC, DNP, CTTS

Schedule is subject to change. APNA reserves the right to make program changes as necessary, and the right to cancel sessions if events occur beyond reasonable control of APNA.

Check www.apna.org/CPI for schedule, program, and housing updates.
To Do

Sightseeing
Visit dynamic and exciting attractions surrounding the Inner Harbor.
- The National Aquarium, featuring over 16,000 animals
- Fort McHenry, the inspiration behind “The Star-Spangled Banner”
- Ripley’s Believe or Not!, 10 galleries full of the weird, strange, and bizarre!

Free Attractions
Baltimore has a plethora of unique sites and experiences that are fun and free!
- Baltimore Museum of Art, home to a renowned collection of art ranging from mosaics to contemporary art
- Baltimore Basilica, the first Roman Catholic Cathedral built in the USA
- Orioles Hall of Famers, where you can “meet” 6 famers including a larger than life statue of Cal Ripken, Jr.

Restaurants
Enjoy local crab specialties on the Inner Harbor and then move to the authentic Mexican cuisine in Federal Hill. Have a Greek feast in Canton or try out the homemade pasta and Italian pizzerias in Little Italy. Stop by The Feast of Saint Anthony Italian Festival on June 10 and 11 for great Italian food, friends and fun!

New this year! Show Your Badge Program
APNA CPI attendees are eligible to receive discounts at Baltimore restaurants and attractions all around town. Visit www.apna.org/CPItravel for a full list of participating companies. Just show your CPI name badge and enjoy the savings!

Travel

By Air
The Hyatt is 10 miles from the Baltimore-Washington International Airport (BWI).
A 10% discount is available for airport transportation through Super Shuttle to CPI Conference registrants. To book, visit www.apna.org/CPItravel.
Taxi service is available on the lower level curb of all terminals. Approximate cost from BWI to the Hyatt is $35.00.

Other Options - Car, Train, Bus
Baltimore is a short drive by car from Washington DC (1 hour), Philadelphia (2 hours), and New York City (3 hours). The Baltimore Penn train station and Baltimore Downtown bus station are 2 miles from the Hyatt. See www.apna.org/CPItravel for more travel info.

Hotel Information

Hyatt Regency Baltimore on the Inner Harbor
Enjoy a luxurious visit at “Charm City’s” AAA Four Diamond hotel on Baltimore’s picturesque Inner Harbor.

Discounted Guest Room Rate:
$163 per night single/double plus tax

Discounted Self-Parking Rate:
$14 per day at the Hyatt garage. Additional parking is available at surrounding garages.

Guest room 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.

Reserve your guest room today!
Hyatt Regency Baltimore on the Inner Harbor
300 Light Street
Baltimore, Maryland 21202
Call: 1-888-421-1442, refer to the APNA CPI Conference for the reduced rate
Book Online:
www.apna.org/CPItravel
4 Options to Register

**Online:** Go to [www.apna.org/CPI](http://www.apna.org/CPI) - click Register Now! *(Preferred Method)*
**By Fax:** Complete form below and send to secure fax at 855-883-2762.
**By Phone:** Call APNA toll free at 855-863-2762.

**Attendee Information** *All fields required*

<table>
<thead>
<tr>
<th>NAME</th>
<th>APNA ACCOUNT ID#</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EMAIL ADDRESS</th>
<th>ADDRESS</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHONE</th>
<th>EMERGENCY CONTACT (NAME, RELATIONSHIP, PHONE)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Is this your first time attending the APNA CPI conference?  
☐ Yes  ☐ No

**Registration Rates**

<table>
<thead>
<tr>
<th>Regular Registration Rate*</th>
<th>$520 for members</th>
<th>$770 for non-members</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Site Registration Rate*</td>
<td>$545 for members</td>
<td>$795 for non-members</td>
</tr>
</tbody>
</table>

**Active Military Registration Rate*  
**Available for members of the Military, Reserves, or National Guard on active duty. Must show proof of current active military service at Registration Check-in.**

<table>
<thead>
<tr>
<th>Pre-Conference Session Add-on: Thursday, June 8th, 5:00pm – 7:00pm</th>
<th>$69 for members</th>
<th>$119 for non-members</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>One Day Registration Rate* (Circle:  Fri   Sat   Sun)</th>
<th>$240 for members</th>
<th>$390 for non-members</th>
</tr>
</thead>
</table>

**Not an APNA member? Join now to receive the member rate!**

<table>
<thead>
<tr>
<th>Join Now Regular Registration Rate*</th>
<th>$655 (member rate + $135 membership)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Join Now On-Site Registration Rate*</td>
<td>$680 (member rate + $135 membership)</td>
</tr>
</tbody>
</table>

For more information on APNA membership categories (affiliate, retired, full-time student, international), visit [www.apna.org/membership](http://www.apna.org/membership).

*Rate does not include the Pre-Conference Session.

**Payment Information**

<table>
<thead>
<tr>
<th>TOTAL AMOUNT TO CHARGE</th>
<th>CREDIT CARD #</th>
<th>EXPIRATION DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BILLING ADDRESS</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NAME ON CARD</th>
<th>CARDHOLDER SIGNATURE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Cancellation Policy**

Notification of registration cancellation must be received in writing to [inform@apna.org](mailto:inform@apna.org) by May 19, 2017 to receive a refund minus a $50.00 administrative fee. *No refunds will be issued after May 19, 2017.*
Integration of Psychopharmacology and Nursing Science: Strategies to Promote Healthy Brains, People, & Lives

Sessions exploring…

- Lived experience
- Sleep solutions in psychopharm practice
- Telepsychiatry
- Pediatric Delirium
- Mood & Anxiety Disorders in Pregnancy
- ADHD Across the Lifespan
- Neuro-synaptic Mechanisms of Action
- Culture & Violence

The APNA Clinical Psychopharmacology Institute (CPI) is designed to present a state-of-the-science understanding of dimensions of psychopharmacologic practice across the lifespan.

The Institute focuses on complex clinical issues, addressing the most current practices and insights in clinical psychopharmacology. CPI is planned for nurses by nurses.

23 contact hours onsite
+ 10 add'l contact hours online
up to 33 contact hours available for APNA CPI attendees!