



Dear Colleagues,

It is my pleasure to present your 2019 American Psychiatric Nurses Association (APNA) Annual Activity Report. I am happy to report that your association continues to enjoy sound membership growth and retention. Please see APNA Secretary Joyce Shea's report for details on membership and more. APNA has also enjoyed a strong financial year - APNA Treasurer Donna Rolin's report provides you with more information.

APNA activities are guided by a strategic direction developed by the APNA Board of Directors (BOD). Below I provide some key highlights that speak to what APNA has accomplished this year based upon the four goals set out in our strategic plan – and why those accomplishments matter to you. It is a long list, but well worth browsing. It is amazing what this dedicated group of psychiatric-mental health nurses has accomplished. Your generosity in sharing your expertise and volunteering your time enriches us all...and the proof is below!

***Goal A. APNA will be the indispensable resource for member networking, leadership, and professional development.***

- APNA eLearning Center
  - 362 sessions currently available with 439.25 contact hours; 60 Sessions offered for **free to members** in 2019, providing the variety of tools and continuing education members need to thrive in their practice.
  - **New** Motivational Interviewing program launched and offered **free to members** as a feature of membership - 3.0 contact hours deliver core skills in motivational interviewing, a vital skill to support patient engagement and positive outcomes.
  - **New** APNA Certificate Program Released: Understanding the Brain-Behavior Connection – 5.0 contact hours sharpen skills in assessment and targeted intervention, improving accuracy and efficiency of care and treatment.
- Annual Conference has record in attendance this year – more than 2,000 attendees will benefit from an opportunity to share community and partake in enriching education opportunities.
- At the APNA Clinical Psychopharmacology Institutes this year (CPI and CPI *West*) attendance totaled almost 800 attendees who received up-to-date science-based information to improve their practice.
- 9 members and a chapter recognized with APNA Annual Awards honoring member accomplishments and promoting innovation and dedication to the field.
- Board of Directors Scholars – 28 rising psychiatric-mental health nursing students provided membership and conference attendance in order to support and nurture our future workforce.
- APNA Research Grants: 3 Proposals funded by the Board to seed new investigators in psychiatric-mental health nursing research and build our evidence-base.
- **New** Resources developed by member subject matter experts:
  - Guidance on Preceptors and Mentorship issued to help nurses understand their options when locating preceptors

- Checklist of considerations for prescribing and/or providing care to persons undergoing ketamine infusion therapy for treatment resistant depression.
- Tip sheet for new PMH nurses providing encouragement and valuable real-world advice from experienced members.
- 34 chapters covering 39 states offer local networking for members.
- 10 Active Councils working on focus areas of: addictions, administration, child & adolescent, education, forensics, mental health advocacy, practice, recovery, research, and safe environments. View their full activity reports here.
- Personality Disorders Task Force formed to develop recovery-oriented clinical pearls to destigmatize and improve care for this population.
- Suicide Competencies Update Task Force formed to update the APNA Psychiatric-Mental Health Nurse Essential Competencies for Assessment and Management of Individuals at Risk For Suicide.
- Tobacco Dependence Competencies Task Force creating Nursing Competencies for Treating Tobacco and Nicotine Dependence to empower nurses in this area of treatment.

**Goal B. APNA will be the leader in creating strategic alliances with key stakeholders.**

- Continued Premiere Organizational Affiliate status with American Nurses Association, organizational membership with Nursing Organizations Alliance and Nursing Community Coalition, and membership in the Mental Health Liaison Group ensure that APNA has a voice in the broader nursing and mental health communities.
- APNA awarded a two-year SAMHSA grant to deliver and test-pilot evidence-based substance use disorder curriculum to undergraduate and graduate nursing programs to ensure that nurses leaving school are educated to meet the rising substance use treatment needs of the population.
- Partnered with the Opioid Response Network to develop information for ALL nurses related to opioid use disorders to assist in overcoming a shortage of qualified providers and combat the opioid crisis.
- In partnership with AANA, APNA released a joint statement regarding the role of nurse anesthetists and psychiatric-mental health nurses in ketamine infusion therapy for treatment resistant depression to support implementing this therapy with a focus on patient safety, positive outcomes, and general well-being.
- APNA attendance at events held by: International Society of Psychiatric-Mental Health Nurses, Emergency Nurses Association, American Nurses Association, National Association of School Nurses, National Student Nurses Association, STTI, Nursing Organizations Alliance, American Academy of Nurse Practitioners, American Association of Colleges of Nursing, National Association of Clinical Nurse Specialists, Global Advisory Panel on the Future of Nursing, APRN LACE Network, National Council of State Boards of Nursing, Hospice and Palliative Nurses Association, UCLA Dementia Care Program, National Organization of Nurse Practitioner Faculty, Nurses in Washington Internship, International Council of Nurses, National Council for Behavioral Health, NCAA Sport Science Institute, Johnson & Johnson Advisory Council, Council for the Advancement and Application of Psychological Sciences, National Academy of Sciences Engineering and Medicine (NASEM) Forum on Mental Health and Substance Use Disorders, American Association for Geriatric Psychiatry

**Goal C. APNA will be recognized as the expert voice for psychiatric-mental health nursing to stakeholders.**

- APNA in partnership with ISPN and ANA is updating the foundational document used to describe and define the profession: Psychiatric Mental Health Nursing: Scope and Standards of Practice.
- Released a report highlighting the Pivotal Role of Psychiatric-Mental Health Nurses which generated press coverage generated in 130+ publications increasing visibility and understanding of the profession.
- Workforce Task Force piloting a survey to gain a better understanding of PMH nursing workforce in order to provide accurate data that can be reported to stakeholders.
- Four papers on workforce, based on presentations from the 2018 APNA Health Policy Summit, published in January/February 2019 issue of the *Journal of the American Psychiatric Nurses Association* depict the composition of the current workforce and recommendations for expanding it to improve access to care.
- APNA Representation on national stakeholder groups includes: National Academies of Sciences, Engineering, and Medicine's Forum on Mental Health and Substance Use Disorders; SAMHSA Expert Panel: Making Integrated Mental health and Substance Use Treatment Services Available to People with Co-Occurring Serious Mental Illness and Opiate Use disorder; National Quality Forum Serious Mental Illness Action Team; SAMHSA Interdepartmental Serious Mental Illness Coordinating Committee; LACE Network
- [Comments submitted](#) to national organizations, legislators, and regulatory bodies regarding issues impacting nursing and psychiatric-mental health
- Competency Based Training for Suicide Prevention for Acute Care Nurses Facilitator training provides nurses working in acute care settings with tools to assess and manage suicide risk with in their scope of practice.

**Goal D. APNA will be the leader in integrating research, practice, and education to address pressing mental health policy issues that affect psychiatric-mental health nursing and the population served.**

- **New:** APNA applied and successfully competed for a SAMHSA grant to develop a substance use disorder curriculum to be delivered in undergraduate and graduate programs, filling a gap in existing programs for nursing students. Tapping into member expertise, the draft curriculum was developed by the APNA Addictions Council and letters of support were secured by members of the APNA Education Council.
- Continued expansion of **free** continuing education for members - Free CE of the month, membership bonus points, free Motivational Interviewing Program, CE articles in the journal and more ensure that members receive evidence-based education to help meet the needs of the populations they serve.
- Online educational programs addressing the opioid crisis and patient safety have been updated to ensure content reflects the most current research and meets current needs:
  - Opioid Webinars for all nurses at RN and APRN levels ([free to all nurses](#))
  - Medication Assisted Treatment Waiver Training - 16 & 8 hour, in partnership with PCSS-MAT ([free to all nurses](#))
  - 2019 Competency Based Training for Conducting the One Hour Face-to-Face Assessment for Patients in Restraints or Seclusion
  - 2019 Seclusion and Restraint: Assessment and Risk Mitigation

- APNA Transitions in Practice Curriculum provides evidence-based foundational education to PMH-RNs to help improve retention, satisfaction, and outcomes: 4,089 registrations with 3,317 Certificates awarded thus far indicating the successful delivery of foundational knowledge in psychiatric-mental health nursing.
- APNA Competency-Based Training for Suicide Prevention: PMH Nurse Generalist Role: More than 3,200 participants have completed the training since its launch increasing dissemination of prevention and assessment best practices and research.
- Workforce papers addressing the current composition of the workforce and future recommendations published in January/February 2019 issue of *Journal of the American Psychiatric Nurses Association*.
- APNA Report, *Expanding Mental Health Care Access in America: The Pivotal Role of Psychiatric-Mental Health Nurses* and supplemental infographics support recruiting more nurses into the workforce and enhancing the capability of the current workforce to meet demand.
- Health Policy Summit brings together experts in workforce and from all areas of nursing to address current policy needs and strategies for meeting future needs.
- Ongoing multichannel communications highlight research, practice, education, and policy issues to mobilize grassroots advocacy

The accomplishments listed in this report are made possible by you, the members who generously give your time and expertise to help this organization support and advance psychiatric-mental health nursing and therefore the care we provide those we serve. It has been my honor serve as your APNA President over the past year.

Respectfully submitted,  
Gail Stern

## 2019 Annual Activity Report Secretary's Report

Dear Colleagues,

As the Secretary for the APNA Board of Directors, I am pleased to provide you with this annual update on our membership and communications over the past year.

The APNA Secretary is responsible for corporate records and taking meeting minutes during official meetings of the APNA Board of Directors. During the past year, the Board of Directors conducted face-to-face meetings on October 23, 2018, February 22, 2019, and June 5-6, 2019. Conference calls were held on October 9, 2018; November 13, 2018; December 11, 2018; January 8, 2019; February 12, 2019; March 12, 2019; April 9, 2019; May 14, 2019; July 9, 2019; August 13, 2019; and September 10, 2019.

Membership has increased since the last activity report. Based on dues revenue collected from October 1, 2018 through September 30, 2019, there has been an increase of 11.8% over the same period last year. Current membership as of September 30, 2019 is 13,874. New members from October 1, 2018 to September 30, 2019 are 3,904, and is an increase over the same period a year ago of 21.4% .

The website continues to help APNA serve as your resource for psychiatric-mental health nursing. Our website saw more than 500,000 visits this past year. APNA also continues to issue press releases, conduct press outreach, and make use of a broad range of social media platforms to disseminate information and engage with the public. New resources now available on the website thanks to the expertise found within our membership include [guidance](#) on precepting and mentorship, a [checklist](#) providing considerations for prescribing or providing care to persons undergoing ketamine infusion therapy, and a [tip sheet](#) for new nurses.

Understanding that enhancing the image of our profession is a priority for building our future workforce, this year APNA issued a [report](#) that highlights the pivotal role of psychiatric-mental health nurses to the public. Press outreach around this report resulted in media coverage in more than 130 outlets, including several in-depth interviews with APNA President Gail Stern. To see some highlights from this press coverage, [click here](#).

Since its launch in 2011, your resource for online continuing nursing education, the [APNA eLearning Center](#), continues to grow in scope and reach. More than 362 sessions are available to access online, altogether offering 439.25 contact hours. 'Free CE of the Month' provides members with access to four free CE podcasts each month. Notably, this year updated several key programs to ensure continued relevance: The Effective Treatments for Opioid Use Disorders [series](#), the Medication Assisted Treatment Waiver Training [webinars](#), our [suicide prevention trainings](#), and more. APNA also released a new certificate program this year which focuses on sharpening PMH nursing skills of assessment and intervention using principles of neurobiology:

[Understanding the Brain Behavior Connection.](#)

Our online community site [Member Bridge](#) continues to offer much for members. The community provides more than 95,000 resources, discussion posts, and blogs and members have logged in more than 780,000 times to access this content. This year, members sent more than 23,000 messages and wrote more than 7,000 posts in their communities. This site serves an excellent repository for the collective wisdom, experiences, and concerns shared by the profession.

I hope that you will join me in celebrating the incredible growth in that we have seen this past year – it is a collective effort that reflects the dedication and expertise of you, the APNA membership.

Respectfully submitted,

*Joyce Shea, DNSc, APRN, PMHCNS-BC*  
**Secretary**  
**American Psychiatric Nurses Association**

## APNA Membership Report October 2019

Number of current active members as of 9/17/2019: **13,632**

Projected number of active members on 9/30/2019: **13,804** – **11.1% increase** from Sept 2018 (12,420)

➤ Including the 60 day grace period (projected): **14,621** – **11.4% increase** from Sept 2018 (13,119)

### **Membership Type Breakdown – September 2019**

Regular	11,277
Student	1,036
Regular - Recurring Payment	782
Retired	311
Military	76
Complimentary	69
International	37
Affiliate	32
Retired - Recurring Payment	9
Military - Recurring Payment	2

Student memberships are **up 14.2%** and Affiliate memberships **up 23%** since June.

### **Renewals and New Members in the Last Period (June 1, 2019 – September 17, 2019)**

- **Renewals:** 2,437 – **2.3% increase** from the same period in the previous year (2,382)
- **New Members:** 1,344 – **37.4% increase** from the same period in the previous year (978)

### **Renewals and New Members in 2019 so far (January 1, 2019 – September 17, 2019)**

- **Renewals:** 5,949 – **4% increase** from the same period in the previous year (5,718)
  - This is **22.8+** members renewing each day!
- **New Members:** 3,128 – **32.2% increase** from the same period in the previous year (2,366)
  - This is **12+** new members joining each day!

### **Renewal Rate**

$$\frac{13,804 - 4,182}{10,759} = 89.4\%$$

*\*Using projected number of current members*

$\frac{\text{Current members} - \text{members gained in the past year}}{\text{Total members last year}}$
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4,182: join date 9/17/18 – 9/17/19

10,759: renewals + new members 1/1/18 – 12/31/18

**Average tenure of a member**

$$\frac{1}{(1 - .89432)} = 9.5 \text{ years}$$

*\*Using projected number of current members*

**Member Profile Data – October 2019**

<b>Nurse Profile*</b>	<b>#</b>	<b>% Oct 2019</b>	<b>% Oct 2018</b>	<b>% Oct 2017</b>
RN	8,426	46.79%	46.50%	47.13%
CNS	1,219	6.77%	7.61%	8.19%
NP	3,465	19.24%	18.58%	17.14%
Certified	2,775	15.41%	15.99%	16.15%
Prescriptive Authority	2,010	11.16%	11.32%	11.39%
Other	114	0.63%		
Total entered	18,009			
<i>Nothing entered</i>	1,339		1,141	1,246

***\*This is a multiselect field.***

<b>Licensure</b>	<b>#</b>	<b>% Oct 2019</b>	<b>% Oct 2018</b>	<b>% Oct 2017</b>
RN	6,687	56.41%	54.86%	53.71%
APRN	5,118	43.18%	44.77%	46.24%
Other	49	0.41%	0.36%	0.05%
Total entered	11,854			
<i>Nothing entered</i>	1,790		1,490	1,752

<b>Levels of Education*</b>	<b>#</b>	<b>% Oct 2019</b>	<b>% Oct 2018</b>	<b>% Oct 2017</b>
Diploma	178	1.26%	1.37%	1.60%
Associate Degree	1,183	8.40%	8.83%	9.43%
Baccalaureate in Nursing	4,422	31.41%	30.13%	29.49%
Baccalaureate in Other	806	5.72%	5.83%	6.07%
Masters in Nursing	4,888	34.72%	34.96%	33.93%
Masters in Other	996	7.07%	7.67%	8.65%
Doctorate in Nursing	587	4.17%	4.62%	4.79%
Doctorate of Nursing Practice	666	4.73%	3.90%	3.41%
Doctorate in Other	307	2.18%	2.34%	2.36%
Post Doctorate	46	0.33%	0.35%	0.28%



Total entered	14,079		
Nothing entered	2,374	2,031	2,191

***\*This is a multiselect field.***

<b>Primary Work Setting</b>	<b>#</b>	<b>% Oct 2019</b>	<b>% Oct 2018</b>	<b>% Oct 2017</b>
Behavioral Care Company/HMO	385	4.58%	4.34%	3.88%
Community Agency	260	3.09%	3.03%	3.61%
Community Health Center	421	5.00%	4.62%	4.27%
Emergency Services	230	2.73%	2.62%	2.55%
Employee Assistance	4	0.05%	0.01%	0.06%
Home Health Agency	82	0.97%	1.05%	0.96%
Industry	57	0.68%	0.51%	0.53%
Mental Health Care Clinic	1,241	14.75%	14.33%	13.34%
Military	142	1.69%	1.60%	1.64%
Primary Care Office	174	2.07%	1.90%	1.59%
Prison/Jail	98	1.16%	1.16%	1.22%
Private Investor-owned Hospital	503	5.98%	6.12%	6.24%
Private Non-profit Hospital	2,008	23.86%	24.11%	25.55%
Private Practice	632	7.51%	7.91%	7.91%
Public/Federal Hospital	1,389	16.51%	16.57%	16.85%
School/College/Department of Nursing	789	9.38%	10.12%	9.78%
Total entered	8,415			
Nothing entered	5,229		4,911	5,329

<b>Role in Primary Work Setting</b>	<b>#</b>	<b>% Oct 2019</b>	<b>% Oct 2018</b>	<b>% Oct 2017</b>
Administrator/Director/VP of Nursing	561	6.75%	6.53%	7.18%
Case Manager	159	1.91%	2.01%	1.95%
Clinical Educator	290	3.49%	3.24%	3.27%
Clinical Nurse Specialist	315	3.79%	4.23%	4.69%
Consultant	79	0.95%	0.99%	0.99%
Consultation Liaison	53	0.64%	0.50%	0.48%
Faculty – Academic	555	6.68%	7.19%	7.11%
Head Nurse/Manager/Assistant Head Nurse	762	9.17%	9.25%	9.96%
Nurse Practitioner	2,278	27.42%	26.41%	23.65%
Researcher	32	0.39%	0.33%	0.38%
Staff Nurse	2,858	34.40%	34.60%	35.71%
Therapist	61	0.73%	0.81%	0.88%
Other	306	3.68%	3.92%	3.73%
Total entered	8,309			
Nothing entered	5,335		4,969	5,317

## Chapter Activity Report

October 2019

**Chapters** – 34 chapters covering 39 states

### Areas without chapters

- |                         |                   |
|-------------------------|-------------------|
| 1. Alaska               | 7. Montana        |
| 2. District of Columbia | 8. North Dakota   |
| 3. Delaware             | 9. South Carolina |
| 4. Idaho                | 10. South Dakota  |
| 5. Maryland             | 11. West Virginia |
| 6. Missouri             | 12. Wyoming       |

### Meeting Registrations Coordinated by Chapter Support in 2019:

Event	Attendees	Month	
Texas RTP	53	Feb	RTP – APNA Recovery to Practice Program
Tennessee SPT	47	Mar	
Kentucky Conf	95	Mar	SPT - Competency Based Training for
Illinois Conf	212	Apr	Suicide Prevention
Pennsylvania SPT	15	Apr	
Texas SPT	47	Apr	Total Meetings – 28
Florida SPT & Conf	78	Apr	
Michigan SPT & Conf	95	Apr	Total Attendees – 1,387
Tennessee Conf	51	Apr	
Washington Conf	50	Apr	Total Chapters with Meetings - 21
Georgia SPT	30	Apr	
New Jersey Conf	25	Apr	
Nebraska RTP	29	May	
Ohio SPT	59	May	
New England SPT	29	May	
Louisiana SPT	31	May	
Illinois SPT	42	Jun	
New York Conf	128	Jun	
Iowa SPT	30	Jun	
New Mexico SPT	31	Jul	
Virginia SPT & Conf	88	Aug	
Kentucky SPT	18	Aug	
Hawaii SPT	26	Aug	
New York Conf	32	Sep	
Colorado Conf	N/A	Sep*	
New Jersey SPT	32	Sep	* Registration Pending/Still Open
Utah Conf	N/A	Nov*	
Illinois Conf	14	Nov*	

Submitted by: Tandi-Jo Lantrip

## Chapter Activity Report

October 2019

### Alabama

#### Board

President: Moniaree Jones  
President-Elect: Laura Graham  
Vice President: Christa Moore  
Secretary: Vanessa Barlow  
Treasurer: Susan Stocks

#### Meetings Held

Member Meetings: January 7, March 21

#### Elections

Call for Nominations: December 2018  
Election: January 2019

2018 Annual Report Submitted: YES

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### Arizona

#### Temporary Leadership Committee

Chapter Leader: Pam Lusk  
Committee Members: Kellie Casero  
Maria Cornejo  
Susan Crane  
Brooke Finley  
Maria Luna-Wolfe  
Roberta Maixner

Meetings Held: none reported

2018 Annual Report Submitted: YES

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### Arkansas

#### Board

President: Joseph W. Labonte  
President-Elect: Jessica Fowler  
Secretary: Vacant  
Treasurer: Greg Forrester  
Members-at-Large: Tiffany Diaz  
Chris Stone  
Carol D. Campbell

## Chapter Activity Report

October 2019

Meetings Held: none reported

Board Calls: Second Wednesday of the month

2018 Annual Report Submitted: YES

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### California

#### Board

President: Jean Fisak

President-Elect: Alysha Woods

Immediate Past President: Kathleen McDermott

Secretary: Vacant

Treasurer: Jennifer Cameron

Members-at-Large: Liberty Olive Macias  
Laurel Mullally

#### Meetings Held

Monthly Board Calls: January 16, February 20, April 17, May 15, June 19, July 17, August 28, September 18, October 16\*, November 20\*, December 18\*

#### Elections

Call for Nominations: September 2019

Election: October 2019

2018 Annual Report Submitted: YES

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### Colorado

#### Board

President: Kerry Peterson

President-Elect: Vacant

Immediate Past President and Media Engagement: Tanya Sorrell

Secretary: Alicia Kielas

Treasurer: Carol Rogers

Members-at-Large: Robin DeCastro  
Heidi Linn  
Carolyn J. Walker  
Cheryl Waskiewicz

#### Meetings Held:

APNA Colorado Conference, Saturday, September 14, 2019

Board Calls: Second Wednesday of each month

# Communications Report

## October 2019

1. EMAIL BLASTS AND WEBSITE COMMUNICATIONS
2. APNA NEWS
3. SOCIAL MEDIA
4. PRINT COMMUNICATIONS
5. PUBLIC RELATIONS

Unless otherwise specified, all data refers to time period of May 20, 2019 to September 16, 2019.

### 1. ONLINE COMMUNICATIONS

- APNA Newsfeed Page
  - 6 posts to the Quick Updates section
- Member Bridge
  - 10 Announcements

#### Emails

APNA uses various email blast platforms to send emails to its contacts: i4a (primarily for APNA national communications) and Constant Contact (primarily for APNA Chapter and JAPNA communications). Industry standards provided by mailchimp.com.

- **Overall Emails (i4a and Constant Contact)**
  - Sent: 1,045,859
    - Previous Year: 690,406
    - 51.48% increase
  - Opened: 357,345 (34.17%)
    - Industry Standard: 24.98%
    - Previous Year: 236,412 (34.24%)
    - 0.20% decrease
  - Link Clicked: 38,315 (10.72%)
    - Industry Standard: 2.76%
    - Previous Year: 21,942 (9.28%)
    - 15.52% increase
  - Unsubscribe rate: 0.03%
    - Previous Year: 0.07%
    - Industry Standard: 0.19%
    - 57.14% decrease
- Top 5 most opened emails:
  - “Ketamine Infusion Therapy for Psychiatric Disorders”: Sent to Members; Open rate of 81.62%; Click rate of 14.70%
  - “CORRECTION: Ketamine Infusion Therapy for Psychiatric Disorders”: Sent to Members; Open rate of 65.01%; Click rate of 7.08%
  - “July Free CE for APNA Members”: Sent to Members; Open rate of 63.25%; click rate of 18.42%

- “August Free CE for APNA Members”: Sent to Members; Open rate of 62.35%; Click rate of 18.62%
- “June Free CE for APNA Members”: Sent to Members; Open rate of 61.17%; Click rate of 19.12%
- Top 5 most clicked emails
  - “Please complete an important survey by July 1”: Sent to Members; Open rate of 41.79%; Click rate of 27.22%
  - “June Free CE for APNA Members”: Sent to Members; Open rate of 61.17%; Click rate of 19.12%
  - “August Free CE for APNA Members”: Sent to Members; Open rate of 62.35%; Click rate of 18.62%
  - “July Free CE for APNA Members”: Sent to Members; Open rate of 63.25%; click rate of 18.42%
  - “September Free CE for APNA Members”: Sent to Members; Open rate of 60.95%; Click rate of 16.83%

## 2. APNA NEWS – ONLINE NEWSLETTER

Emailed out Once a Month (4 sent June 1, 2015 – September, 2015)

name	sent	% clicks	% html opens	unsubscribes
January 2019	26727	7.40%	32.30%	32
February 2019	27035	4.50%	32.60%	36
March 2019	27275	4.00%	31.40%	15
April 2019	27447	5.70%	35.70%	19
May 2019	27783	6.30%	31.90%	34
June 2019	28068	5.60%	33.20%	34
July 2019	28312	4.00%	32.70%	23
August 2019	28785	3.70%	30.60%	30

- Members’ Corner Issue – bi-monthly (March, May)
  - 2 President’s Messages
  - Members featured in Member News, Member Profiles, and Articles: 16

## 3. SOCIAL MEDIA

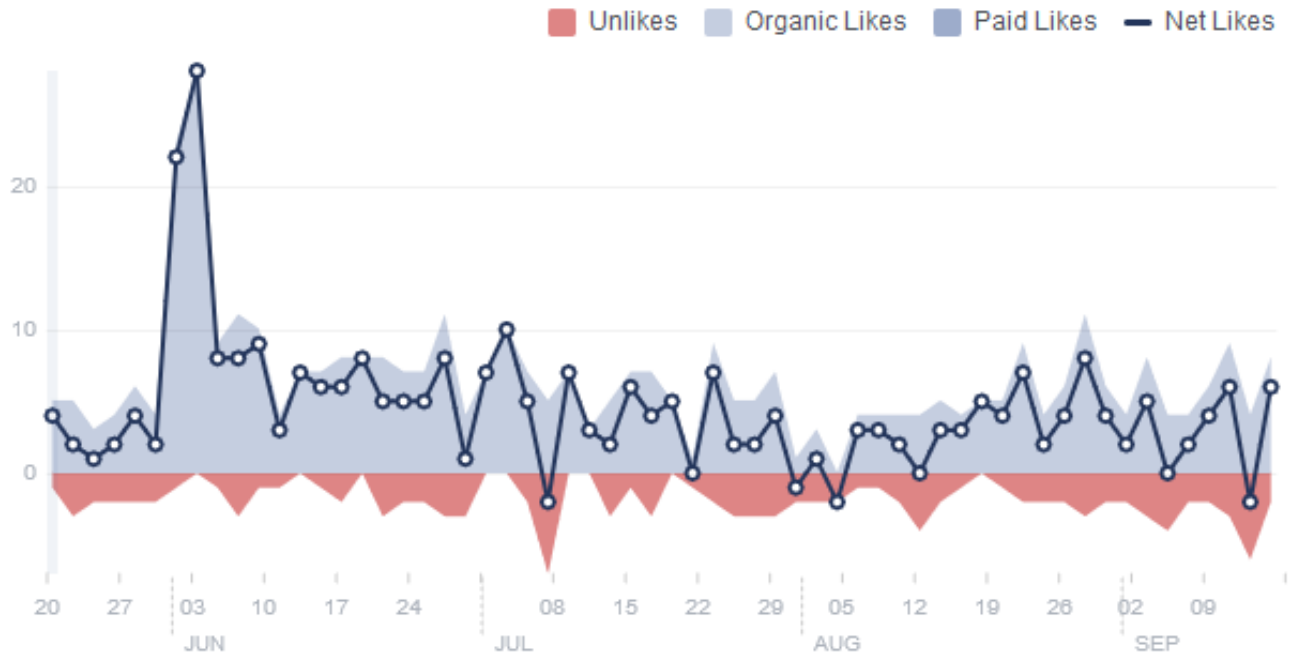
APNA has an established presence on the following social media sites:

- Facebook
- Instagram
- LinkedIn
- Youtube
- Twitter
- Pinterest

Our primary social media sites are Facebook, Twitter, and Instagram.

## FACEBOOK

- 14,544 Likes (As of 9/17/2019)
- Highest number of new likes (28) generated on June 3 when APNA 33rd Annual Conference registration was announced on Facebook.



### Top Five Posts (as of 9/17/2019):

Published	Post	Type	Targeting	Reach	Engagement
06/01/2019 3:00 PM	 #MentalHealthMatters: We must acknowledge the pivotal role of			4.8K 	95 212 
06/08/2019 9:19 AM	 "Benzodiazepine prescribing for older adults is on the rise by primary care			4.3K 	360 157 
06/25/2019 6:02 PM	 In one randomized controlled trial, trauma-sensitive yoga showed			2.7K 	74 86 
08/16/2019 1:03 PM	 "See the person, not the disease. Look beyond the symptoms, then			2.4K 	43 105 
06/21/2019 1:58 PM	 In a new study, bringing medical care to mental health clinics saw overall			2.3K 	106 157 

### APNA Annual Conference Facebook Ads

Ran a Facebook Ad campaign for the APNA 33rd Annual Conference: two test campaigns and 6 ads in total driving clicks to APNA Annual Conference Registration.

## Overall Campaign Results

Numbers represent average of results from the 2 tests and 6 ads run over the course of the campaign. Industry averages provided by wordstream.com.

- **Cost Per Click: \$0.37**
  - Industry average: \$1.72
  - 78.49% lower
- **Click Through Rate: 1.99%**
  - Industry average: 0.90%
  - 121.11% higher engagement rate
- **Total Clicks: 1072**
- **Total Reach: 55,573**
  - Reach represents the number of unique Facebook accounts that saw the ads.
- **Total Impressions: 71,052**

## TWITTER

### OVERVIEW

Top interest  
Dogs

### DEMOGRAPHICS

Top language  
English

### LIFESTYLE

Top lifestyle type  
Online buyers

### CONSUMER BEHAVIOR

Top buying style  
Premium brands

### MOBILE FOOTPRINT

Top wireless carrier  
Verizon

5.0K  
4.8K  
4.6K  
4.4K  
4.2K  
4.0K

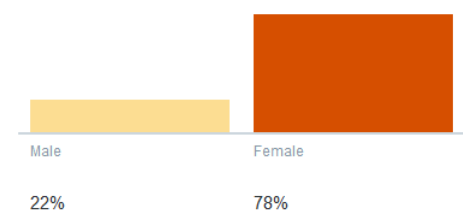
Your current follower audience size is 4,792  
That's the same as 30 days ago.



### Interests

Interest name	% of audience
Dogs	98%
Science news	96%
Weather	95%
Technology	89%
Politics	88%

### Gender



## Top 5 Tweets:

Engagement includes likes, retweets, and link clicks.

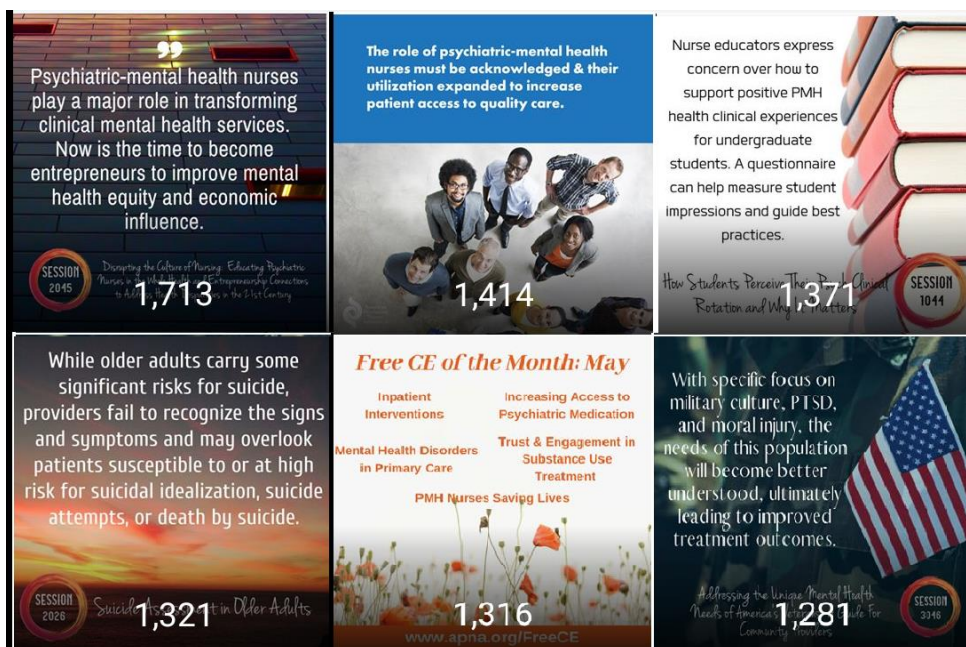
Tweet text	impressions	engagement	engagement rate
Learn how <a href="#">#psychnurses</a> can play a key role in the emerging use of <a href="#">#ketamine</a> for treatment-resistant <a href="#">#depression</a> at <a href="#">#PMHNCon</a> : <a href="http://www.apna.org/2011">http://www.apna.org/2011</a>	1,794	3	0.2%
Study finds 6 states w/ high <a href="#">#opioidabuse</a> restrict advanced practice <a href="#">#nurses</a> from prescribing to help treat the problem. Co-authored by members Matt Tierney & Beth Phoenix, study suggests <a href="#">#APRNs</a> could help increase access to care: <a href="https://buff.ly/2YqiH2Z">https://buff.ly/2YqiH2Z</a> <a href="#">#psychnurse</a>	1,788	7	0.4%



<p>"I am proud to be a representative for those whose voice can be misinterpreted or ignored... I hope to make a change in the way people view <a href="#">#mentalhealth</a>." – Kenyatta Merriweather  <a href="#">#psychnurse</a> <a href="#">#wholehealthbeginswithmentalhealth</a>  <a href="#">#feelgoodfriday</a></p>	1,767	4	0.2%
<p>From diffusion of innovation to <a href="#">#qualityimprovement</a>, hear how one group implemented <a href="#">#collaborativecare</a> for <a href="#">#depression</a> at <a href="#">#PMHNCon</a>: <a href="http://www.apna.org/3045">http://www.apna.org/3045</a></p>	1,703	6	0.4%
<p>In a new study, bringing physical health care to <a href="#">#mentalhealth</a> clinics saw overall improvements to the health of individuals w/ severe mental health conditions. Read more about the "reverse co-location" <a href="#">#treatmentmodel</a>:  <a href="https://bit.ly/2L7JXj4">https://bit.ly/2L7JXj4</a> <a href="#">#WholeHealthBeginswithMentalHealth</a></p>	1,701	9	0.5%

## INSTAGRAM

- 1,800 followers (up 7.33%)
- Top 6 Posts average 1,403 impressions each



Instagram text	Impressions	Reach	Engagement
Unlock your #leadership potential with a #PMHNCon session on entrepreneurship and addressing #mentalhealth disparities! Check out the link in our bio for more information and to register for the conference.	1,713	1,061	143
The pivotal role of #MentalHealthNurses must be acknowledged and their utilization expanded to increase access to quality #MentalHealth care. #MentalHealthNursesCanHelp #MentalHealthMatters	1,414	953	98
Within #nursing #education, there can be stigma associated with psychiatric #mentalhealth. Get strategies to assess and improve student perceptions of psychiatric-mental health nursing clinical work with a session at #PMHNCon. (link in bio)	1,371	912	60
Older adults have unique risk factors for #suicide that may not be detected in standard assessment. Increase your awareness of the signs & symptoms of #suiciderisk in older adults at #PMHNCon (link in bio). #WorldSuicidePreventionDay	1,321	883	56
Check out 4 free #continuingeducation sessions for APNA members plus a bonus for all #nurses for #MentalHealthMonth! Visit <a href="http://www.apna.org/FreeCE">www.apna.org/FreeCE</a> to access them now.	1,316	900	55
Psychiatric #mentalhealth #nurses are trusted providers of care to many populations, including #veterans. Gain insight into providing care to this unique population with this session at #PMHNCon (link in bio).	1,281	870	53

#### 4. PRINT COMMUNICATIONS

- New Member Packet – Includes welcome letter and brochures and flyers to highlight various features of membership and APNA educational offerings.
- Elections postcard mailed May 2019
- 2 Rounds of Annual Conference Registration Brochures mailed June 2019 and August 2019
- Annual Conference Mailer mailed July 2019
- Print Newsletter mailed to members and recent lapsed members August 2019

#### 5. PUBLIC RELATIONS

##### **APNA Workforce Report: *Expanding Mental Health Care Services in America: The Pivotal Role of Psychiatric-Mental Health Nurses***

Stories generated from our press release/press outreach: **134**

Detailed feature stories/news segments generated from our press outreach and interview coordination around APNA Report: **9**

- Sirius XM Doctor Radio – (Beyond the Heart radio show)
- NPR Colorado – Ran statewide during NPR Morning Edition and again during All Things Considered
- NPR Wisconsin– live radio interview ran on NPR statewide
- NPR Virginia – Ran statewide on All Things Considered and Morning Edition

- KGW-TV (Portland, OR) - <https://www.kgw.com/article/news/local/mental-health-nurses-could-play-big-role-in-shrinking-psychiatrist-shortage/283-4dc9b019-5e91-4c9e-8341-70a20a9450c8>
- Philadelphia Inquirer - <https://www.inquirer.com/health/nurses-mental-health-worker-psychiatrist-shortage-20190513.html>
- Mental Health Weekly - <https://onlinelibrary.wiley.com/doi/full/10.1002/mhw.31912>
- Pittsburgh Post Gazette - Two detailed standalone stories resulted
  - <https://www.post-gazette.com/news/health/2019/08/12/Psychiatric-nurse-access-mental-health-practitioner-medications-prescribing/stories/201907020138>
  - <https://www.post-gazette.com/news/health/2019/08/12/psychiatric-mental-health-clinical-nurse-specialist-advanced-practice-therapy-wendy-zubenko-pittsburgh/stories/201907120137>

Interviews were also secured/completed with 2 publications, but they chose not to do the story at this time.

- Detroit News
- Fierce Healthcare

Developed New Toolkit to Promote Careers in PMH Nursing to Nursing Schools and Students. The Toolkit includes:

- Become a Psychiatric-Mental Health Nurse handout
- APNA Student Membership handout
- Difference between RNs and APRNs handout
- Newsletter article for use with nursing school e-newsletters to students
- Updated copy of the APNA Workforce Development Report

Began Outreach to the Top 30 Nursing Schools in the Nation to offer the Toolkit.

## Chapter Activity Report

October 2019

2018 Annual Report: Incomplete

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### Florida

#### Board

President: Debbie Salani

President-Elect: Michael Valenti

Immediate Past President: Lisa Burton

Secretary: Beth King

Treasurer: John Repique

Members-at-Large:     Jessica Gordon  
                                  Kim L. Hickman  
                                  Kevin McCarthy  
                                  Eugenia Millender  
                                  Leigh Powers  
                                  Donna Linette

#### Meetings Held

Annual Conference:     April 13, 2019

Competency Based Training for Suicide Prevention: April 12, 2019

Member Meetings:     February 4, March 11, April 10, May 1, May 15, June 24, June 26, July 3, August 7, August 21, September 18, October 2\*, November 6\*, December 4\*

Monthly Board Calls:   January 20, February 17, April 28, May 19, June 23, July 21, August 18

#### Elections

Call for Nominations: June 2019

Election: July 2019

2018 Annual Report Submitted: YES

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### Georgia

#### Temporary Leadership Committee

*Holding Call for Nominations for all positions to transition to Board.*

Leader: Patricia A. Harrison

Secretary: Kim R. Butts

Treasurer: Namita Patel

Advisory Panel:         Carolyn Hahn-Swanson  
                                  Sarah K. Harris  
                                  Ashley King  
                                  Dawn Prettygar  
                                  Kathleen L. Schaaf

## Chapter Activity Report

October 2019

Traci T. Sims

### Meetings Held:

Competency Based Training: April 27, 2019

Board Calls: First Thursday of each month

2018 Annual Report Submitted: YES

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### **Hawaii**

#### Board

President: Joan Parker-Dias

President-Elect: Vacant

Immediate Past President: Loraine Fleming

Secretary: Chat Augustin

Treasurer: Vacant

Directors-at-Large:     Lani Tsuneishi  
                              Judith Mancini  
                              Stacy Kracher

### Meetings Held

Competency Based Training for Suicide Prevention: August 29 & 30, 2019

2018 Annual Report Submitted: NO

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### **Illinois**

#### Board

President: Mary Jane Welch

President-Elect: Kathy Lee

Immediate Past President: Jeanette Rossetti

Secretary: member needs to update membership

Treasurer: Kelly Bryant

Members-at-Large:     Debbi Delre  
                              Sarah Farwick  
                              Joe Griffey  
                              Katherine Hess  
                              Kate Mayton  
                              Kathleen Musker  
                              Emmanuel Olaifa

### Meetings Held

Annual Conference: April 5, 2019

## APNA Education Report June 2019

### **New Accreditation Language from ANCC:**

The American Nurses Credentialing Center's Commission on Accreditation has issued a new accreditation statement for continuing nursing education. The updated language is intended to promote professional development in nursing and to be inclusive of nursing education related to nonclinical settings like policy and academic education. The new statement will appear on all continuing professional development certificates: ***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.***

### **APNA Transitions in Practice Certificate Program**

The APNA Transitions in Practice (ATP) Certificate program is an educational offering by APNA to deliver foundational psychiatric mental health (PMH) knowledge that RNs need for transition into mental health practice settings.

- Total of group and individual orders since program launch: **4,089 seats**
- Bulk Proposal Orders: 92 organizations purchased a combined total of 3,100 seats
  - May 16 – September 15, 2019
    - 6 NEW! organizations
    - ↑255 total seats
- Total Individual Registrations (Member & Nonmember) since launch: **1,325**
  - May 16-September 15, 2019: 67
- ATP Contact Hours Earned (*ATP successful course completions earn a 15.0 contact hour certificate.*)
  - Total Contact Hours Earned: **49,755** | **3,317** certificates of 15 contact hours
  - May 16 – September 15, 2019 5280 hours
- Overall Evaluation: Sampling of Users' Final Comments
  - It was very helpful for me, as I am new to PMH nursing. Thank you all.
  - Excellent overall program. Will recommend it to colleagues who are considering entering the psychiatric nursing field.
  - I learned a lot from the presentations. It stressed on very important concepts that can be utilized in the clinical setting.
  - Excellent course, should be required for ALL psych nurses

### **APNA Chapter Education**

#### ***APNA as Continuing Nursing Education Provider***

APNA served as the provider of CE for the following chapter conference activities:

- Michigan (MI)
- Washington (WA)
- Florida (FL)
- Kentucky (KY)

- Tennessee (TN)
- Virginia (VA) Chapter will hold their conference in August.

A total of 387 participants earned 1993.5 contact hours. Michigan, Arkansas, and Nebraska chapters have already sent inquiries about supporting their chapter activities in 2020.

### **Competency Based Training for Suicide Prevention: PMH Nurse Generalist – Chapter programs**

- **15** APNA Chapters provided the APNA suicide prevention training in 2019.
- **1** more chapter is in the planning process to hold the *Competency Based Training for Suicide Prevention: PMH Nurse Generalist* in 2019.
- As of 8/31/2019 chapter trainings have had **1,226** participants

### **Competency Based Training for Suicide Prevention: PMH Nurse Generalist**

- APNA Facilitator Trainings
  - **81** facilitators completed course since 2015
- **More than 3,200** nurses and other professionals have been trained since September 2016
- Comments from attendees:
  - “Very powerful educational experience that should be mandatory for all hospital personnel that come in contact with patients in any capacity.”
  - “Due to this training, I have a deeper understanding of the evaluation I am conducting, as well as am familiar with ways to ask questions that will provoke more thought and honesty.”
  - “I appreciated this training and was able to utilize skills I learned the very same night while on call in the ED.”
  - “Very good content, should be given to all staff.”
  - “Plan to continue to have the patient fill out their own safety plan when necessary, review safety plans of all my patient's prior to providing care”

### **Competency Based Training for Suicide Prevention – Acute Care Settings**

This program was adapted from the original *Competency Based Training for Suicide Prevention: PMH Nurse Generalist Role* one-day training. The intent of the program is so all nurses can be a part of suicide prevention.

- A facilitator-led 1.5 hour live, interactive course
- Provides foundational knowledge to non-PMH nurses regarding phenomenology of suicide, risk factors, warning signs, safety plan and creating a safe environment.
- Meets CMS Meaningful Measures (Making Care Safer, Promote Effective Prevention & Treatment of Chronic Disease and Promotes Effective Communication & Coordination of Care)
- Workbooks and slides have been updated to include the July 2019 Joint Commission National Patient Safety Goal 15.01.01: Suicide requirements
- Uses an algorithm:
  - Help assess and determine risk
  - Be able to communicate and document the risk and safety interventions.

### **Inquiries & Training**

- Since January 2019: **92** organizational inquiries related to leasing the program

- As of August, 2019:
  - 2 organizations have leased the program, 1 organization is piloting the program
  - 6 facilitators have been trained (2 at each of 3 organizations)
  - 43 registrants have completed the live 1.5-hour training
  - 2 organizations are in contract discussions

## **Medication Assisted Treatment (MAT) Training for Nurses**

Under the 2016 Comprehensive Addiction and Recovery Act (CARA) Nurse Practitioners (NPs) are eligible to obtain a MAT waiver after completing 24 hours of approved coursework. On September 25, 2018, the House and Senate approved legislation that will permanently authorize NPs to prescribe MAT and will extend authorization to Clinical Nurse Specialists (CNSs) until October 1, 2023. The bill was signed into law by President Donald Trump October 24, 2018.

- All healthcare providers must obtain MAT waivers from the DEA to prescribe buprenorphine, (one of three FDA-approved medications for treating opioid use disorders)
- Two FREE online courses, (24 hours total) meet educational requirements for APRNs to obtain MAT waivers
- In partnership with the Providers' Clinical Support System (PCSS), APNA offers CNE credit for the MAT waiver courses.
- The 24-hour course content is currently being reviewed and updated in communication with American Academy of Addiction Psychiatry (AAAP) and APNA.
  - Delivery of the updated courses is planned for December, 2019
  - Annual meeting discussion focused on 1. Need for a Substance Use Disorder curriculum, and 2. "The Exchange" program (mentoring-bi-monthly live interdisciplinary topic driven chat sessions) to be launched in 2020.

*Funding for this initiative was made possible (in part) by Providers' Clinical Support System for Medication Assisted Treatment (grant no. 1U79TI026556) from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*

### **8 Hour Training**

- 10,203 individuals registered
- 6,266 individuals completed

### **16 Hour Training**

- 10,350 individuals registered
- 6,940 individuals completed

## **Journal of the American Psychiatric Nurses Association**

The APNA Provider Unit has completed the CE review and approval process for the 6 issues for 2019 and the 2020 Jan-Feb and May-June issues in JAPNA. Contact hours (1 or 1.25 per issue) are FREE to members and non-members.



## **New Programs**

### ***APNA Certificate Program: Understanding the Brain-Behavior Connection***

This eLearning educational certificate offering provides RNs and APRNs insight into the importance of understanding brain functions and their influence on behaviors. The final module in the offering provides pictures of brains and examples of behaviors associated with interrupted or altered brain physiology.

- This certificate program was launched in July 2019
- The course awards 5.0 contact hours upon completion
- 92 participants have registered for this program

### ***Motivational Interviewing***

This three-hour e-Learning program provides RNs and APRNs with an introduction to Motivational Interviewing and how to apply it to nursing practice. It discusses the core principles of Motivational Interviewing and provides case studies for practice.

- 3.0 contact hour web-based, modularized program
- Will disseminate through APNA eLearning Center beginning September, 2019

### ***2019 Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses (RN) During an Epidemic***

- The updated courses (RN and APRN) were released August 29, 2019
- 43 participants registered for the new RN course
- 44 participants registered for the new APRN course

## **Program Updates**

### ***Seclusion and Restraint: Assessment and Risk Mitigation***

This e-Learning program educates nurses of the risks associated with seclusion and restraint, and the ability for nurses to mitigate these risks and recognize the readiness for release.

- Released October 2017
- Review and update of program currently in process
- Plans to launch October 2019

### ***Competency Based Training for Conducting the One Hour Face-to-Face Assessment for Patients in Restraints or Seclusion***

This e-Learning program provides the key components for assessing a patient placed in restraint or seclusion as a result of behavior that may be dangerous to self or others.

- Released September 2017
- Review and update of program currently in process
- Plans to launch January 2020

## **Collaborative Projects**

### **APA CSS-SMI Project**

APNA is collaborating with APA as the nursing CE provider for this 5 year grant funded project. Education on SMI evidence-based practices is made available at no charge to a multidisciplinary audience of providers. In the first year (July 2018-July 2019) a total of 11 webinars were produced. All webinars produced after Sept 1, 2019 will use the new ANCC language of Nursing Continuing Professional Development (CNPD) activities/hours in place of CNE.

Since the beginning of this project, there has been a noted increase in all participants, and specifically of nurses. The 7.11.19 live activity, *First Episode Schizophrenia-Spectrum Disorders: What Clinicians Need to Know*, had a total of 60 participants, 15 of those claimed CNE credit. This activity was attended by Counselors, Nurses, Pharmacists, Psychiatrists, Physicians, Pas, Psychologists, Social Workers, Peer Support Specialists, and Others.

- Multidisciplinary education on SMI related evidence-based practices (11 webinars – 2019)
  - 2.19.19 – PMH APRNs Evolving Roles
  - 4.5.19 – Social Media and SMI
  - 4.11.19 – Psychotropic Medications in Older Adults
  - 4.19.19 – Shared Decision Making
  - 4.25.19 – Clozapine Barriers
  - 5.3.19 – Who is NAMI?
  - 5.9.19 – Stepping Forward
  - 5.31.19 – Chronic Physical Health Maintenance
  - 6.14.19 – Clinician Burnout/ Wellness
  - 6.20.19 – Substance Use
  - 6.28.19 Psychiatric Advance Directives
  - 7.11.19 First Episode Schizophrenia
  - 7.19.19 Maximizing Treatment Success
  - 7.26.19 Digital Approaches
  - 8.8.19 Strategies for Successful Use of Clozapine
  - 8.16.19 Measurement Based Care
  - 8.22.19 Engaging the Individual
  - 9.6.19 Using Telepsychiatry
  - 9.12.19 How Do We Know What Works
  - 9.20.19 Peer Support Engagement Skills
  - 10.18.19 Interface Between SMI and Criminal Justice System
- Available at no charge to participants
- Live presentations recorded as enduring material
- Available on the <http://smiadviser.org> website for one year.

### **Haymarket Medical Education Grant**

*Equipping the Interprofessional Team to Optimize Care in Bipolar Depression and Schizophrenia* is jointly provided with the American Psychiatric Nurses Association to provide 12 educational activities for a

total of 7.25 contact hours, between August 2019 and April 2020. The activities will be enduring materials housed in myCME.com, offered free of charge to a multidisciplinary target audience. Currently in production:

- Journal Club: 7 expert commentaries on current research articles focused on treatment of Schizophrenia and Bipolar Disorder. Approved for 1.25 contact hours.
- House Call: Video case-based discussion between a psychiatrist and a family practice physician.
- Case Clinic: planned 3 web based interactive activities, virtual patient management

**SAMHSA Educational Grant**

*Deliver and test-pilot evidence-based substance use disorder curriculum to undergraduate and graduate nursing programs.*

Project Period: 09/30/2019 – 09/29/2021

APNA has received a 2-year grant from the Substance Abuse and Mental Health Services Administration to deliver and test-pilot substance use disorder curriculum to undergraduate and graduate nursing programs. Work on the project begins September 30th.

# APNA 33rd Annual Conference

October 2-5, 2019

Ernest N. Morial Convention Center

New Orleans, Louisiana

## ***Psychiatric-Mental Health Nurses: The Whole Health Connection***

### **Registration**

- Registrants – 2,000+ (9/19/19)
- Member rate, full conference registration: \$545

### **Hotel**

Hilton New Orleans Riverside - \$299 single/double per night

### **Continuing Education**

- 23.75 contact hours from APNA content onsite
- 25.25 Total if attend symposium
- Registration includes all recorded content = 95+ contact hours online after the conference

### ***Overall Conference Outcomes***

- Explore the impact of human connections on mental health and whole health.
- Examine how neuroscience informs the practice of psychiatric-mental health nursing.
- Advance psychiatric-mental health nursing through the application of the unique skill sets that support the whole health of our patients and communities

### **Meal Sessions**

Symposium: *Practical Strategies for Patient Follow-Up and Long-Term VMAT2 Inhibitor Treatment*

7 Product Theaters

### **Program**

#### ***Total Conference Sessions***

- 133 podium presentations
- 230 poster presentations

#### ***Featured Headliners***

- Gail Stern, RN, MSNPMH-CNS-BC, APNA President – *Psychiatric Mental Health Nurses: The Whole Health Connection*
- Pete Lee, Comedian with Jaime Plaxo & Gail Stern – *Funny! The Therapeutic Connection of Humor*
- Nanette Larson, BA, CRSS, Deputy Director and Ambassador for Recovery & Wellness, IL, DHS Division of Mental Health – *Channeling the Power of Human Connection toward Whole Health*

**Session Topics**

Addictions	Graduate Education	Psychotherapy
Child and Adolescent	Pre-licensure Education	Pharmacology
Integrated Physical & MH	Culture	RN-PMH Practice
Inpatient	Emergency	APRN Practice
Safety/Violence	Research	Military Issues

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# APNA Clinical Psychopharmacology Institute

Planned *for Nurses by Nurses*

## APNA CPI West

March 16-17, 2019

Hilton San Diego Mission Valley

San Diego, California

### Registration

Total registrants: 202

Member rate: \$199

### Continuing Education

Awarded up to 10 contact hours

### Conference Learning Outcomes

1. Incorporate new discoveries in psychopharmacology and neuroscience into psychiatric-mental health nursing practice.
2. Utilize evidence based pharmacologic mental health nursing practice interventions that promote healthy brains and healthy behaviors.

### Program

- **Endocrine Side Effects of Psychotropic Medications: Is it All in Your Bones?** – Karen L. Houseknecht, PhD
- **Psychopharmacology for Persons with Alzheimer's and Other Dementias** – Pierre Tariot, MD
- **Ethical Decision-Making in Mental Health & Psychopharmacology** – Mindy B. Zeitzer, PhD, MBE, RN
  - *Panel Case Discussion:* Barbara J. Limandri, PhD, PMHCNS-BC; Barbara Warren, PhD, RN, APRN-CNS, PMHCNS-BC, FNAP, FAAN
- **What's Old Could Be New Again: Recognizing the Benefits and Neuroprotective Effects of Lithium** – Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC
- **Fear Not!! Naming, Framing, and Containing the Physiology of Fear... A Wellness Approach** – Mary D. Moller, DNP, ARNP, PMHCNS-BC, CPRP, FAAN
- **Complex Topics in Substance Use: Drug Adulterants, Treatment Transitions, & Pregnancy** – Matt Tierney, ANP, PMHNP, FAAN
- *Outcomes Panels:* Synthesize each day's content through case study application lead by CPI Committee Members

*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.*

# **APNA Clinical Psychopharmacology Institute**

Planned *for Nurses by Nurses*

## **APNA 17th Annual Clinical Psychopharmacology Institute**

June 6-9, 2019

Omni Louisville Hotel

Louisville, Kentucky

### **Registration**

Total registrants: 575

Member rate, full conference registration: \$399

### **Hotel**

Omni Louisville Hotel - \$185 single/double per night

Hyatt Regency Louisville - \$185 single/double per night

### **Continuing Education**

Awarded up to 22.5 contact hours in pharmacology – includes the symposium

### ***Conference Educational Learning Outcomes***

1. Incorporate new discoveries in psychopharmacology and neuroscience into psychiatric-mental health nursing practice.
2. Utilize evidence based psychopharmacologic mental health nursing practice interventions that promote healthy brains and healthy behaviors

### **Program**

Conference included:

- Up to 22.5 (21) continuing education contact hours in pharmacology.
- 1 symposium and 1 product theater
- More nurse presenters (7)
- Online session recordings to revisit or earn additional CE credit
- CPI mobile app with messaging, schedule, maps
- Digital Session handouts to follow along on your device or for printing
- Additional 25 bonus points in the APNA eLearning Center
- \$25 discount on APNA Annual Conference registration (October 2019 - New Orleans).

### ***Returning this year***

Outcomes Panels (Friday and Saturday): Synthesize each day's content through case study application lead by CPI Committee Members

### ***Pre-Conference Course***

**Deep Dive into Neurotransmitters: Focus on Glutamate & GABA**

Debbie Thomas, EdD, APRN, PMHCNS/NP-BC, CMP

*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.*

***Plan now for CPI 2020***

**APNA CPI West**

**March 14-15, 2020**

**San Diego, California**

**Earn up to 10 contact hours in psychopharmacology**

**APNA 18th Annual Clinical Psychopharmacology Institute**

**June 11-14, 2020**

**Reston, Virginia**

**Earn up to 22.5 contact hours in psychopharmacology**

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



## APNA eLearning Center October 2020

### APNA eLearning Center Sessions

May 1, 2019 – August 31, 2019 (Comparisons to previous year: May 1, 2018 – August 31, 2018)

Session Category	Number of Sessions	Number of Contact Hours
Annual Conference Archives	269 (↑25)	239.75 (↑4)
Pharmacology	62 (↑12)	84.5 (↑14)
Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses During an Epidemic – RN, PMH RN, APRN	3 (same)	6 (same)
JAPNA	12 (↑5)	13.25 (↑5.75)
Medication Assisted Treatment (MAT) Waiver Training: 8 hour and 16 hour	2 (same)	24 (Same)
APNA Transitions in Practice Certificate Program (ATP)	2 (↑1)	30 (↑15)
Competency Based Training for Suicide Prevention	2 (↑1)	8 (↑1.25)
Special Skills for Psychiatric Nurses	5 (↓1)	6.75 (↓1.25)
Acute Care Psychiatric-Mental Health Nurses: Preparing for Recovery Oriented Practice (RTP)	2 (same)	17 (same)
<b>TOTAL</b>	<b>362 (↑48)</b>	<b>439.25 (↑55.5)</b>

### Order Activity

- **Current Period:** Total orders May 1, 2019 – August 31, 2019: **17,844** – ↑25% increase from last year, May 1, 2018 – August 31, 2018: **14,295**
- **2019:** Total orders January 1 – August 31, 2019: **35,981** – ↑15% increase from last year, January 1, 2018 – August 31, 2018: **31,318**

### Top Ten Categories

1. Mental health conditions/disorders
2. Suicide Prevention
3. Pharmacology
4. Addictions
5. Non-pharmacologic Interventions
6. Psychotherapy
7. Recovery
8. Professional Development
9. Trauma
10. Outpatient/Community

### Top Ten Sessions

May 1, 2019 – August 31, 2019

1. **2,285 Orders:** Medication Assisted Treatment (MAT): 16.0 Hour Waiver Training

- 16.0 Rx contact hours
  - Free for members and non-members
2. **2,140 Orders:** Medication Assisted Treatment (MAT): 8-Hour Waiver Training
    - 8.0 Rx contact hours
    - Free for members and non-members
  3. **934 Orders:** Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses (RN) During an Epidemic
    - 1.5 contact hours
    - Free for members and non-members
  4. **876 Orders:** Effective Treatments for Opioid Use Disorder: Educating & Empowering Advanced Practice Registered Nurses (APRN) During an Epidemic
    - 3.5 Rx contact hours
    - Free for members and non-members
  5. **675 Orders:** Practical Ways to Bolster Resilience: A Life-span Perspective
    - 1.25 contact hours
    - Free for members and non-members
  6. **521 Orders: 4022-18:** Trauma Competencies and Culture: Embracing Diversity
    - 0.5 contact hours
    - July 4 Free CE—Free for the month of July for members and non-members
  7. **498 Orders:** Effective Treatments for Opioid Use Disorder: Educating & Empowering Psychiatric Mental-Health Nurses (PMH-RN) During an Epidemic
    - 1.25 contact hours
    - Free for members and non-members
  8. **473 Orders:** 2001-18: President's Address
    - 1.0 contact hours
    - \$10 members and \$18 non-members
  9. **448 Orders:** 1031-18: Mind and Body: Psychotropic Effects on Physiologic Health
    - 2.0 Rx contact hours
    - June Free CE of the Month—Free for the month of July for members and non-members
  10. **438 Orders:** APNA Transitions in Practice Certificate Program
    - 15.0 contact hours
    - \$200 members and \$250 non-members

**Sessions Offered for Free since January 1, 2019**

(aside from free CE via use of bonus points)

Listed on [www.apna.org/FreeCE](http://www.apna.org/FreeCE)

**Total Free CE: January 1, 2019 – August 31, 2019**

**60 Sessions | 92.75 contact hours**

<b>Reason / Dates</b>	<b>Title</b>	<b>Contact hours</b>	<b>Members and/or Non-members</b>
Currently Free	Practical Ways to Bolster Resilience: A Life-span Perspective	1.25	Members/ Non-Members
Currently Free	Keynote Presentation: Life On Purpose: How Living for What Matters Most Changes Everything	1.0	Members / Nonmembers
Currently Free	President's Address: Whole Health Begins with Mental Health	0.75	Members / Nonmembers
Currently Free	Medication Assisted Treatment (MAT): 8-Hour Waiver Training	8.0 Pharmacology	Members/ Non-Members
Currently Free	Medication Assisted Treatment (MAT): 16.0 Hour Waiver Training	16.0 (13.0 Pharmacology)	Members/ Non-Members
Currently Free	2019 Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses (RN) During an Epidemic	1.5	Members / Nonmembers
Currently Free	2019 Effective Treatments for Opioid Use Disorder: Educating & Empowering Advanced Practice Registered Nurses (APRN) During an Epidemic	3.5 (2.0 Pharmacology)	Members / Nonmembers
Free until August 29, 2019	Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses (RN) During an Epidemic	1.25	Members / Nonmembers
Free until August 29, 2019	Effective Treatments for Opioid Use Disorder: Educating & Empowering Psychiatric Mental-Health Nurses (PMH-RN) During an Epidemic	1.25	Members / Nonmembers
Free until August 29, 2019	Effective Treatments for Opioid Use Disorder: Educating & Empowering Advanced Practice Registered Nurses (APRN) During an Epidemic	3.5 Pharmacology	Members / Nonmembers
Free until June 30, 2019	ADHD Across the Lifespan: Research Update	1.25 Pharmacology	Members/ Non-Members
Free until April 15, 2019	Managing the Neuropsychiatric Manifestations of Parkinson's Disease (PD)	1.5	Members / Nonmembers
Free until January 6, 2019	Novel Treatments to Overcome Clinical Challenges in Treating Major Depressive Disorder	1.25 Pharmacology	Members/ Non-Members
JAPNA Article Currently Free	JAPNA Article: Weight Reduction Goal Achievement among Veterans with	1.0	Members

	Mental Health Diagnoses - July-August 2019 (25:4)		
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Binge Eating and Loss of Control in College-Age Women - May-June 2019 (25:3)	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Decreasing Depression and Anxiety in College Youth Using the Creating Opportunities for Personal Empowerment Program (COPE)	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Effectiveness of a Psychiatric-Mental Health Nurse Residency Program on Retention	1.25	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Nurse-Patient Interaction as a Treatment for Antepartum Depression: A Mixed-Methods Analysis	1.25	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: The Applicability of Resilience Training to the Mitigation of Trauma-Related Mental Illness in Military Personnel	1.25	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Implementation of Rocking Chair Therapy for Veterans in Residential Substance Use Disorder (SUD) Treatment	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: An Efficient Nurse Practitioner–Led Community-Based Service Model for Delivering Coordinated Care to Persons with Serious Mental Illness at Risk for Homelessness	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Military Lesbian, Gay, Bisexual, and Transgender (LGBT) Awareness Training for Health Care Providers Within the Military Health System	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: The Compelling and Persistent Problem of Bipolar Disorder Disguised as Major Depression Disorder: An Integrative Review	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: TeleMental Health: Standards, Reimbursement and Interstate Practice	1.25	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Applying Self-determination Theory to Adolescent Sexual-risk Behavior and Knowledge: A Structural Equation Model	1.5	Members

JAPNA Article <a href="#">Free until April 2019</a>	JAPNA Article: Describing the Mental Health Profile of First Responders: A Systematic Review	1.25	Members
Free CE of the Month – <a href="#">August 2019</a>	Spreading Recovery Oriented Care across the State: Everything's Bigger in Texas	0.5	Members
Free CE of the Month – <a href="#">August 2019</a>	Accelerated Resolution Therapy (ART): A Novel, Safe, Quick, and Effective Psychotherapeutic Treatment for Behavioral Health Problems	1.75	Members
Free CE of the Month – <a href="#">August 2019</a>	Naming, Framing, and Containing the Physiology of Fear – A Wellness Approach	1.25 Pharmacology	Members
Free CE of the Month – <a href="#">August 2019</a>	Caring Behind Bars	0.75	Members
July 4 <sup>th</sup> Free CE – <a href="#">July 2019</a>	Trauma Competencies and Culture: Embracing Diversity	0.5	Members / Nonmembers
Free CE of the Month – <a href="#">July 2019</a>	Tele-psychotherapy: A Journey of Implementation and Discovery!	0.5	Members
Free CE of the Month – <a href="#">July 2019</a>	Food and Mood - What is the Research and is there a Connection?	1.5	Members
Free CE of the Month – <a href="#">July 2019</a>	Paradigm Shift in Treating Mental Illness: Neurophysiological Approach to Prescribing	1.5 Pharmacology	Members
Free CE of the Month – <a href="#">July 2019</a>	Holistic Approaches to Managing Substance Use Withdrawal	0.5	Members
Free CE of the Month – <a href="#">June 2019</a>	Journey Toward a Therapeutic Healing Environment for Patients, and a Safe Working Environment for Staff	0.75	Members
Free CE of the Month – <a href="#">June 2019</a>	Mind and Body: Psychotropic Effects on Physiologic Health	2.0 Pharmacology	Members
Free CE of the Month – <a href="#">June 2019</a>	Recovery-Oriented Cognitive Therapy and Nursing	0.75	Members
Free CE of the Month – <a href="#">June 2019</a>	Psychiatric Nurses Unique Agents of Change: Using Research, Collaboration, Education and Innovation to Impact Communities	1.0	Members
Mental Health Month & Nurses Week – <a href="#">May 2019</a>	Miracle Moments: How Psychiatric-Mental Health Nurses Save Lives	1.0	Members / Nonmembers
Free CE of the Month – <a href="#">May 2019</a>	Mini Concurrent Sessions: Inpatient Interventions	0.5	Members
Free CE of the Month – <a href="#">May 2019</a>	Breaking Down Barriers: Increasing Access to Psychiatric Medications	0.75 Pharmacology	Members
Free CE of the Month – <a href="#">May 2019</a>	Mental Disorders in Primary Care: A Primer Course for Primary Care Nurse Practitioners	1.0	Members

Free CE of the Month – <a href="#">May 2019</a>	Understanding How Trust Influences Engagement in a Community-Based Substance Abuse Treatment Program	0.5	Members
Free CE of the Month – <a href="#">April 2019</a>	The Community Resiliency Model (CRM): Mental Wellness Self-Care	1.75	Members
Free CE of the Month – <a href="#">April 2019</a>	T-3 + T-4: Do You Know Your Patient's Score? The Role of Thyroid Hormones in the Management of Depression	1.5 Pharmacology	Members
Free CE of the Month – <a href="#">April 2019</a>	Using Electronic Devices to Improve the Patient Care Experience on an Inpatient Behavioral Health Unit	0.75	Members
Free CE of the Month – <a href="#">April 2019</a>	Mini Concurrent Sessions: Anxiety	0.75	Members
Free CE of the Month – <a href="#">March 2019</a>	Childhood Trauma: Advances in Neuroscience and Innovative Therapeutic Interventions	1.5	Members
Free CE of the Month – <a href="#">March 2019</a>	Pharmacogenetics and MAT: Facilitating Engagement for those with Co-Occurring Disorders	0.5 Pharmacology	Members
Free CE of the Month – <a href="#">March 2019</a>	Making Safety Count: A 3-Prong Approach to Reducing Violence in the Healthcare Setting	2.25	Members
Free CE of the Month – <a href="#">March 2019</a>	Institutional Stigma and the United States Military	0.75	Members
Free CE of the Month – <a href="#">February 2019</a>	Pharmacogenomics Nursing: Personalized Health Care	1.75 Pharmacology	Members
Free CE of the Month – <a href="#">February 2019</a>	Mini-Concurrent Sessions: Restraint Reduction	0.75	Members
Free CE of the Month – <a href="#">February 2019</a>	Practice and Dissemination of EBP: Behavioral Couples Therapy for Alcohol/Drug Dependence in the Veterans Administration/Leadership	0.75	Members
Free CE of the Month – <a href="#">February 2019</a>	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?	0.75	Members
Free CE of the Month – <a href="#">January 2019</a>	Cyberbullying – The Dark Side of the Internet	0.75	Members
Free CE of the Month – <a href="#">January 2019</a>	Mini-Concurrent Sessions: Leadership	0.75	Members
Free CE of the Month – <a href="#">January 2019</a>	Pharmacology of Medical Cannabis	1.75 Pharmacology	Members

Free CE of the Month – January 2019	The Neurobiology of Sleep and Cognitive Behavioral Therapy for Insomnia (CBT-I)	2.0	Members
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## Review of Podcasts

During the current period (May 1, 2019 – August 31, 2019), 12 eLearning sessions were reviewed. A general call for reviewers, sent out in August 2019, yielded 521 responses for participation in future reviews.

- 25 APNA members volunteered following a call for reviewers for current eLearning sessions.
  - Members completed and earned CE for the eLearning session to which they were assigned, completed a review questionnaire, and were compensated with bonus points to apply to another session in the eLearning Center.
- Content reviewed included eLearning sessions from 2017 APNA Clinical Psychopharmacology Institute
- 6 eLearning sessions were renewed through July 1, 2020.
- 6 eLearning sessions were retired.

## APNA eLearning Center Site Analytics

From May 30 to September 16, 2019 (as compared with the previous year: May 30 to September 16, 2018):

Visits: **92,146** – **up 41.33%**

- Highest on 8/29/19 (1,602) – Email sent announcing new certificate program Understanding the Brain-Behavior Connection
- 2nd highest on 9/10/19 (1,188) – Email sent announcing two free sessions for Suicide Prevention Month and Recovery Month

Unique Visitors: **37,696** – **up 48.51%**

Average Visit Duration: 4 min, 10 sec – down 3.63%

Number of First-time Visitors: 34,539 – up 50.89%

Percentage of New Visits: 70.20% – up 1.78%

Number of Visits by Device:

1. Desktop/Laptop: 28,204 – up 42.08%
2. Mobile: 7,469 – up 93.70%
3. Tablet: 1,998 – up 22.65%

Visits by Location:

1. United States
2. Canada
3. Germany
4. United Kingdom
5. South Korea

Page Views: **292,156** – **up 19.58%**

- Highest on 3/4/19 (4,247)
- 2nd highest on 2/26/19 (4,145)

Unique page views: **335,142** – **up 40.33%**

Average Time on Page: 1 min, 35 sec – down 2.68%

*Top Content:*

1. PCSS-MAT Waiver Training (8 hour)
2. Home
3. PCSS-MAT Waiver Training (16 hour)
4. Cart
5. My eLearning

*Traffic Sources:*

- Organic Search Traffic:
  - 2,715 visits – **up 38.17%**
- Referral Traffic:
  - 12,779 visits – up 0.54%
- Direct Traffic:
  - 24,158 visits – **up 162.07%**
- Social Traffic:
  - 91 visits– **up 33.82%**
- Email Traffic:
  - 147 visits – down 94.00%



## Chapter Activity Report

October 2019

Competency Based Training for Suicide Prevention: June 21, 2019

Fall Seminar: November 8, 2019

Monthly Board Calls: January 8, February 12, March 12, May 14, June 11, August 13, September 10,  
November 12\*, December 10\*

### Elections

Call for Nominations: March 2019

Election: March 2019

2018 Annual Report Submitted: YES

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### **Indiana**

#### Board

President: Leah Knight

President-Elect: Brian Arwood

Immediate Past President: Brooke Kempf

Secretary: Dawn Copas

Treasurer: Vacant

Members-at-Large: Brittany Bower  
Judy Malone Cole  
Leslie Oleck

#### Meetings Held

Member Meetings/Sponsored Dinners: January 24, April 30, May 23, June 26, July 30, September 17,  
September 26

### Elections

Call for Nominations: January 2019 (did not result in any nominations)

Chapter board appointed officers who were approved by APNA BOD April 2019

2018 Annual Report Submitted: YES

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## Chapter Activity Report

October 2019

### Iowa

#### Board

President: Mary Sturdy-Martin

President-Elect: Emily Sinwell

Immediate Past President: Dan Wesemann

Secretary: Julie Barrett

Treasurer: Jen Blume

#### Meetings Held

Competency Based Training for Suicide Prevention: June 28, 2019

Monthly Board Calls: January 15, January 29, February 12, March 5, April 16, May 21, June 18, July 16, August 20, September 17, October 15\*

#### Elections

Chapter board appointed new President, who was approved by APNA BOD September 2019

2018 Annual Report Submitted: NO

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### Kansas

#### Board

*Currently holding Call for Nominations for President-Elect, Treasurer, Secretary, and two Members-at-Large*

President: Cindy Whitney

Secretary: Vacant

Treasurer: Vacant

Member-at-Large: Vacant

#### Meetings Held:

Competency Based Training: April 27, 2019

Board Calls: Have not been occurring due to lack of participation. Working on filling vacant positions and then setting up monthly calls.

2018 Annual Report: Incomplete

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## Chapter Activity Report

October 2019

### Kentucky

#### Board

President: Rebecca Reichert

President-Elect: Amanda Lykins

Immediate Past President: Sooksai Kaewbua

Secretary: Christopher Scherrer

Treasurer: Sarret Seng

Members-at-Large: Kevin Scalf  
Jose Cruz  
Jessica Estes  
Kristina Koepl

#### Meetings Held

Annual Conference: March 22, 2019

Competency Based Training for Suicide Prevention: August 22, 2019

Monthly Board Calls: February 11, March 13

#### Elections

Call for Nominations: April/May 2019

Election: June 2019

2018 Annual Report Submitted: YES

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### Louisiana

#### Board

President: Erica Joseph

President Elect: Vacant

Immediate Past President: Vacant

Secretary: Georgia Johnson

Treasurer: Marianne Call

Members-at-Large: Linda Ledet  
Margaret Hughes  
Amanda Eymard

#### Meetings Held

Competency Based Training for Suicide Prevention: May 24, 2019

Monthly Board Calls: January 7, February 4, March 11, April 1, April 10, April 17, April 24, May 6, June 3, July 1, August 5, September 9, October 7\*, November 4\*, December 2\*

#### Elections

Call for Nominations: September 2019

## Chapter Activity Report

October 2019

2018 Annual Report Submitted: YES

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### Michigan

#### Board

*Call for Nominations for Member at Large and Student Liaison*

President: John Sturtevant

President-Elect: Vacant

Secretary: Margaret Mary Keeler

Treasurer: Andrea Bostrom

Members-at-Large: Carrie Mull

David Vander Ark

Board Member: Diane Burgermeister

Carla Groh

Cynthia Papendick

#### Meetings Held:

Annual Conference & Competency Based Training: April 12-13, 2019

Board Calls: Third Monday of each month

2018 Annual Report Submitted: YES

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### Minnesota

#### Board

*Finalizing Call for Nominations for President, President-Elect, Secretary, and student scholarship opportunity (2 Undergraduate, 2 Graduate)*

President: Amanda Schuh

Secretary: Marquitta Trimnell

Treasurer: Vacant

Membership Chair: Kristin Verhoeven

Members-at-Large: Mary Clough

Della Derscheid

Susan Sawyer-Demaris

Meetings Held: N/A

Board Calls: First Thursday of each month

2018 Annual Report Submitted: YES

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## Chapter Activity Report

October 2019

### Mississippi

#### Board

President: Roderick Green

President-Elect: Vacant

Immediate Past President: Katherine Raines

Secretary: Vacant

Treasurer: Vacant

Meetings Held: none reported

#### Elections

Chapter undergoing revitalization. Newly appointed president will work with support to hold Call for Nominations before the end of 2019

2018 Annual Report Submitted: NO

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### Nebraska

#### Board

*Holding Call for Nominations for Treasurer, (2) Nominating Committee members and (3) Board members*

President: Patricia J. Ealy

President-Elect: Rise Mitchell

Secretary: Margaret Emerson

Treasurer: Vacant

Members-at-Large: MaryAnn Andersen

Vacant

Nominating Committee: Vacant

#### Meetings Held:

Recovery to Practice Training: May 10, 2019

Board Calls: Second Wednesday of each month

2018 Annual Report Submitted: YES

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## Chapter Activity Report

October 2019

### Nevada

#### Board

President: Michelle Giddings

President-Elect: Vacant

Immediate Past President: Vacant

Secretary: Todd Mathisen

Treasurer: Sydney Egan

#### Meetings Held

Member Meetings/Sponsored Dinners: February 26, May 23, June 18

#### Elections

Chapter board appointed new Secretary and Treasurer, who were approved by APNA BOD July 2019

2018 Annual Report Submitted: NO

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### New England

#### Board

President: Pat Dahme

President-Elect: Denise Fairbank

Immediate Past President: Karen Pounds

Secretary: Vacant

Treasurer: Bonnie MacGregor

Regional Representative: Karen Chesley

#### Meetings Held

Competency Based Training for Suicide Prevention: May 17, 2019

Monthly Board Calls: February 17, March 10, March 24, April 14, April 28, June 9, September 14

#### Elections

Call for Nominations: November 2018

Election: December 2018

2018 Annual Report Submitted: YES

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## Chapter Activity Report

October 2019

### New Jersey

President: Angela Brathovde  
Vice President: Colleen Duffy  
Immediate Past President: Michael Tierney  
Secretary: Vacant  
Treasurer: Lisa Abrams  
Members-at-Large: Judy Gurfein  
Cindy Basile

#### Meetings Held

Spring Conference: April 28, 2019

Competency Based Training for Suicide Prevention: September 21, 2019

Monthly Board Calls: January 15, February 19, April 16, May 21, June 18, July 16, August 20, September 3, September 17, October 15\*, November 19\*, December 17\*

#### Elections

Call for Nominations: February 2019 (did not result in any nominations)

Chapter board appointed officers who were approved by APNA BOD June 2019

2018 Annual Report Submitted: YES

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### New Mexico

#### Board

President: Angela L. DelGrande  
President-Elect: Vacant  
Secretary: Jennifer S. Schneider  
Treasurer: Donna Helgesen  
Members-at-Large: Molly Faulkner  
Barbara A. Gilmore  
Maureen R. Kolomeir  
Mary E. Perez  
Janet Thelen  
Nancy Storer  
Fatima Wells

#### Meetings Held:

Competency Based Training: July 20, 2019

Board Calls: First Saturday of each month

2018 Annual Report Submitted: YES

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## Chapter Activity Report

October 2019

### New York

#### Board

President: Suzie Marriott

President-Elect: Vacant

Immediate Past President: Adrial Lobelo

Secretary: Brynne Calleran

Treasurer: Paul Panakal

Members-at-Large: Andrea Bast  
Christina Machuca  
Jack Spencer  
Janette O'Connor

#### Meetings Held

Annual Conference: June 28, 2019

Regional Meeting: September 5, 2019

Member Meetings: January 30, February 13, March 6

Monthly Board Calls: January 29, March 11, April 8, May 6, May 20, June 3, June 17, June 24, July 15, August 19, September 16, October 21\*, November 18\*, December 16\*

#### Elections

Call for Nominations: October 2018

Election: December 2018

2018 Annual Report Submitted: YES

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### North Carolina

#### Board

President: Brenda C. Fore

President-Elect: Vacant

Secretary: Vacant

Treasurer: Kim Hutchinson

Members-at-Large: Jeanette Avery  
Barbara-Ann Bybel  
Dee Ann Langford  
CDR Joseph Marian Holshoe  
Gina K. Lemons  
Dorinda W. Snyder

Meetings Held: N/A

Board Calls: Third Tuesday of each month



## Chapter Activity Report

October 2019

2018 Annual Report submitted: NO

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### Ohio

#### Board

President: Susan Brammer

President-Elect: Andrea Warner Stidham

Secretary: Vonda Keels-Lowe

Treasurer: Carol Krieger

Nominating Committee: Margaret Dell

Maureen Dwyer

Elizabeth Hutson

#### Meetings Held:

Competency Based Training: May 10, 2019

Board Calls: Calls happening quarterly (January 31, April 18, August 8, August 14)

2018 Annual Report Submitted: YES

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### Oklahoma

#### Board

President: Wanda Robinson

President-Elect: Vacant

Immediate Past President: Martha Hernandez

Secretary: Vacant

Treasurer: Vacant

#### Meetings Held

Member Meetings: September 17, November 19\*

2018 Annual Report Submitted: NO

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### Oregon

#### Board

President: Barbara Limandri

President-Elect: Vacant

Secretary: Christina Dynamite

Treasurer: Russell Huffman

Members-at-Large: Robert Filitor

Margaret Ngai

## Chapter Activity Report

October 2019

Meetings Held: N/A

Board Calls: February 17, June 23, September 15

2018 Annual Report Submitted: YES

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### **Pennsylvania**

#### Board

President: Brenda Kucirka

President-Elect: Christine Moriconi

Immediate Past President: Kate Lindsay

Secretary: Beth Corcoran

Treasurer: Lisa McNamee

#### Meetings Held

Competency Based Training for Suicide Prevention: April 6, 2019

Member Meetings/Sponsored Dinners: February 27, April 24, June 4, August 2

#### Elections

Call for Nominations: December 2018/January 2019

Election: February 2019

2018 Annual Report Submitted: YES

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### **Tennessee**

#### Board

*Election taking place for Member at large/Eastern Regional Rep.*

President: Dawn Vanderhoef

President-Elect: Stephanie L Weatherly

Secretary: Shirlee P. Davidson

Treasurer: Vacant

Member-at-Large/Western Tennessee Regional Representative: Jacqueline Sharp

Member-at-Large/Eastern Tennessee Regional Representative: Vacant

Member-at-Large/Central Tennessee Regional Representative: Maggie A. Throckmorton

Nominating Committee: Keesha Reid and Marci L. Zsamboky

#### Meetings Held:

Annual Conference: April 26, 2019

Competency Based Training: March 9, 2019

Eastern Region Meeting/Sponsored dinner: August 22, 2019

Central Region Meeting/Sponsored dinner: August 28, 2019

## Chapter Activity Report

October 2019

Monthly Board Calls: February 6, March 27, April 10, April 17, June 3, July 8, August 12

2018 Annual Report Submitted: YES

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### Texas

#### Board

President: Stella Logan

President-Elect: Rebecca Puchkors

Secretary: Maribeth Fontabla

Treasurer: Ruth Ifediora

Members-at-Large: Cornelius Metili  
Audrey Pyle Voss  
Amanda J. Simonton

#### Meetings Held:

Competency Based Training: April 12, 2019

Recovery to Practice Training: February 27-28, 2019

Dallas Regional Meeting: September 27, 2019

Monthly Board Calls: First Wednesday of the month

2018 Annual Report Incomplete

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### Utah

#### Board

President: Michael Thomas

President-Elect: Brandon Thatcher

Secretary: Daemon Garso

Treasurer: Michele Field

Members-at-Large: Ellois Bailey  
Sarah Leggett  
Eunyoung Martineau  
Jon Medina  
Sarah Porter

#### Meetings Held:

Annual Conference: Planning conference for November 8, 2019

Monthly Board Calls: Fourth Tuesday of each month

## Chapter Activity Report

October 2019

2018 Annual Report Submitted: YES

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### Virginia

#### Board

President: Lora Peppard

President-Elect: Victoria Bierman

Secretary: Lorraine Anderson

Treasurer: Lynda Miller

Members-at-Large:     Teresita Gonzales  
                              Lyons Hardy  
                              Muriel Hollandsworth  
                              Susan Jacobson  
                              Johna Jenkins  
                              Kelly Ricketts

Nominating Committee: Delores Ann Couch

Education Committee: Nina Beaman

#### Meetings Held:

Annual Conference & Competency Based Training: August 9-10, 2019

Monthly Board Calls: First Friday of each month

2018 Annual Report Submitted: YES

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### Washington

#### Board

President: Jeff Ramirez

President-Elect: Vacant

Secretary: Carol Kottwitz

Treasurer: Marchell Rene Spielmann

Members-at-Large:     Christina Chacon  
                              Kayla Cross  
                              Angela Naylor

Committee Member:    Mary Moller

#### Meetings Held:

Annual Conference: April 26-27, 2019

Monthly Board Calls: Second Tuesday of each month

2018 Annual Report Submitted: YES

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## Chapter Activity Report

October 2019

### Wisconsin

#### Board

President: Kimberly Walker-Daniels

President-Elect: Jamie E. Surfus-Lewiston

Secretary: Vacant

Treasurer: Vacant

Member-at-Large: Aeron Adams

#### Meetings Held:

Annual Conference: Planning Meeting for December 11, 2019

Monthly Board Calls: Calls to take place quarterly. First call happened on September 4.

2018 Annual Report Submitted: YES



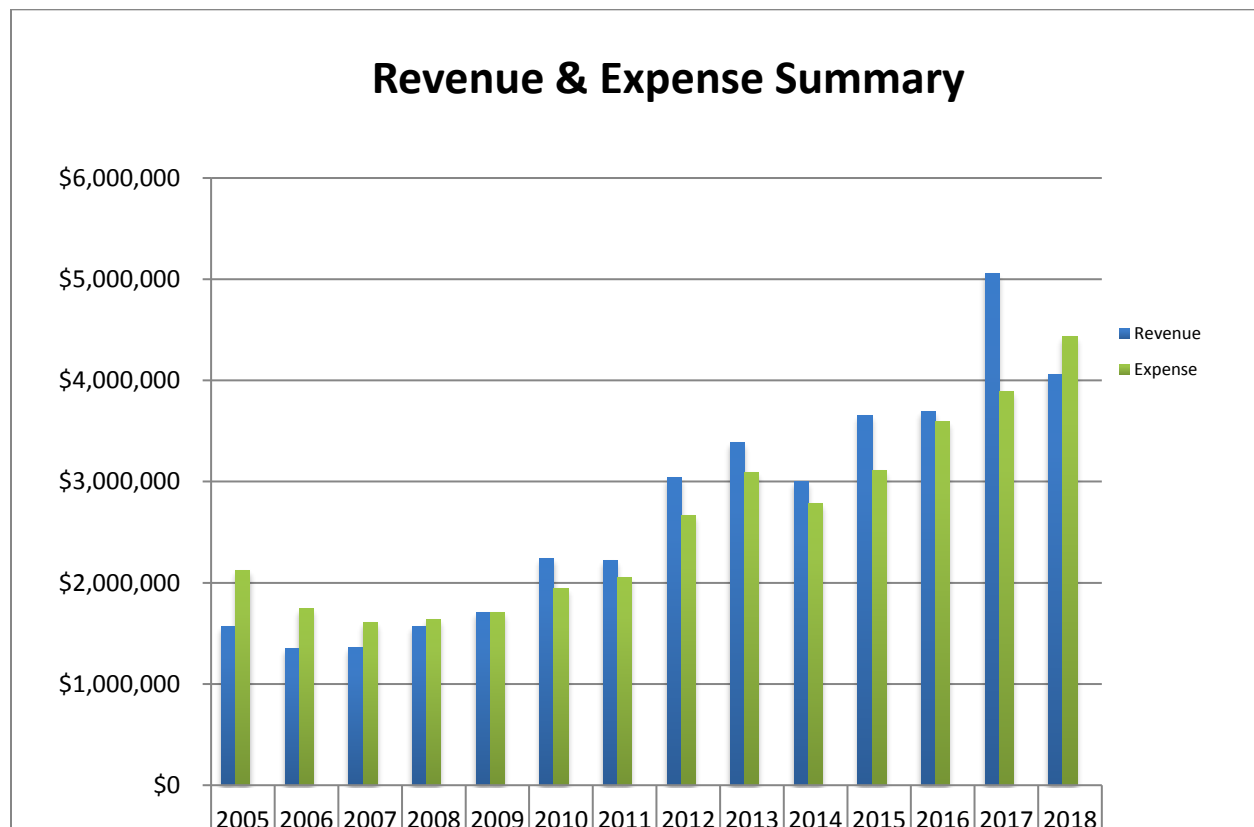
## APNA 2019 Annual Activity Report Treasurer's Report

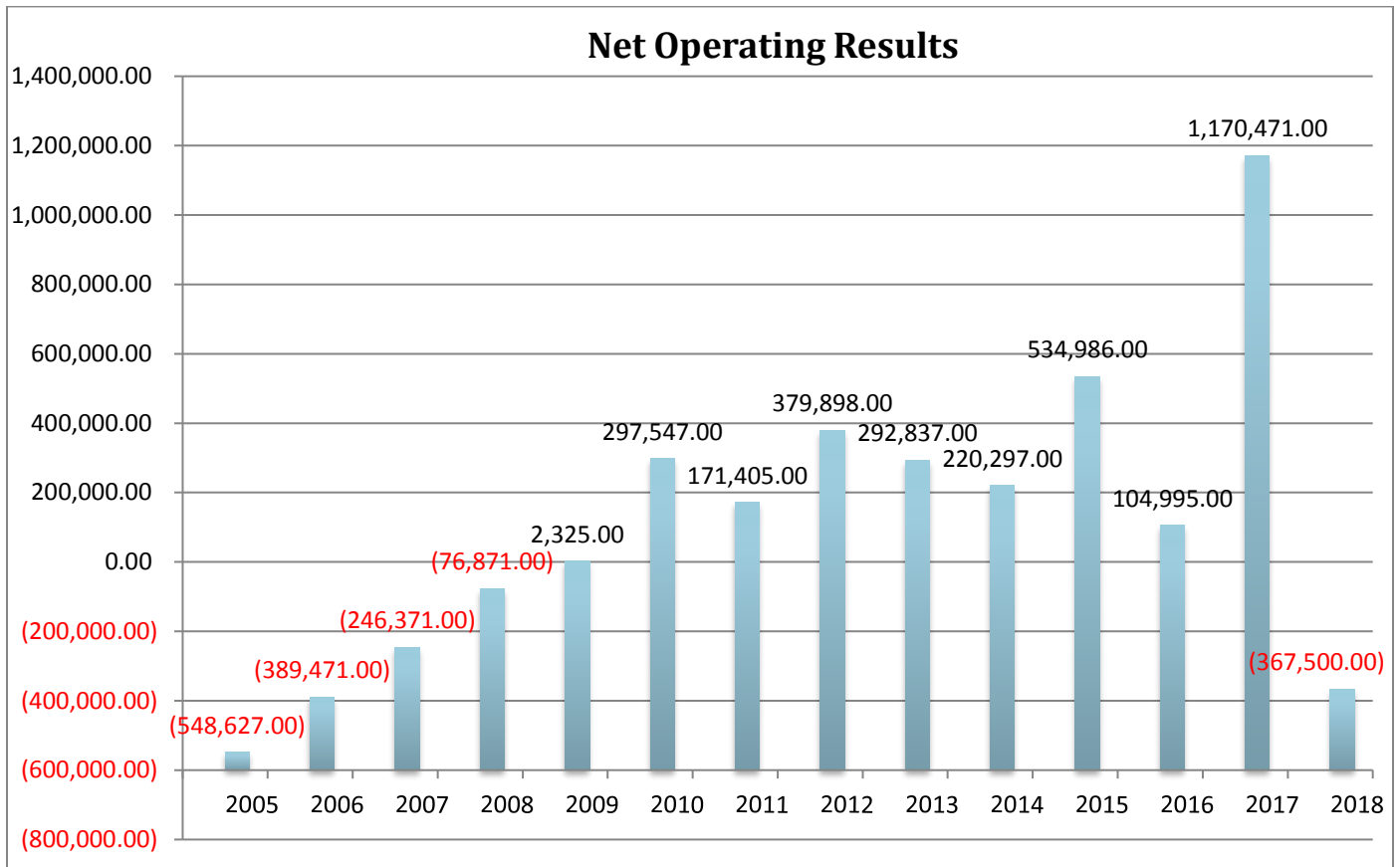
Dear Colleagues,

I am pleased to provide the APNA Treasurer's Report for the most recent fiscal year, 2018. The audited financial statements for the year ending December 31, 2018 can be found in the Appendix. This report shows the complete APNA financial position to include foundation activities. All APNA financials are under the stewardship of the APNA Board of Directors. The results show a total negative return from operations of \$367,500.

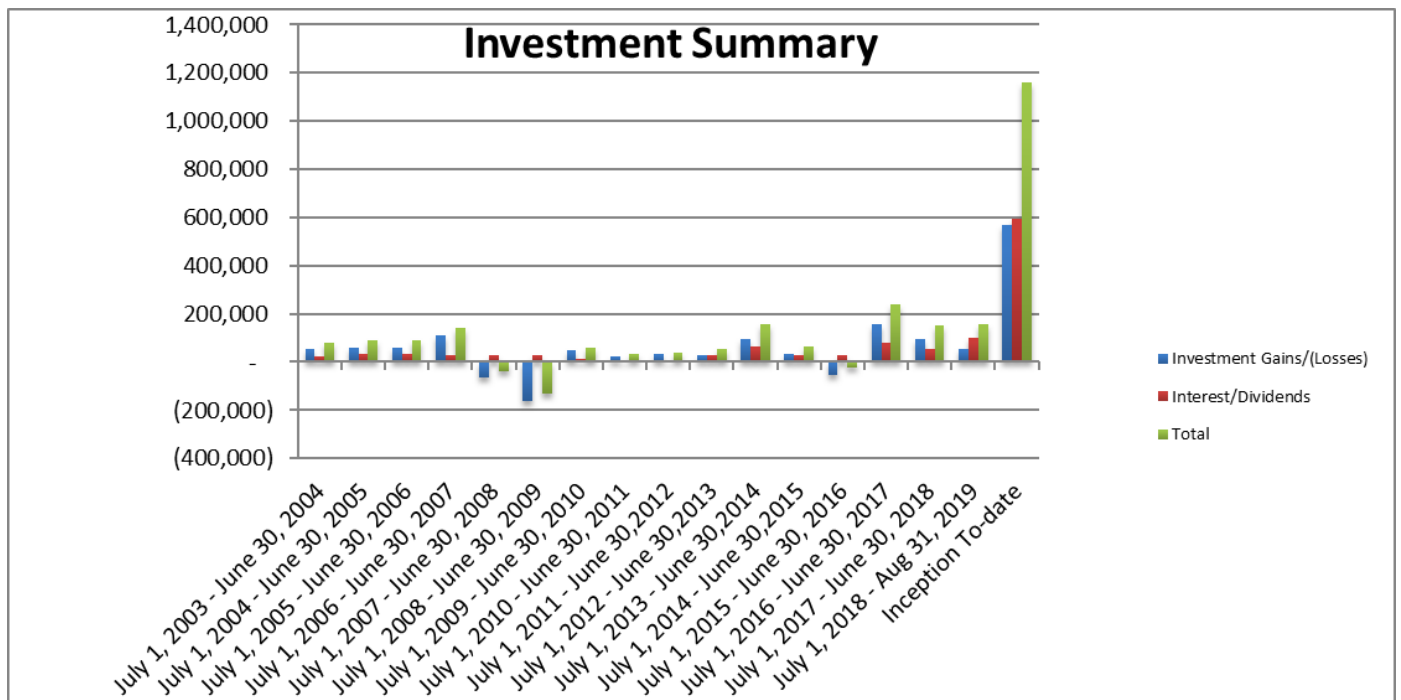
In an effort to oversee the integrity of its financial statements and maintain a system of internal control, APNA established an Audit Committee including Jeanne Clement, Ben Evans, Rick Pessagno and Avni Cirpili. The committee's responsibilities include reviewing the results of the audited financial statements with the independent auditing firm annually. Last year's audit resulted in a "clean" opinion with no material misstatements.

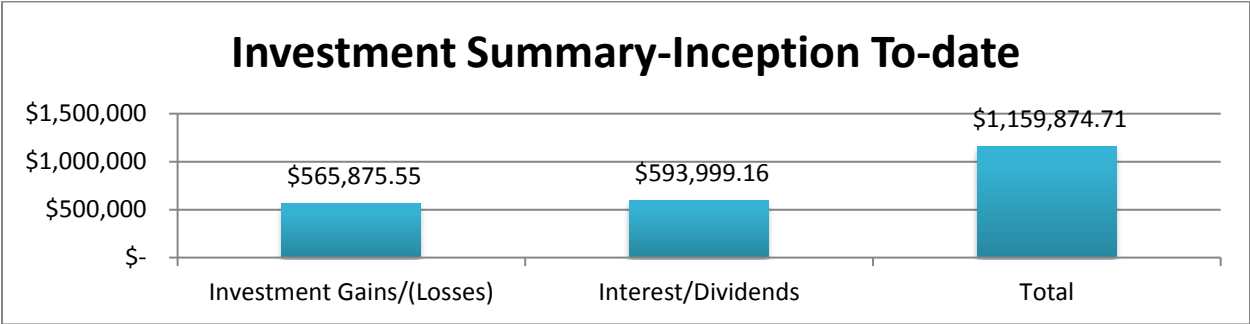
In addition to the statements discussed above, we have prepared the following charts reflecting the revenues and expenses and the net operating results from January 1, 2005 through December 31, 2018.





The Board of Directors functions as the investment committee for APNA funds. It utilizes the services of an investment manager who invests the funds in accordance with the APNA investment policy. The investment policy calls for a diversification of funds with moneys invested in cash, equities, bonds and real estate. The following charts show the results of APNA investments from July 2003 through August 2019. APNA investments have returned a total of \$1,159,875 over that period.





It is my honor to serve as APNA Treasurer and I appreciate the support of staff, the Board and the members who make these positive results possible.

Donna Rolin, PhD, APRN,PMHCNS-BC, PMHNP-BC  
Treasurer  
American Psychiatric Nurses Association