A VIRTUAL CONFERENCE

APNA 34th ANNUAL CONFERENCE

Session Catalog

SEPTEMBER 30 – OCTOBER 4, 2020

Earn 100+ Contact Hours
www.apna.org/AnnualConference

The American Psychiatric Nurses Association is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation.
The APNA 34th Annual Conference will be held virtually this September 30 – October 4, 2020. As we optimize the schedule for this virtual format, here is a catalog of the sessions that will be included. These sessions are sorted by topic, though you will find that many cut across multiple topics. Both access to sessions during the conference and on-demand recordings are included with your registration.

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**SESSION KEY**

**PRE-CONFERENCE SESSIONS:** 2-hour sessions offered on 9/30 and included in regular conference registration. **2 contact hours**

**CONCURRENT SESSIONS:** 45-minute presentations included in regular conference registration. **0.75 contact hours**

**MINI CONCURRENT SESSIONS:** Two 20-minute sessions grouped together by topic into one 45-minute session and included in regular conference registration. **0.75 contact hours**
Psychiatric-Mental Health Nurses: Proud Partners on the Journey to Whole Health  

Psychiatric-mental health nursing is rooted in the idea of a partnership between nurse and patient. Through this approach, psychiatric-mental health nurses make unique contributions to individuals, communities, health care systems and the nursing profession as a whole. To fully engage in this partnership and impact whole health at all levels, we need to ensure that we are at our best. This presentation will examine the importance of caring for our own mental health and provide actionable strategies to foster well-being for ourselves so that we can provide the best possible care to those we serve.  

APNA President Tari (Sattaria) Dilks, DNP, APRN, PMHNP-BC, FAAN

Why We Chose Nursing and How Nursing Continues to Choose Us  

In 2015, Kelley Johnson, MSN, FNP, sparked the #NursesUnite campaign after her Nursing monologue performance at the Miss America competition that year was made fun of by co-hosts of the television show The View. Nursing was ignited with passion over the controversy and stethoscopes were shown across America. Every story has two sides, and you are not going to want to miss hers.  

Kelley Johnson, MSN, FNP

An Overview of Safewards: an Exciting New Evidence-Based Psychiatric Nursing Model Designed to Reduce Conflict and Containment in Acute Care Settings  

Safewards, a new psychiatric nursing model, is a comprehensive conflict and containment reduction approach for inpatient psychiatric settings. It has proved to be highly effective in numerous international implementation and efficacy studies. Our objective is to educate and inspire other nurses to consider utilizing this model in their organizations.  

Suzie Marriott, MS, BSN, RN-BC; Jessica Marangio, MSN, RN-BC

Dissemination of the Psychotic Disorders Standard Set of the International Consortium of Health Outcomes Measurement (ICHOM)  

This presentation introduces results of the International Consortium on Health Outcomes Measurement Psychotic Disorders Work Group. In 2012 ICHOM was tasked to unlock the potential of value-based healthcare by defining global Standard Sets of outcome measures that matter most to patients. Future payments will be based on these identified outcomes.  

Mary Denise Moller, DNP, ARNP, APRN, PMH CNS-BC, CPRP, FAAN
PRE-CONFERENCE SESSIONS

Optimizing Wellness and Resilience; a Trauma Informed Playmakers Program for Clinical Mental Health Staff and Educators Working with Children & Families  
*RN APRN*

This interactive presentation will allow participants to be immersed in portions of the playmakers training while learning about the research findings throughout the presentation. Learners will explore their inner child and learn ways to connect with the children they serve as they explore the playmakers model with one another.

*Anka Roberto, DNP, PMHNP-BC, APRN; Josalin Hunter-Jones, PhD, MSW, MPH; Cara Johnson, BSN Student; Haley Ormand, MSW student*

Pediatric Bipolar Disorder: Where Are They and How We Care for Them  
*RN APRN*

This dynamic and informative presentation will explore the controversial disorder of Pediatric Bipolar Disorder as it applies to PMHNP practice. The participants will leave with an understanding of how qualitative and quantitative data can assist providers in identifying and caring for this at risk population.

*Daniel Wesemann, DNP, PMHNP-BC, ARNP*

MINI CONCURRENT SESSIONS

Fostering Workplace Civility Among Nursing Staff  
*RN APRN*

Workplace incivility experienced by nurses has been shown to have negative consequences on the psychiatric mental health of nurses as well as the care provided to patients. Evidenced-based team-building interventions coupled with servant leadership provide an opportunity to eliminate workplace incivility and transform future nursing practice.

*Lee Hardin, DNP, MBA, RN, NE-BC; Stephanie Wynn, DNP, RN-BC, PMHNP-BC, FNP-BC, COI*

The Impact of a Nurse-led Multidisciplinary Leadership Group on Workplace Violence  
*RN APRN*

This presentation highlights how a multidisciplinary violence workgroup developed quality improvement initiatives that showed positive outcomes in violence-risk identification/communication, staff education, patient care and staff support. Nurses will gain thought-provoking information about practice changes that strengthen staff and patient safety in the inpatient psychiatric setting.

*Georgia G. Rosenblatt, RN, PMHCNS-BC, APRN; Danielle M. Michalak, MSN, RN*

PRE-CONFERENCE SESSIONS

Just Plain Good Writing: An Organization's Journey of Incorporating Plain Language and Recovery-Oriented Principles into Biopsychosocial Report-Writing  
*RN APRN*

This presentation describes how an organization turned its jargon-laden, over-medicalized, vague and paternalistic reports into just plain good writing. By applying evidence-based, plain language principles and incorporating a recovery-oriented approach to our reports, we put the person back in the center of the biopsychosocial assessment process.

*Alice Bernet, PhD, PMHNP-BC*
CONCURRENT SESSIONS

A Brain Rest Protocol for Nursing Assessment and Intervention with Non-Intellectually challenged Individuals with Head Banging Behaviors  
**RN APRN**

The presenters will outline a Brain Rest Protocol that was implemented at a residential treatment program intended to mitigate the risk of neurological sequelae in non-intellectually challenged youth with head-banging behaviors. This presentation will provide practice guidelines and tools for all nurses working with individuals with this behavior.

*Lori Keough, PhD, M.Ed, FNP-BC, PMHNP-BC; Alyssa Kirby, RN, BSN*

Implementation of Two Levels of Support for Pediatric Patients with Behavioral Health Emergencies  
**RN APRN**

A variety of situations place pediatric healthcare professionals vulnerable to workplace violence. To support and enhance a culture of safety, a two-level system of support was created to provide a well thought out and predictable response to behavioral health emergencies within a large metropolitan pediatric medical center in the southwest.

*Jane LeVieux, PhD, LPC-S, RN-BC, NHDP-BC; Jennifer Brown, MS, CTRS, BSN, RN, NPD-BC*

Improving Sleep and Emotional Self-Regulation in Youth with Mental Health Disorders: A Quality Improvement Project  
**RN APRN**

This presentation offers strategies on effective psychological and behavioral interventions to improve sleep and emotional self-regulation in children and adolescents with mental health disorders, demonstrated through a quality improvement project.

*Katherine E. Maxwell, DNP, APRN-CNP*

Psychiatry in the ICU?! A Look at Pediatric Delirium  
**RN APRN**

This presentation explores the DSM-5 diagnosis with the highest mortality rate: Delirium. Often misdiagnosed and/or mismanaged, this presentation aims to enhance practical knowledge for nurses of all levels in the specialized diagnosis, assessment, and management of a pediatric delirious patient.

*Alysha Woods, MSN, PMHNP-BC; Joe Garcia, MSN, PMHNP-BC*

Successful Partnerships for Youth Suicide Prevention - The CARES Journey  
**RN APRN**

Maine, like most of the nation, has seen the tragic rise in suicide rates across young people struggling with behavioral health and substance abuse challenges. This presentation will prepare participants to launch similar intervention initiatives in their own communities.

*Wayne M. Steller, PMHNP-BC; Christopher McLaughlin, LCSW*

The Changing Demographics of Youth Suicide - Is Social Media to Blame?  
**RN APRN**

This presentation will discuss the changing demographics of youth suicide and the potential contribution of social media on rising suicide rates in pre- and early adolescents and in females. The results of our studies of adolescent suicide attempters will be presented with regards to social media influences on suicidal behavior.

*Jamie Zelazny, PhD, RN*
PRE-CONFERENCE SESSIONS

Behind the Curtain: Insights into the JAPNA Manuscript Review Process for Authors and Reviewers

Disseminating PMH nursing knowledge, expertise, and ideas is critical to the profession and necessary for continuing advancements that promote optimal nursing care. This workshop will demystify the peer review/publishing process and provide aspiring authors and reviewers with practical tips and expert advice to facilitate writing, reviewing, and publishing success.

Janice Goodman, PhD, PMHCNS-BC, PMHNP-BC; Geraldine Pearson, PhD, PMH-CNS, APRN, FAAN

Psychotherapy Training Using Simulation

This interactive session will engage participants in the fundamentals of designing, conducting and evaluating psychotherapy training sessions for PMHNP students. Participants will leave the session with templates and examples of the components necessary to incorporate nested, evolving psychotherapy training events into their simulation center curricula.

Michael Terry, DNP, FNP, PMHNP

CONCURRENT SESSIONS

An Academic - Not-for-Profit Partnership Model in Support of PMHNP Preceptor Placement

This presentation will codify the development of an academic - not for profit partnership model in support of PMHNP placement and share the high risk, high volume and problem-prone issues associated with this partnership. This presentation is supported by the United States Department of Health and Human Services

Sean P. Convoy, PMHNP; Jamie Lord, DNP, PMHNP-BC

Auditory Hallucination Simulation: Measuring Empathy and Exploring Experiences of Hearing Voices with Prelicensure Nursing Students

This presentation will include the results of running an auditory hallucination simulation with Undergraduate students. It will illustrate how to develop the program as well as results of the Jefferson Empathy Scale and the student’s reactions during focus group interviews. This participant will gain an alternate view of clinical education.

Valerie Seney, MA, MSN, LMHC, RN-PMH-BC

Bringing Innovative and Creative Evidence-Based Learning Activities to the Undergraduate Psychiatric Nursing Post-Clinical Conference: Integrating Clinical Experiences and Theory

This presentation describes innovative and creative evidence-based learning activities for the undergraduate psychiatric nursing post-clinical conference that align weekly clinical instruction with the didactic classroom topics. The discussion will include case studies, Motivation Interviewing training, debriefing exercises, communication simulation, assessment videos, and clinical reflection models.

Berry Anderson, PhD, RN; Kerry Young, BSN, RN
Creating A Clinical Learning Environment Supporting Interprofessional Practice Using a Synchronous On-Line Strategy  
This engaging presentation will provide practice ready strategies to create a synchronous on-line interprofessional learning environment offering graduate students the opportunity for development in self-awareness, skills and knowledge in performing as a member of an interprofessional team to develop a comprehensive treatment plan for patient experiencing medical and psychiatric comorbidities.

Sara E. Banzhaf, DNP, MSN, APRN-BC, PMHNP-BC; Rhonda Coffman, DNP, ARNP, ACNP-BC, FNP-C; Paul L. Price, Pharm D, BCPP

Improve Communication using Improvisation Theater Techniques  
Improvisation techniques are a novel method to teach communication techniques to APRN students. Evidence has shows an improvement in empathy scores after completing a standardized patient scenario. Additionally, these techniques have been shown to improve overall provider communication confidence.

Christianne Nesbitt, DNP, RN, GNP-BC, PMHNP-BC; Karen Higgins, DNP, FNP-BC

Improving Suicide Risk Assessment and Intervention in Baccalaureate Nursing Education  
The presentation will share strategies to include content related to ‘APNA Essential Competencies for Assessment and Management of Individuals at Risk for Suicide’ in a baccalaureate nursing curriculum. Included will be examples of classroom strategies, clinical practicum strategies and simulation exercises to better prepare graduates for diverse settings.

Claudia Denise Davis, MSN, RN

Improving Undergraduate Mental Health Students’ Nursing Skills Through Standardized Participant Simulations  
This presentation will discuss the process of developing and evaluating Standardized Participant simulation experiences for an undergraduate mental health nursing course to improve students’ assessment, communication, and clinical judgement skills as well as increase patient safety.

Gail K. Godwin, PhD, RN, PMHNP-BC; Sterling Roberts, DNP, RN, CHSE

Is it Time to Re-examine the Physical Assessment Education for PMHNP?  
This interactive, engaging presentation provides the opportunity for PMHNP educators and other stakeholders to discuss and examine the current physical assessment content being taught in PMHNP based on the results of a national survey. The participants will be stimulated to propose solutions to help standardize physical assessment course content.

Jeffery Ramirez, PhD, PMHNP, CARN-AP, FAANP; Carol Kottwitz, DNP, PMHNP, PMHCNS; Andrea Adimando, DNP, PMHNP-BC, BCIM; Kathy B. Riedford, PhD, PMHNP
A Descriptive Study of Adverse Childhood Experiences and Depression, Anxiety and Stress among Undergraduate Nursing Students  

This presentation looks at a population of nursing students and their adverse childhood experiences which are higher than the national average. It takes a deeper look at how a nursing student's past trauma calls for interventions that will increase resilience and how this is being integrated into a nursing curriculum.  

Victoria Bennett, DRE, MCC, RN, MSN; Vicki Meek, MS, RN, CNE

Nursing Students’ Perceptions of the Effectiveness of the Various Suicide Awareness and Prevention Training Interventions, within a Bachelorette Undergraduate Program  

Discussion on the impact of various methods of teaching Suicide Awareness and Prevention on student’s self-reported confidence. Key questions on student confidence in recognizing warning signs, asking the suicide question, and how to refer to help were explored. Methods of instruction that proved most beneficial were self-reported by students.  

Linda Kay Romines, DNP, RN, FNP-BC, CNE
Evaluation of Nurse Residency Programs in Psychiatric Nursing: Does a Psychiatric Specific Nurse Residency Program Improve Overall Outcomes for Newly Licensed Psychiatric Registered Nurses as Compared to a General Nurse Residency Program?  RN   APRN
This presentation discusses the implementation of a psychiatric nurse residency program in a free standing psychiatric facility. The program evaluations will be presented and implications for future practice will be introduced.  
Lisa P. St. Pierre, BSN, RN, Joanne H. Hillman, RN

Didactic Theatre for Conversations, Communication & Confidence: Nurses Caring for Medical-Surgical Patients With Mental Illness in Non-Psychiatric Settings   RN
This presentation introduces ‘didactic theatre’ - an innovative learning strategy - where ‘seasoned nurses’ discuss a range of their experiences with the complexities of MSMI patients while communicating, as ‘mentors’, their use of effective therapeutic techniques and recognition of MSMI patient behaviors. Dialogue is then continued with the nursing audience. 
Jeanette J. Avery, PhD, MSN, CNE

Using Simulation to Validate Student Competence in Addressing Intimate Partner Violence   RN   APRN
The AACN recommends that nursing programs offer opportunities for all students to gain training in assessment and management of intimate partner violence (IPV). This presentation will describe a simulation scenario in which a patient presents after experiencing IPV. Students gain confidence in their ability to assess and respond to IPV.  
Mary McNamara, DNP, APRN; Ruth Woroch, DNP, APRN

Use of Augmented Reality in Psychiatric Mental Health Simulation   RN
This presentation will introduce the innovative idea of Augmented Reality in Psychiatric Mental Health simulations to help foster the students learning. Students actively engage in simulation using mobile devices to assist in the learning and development of planning care for Psychiatric Mental Health diagnoses.  
Jacqueline R. Williams, MSN, RN; Dana Koziol, MSN, RN, BA; Rhonda Sheridan, Ed.D., MSN/ED, RN

“The most valuable part of this year’s Annual Conference for me was the inspiration and renewal for the profession that I’ve chosen. It opened my eyes to concepts some new, some that I’ve forgotten or don’t use.”
Complicated Grief Group Therapy for Community-residing Persons with Serious Mental Illness  

This presentation will include the theoretical underpinnings, research evidence and practical application of Complicated Grief Group Therapy, a specialized multi-modal group psychotherapy treatment of complicated grief. All CGGT intervention treatment elements will be presented with video and practice. Feasibility, participant retention and treatment adherence across practice settings will be discussed.  

Katherine Supiano, PhD, LCSW, F-GSA, FT, APHSW-C; Riley Colin, RN

Group Leader Toolkit I: Overview of Group Theory and Principles, Planning a Group and Opening Strategies  

First of two related workshops identifies essential knowledge and demonstrates key skills to successfully structure and facilitate small groups. Discussion of group development phases, group processes and leader strategies to facilitate effective group process combine with a simulated experience of a group’s opening phase where leaders model effective facilitation skills.  

Bethany J. Phoenix, PhD, RN, CNS, FAAN; Frannie Pingitore, PhD, RN, PMHCNS-BC, CGP

Group Leader Toolkit II: The Working and Ending Phases of Group and Strategies to Manage Challenging Behaviors  

This workshop, a continuation of Group Toolkit I, will focus on the practical and theoretical components of the working and ending phases of groups. Strategies to manage challenging behaviors of group members will be presented and demonstrated in an experiential group simulation of the working and ending phases of groups.  

Frannie Pingitore, PhD, RN, PMHCNS-BC, CGP; Bethany J. Phoenix, PhD, RN, CNS, FAAN

Group Therapy for PMHRNs: Let’s Get Started!  

This lively, interactive and experiential session will impart group concepts and motivational interviewing and will allow participants to practice these through group scenarios. Participants will gain skills to immediately benefit consumers in the inpatient setting or various settings where PMHRNs practice.  

Leslie G. Oleck, MSN, PMHNP-BC, PMHCNS-BC, LMFT; Victoria G. Shull, BSN, RN

Yes, And!: How to Engage Patients in Therapeutic Groups through Improvisational Techniques!  

This presentation will discuss how improvisational techniques can help improve patient engagement in therapeutic groups. Ways in which nursing staff can use improvisation in an inpatient setting will also be presented.  

Leilanie Ayala, MSN, PMHCNS-BC, PMHNP-BC; Stephanie Anderson, BA

“I am full of exciting ideas and motivation to make my unit even better than it already is...”
CONCURRENT SESSIONS

Improving Whole Health Outcomes: A Novel Approach to Nursing Education through an Integrated Behavioral Health/Medical Surgical RN Residency and Fellowship Program  
Highly interactive and multidisciplinary, this presentation showcases our integrated MedPsych RN residency and fellowship program as told from the perspective of program manager, professional development specialist, nurse manager, and program alum. Participants will experience core elements of the program through multimedia, facilitated discussion, and active observation of live demonstration.
Amanda Young, BSN, RN-C; Elizabeth Rubin, MSW, LICSW, SUDP; Melinda Furrer, MN, RN; Zachary Brochu, BSN, RN-BC

Nurse Led Interdisciplinary Treatment Planning: A Proactive and Holistic Model for Behavioral Emergency Response Teams  
This presentation outlines the components of a successful Behavioral Emergency Response Team and how to include proactive and interdisciplinary treatment planning as a method to reduce the severity and frequency of acute behavioral emergencies. There will be opportunities for interactive case studies and ask questions.
Adam Kozikowski, MS, PMHNP-BC; Nathan Jones, RN-BC

Whole Health Advanced Practice Nursing: The Coming Tsunami of Dually Certified Nurse Practitioners  
This presentation describes a grass roots nursing movement toward dual certification in primary and mental health care as advanced practice nurses strive to meet their patients’ needs and address the challenge of the Quadruple Aim. Educational, research and policy implications are discussed.
Virginia Conley, PhD, PMHNP-BC, FNP-BC, FAANP; Tess Judge-Ellis, DNP, PMHNP-BC, FNP-BC, FAANP

MINI CONCURRENT SESSIONS

Meeting the Patient’s Medical Needs in an Inpatient Psychiatric Setting: Making the Most of Opportunities  
This presentation reviews both common and complex medical conditions seen in an inpatient psychiatric setting, identifies the unique opportunity of the PMH nurse to help address the whole health needs of their patients and how interdisciplinary collaboration can help reduce barriers PMH nurses may face within their practice setting.
Christi Peters, MSN, APRN, FNP-BC; Eric Cool, BSN, RN-BC, CARN

Prolonged Postoperative Opioid Use Among Patients with Serious Mental Illness  
This presentation establishes the relationship between SMI and prolonged postoperative opioid use and identifies prescriber factors associated with prolonged postoperative opioid prescribing. Findings can be used to inform pre- and post-operative assessment, teaching and prescribing for surgical NPs and consult-liaison PMH-APRNs and postoperative pain management teaching for bedside RNs.
Elizabeth Nilsen, BSN, RN
CONCURRENT SESSIONS

Forming and Mobilizing a Suicide Postvention Team in a VA Health Care System  
This presentation introduces a model for guiding and facilitating an inclusive organizational postvention process that supports all loss survivors. Recommendations for forming and mobilizing a suicide postvention response team will be shared to assist learners’ ability to adopt postvention response teams to support suicide loss survivors in their respective settings.
Jennylynn Palisoc, PhD, DNP, APRN, PMHNP-BC

Suicide in Women Veterans: The Too Silent Killer  
Women Veterans are at high risk of death by suicide. Interprofessional, trauma-informed care includes screening for suicide, IPV, MST, and ACEs. Evidence supports this trauma-informed approach will decrease death by suicide in women Veterans.
Rachel M. Shaw, MSN, CRNP, PMHNP-BC; Mariah D. McCreaer, MSN, CRNP, PMHNP-BC; Scarlet N. Patterson, MSN, CRNP, PMHNP-BC; Brenda L. Mayfield, MSN, CRNP, PMHNP-BC; Jessica W. Richardson, DNP, CRNP, PMHNP-BC; Teena M. McGuinness, PhD, PMHNP-BC, FAANP, FAAN

Utilization and Efficacy of Nonpharmacologic Therapeutic Modalities in a Combat Stress Clinic  
This presentation provides an overview of popular nonpharmacologic treatment modalities for deployed military members. Incorporation of these interventions improves patient treatment fidelity and subsequent effective symptom reduction without impairing military member performance capabilities or necessitating removal from the deployment mission. Patients have treatment self-delivery capability and post-deployment continuance ease.
Donna M. Burge, PhD, APRN-BC, PMHNP

PRE-CONFERENCE SESSIONS

No More Fear: How to Select Medications for use During Pregnancy and Lactation  
This presentation provides an introduction and overview of a process that can be used to select psychotropic medications for patients who are pregnant or lactating.
Lyons Hardy, APRN

“Not Just a Little Here and a Little There”. Optimizing Best Practice Strategies For the Safe Cross-Titration and Tapering of Psychotropic Medications in Children and Adolescents  
This interactive presentation will integrate key principles of cross-titration and tapering of psychotropic medications with specific case studies. The participant will gain a better understanding of things to consider and safe principles for both the cross-titration and tapering of psychotropic agents to prevent destabilization of target symptoms and possible hospitalization.
Nancy Noyes, PPCNP-BC, PMHCNS-BC; Meredith McCauley, PharmD, BCPS, BCPP
CONCURRENT SESSIONS

A Structured Approach to Deprescribing Psychotropic Medication  RN  APRN
This presentation will discuss concerns related to irrational and unsafe prescribing practices and provide the PMHNP with a practical, structured approach to deprescribing psychotropic medications when clinically appropriate.
Erica Kierce, DNP, PMHNP, PMHS

Demystifying Clozapine to Support Recovery of Patients with Persistent Psychosis  RN  APRN
Clozapine carries not only the greatest antipsychotic efficacy but also numerous challenges: managing a system of care, monitoring side effects, and strict monitoring protocols. Inter-disciplinary best practices for successful use of clozapine will be presented. Parameters for monitoring, point-of-care devices, outcomes measures, prescribing and side effect management will be discussed.
Robert O. Cotes, MD; Donna Rolin, PhD, APRN, PMHCNS-BC, PMHNP-BC

The Last Five Years - New Classes, New Agents, New Delivery Systems for MDD, Bipolar and Schizophrenia. Plus a look at what’s coming ahead!  RN  APRN
This lively presentation provides an overview of new agents, or new delivery systems of current agents as well as ancillary tools to improve treatment options. In addition to reviewing pivotal data on these new options, looks more closely at first in class compounds and novel agents in phase III development.
Alan Amberg, APN, PMHNP-BC

MINI CONCURRENT SESSIONS

What is Happening to Our Child? Recognizing Pediatric Acute Onset Neuropsychiatric Syndrome (PANS): Implications for Healthcare Providers  RN  APRN
This presentation will review Pediatric Acute Onset Neuropsychiatric Syndrome (PANS) including presenting neuropsychiatric symptoms, and treatment strategies.
Deborah Salani, DNP, PMHNP-BC, APRN, NE-BC; Deana Goldin, PhD, DNP, APRN, PMHNP-BC, FNP-BC

What’s All the Excitement About? Ketamine/Esketamine as Treatment Options  RN  APRN
Ketamine and esketamine treatment options continue to expand and patients with treatment resistant depression are seeking out these treatment options. Cases will be presented with indications for use and the patient care, administrative and insurance/payment issues that often accompany treatment. Experience in the development of a clinic will be discussed.
Courtney Miller, BA, ADN, RN; Paula Bolton, MS, CNP, ANP-BC

“Knowing that so many talented professionals share my passion for mental health nursing has truly energized me.”
PRE-CONFERENCE SESSIONS

Addressing the Needs of Individuals with Autism Spectrum Disorders and Intellectual and/or Developmental Disabilities on Inpatient Psychiatric Units  
Kristen Kichefski, MSN, MBA, NC-BC

Addressing the clinical needs of individuals with mild to moderate presentations ASD or ID/DD presents a challenge for nurses on inpatient psychiatric units. Nurses need tools to differentiate between behaviors associated with ASD/ID/DD and those associated with psychiatric disorders to improve care, minimize escalation events, and avoid prolonged inpatient stays.

Antipsychotic Reduction in Nursing Homes: An Evidence Based Practice Protocol  
Nancy M. Birtley, DNP, APRN, PMHCNS-BC, PMHNP-BC

This presentation describes the federal regulations on psychotropic medications in LTC facilities and introduces an evidence based practice clinical protocol which can guide clinicians away from prescribing antipsychotic medications in the treatment of dementia behaviors.

Wendy Dunn, RN, BSN; Sarah Aielli, MS, CCC-SLP; Robin Brewer, M.ED

Autism Spectrum Disorder patients are routinely served on a non-specialized inpatient unit. Optimal outcomes for care safety and satisfaction can be achieved by establishing standardized assessment, recommendation and treatment protocols. Staff training and the use of Personal Protective Equipment can provide the foundational tools for successful patient experience and care.

Formulating Diagnostic Impressions and The Pitfalls of Self-Report  
Catherine Carlson, PsyD. LP

The presentation contains a diagnostic approach that is user friendly and will elucidate clinical phenomenon the audience members have experienced. Differentiating subjective from objective data is emphasized and demonstrated. Contains didactics that cover differential diagnoses and ends with several clinical vignettes that illustrate critical points.

Patient Safety 2.0: Using Technology to Enhance Patient Safety Practices  
Tina Aown, MSN, RN-BC, CNML; Robyn Welch, MSN; Amy Rushton, DNP, APRN; Jennifer Bush, RN; Deborah Parker, MSN, RN-BC

This interactive presentation will provide opportunity to review several different examples of how technology is enhancing patient safety interventions across hospital departments. We will also examine the use of evidence based assessment tools and interventions that allow nurses to optimally engage with patients to provide appropriate care.

Private Practice 101: A Risk Management Perspective  
Anne Huben-Kearney, RN, BSN, MPA, CPHQ, CPHRM, DFASHRM; Allison Funicelli, MPA, CCLA, ARM, CPHRM
Supporting Growth of Psychiatric Mental Health Nurse Colleagues through APNA's "Mentor Connection" Journey & Beyond  RN  APRN
The presentation will define mentor, mentee within the context of the APNA Mentor Connection and other programs. Discussion includes essentials such as establish rapport, boundaries, clear outcome creation, outcome attainment/measurement and management of stuck points. Discussion includes creating, attaining a healthy thriving and rewarding dyadic mentoring relationship.
Kathleen T. McCoy, DNSc, PMHNP-BC, PMHCNS-BC, FNP-BC, FAANP

CONCURRENT SESSIONS

Animal Assisted Therapy in Mental Illness  RN  APRN
This interactive program will introduce professionals to the benefits of animal assisted therapy, types of animals, current and future research needs.
Rebecca Puchkors, MSN, RN-BC; Linda Denke, PhD, RN, CCRC

Addressing the Global Issue of Sex Trafficking Through Increasing Knowledge of Health Care Providers  RN  APRN
It is important for healthcare providers to increase their knowledge and understand their role. This program will review red flags, control indicators, and physical factors. Known barriers will also be explored. Appropriate interventions with suspected victims are reviewed. This presentation includes a Power point, video, and case scenarios.
Katherine Evans, DNP, RN; Jolie Gaudioso, MSN

Effects of Animal-Assisted Activity on Mood States and Feelings in a Psychiatric Setting  RN
Attendees will gain a greater understanding of the positive psychological effects of Animal Assisted Activities (AAA) among patients visitors and staff. Participants will explore findings of a research study implementing AAA and see how this low-cost nonpharmacological intervention can be utilized throughout the hospital to help ease psychological stressors.
Sandra Brown, RN BSN BC; Jill Snelders, BS MBA, CTRS; Joan Godbold, BSN, RN; Sarah Eckardt, MA, MS

Friend or Foe? Risk Management Tips for Using Social Media  RN  APRN
Social media is a means of interactions used to create, share and exchange information in virtual communities/networks. When engaging in social media, whether professionally or personally, psychiatric professionals need to be aware of the issues of confidentiality, professionalism, boundaries and standards of care.
Allison Funicelli, MPA, CCLA, ARM, CPHRM; Anne Huben-Kearney, RN, BSN, MPA, CPHQ, CPHRM, DFASHRM

Implementation of a Protocol-driven Medical Clearance Algorithm in Behavioral Health Crisis Services  RN  APRN
This protocol-driven medical clearance algorithm aims to improve assessment of patients with psychiatric symptoms that present for emergency services. Presenter will review processes for assessing presenting symptoms and significant clinical findings from the history and physical; tracking disposition type and length of stay; and monitoring a measure of patient safety.
Sara B. Bortner, RN, BSN, DNP-Candidate
A Structured Approach to Use of Personal Electronic Devices (PEDs) by Adult Psychiatric Inpatients  
Neil Myers, RN; Annie M. Smith, RN-BC, MSN

Integrating Mental Health and Substance Use Disorder Treatment: Reducing Readmission Rates  
Harry Walk, MSN, RN-BC, NE-BC

Facts, Fiblets, and Little White Lies: Deceiving Patients for Therapeutic Ends  
Maureen Donohue-Smith, Ph.D., MSN, PMHNP-BC

Using the Brief Psychiatric Rating Scale (BPRS) as a Symptom Assessment Tool in Measurement-Based Care  
Joseph Ventura, PhD; Donna Rolin, PhD, APRN, PMHNP-BC

Survivors of Torture: Providing Psychiatric Services to Asylees and Refugees  
Molly Willis, MSN, RN; Connie Quach, RN

Tele-behavioral Health: Development and Implementation of a Psychiatric Nurse Practitioner Run Clinic  
Tarah Lewis, DNP, PMHNP-BC; JoEllen Schimmels, DNP, PMHNP-BC

MINI CONCURRENT SESSIONS
From Complementary to Integrative: Implementing Aromatherapy on an Inpatient Psychiatric Unit  
This presentation discusses the challenges and successes of implementing lavender aromatherapy on an inpatient psychiatric unit. The participant will leave with knowledge of the indications and contraindications of lavender aromatherapy and recommendations for future practice and research. This project advocates for increased availability of complementary interventions in behavioral health. 
Melissa B. Walsh, BSN, RN-BC; Victoria Fisher, BSN, RN

Implementation of a Behavioral Health Nurse Navigator for Inpatient Behavioral Health Services at St. Luke’s University Health Network  
This presentation introduces the role of the Behavioral Health Nurse Navigator recently implemented for Inpatient Behavioral Health Services at St. Luke’s Hospital & Health Network. This Nurse Navigator focuses on the patient care continuum from inpatient to outpatient community care, solves problems, provides support, and aims to reduce readmission rates. 
Rosemary Nourse, MSN, RN

Integrating Safety Planning into Our Outpatient ECT Program  
In this presentation, the process of integrating the safety planning intervention (SPI) into an outpatient electroconvulsive therapy setting will be described. Details of ECT and SPI, challenges and limitations with implementation, and future considerations will be discussed. 
James Victor Moreno, RN; Joey Howard, Registered Nurse

Exploring the Human Trafficking of Children and Adolescents Through a Health Promotion Lens: An Integrative Review of Nursing Literature  
This presentation describes an urgent need for nurse involvement in health promotion efforts to support the psychosocial wellbeing of trafficked youth. An integrative review of extant literature in this field illuminates the strengths and shortcomings of existing interventions, and suggests opportunities for advancement in psychiatric-mental health nursing research and practice. 
Brianna Jackson, MScN, RN

PMHNPs as Behavioral Health Integration Specialists: Using Your Expertise to Advance Access, Quality, and Outcomes in Primary Care  
Presentation explores leveraging the full scope of PMHNP expertise to improve patient access and outcomes in integrated behavioral health in primary care. Participants will leave with tips on extending their reach beyond direct patient care through both informal and systematic case consultation in the Collaborative Care Model. 
Kara Birch, RN, DNP, FNP, PMHNP; Amanda Ling, RN, PMHNP; Bethany J. Phoenix, PhD, RN, CNS, FAAN

Adopting Current NPO Guidelines  
This presentation summarizes one psychiatric hospital’s adoption of current preoperative NPO guidelines and addresses the unique challenges of maintaining patient NPO status in a milieu setting. Participants will be able to apply current guidelines and compare three interventions designed to support staff adherence to a practice change. 
Janet Etrod, MSN, RN-BC

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Combining CBT and Medication Management in Brief Visits: An Evidence-Based Collaborative Approach to Promote Best Outcomes  
This interactive presentation supports APRNs practicing in their full scope, by demonstrating how to integrate psychotherapeutic interventions with pharmacological treatment in even brief medication management visits. We will outline the evidence supporting CBT for brief visits and demonstrate real practice CBT interventions, strategies and resources applicable for current “med checks”. 
Pamela Lusk, RN, DNP, PMHNP-BC, FAANP; Bernadette M. Melnyk, PhD, RN, PMHNP-BC, CPNP, FAANP, FAAN
Nursing: Caring Science meets Psychedelic Assisted Psychotherapy for Depression and PTSD  

Research into psychedelic assisted psychotherapy, using MDMA (PTSD) or psilocybin (depression), was recently given breakthrough drug therapy status by the FDA. This preconference session, led by two study therapist nurses, will equip psychiatric nurses to understand the risks and benefits of this ground-breaking treatment and the implications for future.

Andrew Penn, RN, MS, NP, CNS; Bruce Poulter, RN, MPH

CONCURRENT SESSIONS

Evaluation of an Adapted Dialectical Behavioral Group Therapy for Adults with Intellectual and Developmental Disabilities  

Many individuals with intellectual and developmental disabilities (IDD) who are dually diagnosed with mental health problems experience emotional, cognitive, and behavioral regulation difficulties. An adapted Dialectical Behavioral Therapy (DBT) can be used as an intervention to enhance emotion regulation skills which may result in decreased challenging behaviors.

Caroline M. Kraft, MSN, MA, PMHNP-BC

It’s Not The Size That Matters, It’s How You Treat It: Updates in Trauma Treatment  

Trauma events come in many shapes and sizes. In the plethora of alphabet soup that is trauma focused therapy: WET, ART, EMDR, PE, CPT, IRT, etc. this presentation will review the similarities and differences amongst treatments, core components of the therapies, and application for patients using new evidence.

JoEllen Schimmels, DNP, RN, PMHNP-BC, FAAN

Psychotherapy, an Essential Competency for the APPN, is a Complex and Multifaceted Endeavor to Teach  

This presentation uses a lively case study approach to teach Interpersonal Psychotherapy (IPT). Participants will experience psychotherapy over time through didactics and enactment of segments of verbatim session transcripts that bring the psychotherapeutic process to life and allow a rare and privileged glimpse of the dialogue that occurs within sessions.

Candice Knight, PhD, EdD, APN, PMHNP-BC, PMHCNS-BC; Danielle Conklin, DNP, NP-P, PMHNP-BC; Michelle Knapp, DNP, NP-P, PMHNP-BC

MINI CONCURRENT SESSIONS

Cognitive Behavioral Therapy for Insomnia (CBT-I): A Case Study  

This presentation introduces Cognitive Behavioral Therapy for Insomnia (CBT-I). It is an individualized treatment depending on each patient’s baseline sleeping patterns. CBT-I is easily implemented and can be used for patients with and without medication, and those who have other mental and/or physical comorbidities.

Krystyna de Jacq, PhD, PMHNP-BC

Psychotherapy Beyond the Textbook: Strategies to Improve CBT Education for PMHNP Students  

This presentation discusses implementation and evaluation of an online Essentials of Cognitive Behavior Therapy (CBT) training course to improve psychotherapy education in a psychiatric mental health nurse practitioner (PMHNP) program.

Carol Campbell, DNP, APRN, PMHCNS-BC, PMHNP-BC, FNP-C; Sara Jones, PhD, APRN, PMHNP-BC, FAANP
PRE-CONFERENCE SESSIONS

PartnerSHIPS: Collaborating with Recovery-Oriented Services and Supports  RN APRN
In this interactive workshop, psychiatric mental health nurses and practitioners (PMH-RN/APRN) will identify the value/benefit and impact of non-traditional academic, clinical, and, community partnerships. They will create a plan to seek out previously unexplored partnerships, build new relationships, and enhance existing ones. Examples of active non-traditional partnerships will be shared.
Michael Valenti, PhD, RN; Shannon Robinson, RN, MSN

CONCURRENT SESSIONS

Behavioral Health Patients’ Perception of Benefits Associated with a Peer Support Program  RN
SAMHSA Recovery Model identifies recovery as a goal for Behavioral Health. Attendees will learn: 1) Qualifications and education necessary to become a Peer Support Specialist; 2) Role and responsibilities of a Peer Support Specialist; and 3) Interventions used by Peer Support Specialists to provide support to behavioral health patients.
Joan Godbold, BS, RN-BC; Jill Sneiders, BS, MBA, CTRS; Sarah Eckardt, MA, MS

Being an Effective Patient Partner: Insights from Parents of Mental Health Consumers  RN APRN
The presenters, both experienced nurses, will share challenges they personally experienced communicating with healthcare providers as parents of children struggling with severe mental health disorders. They will teach attendees simple communication tools to improve collaboration between patients, family members, and treatment teams.
Michael C. Thomas, DNP, APRN, PMHNP-BC; Stacie Hunsaker, MSN, RN, CEN, CPEN, CNE, CNML

Supporting Families through the Crisis of First Episode Psychosis  RN
This presentation explores the needs of caregivers facing the crisis of the diagnosis of First Episode Psychosis. Providing caregivers with information and support through a series of psychoeducational support groups, decreases stress and supports self-efficacy in caregivers, enabling them to provide care and access resources leading to positive outcomes.
Susan Fitzgerald, MSN, RN, NE-BC

Surviving and Thriving with Schizophrenia: a Perspective from Patient and Provider  RN APRN
This presentation will be an eye-opening account of a PMHNP who has been living with schizophrenia since her teenage years. She will discuss from the patient point of view how medications feel, the experience of being in a psychiatric hospital, and how to promote hope and recovery.
Brooke Katz, DNP, ARNP, PMHNP

Using Digital Stories to Understand Recovery and Reduce Stigma in Future Healthcare Providers  RN APRN
This presentation introduces the use of digital storytelling as a technology to help consumers tell their stories and to help students learn from consumers. We will teach the steps of a digital storytelling workshop, present completed digital stories, and discuss the themes elucidated.
Sheila Linz, PhD, PMHNP-BC, RN; Mary Wunnenberg, Ed.D, MSN, RN, CNE
PRE-CONFERENCE SESSIONS

Use of Mindfulness Practices to Enhance Mental Health and Physical Well-being  RN  APRN
This presentation discusses mindfulness and its many benefits for physical and emotional well-being. It addresses research supporting mindfulness practices. Types of mindfulness practices will be discussed and practiced by participants. Practical points, challenges and ways to maintain the practices will also be discussed. This is an interactive and experiential presentation.
Nasrin Falsafi, PhD, RN, PMHCNS-BC, AHN-BC

CONCURRENT SESSIONS

Darkness into Light: Truth on Perseverance  RN  APRN
This research documentary captures the unifying theme of resilience among different demographics, cultures and disciplines composing healthcare. In retelling their journeys, the clinicians in this documentary unites us through untold stories of resilience unspoken of in everyday life. This documentary will inspire patients, family members, students and professionals across disciplines.
Cedric Thurman, MSN, BSN, RN, PMHNP-BC

The Experiences of Parent Dyads in the Neonatal Intensive Care Unit  RN  APRN
This presentation discusses results of a qualitative study that captures the experiences of parents in their own words and identifies the mental health needs of parents in the neonatal intensive care unit, introducing a population to PMH RNs and APRNs that is in need of increased mental health/psychosocial support.
Kristy Loewenstein, PhD, RN, PMHNP-BC, NPD-BC, NEA-BC

Whole Health Meets Values: Attitudes Aligned with Mental Health Empathy on Campus  RN  APRN
This presentation describes and presents the results of a mixed-methods research study examining college student attitudes about people with mental illness. The measurement of student human service majors feelings before and after viewing video of people with mental illness validated effective interventions for improving attitudes and decreasing stigma.
Todd Hastings, PhD, RN, CNE

“The continued variation in the sessions that are offered allows me to expand my nursing knowledge in many different areas.”
MINI CONCURRENT SESSIONS

Post-Traumatic Growth Among Nurses: What are Influencing Factors?  RN  APRN
Examining posttraumatic growth (PTG) can yield insight to constructively understand and approach trauma among nurses. Data was analyzed from 299 nursing staff on traumatic experiences and resulting PTG. Work-place trauma resulted in the lowest PTG scores among other trauma experiences. Site-specific interventions to support PTG among nurses should be explored.
Chizimuzo Okoli, PhD, MSN, MPH, RN; Amanda Lykins, DNP, RN-BC

Complicated Grief: Case Study Analyses of Surviving Surrogate End-of-Life Decision Makers’ Long-term Mental Health  RN  APRN
This presentation discusses using case studies to determine facilitators/barriers to surviving surrogate end-of-life decision makers’ (SDM) coping, identifying degree of practice adherence to a decision-making model, and relating model adherence to SDM mental health outcomes. Some SDMs will require assistance to successfully cope with complicated grieving related to end-of-life decisions/events.
Francine Hebert Sheppard, RN, PhD, CNE; Joshua Borders, PhD, DNP, NP-C, ACHPN; Amber Welborn, PhD, RN; Anna Hamrick, DNP, FNP-C, ACHPN

The Relationship Between Post-Traumatic Stress Disorder and Gastrointestinal Disease in United States Military Veterans  RN  APRN
This presentation introduces research identifying the relationship between PTSD and GI disease in US Veterans and introduces implications for future research and clinical practice.
Kelsey Kent, PhD, PMHNP-BC

Development and Testing of a Measure of Spiritual Resourcefulness  RN  APRN
This presentation describes the development and testing of a measure of spiritual resourcefulness. This scale will be used to complement the existing Resourcefulness Scale(c), which consists of persons and social dimensions. Together, measures of the three dimensions of resourcefulness provide a more complete assessment of an individual’s coping repertoire.
Jaclene A. Zauszniewski, PhD, RN-BC, FAAN

The Lived Experience of Stigma by Suicide-Attempt Survivors: A Phenomenological Study  RN  APRN
Giving voice to those who are suicide attempt survivors and understanding the stigma they experienced will compel participants to design programs to eliminate stigma, knowing stigma is a barrier to seeking treatment. Treatment is known to be effective in suicide reduction. Nurses can be instrumental leading programs in their communities.
Pamela K. Greene, PhD, RN, NEA-BC

Veterans and Moral Injury: Constructs, Impact and Treatment Options  RN  APRN
This interactive presentation provides the opportunity for PMH Nurses and APRNs to improve their understanding of the association between military trauma and the development of moral injury, how moral injury both intersects and is independent of the development of PTSD, and current methods utilized in the management of moral injury.
Angela DelGrande, PhD, PMHNP-BC, CNS

Analysis of Moral Distress: The Experience of Psychiatric Nurses  RN  APRN
Nurses frequently face ethical dilemmas; when they are unable to act on moral solutions due to constraints, moral distress may result. This presentation analyzes the experience of moral distress in psychiatric nurses, exploring possible differences in precipitants and responses unique to this population.
Julia A. Smith, EdM, RN, PMHNP-BC
SAFETY & WORKPLACE VIOLENCE

CONCURRENT SESSIONS

Development of Interprofessional Education to Reduce Workplace Violence  
RN  APRN
This presentation will review the implementation of an education program for interdisciplinary caregivers on the management of escalating behaviors and behavior emergency situations with the use of simulation.  
Tammy M. Leon, MSN, RN-BC; Brenda Byrne, MSN, RN, NPD-BC, CMSRN

Innovative Systematic Approach to Improve Safety with High-risk Patients  
RN
A transformational approach was implemented within a 100-bed pediatric inpatient hospital caring for high-risk, acute psychiatric patients. This novel interwoven safety approach created a culture driven by nursing leadership through the use of effective learning systems and innovative interventions to improve patient and employee safety.  
Madeline S. Aeschbury, BSN, RN; Wilma Anthony, MSN, RN; Natalie Elsbrock, MSN, RN-BC

Is it Safe? The Restraint Chair Compared to Traditional Methods of Restraint: A Three Hospital Study  
RN  APRN
This is the first research study of its kind investigating the use of the restraint chair on inpatient psychiatric units during emergencies. Results from this retrospective chart review at three psychiatric hospitals indicated that patients spend less time in this mode of restraint, making it a safer alternative.  
Ellen Blair, DNP, APRN, PMHCNS-BC, NEA-BC; Kathryn E. Phillips, PhD

Managing Staff Fear and Anxiety with Agitated Patients  
RN  APRN
This presentation explores a multilevel approach to address staff fear and anxiety with managing agitated patients. Strategies such as psychiatric simulation, crisis support, crisis training, and self care education, have the potential to improve these factors. Participants will leave with specific action plans to address similar findings in their organizations.  
Lesli Reeves, MSN, RN; Caroline Baker, RN-C, MSN

Managing Behavioral Health Patients in Acute Care and Emergency Departments with Remote Safety Monitoring: a Marriage of Technology and Caring  
RN  APRN
Remote patient safety monitoring is an evidence-based nursing intervention for fall prevention and sitter reduction and is an emerging intervention for low to moderate risk suicide monitoring as well as workplace violence mitigation. Data from >14,000 suicide-risk patients and >5,000 violent patients monitored on video will be described and analyzed.  
Lisbeth Votruba, MSN, RN; Janet Cipkala-Gaffin, DrPH, PMHCNS-BC
Post Assault Management: Empathetic Nurse Support Protocol Enhancing Resilience  RN APRN
This presentation focuses on Workplace Violence using an Evidence Based Practice algorithm to establish post assault management practice change. A Code Assault tool and post management protocols support nurses after assaults to enhance their physical, emotional and mental health restoring resilience and therapeutic relationship.
Debra G. Saldi, MS, BSN, RN, LMHP, NCC; Robin L. Conyers, MSOP, BAN, RN

Reducing Employee Injury through Prevention, De-escalation and Intervention Training  RN APRN
Violence against healthcare workers has been under discussion for many decades. In recent years an increase in the prevalence, and pervasiveness of the violent behaviors has been identified. This presentation demonstrates that a robust trauma sensitive training program, which includes prevention, de-escalation, and intervention can reduce staff injury.
Kimberly Sadtler, MSN, RN, PMHCNS-BC, NE-BC; Maureen Archibald, MSN, RN

Rolling Out the Interventions: An Interdisciplinary Model of Care for Prevention and Management of Non-Suicidal Self-Injury  RN
This upbeat presentation illustrates how an interdisciplinary model of care developed by a nursing-led hospital workgroup reduced NSSI despite heightened program census and acuity on an inpatient adolescent program.
Jaime Lovelace, BSN, RN-BC; Darcey Philipp, BA, BS; Megan Rech, BA; Jennifer Velasquez, BSN

Verbal De-escalation Team on an Acute Care Hospital Unit  RN
This empowering presentation introduces a new way to implement effective communication skills on a hospital unit to decrease workplace violence. Patient and staff safety can be increased through ongoing education and collaboration. By using role-play, participants learn to effectively communicate with the patient before they become agitated or violent.
Brandee Lynn Shipman, BS, BSN, RN

“As a relatively new nurse, meeting seasoned psychiatric nurses and seeing the amount of opportunities and potential for growth within this realm of nursing was greatly beneficial.”
PRE-CONFERENCE SESSIONS

Promoting Cultural Humility: LGBTQIA+ Safe Zone for the Psychiatric Nurse  
This interactive session covers primary gender identity terms and transgender, intersex, queer, and asexual terminology, as well as sexual orientation terminology, including bisexual, pansexual, polysexual, and queer. The participant will learn how psychiatric nurses can become allies and create a welcoming and inclusive environment for adult and child/adolescent LGBTQIA+ patients.
Lauren Connelly Dorsey, RN-BC, BSN, MSNc; Lexi Robertson, BScN, RN-BC  

Psychotherapeutic Treatment of Male Survivors: A Gender-Cultural Competence Approach  
This educational workshop introduces mental health providers to a gender-cultural competence approach that will improve their ability to connect with and treat male survivors of sexual victimization. Participants will leave with improved awareness, knowledge, and skills in conducting psychotherapy that is gender-responsive, culturally sensitive, and trauma-informed.
Andrew M. Walker, DNP, APRN, PMHNP-BC  

Queers and Christians Sharing the Closet: Exploring Nursing’s Role in Spirituality as the Access Point to Healing Marginalized Communities  
Despite the societal incompatibility of being Christian and queer, most LGBTQ+ people were raised in a religious home and continue to practice faith even when exiled from their church. This presentation will assist the psychiatric nurse in connecting LGBTQ+ patients to their spiritual roots as an access point to recovery.
Lindsey Schweiger, DNP, PMHNP, RN; Tori Kelly, RN  

CONCURRENT SESSIONS

Aligning with Transgender Patients to Promote Resiliency  
This engaging, interactive presentation will educate psychiatric nurses on how to provide culturally sensitive care to transgender and non-binary patients. Participants will leave with tools that can be utilized in clinical practice that promote resiliency.
Kelsey Knox, BSN, RN  

Beyond the Blues Postpartum Psychosis: Identification and Treatment of a Psychiatric Emergency  
This presentation will include the recognition and treatment of an under recognized psychiatric emergency, post-partum psychosis. The presentation will cover the differential diagnosis for postpartum psychosis, and include interviewing techniques to confirm a diagnosis. Evidence based treatments will be discussed, including the level of care for various clinical presentations.
Kathleen Anne Kenny, MA, BSN
Population Health: Transitioning Mental Health Services
This presentation illustrates the population health framework and its adaption for the delivery of mental health services. Key factors will be explored including the analysis of the distribution of health outcomes within a population, the determinants that influence distribution, and the policies and interventions that affect health determinants.
Marian L. Farrell, PhD, PMH-NP, BC, PMH-CNS, BC, CRNP

Unlearning Hetero-Cisnormativity: A Clinician’s Guide to Improving Care for People who Identify as LGBTQIA
The journey to whole health involves nurses evaluating themselves prior to partnering with persons who identify as LGBTQIA+. Decreasing implicit bias involves having an awareness of the life issues for this population. Health disparities can be improved when nurses address their own thoughts and challenge the status quo of self.
Tanya Vaughn-Deneen, DNP, CNM, FNP-BC

MINI CONCURRENT SESSIONS

Implementing Trauma Informed Care in a Pre-nursing BSN Program by Addressing Human Trafficking Victims’ use of Healthcare
We address implementing trauma informed care as it relates to human trafficking victims in a pre-nursing BSN program. Starting in the junior year then developing in the senior year, students appreciate more awareness and sensitivity in assessment and caring for victims of trauma with relevant physical, psychological and spiritual concerns.
Gregory Knapik, DNP, PhD, ANP-BC, PMHCNS-BC

Barriers to Accessing and Engaging in Healthcare among Black Transgender Women Survivors of Violence
This presentation provides an in-depth mixed-methods analysis of barriers to healthcare access and utilization for Black transgender women who have survived violence. Researchers will illustrate the diversity of barriers and explore modifiable factors that could decrease the effect of polyvictimization on mental health disorder for this historically disenfranchised group.
Athena DF. Sherman, PhD, PHN, RN, CNE

Women & ADHD/ADD: Closing the Gender Gap
A paradigm shift in our understanding of attention-deficit hyperactivity disorder/attention-deficit disorder (ADHD/ADD) in women is needed. Failure to recognize phenotypic gender differences can lead to significant undertreatment and poorer outcomes. As a female PMH-RN diagnosed at age 30, this session will be presented from an academic, professional, and personal perspective.
Brynne Calleran, MSN, BSN, BS, NE-BC, IN/RN-BC, PMH/RN-BC

Calming Agitation in Patients with Dementia
Patients with dementia may be agitated in the inpatient setting often requiring psychotropic medications. Psychotropics such as Ativan and Haldol may precipitate adverse effects for this subset of the geriatric population. Nonpharmacologic management may improve outcomes falls reduction and adverse events associated with excessive medication-induced sedation.
Regina Edelev, BSN, RN

Reproductive Grief Care: Giving Permission to Grieve
Approximately two million couples experience reproductive loss every year and often without the support necessary to make sense of their loss. This course will help nurses to recognize reproductive loss, grief reactions, and help patients to actualize the loss, validate the grief, and begin to cope with those experiences.
Kathryn Rae Grauerholz, MSN, NP, ACHPN

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Brynne Calleran, MSN, BSN, BS, NE-BC, IN/RN-BC, PMH/RN-BC
**PRE-CONFERENCE SESSIONS**

**Are You High? What Today’s Marijuana Laws Mean to Nursing Education**  
RN  
The legalization of medicinal and recreational marijuana raises many questions for nursing education programs. This session covers the NCSBN Guidelines for Medical Marijuana Education in Pre-Licensure Nursing Programs and how laws impact policies that affect nursing students and faculty who personally use marijuana and the care they provide.  
Cherie Rebar, PhD, MBA, RN, COI; Nicole M. Heimgartner, DNP, RN, COI

**What you Measure, Motivates: Advancements in a Vulnerable Population’s Care, Using Evidence-Based Practice to Improve Outcomes in Alcohol Withdrawal Syndrome, A.W.S-related Psychosis, and A.W.S.-related Delirium**  
RN  
Uniquely developed, this exciting, dynamic and informative presentation engages you through thought-provoking and inspiring evidence-based, advanced information regarding Alcohol Withdrawal Syndrome, Delirium Tremens, and Delirium during A.W.S. Education regarding A.W.S., Delirium and Delirium Tremens empowers you to develop sophisticated, evidence-based assessment skills, providing ample opportunities to improve patient outcomes.  
Carrie A. Hartung, BSN, BS, RN (MSN-C)

**CONCURRENT SESSIONS**

**Eye Movement Desensitization & Reprocessing (EMDR) as a Treatment Modality for Substance Use Disorders**  
RN APRN  
This presentation will discuss Eye Movement Desensitization and Reprocessing (EMDR) as a treatment modality for patients with substance abuse disorders. Participants will be presented an overview of EMDR and how its implementation can be utilized for patients with SUD along with findings from a research study.  
Anka Roberto, DNP, PMHNP-BC, APRN, MPH; Jodi Protokowicz, PhD, RN; Ruthanne Palumbo, DNP, RN, CNE

**Medical Marijuana: Professional Liability Issues for Psychiatric Advanced Practice Nurses**  
APRN  
This presentation provides an overview of the evidence regarding medical marijuana for mental health symptoms. Liability issues, including duty of care, breach of duty, and causality will be discussed as they relate to medical marijuana use. Best practices for psychiatric advanced practice nurses will be discussed.  
Brayden Kameg, DNP, PMHNP-BC, CARN, CNE; Kirstyn Kameg, DNP, PMHNP-BC

**Preparing Behavioral Health Students for Interdisciplinary Practice in Addressing Substance Use Disorders**  
APRN  
This workshop will cover the challenges and achievements in providing behavioral health students from multiple disciplines, substance use disorder education and an interdisciplinary practicum in a rural setting with clients struggling with addictions. Student and faculty feedback on this experience will also be discussed.  
Victoria H. Bierman, PhD, LCSW, FNP-BC, PMHNP-BC
MINI CONCURRENT SESSIONS

Integrating Medication Assisted Treatment (MAT) Waiver Training into the Curriculum of a Psychiatric Mental Health Nurse Practitioner Program: An “All Hands on Deck” Approach to the Opioid Crisis  
John M. Brion, PhD, PMHNP-BC; Jamison Lord, DNP, PMHNP-BC

This presentation outlines the inclusion of training for Medication Assisted Treatment (MAT) of opioid addiction in a PMHNP program curriculum allowing students to apply for a waiver to prescribe buprenorphine upon graduation from the program. This is a new and unique approach to addressing the opioid epidemic in nursing education.

Physical Activity Attitudes and Preferences of Adults with Opioid Use Disorder Receiving Methadone Maintenance Treatment: A Mixed Methods Study  
Amanda J. Simonton, MSN, RN, PMHNP-BC

This session presents a mixed-method study on physical activity attitudes and preferences of adults with opioid use disorder (OUD) receiving methadone maintenance treatment. Findings will be discussed. Application to psychiatric nursing and implications for future research will be highlighted to encourage further exploration of physical activity in those with OUD.

Scaffolding Substance Use Disorder (SUD) Content Across an Undergraduate BSN and Graduate APRN Curriculum: Creating a SUD Proficient Nursing Workforce  
Joy Lauerer, DNP PMHCNS BC; Georgette Smith, PhD, RN, PNP; Sarah Gainey, MSW

This presentation describes an innovative college of nursing curricular change that scaffolded substance abuse disorder content including screening, brief intervention and referral to treatment across both an undergraduate and online graduate APRN program. In addition the presenters will describe the programs outcomes including increased knowledge, skill and confidence.

We Are in This Together: Infusion of Substance-Related & Addiction Content in Psychiatric Mental Health Nurse Practitioner & Other Advanced Practice Provider Student & Faculty Education  
Wanda L. Lancaster, DNP, APRN, PMHCNS-BC

This presentation illustrates how SUD curricula infusion in all PMHNP programs is necessary to reduce stigma and provide quality and non-bias treatment with inclusion of other advance practice provider students and faculty. Innovative use of virtual clinic avatars provide practice in use of SBIRT and Motivational Interviewing skills.

Stigma Perceptions as Predictors of Nurses’ Motivation to Provide Care to Patients with Opioid Use Problems  
Khadejah Mahmoud, PhD, MSN; Ann M. Mitchell, PhD, RN, AHN-BC, FIAAN

This presentation focuses on identifying stigma perceptions that predicts nurses’ opioid use-related motivation. Identifying stigma perceptions among nurses can facilitate addressing the needs of patients who affected by opioid use but do not have an opioid use disorder.

Register now at www.apna.org/AnnualConference