



Features of APNA Membership

Through APNA, our more than 12,000 members are connected with a dynamic community of psychiatric mental health nurses, exceptional resources and programs, and opportunities to advance the PMH nursing profession.

Continuing Education & Professional Growth

- Enhance your PMH nursing knowledge with APNA's more than 230 [online continuing education](#) sessions, ebooks, and more (>250 contact hours!) – APNA members get **4 free options** each month, plus you can use your member [bonus points](#) to access this content in the APNA eLearning Center at little to no cost.
- Learn the latest best practices in psychiatric mental health nursing or share your expertise as a presenter at the [Annual Conference](#).
- Receive cutting edge psychopharmacology CNE at the [Clinical Psychopharmacology Institute](#) or online with over 35 sessions available for pharmacology credits.
- Expand your local connections by participating in your [chapter](#) regional events and educational opportunities.
- Apply for grants and scholarships from the [American Psychiatric Nursing Foundation](#).
- Manage your resumes, browse job postings specific to your search criteria, and access career advice with [APNA CareerLine](#).

Networking & Information Access

- Connect with your fellow members and benefit from each other's expert knowledge through [Member Bridge](#), APNA's networking and discussion site.
 - Participate in the [All Purpose Discussion Forum](#) for the latest hot topics, tips, and advice from your APNA colleagues.
 - Connect with a mentor or mentee through [Mentor Match](#), APNA's online tool to connect prospective mentors and mentees.
- Access current evidence-based PMH nursing research with a free subscription to our bi-monthly [Journal of the American Psychiatric Nurses Association](#) (JAPNA).
- Enrich your nursing practice with the wealth of resources available in our online [Resource Center](#): position papers, guides, kits, and tools specific to topic areas within PMH nursing, as well as medication updates, graduate programs listing, and more.
- Become a part of a collegial community and make an impact on your field by joining one of APNA's 18 [volunteer committees](#).
- Stay up-to-date on your association and info relevant to PMH nursing through our monthly newsletter, [APNA News: The Psychiatric Nursing Voice](#).
- Lend your support to APNA's alliances with key stakeholders in order to promote mental health and nursing.
- Enjoy [Digital Membership with the American Nurses Association](#) – access a network of nurses from across disciplines, ANA online publications, a range of free & discounted professional development programs and continuing education, and more.

Discounts

- Save on regular registration fees for the [APNA Annual Conference](#) and the [Clinical Psychopharmacology Institute](#).
- Download full-text articles from [JAPNA](#) at no cost (a savings of \$40 per issue).
- Receive reduced rates on APNA continuing education programs and [bonus points](#) to use in the [APNA eLearning Center](#) – Earn contact hours for free!
- Save on certification, exams and review materials from the American Nurses Credentialing Center with [ANCC Discounts](#) exclusively for APNA members.
- Enjoy discounted prices (up to 50% off!) on select publications as a part of APNA's [Publications Discounts Program](#)
- Get [special rates](#) on other associations' conference registrations and educational materials.

APNA

MEMBERSHIP APPLICATION

Completed applications should be mailed with payment to:

APNA
P.O. Box 75365
Baltimore, MD 21275-5365

Contact Information

FIRST NAME

LAST NAME

CREDENTIALS (BSN, RN, MSN, PMHCNS, etc.)

TITLE / ORGANIZATION

Circle One: HOME / WORK

ADDRESS

CITY

STATE

ZIP CODE

HOME PHONE / CELL

BUSINESS PHONE

E-MAIL ADDRESS (required)

HOW DID YOU HEAR ABOUT APNA?

VOLUNTARY APNA CONTRIBUTION* \$ _____

APNA occasionally makes available its member addresses (excluding telephone and email) to trusted partners who provide products or services we feel will be of value to our members. Please check here if you do not wish to be included in these mailings. ☐

*Contributions or gifts to the American Psychiatric Nurses Association (APNA) may be deductible as charitable contributions for income tax purposes. However, dues payments to APNA are deductible for most members under section 162 of the IRS code as an ordinary and necessary business expense.

Membership Type

- ☐ **Regular Member**
- ☐ 1 Year \$135
- ☐ 2 Years \$260
- ☐ 3 Years \$385
- ☐ **Monthly Payment Plan** ..\$12.50/month
(Include Recurring Payment Authorization Form)
- ☐ **Student Member** \$25
(Email verification of full time status required)
- ☐ **Retired Member** \$75
- ☐ **International Member** \$135
- ☐ **Affiliate Member** (Non-R.N.) \$135

Method of Payment

- ☐ Visa ☐ American Express
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- ☐ Discover

AMOUNT CHARGED

CARD NUMBER

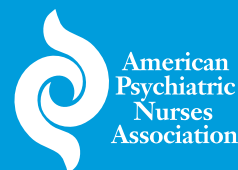
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Questions? Visit www.apna.org or call 855-863-APNA (2762)



SAVE THE DATE



American
Psychiatric
Nurses
Association

APNA 34th ANNUAL CONFERENCE

Psychiatric-Mental Health Nurses:
Proud Partners on the Journey
to Whole Health

SEPTEMBER 30 –
OCTOBER 3, 2020

*Disney's Coronado Springs Resort
Lake Buena Vista, FL*



www.apna.org/AnnualConference
#PMHNCon

As to Disney properties/artwork: © Disney



American
Psychiatric
Nurses
Association

APNA 18th Annual Clinical Psychopharmacology Institute

Planned for Nurses, by Nurses



June 11-14, 2020
Hyatt Regency Reston
Reston, Virginia

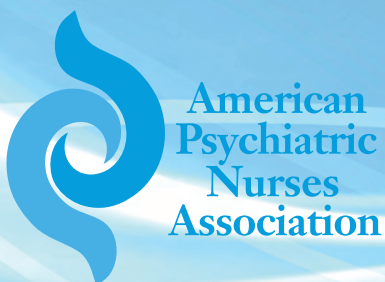
www.apna.org/CPI



An online certificate program that delivers the latest evidence-based knowledge and skills essential to providing psychiatric-mental health nursing care.

Earn 15 contact hours and energize your nursing practice.

- ⚡ Apply the principles of presence and engagement in the clinical setting
- ⚡ Identify common signs and symptoms of mental health disorders
- ⚡ Identify and monitor for common side effects, drug interactions, and desired vs. adverse effects of psychopharmaceuticals
- ⚡ Perform a risk assessment for suicide and communicate the risk and interventions to your team
- ⚡ Develop a safety plan with persons at risk for suicide or self-harm
- ⚡ Identify patients at risk for substance use and apply SBIRT
- ⚡ Educate patients with mental illness and chronic disease on self-management
- ⚡ Use de-stigmatizing language
- ⚡ Identify and develop a trauma-informed, strengths-based, person-centered plan of care
- ⚡ Use best practices with peer specialists
- ⚡ Promote a safe and therapeutic environment
- ⚡ Recognize when to set boundaries with patients and be aware of potential boundary crossing
- ⚡ Apply basic de-escalation techniques and concepts of cultural humility



Learn more and register at elearning.apna.org/atp.

New APNA Certificate Program

Understanding the Brain-Behavior Connection

Sharpen your skills in
assessment & intervention
using principles of neurobiology

A three module certificate program for RNs and
APRNs who want to:

- Improve patient outcomes through care based on principles of neurobiology
- Gain a better understanding of the science behind the behaviors individuals display in the milieu
- Advance their skills in evidence-based assessment and the delivery of tailored interventions that target symptom reduction

Earn 5 contact hours

Learn more and register now at
www.apna.org/brain-behavior



**American
Psychiatric
Nurses
Association**



Free for APNA Members!

Introducing a *new* program in the APNA eLearning Center

MOTIVATIONAL INTERVIEWING

A person-centered approach to support behavior change,
empower individuals to achieve
their goals, and promote positive outcomes.

Free for APNA Members - a savings of \$42!
Earn 3 Contact Hours

This three module online course for RNs and APRNs delivers a fundamental skill that every psychiatric-mental health nurse needs in their practice: motivational interviewing. Through a blend of case studies, vignettes, and reflective questions, you will gain an understanding of how to use this approach to guide individuals through change that supports their recovery and wellness.

e-learning.apna.org/motivational-interviewing

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.

TWO MEMBERSHIPS IN ONE

(It's not an illusion:

Your APNA membership includes eMembership
in the American Nurses Association!)



ANA eMembership: Included in APNA Membership

In addition to the networking, continuing education, programs, and more available to you as an APNA member, through ANA eMembership you also enjoy members-only access to:

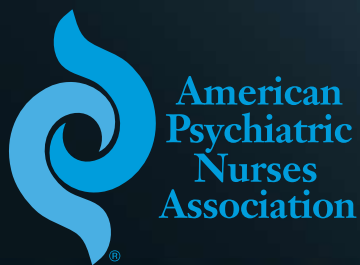
- Digital versions of ANA's journals and newspapers
- ANA conferences, online CE courses & webinars at discounted rates
- Discounts on ANA Leadership Institute products and Nursebooks
- ANA eNewsletters: Smartbrief, Nursing Insider, ANA Member News
- Discounted online tuition at participating universities through the ANA Education Alliance
- ANA's advocacy efforts on Capitol Hill
- And more!

APNA's Premiere Organizational Affiliate status with the ANA enables us to provide this eMembership to our members. Plus, it strengthens our relationship with nursing across disciplines, broadening our impact as we advocate both for our profession and for those we serve.



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Learn More: www.apna.org/ANAEMembership



DON'T JUST SCRATCH THE SURFACE. DIG DEEPER.

**APNA Clinical
Psychopharmacology Institute**
Planned *for* nurses, *by* nurses.



GO BEYOND THE BASICS OF PSYCHOPHARMACOLOGY

Cultivate your nursing roots AND grow your scientific knowledge at the APNA 17th Annual Clinical Psychopharmacology Institute or APNA Clinical Psychopharmacology Institute West.

You'll dig deep into:

- Translating neurobiological and psychopharmacological science into person-centered nursing.
- How the tools and techniques you use measure up to current best practices.
- What questions to ask in order to ensure patient-centered and cutting-edge care.
- Promising advancements and new perspectives that will change the way you approach your treatment decisions.

New
Location!

**APNA 17th
Annual Clinical
Psychopharmacology
Institute**

June 6-9, 2019

Louisville, KY

20+ Contact Hours

www.apna.org/CPI

Registration opens in February!

**APNA Clinical
Psychopharmacology
Institute West**

March 16-17, 2019

San Diego, CA

10 Contact Hours

www.apna.org/CPIWest

Registration is open!



3141 Fairview Park Drive
Suite 625
Falls Church, VA 22042

WHERE IS YOUR SEARCH TAKING YOU?

**The APNA Career Center brings great job opportunities
& psychiatric-mental health nurses together in one place.**

Why look any further?

FOR JOB SEEKERS:

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positions, and sign up
for alerts of jobs
matching your criteria.**

FOR EMPLOYERS:

**Post your position to
recruit highly qualified
psychiatric-mental
health nurses to your
organization.**

WWW.CAREERS.APNA.ORG



**American
Psychiatric
Nurses
Association**

PRESIDENT'S MESSAGE

I believe in the power of connection. You may have gathered that from the theme I chose for this year: *Psychiatric-Mental Health Nurses: The Whole Health Connection*. Connection is at the heart of what we do. I believe that's why most of us go into this work – because connection is a priority for us. I also believe that's why we join APNA - because it provides us with rich connections with our colleagues.



There are so many opportunities this time of year to connect to your association of professionals. I made a list of a few of them below because I want to challenge you to take advantage of one (or more). Doing so will help you truly engage with the organization that exists to support you, me, and our colleagues:

- Collaborate on an abstract for the APNA Annual Conference (apna.org/CallforAbstracts)
- Apply to receive funding for your research via an APNA Research Grant (apna.org/ResearchGrants)
- Recognize a colleague by nominating them for an APNA Award (apna.org/AnnualAwards)
- Throw your hat in the ring for a position on the APNA Board of Directors or 2020 Nominating Committee (apna.org/CallforNominations)
- Nominate a student for the APNA Board of Directors Student Scholarship (apna.org/StudentScholars)
- Meet your colleagues face-to-face at one of APNA's 2019 conferences (apna.org/UpcomingConferences)

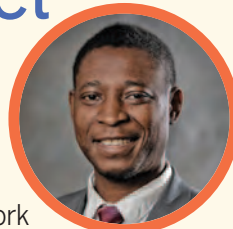
I look forward to connecting with you and "let the good times roll" at the APNA 33rd Annual Conference, this October 2-5, in New Orleans!



Gail R. Stern, RN, MSN, PMHCNS-BC
President

How to Write a Successful Abstract

Chizimuzo (Zim) T.C. Okoli, PhD, MPH, MSN, RN, CTTS
Chair, APNA Scholarly Review Committee



As practicing psychiatric nurses and nurse scientists, presenting at conferences is a crucial part of our professional role. Conferences provide an opportunity to network with colleagues who have similar interests and showcase cutting edge research and evidence-based practice to advance nursing science and the profession. My favorite conference to attend is the American Psychiatric Nurses Association Annual Conference. I haven't missed one since attending my first in 2014.

A great way to share your research, education, administration, or evidence-based practice is through submitting an abstract. With colleagues, I have submitted several abstracts for APNA Annual Conferences, resulting in both poster and podium presentations. It's been satisfying to see such presentations inspiring more research and evidence-based practice.

The key to developing a successful abstract is to remember that writing is more of a skill than a talent. With some guidance and conscientious practice, anyone can learn how to write a good abstract. Some key pointers:

- 1 Read several abstracts, especially those of award-winning presentations. This will give you a sense of abstract structure, style, and content that is appealing
- 2 Begin drafting your abstract early, so that you have time to communicate your ideas in a compelling way.
- 3 Writing an abstract is like telling a story - make sure you have an engaging title related to the main ideas of your presentation.
- 4 Follow the instructions for the call for abstracts carefully. Keep to the word limit within each section.
- 5 Read the finished abstract aloud to yourself or someone else to detect grammatical and editorial errors.

I hope you consider submitting an abstract for the upcoming APNA conference this October 2-5 in New Orleans, LA. I look forward to reading your submission and getting inspired by the ideas you contribute to promote wellness, prevent mental health problems, and provide care and treatment of persons with psychiatric disorders.

Visit www.apna.org/CallforAbstracts to learn more.

Nurse Leads Community Efforts to Reduce Youth Suicide

Positive changes are mounting in Oregon thanks in part to a passionate nurse and a critical goal – reducing the suicide rate among teens. Michael Polacek, MSN, RN-BC, is a Professional Development Specialist with Salem Health in Salem, Oregon and a former member of the APNA Board of Directors.

Early on in his career, Michael noticed gaps in his training around suicide assessment and prevention. “Hiding all the dangerous objects, completing periodic assessments, and being kind was not ‘care.’ I needed a deeper understanding,” he says. Seeking training focused on intervention and recovery, he found and attended a pilot version

passed stroke deaths and continue to exceed deaths by murder, motor vehicle crashes, and breast cancer. While youth are not the highest age group at risk, when a high school student suicides, there is a particularly painful impact on the community. We have had a rash of youth suicides recently...This is not just a hospital issue; it's a community issue.”

Michael is using a film screening to create a conversation in his community. The one-hour documentary *Resilience* is about the science of Adverse Childhood Experiences (ACEs) and illustrates the cycle of trauma, mental health, and violence. Supplemented with a panel of local providers, the film screenings generate rich dis-

As President of the Oregon Chapter of the American Foundation for Suicide Prevention, Michael works to eliminate stigma and bring awareness about suicide through the Out of Darkness Walks. Oregon also sponsors the only known Walk held inside a prison where inmates raised more money than staff!

Streamlining efforts, avoiding duplication of services, and providing unified resources are strategies of a paradigm known as the Community Service Delivery Model: Self-Healing Communities, one that Michael promotes. He cites the Mid-Valley Suicide Prevention Coalition as an example. After receiving a grant for training to provide QPR (Question, Persuade, Refer) instruction to laypersons, the coalition has prepared thousands to provide interventions. Michael observes, “I had over 50 people in my class. There is a community demand to be part of the response to this epidemic.”

Michael also sought a cultural shift for the L2 trauma center hospital where he works. The center designated a strategic goal of reducing youth suicides and initiated special screenings for youth (ASQ). “Executive leadership has also implemented a cultural change using the Zero Suicide Academy principles and implementing universal screening

“Our community has had a rash of youth suicides recently...This is not just a hospital issue; it's a community issue.”

of the **APNA Competency Based Training for Suicide Prevention** as well as the current version.

With expertise and passion for this issue, he is now acting during a time of crisis. “Oregon suicides have been increasing steadily. Last year they sur-

cussions on community issues that impact suicide rates. Viewings held at universities, churches and other public locations engage the entire community and offer awareness and education to individuals who might not otherwise hear this message.



in the Emergency Department. As the busiest ED between Seattle and LA, we can make a difference," he states.

From hospitals to high schools, there is evidence that shifts in thinking and sharing information can lead to improvements. "Communities using the Self-Healing Community Model for eight or more years reduced the rates of seven major social problems: child abuse and neglect, family violence, youth violence, youth substance abuse, dropping out of school, teen pregnancy, and youth suicide."¹

Michael envisions psychiatric-mental health nurses, himself included, aspiring to the role of thought leader and change agent. "Yesterday I met with a core group of community health leaders to begin discussions on how to institute a community collective model that would integrate providers' systems, expand community and professional education, and establish a community culture that is trauma-informed...It's great to see the momentum of a true community response ramp up."

¹ Self-Healing Communities A Transformational Process Model for Improving Intergenerational Health, Robert Wood Johnson Foundation, June 2016.

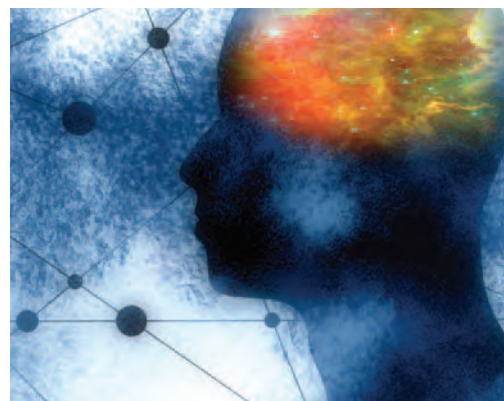
Psychopharmacology REBOOT

Scientific updates are here and ready to be integrated in to your clinical nursing practice. Get the reboot you need to upgrade your skillset at one of this year's **APNA Clinical Psychopharmacology Institutes (CPI)**.

Here are a few updates from the APNA Clinical Psychopharmacology Institute West program. These top-rated sessions were originally presented at the 2018 APNA Annual Clinical Psychopharmacology Institute. They're offered at CPI West this March to reach west coast nurses.

One update concerns a medication that has fallen out of favor. While Lithium is still the first line in treatment options, the percentage of patients with Bipolar Disorder taking Lithium has slightly decreased whereas the percentage of patients with Bipolar Disorder taking Lamotrigine has more than doubled.

In **What's Old Could Be New Again: Recognizing the Benefits and Neuroprotective Effects of Lithium**, CPI favorite and Committee Chair Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC will help you understand which of your patients may be most responsive to Lithium, as well potential mechanisms of effectiveness and loss of effectiveness. You'll get background on bipolar disorder, visuals on the neuroprotective effects of Lithium, and more. Nihart will also walk you through an examination of potential side effects and strategies for monitoring patients on Lithium.



Another valuable update is a biopsychosocial approach to decrease the impact of fear on your patients' activities of daily living. Amygdala connections are at the core of the central fear response system, and the chemistry of fear is a complex process. A vicious cycle begins when, due to chronic stress over time, the corticotropin releasing factor (CRF) receptors desensitize causing higher levels of cortisol. As a result, there are profound consequences on the patient's wellbeing across various dimensions.


The Moller-Murphy model posits that psychiatric wellness is a 'complex phenomenon comprised of measurable biological, psychological, sociological, and spiritual components'. For more background on the bio-psycho-social effects of fear and how the Moller-Murphy model can help you identify strategies to decrease these effects, register now for CPI West where 2018 APNA Psychiatric Nurse of the Year Mary Moller, DNP, PhD, ARNP, PMHCNS-BC, CPRP, FAAN will present **Naming, Framing, and Containing the Physiology of Fear... A Wellness Approach**.

Visit www.apna.org/CPIWest to learn more.

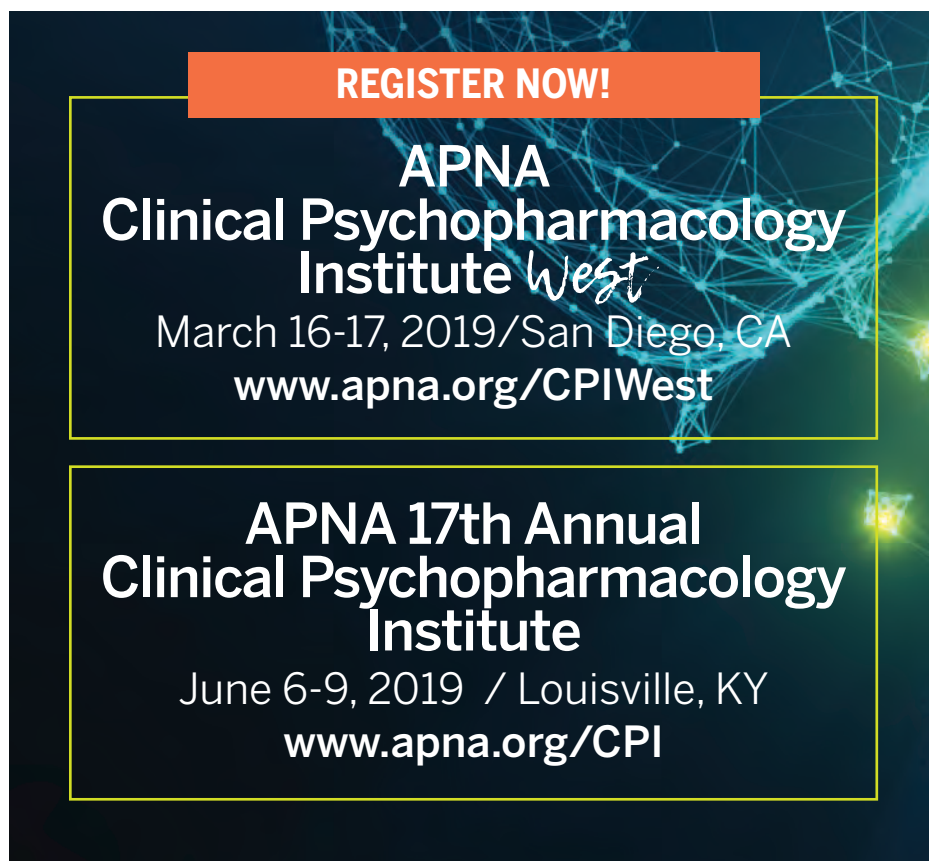


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Winter 2019 Newsletter

A graphic for the APNA 33rd Annual Conference. It features a blue background with a large, hand-drawn orange and red circle. Inside the circle, the text "Call for Abstracts Now Open!" is written in a blue, cursive font. To the left of the circle is a drawing of a saxophone, and below the circle are several musical notes.

**APNA 33rd
Annual
Conference**
Submission Deadline:
March 4, 2019
[www.apna.org/
CallforAbstracts](http://www.apna.org/CallforAbstracts)

A graphic for two APNA events. The background is dark blue with a network of glowing blue and green lines. Two white-bordered boxes contain event information.

REGISTER NOW!

**APNA
Clinical Psychopharmacology
Institute West**
March 16-17, 2019/San Diego, CA
www.apna.org/CPIWest

**APNA 17th Annual
Clinical Psychopharmacology
Institute**
June 6-9, 2019 / Louisville, KY
www.apna.org/CPI

Psychiatric-Mental Health Advanced Practice Nurses (PMH APRNs):

- Deliver mental health care and substance use services to children, adults, and older adults.
- Prescribe medication and administer psychotherapy.
- Have masters or doctoral degrees in nursing.



PMH APRNs make a proven difference in mental health and wellness with:

- Excellent patient outcomes
- High consumer satisfaction
- Cost-effective care

PMH-APRNs work in urban and rural settings across the country, such as:

- Private practices
- Hospitals
- Community mental health centers
- Primary care offices
- State and Federal facilities

"I am an advocate for reducing stigma and improving access to care. Mental health matters!"

– Helene Vossos, ARNP, DNP, PMHNP-BC
on her role as a PMH APRN



For more information, please contact:

American Psychiatric Nurses Association
3141 Fairview Park Drive, Suite 625
Falls Church, Virginia 22042
Toll Free: 855-863-APNA (2762)
Fax: 855-883-APNA (2762)
www.apna.org



Psychiatric-Mental Health Advanced Practice Registered Nurses



PMH APRNs

*Making a Difference in
Mental Health & Wellness*



What is a Psychiatric-Mental Health Advanced Practice Registered Nurse (PMH APRN)?

A PMH APRN is a nurse with graduate-level training who provides mental health care and promotes mental health across the lifespan. PMH APRNs assess, diagnose and treat individuals and families who have psychiatric and/or addictive disorders. They also help those at risk to prevent the development of these disorders.

PMH APRNs use a range of skills to provide holistic care, including prescribing medication and providing individual, family and group therapy. Instead of just treating an illness, PMH APRNs take time to partner with a patient to help him or her achieve his/her own recovery and wellness goals.

PMH APRNs work in a variety of health care settings and practices and are eligible for reimbursement through private insurers, HMOs, PPOs, Medicare and Medicaid.

Licensure

PMH APRNs practice under the rules and regulations of the state in which they are licensed.

PMH APRNs may be licensed in two different roles:

- Psychiatric Mental Health Nurse Practitioner (PMHNP)
- Psychiatric Mental Health Clinical Nurse Specialist (PMHCNS).

Both roles require advanced education and development of clinical expertise beyond that required of registered nurses.

Both PMH NPs and PMH CNSs share the same core skills. They are both educated in research, systems leadership, and direct patient care skills needed to provide psychiatric evaluations and treatment. Both licenses require advanced education and clinical knowledge beyond that required of registered nurses.



Proven Expertise in Mental Health

Both PMH CNSs and PMH NPs meet high standards for licensure and certification. PMH APRNs take a national certification examination to validate their expertise. This certification is designated with the initials BC (Board Certified) at the end of the title (e.g., PMHNP-BC). PMH APRNs must continually enhance their expertise with continuing education to maintain their professional credentials.

Among the many important mental health services they provide, PMH APRNs:

- Assess, diagnose, and treat psychiatric and other mental health disorders.
- Order and interpret diagnostic studies such as lab-work.
- Provide psychotherapy for individuals, groups & families.
- Prescribe and monitor the effects of psychiatric medications.
- Provide direct patient care to persons in the hospital.
- Coordinate patient care and provide case management.
- Collaborate with physicians & other health professionals.
- Provide education and consultation services to nurses and other mental health professionals.
- Design and conduct research to improve mental health care.

PMH APRNs deliver holistic, personalized mental health care as they:

- Integrate biological, psychological, social, and spiritual elements to treat the whole person.
- Teach people how to manage their mental health and improve their overall health.
- Emphasize health education, wellness promotion, and prevention of disease.

How do I become a PMH APRN?

To become a PMH APRN you will need to:

1. Obtain an entry-level nursing degree that leads to licensure as a registered nurse.
3. Obtain a Master of Science in Nursing or doctoral degree in advanced practice psychiatric nursing from an accredited nursing program.
4. Pass the American Nurses Credentialing Center board certification examination for Psychiatric Mental Health Nurse Practitioners (PMH NP).
5. Renew your certification every five years, meeting clinical practice and continuing education requirements.

To find accredited psychiatric-mental health nursing graduate programs, please visit www.apna.org/GraduatePrograms.

What is the job outlook for PMH APRNs?

The outlook for PMH APRNs is excellent! As with all nursing specialties, there is a shortage of psychiatric-mental health advanced practice nurses. According to Health eCareers, PMHNPs were the #2 most in demand APRN position in the first quarter of 2015. And the United States Bureau of Labor Statistics expects the demand for APRNs to grow approximately 31% over the next decade, much faster than the national average for all occupations¹. The rate of pay to expect as a PMH APRN will depend on where you work, your level of experience and any additional certifications you obtain.

1. Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2014-15 Edition, Nurse Anesthetists, Nurse Midwives, and Nurse Practitioners, on the Internet at <http://www.bls.gov/ooh/healthcare/nurse-anesthetists-nurse-midwives-and-nurse-practitioners.htm> (visited August 11, 2015).



I am passionate about recovery and am honored to assist those struggling with mental health issues and addiction and partner with them in the opportunity to grow and transform their lives."

— Dawn Copas, NP on her role as a PMH APRN

Psychiatric-Mental Health Advanced Practice Nurses (PMH APRNs):

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- Prescribe medication
- Provide psychotherapy (psychological counseling)
- Have masters or doctoral degrees in nursing



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- Primary care offices
- State and Federal facilities

I am an advocate for reducing stigma and improving access to care. Mental health matters!"

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Psychiatric-Mental Health Advanced Practice Registered Nurses



PMH APRNs

Your Partner in Mental Health & Wellness



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PMH APRNs prescribe medication and provide individual, family, and group therapy. They use a range of skills to provide care for both the mind and body. Instead of just treating an illness, PMH APRNs take time to partner with a patient to help him or her achieve his/her own recovery and wellness goals.

PMH APRNs work in a variety of health care settings and are eligible to accept private insurance, HMOs, PPOs, Medicare and Medicaid.

Licensed by States

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Both PMH NPs and PMH CNSs share the same core skills. They are both educated in research, systems leadership, and direct patient care skills needed to provide psychiatric evaluations and treatment. Both licenses require advanced education and clinical knowledge beyond that required of registered nurses.



Proven Expertise in Psychiatric-Mental Health

Both PMH CNSs and PMH NPs meet high standards for licensure and certification. PMH APRNs take a national certification examination to validate their expertise. This certification is designated with the initials BC (Board Certified) at the end of the title (e.g., PMHNP-BC). PMH APRNs must continually enhance their expertise with continuing education to maintain their professional credentials.

Among the many important mental health services they provide, PMH APRNs:

- Evaluate and diagnose mental health disorders.
- Order and interpret diagnostic tests such as lab-work.
- Provide psychotherapy (psychological counseling) for individuals, groups & families.
- Prescribe and monitor the effects of psychiatric medications.
- Provide care to persons in the hospital.
- Coordinate patient care and provide case management.
- Collaborate with physicians and other health professionals.
- Provide education and consultation to nurses and other mental health professionals.
- Design and conduct research to improve mental health care.

PMH APRNs deliver holistic, personalized mental health care as they:

- Combine biological, psychological, social, and spiritual components to treat the whole person.
- Teach people how to manage their mental health and improve their overall health.
- Focus on health education, wellness promotion, and prevention of disease.

How can I find a PMH APRN?

- Contact your health insurance carrier and let them know that you would like a referral.
- Ask your health care provider for a referral.

What questions should I ask when seeking a PMH APRN?

- Do you provide psychotherapy, medication management, or both?
- Do you specialize in a particular area, like addictions or children's mental health?
- Are you taking new patients?
- Do you take insurance?



I am passionate about recovery and am honored to assist those struggling with mental health issues and addiction and partner with them in the opportunity to grow and transform their lives."

— Dawn Copas, NP on her role as a PMH APRN