



Tim Talevich
Managing Editor - International Magazines at Costco
The Costco Connection
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Dear Mr. Talevich:

As the Executive Director of the American Psychiatric Nurses Association (APNA), I writing to you on behalf of a nonprofit organization representing the specialty of psychiatric-mental health nursing. APNA is committed to championing the profession, promoting wellness, preventing mental health problems, and advancing the care and treatment of persons with psychiatric and/or substance use needs.

The article by Amanda Horowitz, *More Than the Blues: How to Get The Depression Help You Need*, in the January 2018 edition of your publication was recently brought to our attention. We are supportive of programing that serves to raise public awareness around issues of mental health. However, we are concerned by the portrayal of psychiatric-mental health nurses, as well as available treatment options for depression, in this article and the impact it is likely to have on people seeking treatment. Because mental health is still a highly stigmatized topic and Costco has the potential to significantly combat this stigma, we offer the following information to inform your future communications surrounding this issue:

- There is a shortage of psychiatric providers across the country, especially in rural areas. It is therefore important that persons seeking treatment understand all the options available to receive care: These include psychiatrists, psychiatric-mental health nurses, licensed clinical social workers, licensed professional counselors, and psychologists, who are educated to provide treatment for mental health disorders such as depression.
- Board-certified Psychiatric-Mental Health Advanced Practice Nurses have graduate-level training in assessment, diagnosis, and treatment of mental health disorders. They not only have specialized training in counseling and psychotherapy and the most current knowledge of medications which may be needed to treat depression, the majority also have prescriptive authority.
- Delay in treatment, or lack of treatment, may lead to a psychiatric emergency resulting in emergency room visits, hospitalization, or even death which could have been prevented

by earlier and more accessible care. Organizations seeking to educate consumers about seeking treatment bear a responsibility to ensure that they provide an unbiased view of all the options available to them.

We are ready to work with you and to engage in a productive dialogue that can help you make a meaningful contribution to ensuring that persons seeking care for depression have a balanced and accurate view of their options. We are happy to also provide a supplemental article or communications collateral for your use.

In the end, what is important is that those with mental health and/or substance use disorders feel empowered, fully informed, and able to seek the care that they need. In a society where one in five individuals will experience a mental illness in a given year, we still have far to go to achieve this. I know that your organization is committed to making a positive impact on the world. I hope that you will take this opportunity to use your significant influence and reach to help ensure that those who need care receive it.

I look forward to speaking with you further. You can reach me any time at ncroce@apna.org or 703-727-7998.

Sincerely,

A handwritten signature in black ink, appearing to read 'Nicholas Croce Jr.', with a stylized flourish at the end.

Nicholas Croce Jr., MS
Executive Director