



American
Psychiatric
Nurses
Association

REGISTER NOW!

APNA
*36th Annual
Conference*

OCTOBER 19-22, 2022

LONG BEACH CONVENTION & ENTERTAINMENT CENTER

LONG BEACH, CALIFORNIA

VIRTUAL LIVESTREAM OPTION AVAILABLE



www.apna.org/AnnualConference

Psychiatric-Mental Health Nurses Activating Our Voices: Who We Are, What We Do, What We Need

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Let's get together! Join your colleagues and warm up your psychiatric-mental health nursing voices to proclaim who we are, what we do, and what we need. At the APNA 36th Annual Conference, you will rejuvenate your spirit while spending time with fellow nurses as you discover the latest science-based information to strengthen your practice. Embrace your PMH nurse identity as we explore ways to advance mental health care to improve the lives of those we serve. Long Beach, here we come!

A handwritten signature in black ink that reads "Leslie G. Oleck". The signature is written in a cursive, flowing style.

Leslie G. Oleck, MSN, PMHNP-BC,
PMHCNS-BC, LMFT
APNA President

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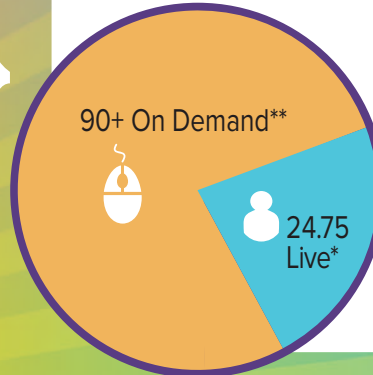
The Premiere Event for Psychiatric-Mental Health Nursing

Your Program By the Numbers

- 1 Suicide Prevention Training*
- 1 Keynote
- 1 President's Address
- 28 Pre-Conference Presentations*
- 42 Mini Concurrent Sessions
- 70 Concurrent Sessions
- 100+ Poster Presentations

*Add-on options are an additional fee. Suicide Prevention Training available to in-person attendees only.

Earn Up To 115+ Nursing Continuing Professional Development (NCPD) Contact Hours



*Includes pre-conference sessions for an additional fee and industry-sponsored symposia.

**Posted 2-3 months after the conference.

Hot Session Topics

- Pharmacology
- Child & Adolescent
- Nursing Professional Development
- Inpatient
- Research
- Addictions/Substance Use
- Education (Graduate\Undergraduate)
- Practice (RN & APRN)

Choose Your Groove

1. Choose to learn in-person at the Long Beach Convention & Entertainment Center or via virtual livestream. See page 5 for more information.
2. Choose which sessions to attend live during the conference.
3. Choose from the full menu of on-demand session podcasts to learn and earn EVEN MORE contact hours 2-3 months after the conference.

The American Psychiatric Nurses Association is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Featured Speakers



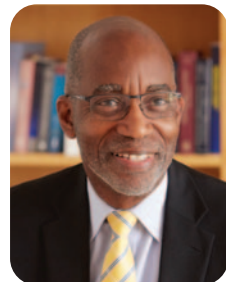
**Leslie G. Oleck, MSN,
PMHNP-BC, PMHCNS-BC,
LMFT**

**APNA President's Address:
*Psychiatric Mental Health
Nurses: Activating Our
Voices as We Evolve in Our
Profession***

Leslie Oleck has been a psychiatric-mental health nurse for 40 years. Leslie graduated from Indiana University with a master's in nursing as a psychiatric-mental health clinical nurse specialist (PMHCNS), and later returned to complete a post-master's degree as a psychiatric-mental health nurse practitioner (PMHNP). She has had a solo practice of psychotherapy with specific interest in trauma survivors, conducted consultation/liaison psychiatric-mental health nursing in hospital settings, and has been a medication manager and psychotherapist in university and community facilities.

Leslie has been active in APNA as Practice Council Chair and Council for Mental Health Advocacy Co-Chair. She was a Sigma Board Scholar mentored by Mary Moller, DNP, PMHCNS, and the APNA Board. She was later voted onto the Board by APNA members. She has enjoyed teaching undergraduate and graduate nursing students, and currently mentors RNs and APRNs as they strive to dignify the lives of their patients while contributing to nursing and mental health care. As a nurse leader, Leslie has advocated for recognition for psychiatric-mental health nurses on state and national levels and has influenced change in organizations and political systems. She celebrates the more than 15,000 psychiatric-mental health nurses of APNA who prevent suicide and support wellness daily!

**David R. Williams, MPH,
PhD**



**Keynote Presentation:
*How Racism, Socioeconomic
Status, & Stress Affect Mental
Health: And What We Can Do
About It***

Dr. Williams is the Norman Professor of Public Health and chair of the Department of Social and Behavioral Sciences at the Harvard T.H. Chan School of Public Health. He is also a Professor of African and African American Studies at Harvard. Previously, he was a faculty member at Yale and the University of Michigan. The author of more than 500 scientific papers, his research has addressed how race, stress, socioeconomic status, racism, health behavior, and religious involvement can affect health.

David has been ranked as the Most Cited Black Scholar in the Social Sciences, and as one of the World's Most Influential Scientific Minds. He is an elected member of the National Academy of Medicine, the American Academy of Arts and Sciences, and the National Academy of Sciences. He was a scientific advisor to the award-winning PBS film series, *Unnatural Causes: Is Inequality Making Us Sick?* His research has also been featured in the national print and television media and in his TED Talk. He served as a co-chair of the recently released National Academy of Medicine Report on the Future of Nursing 2020-2030.

After attending the APNA Annual Conference, you'll be able to communicate 3 essential things that describe what you do as a psychiatric-mental health nurse in practice, education, administration, or research.

Choose Your Registration Package

In-Person + On Demand-Registration Package

Available for: Full Conference & One-Day Registrations

Optional Add-On: Wednesday Pre-Conference Sessions OR Wednesday Suicide Prevention Training

Total Possible Contact Hours: Up to 24.75 live, 90+ on demand* (includes Pre-conference Add-on)

Join your colleagues in person at the Long Beach Convention & Entertainment Center to attend sessions; browse and evaluate poster presentations; and enjoy the industry sponsored Product Theaters and Symposia. Two to 3 months after the conference, gain access to podcast recordings of all the sessions presented on the days for which you registered. Earn up to 90+ more contact hours for these sessions any time through September 30, 2023.


Note: Wednesday Suicide Prevention Training Add-on, poster presentations, and industry-sponsored product theaters and symposia only available during conference, not available on demand.

Virtual Livestream + On-Demand Registration Package

Available for: Full Conference & One-Day Registrations

Optional Add-On: Wednesday Pre-Conference Sessions

Total Possible Contact Hours: Up to 24.75 live*, 90+ on demand (includes Pre-conference Add-on)

Choose between 2 session options livestreaming from Long Beach during each time block. Look for the  next to the two sessions in each time block available to livestream. Browse and evaluate poster presentations in an online poster gallery during the live conference. Two to 3 months after the conference, gain access to podcast recordings of all the sessions presented on the days for which you registered. Earn up to 90+ contact hours for these sessions any time through September 30, 2023.

Note: Virtual livestream package does not include access to the Wednesday Suicide Prevention Training Add-on and industry-sponsored product theaters. Wednesday Suicide Prevention Training Add-on, poster presentations and industry-sponsored product theaters and symposia will not be available on demand after the live conference.

*Earn contact hours by attending sessions and viewing poster presentations and evaluating them on the APNA evaluations site by November 29. Earn contact hours for on-demand session recordings by viewing and evaluating each recording on the APNA eLearning Center.

Important Dates

- Early Bird Registration Deadline: **September 12**
- Hotel Reservation Deadline: **September 22**
- Pre-Registration Deadline: **October 10**
- Conference: **October 19-22**
- Evaluations Deadline: **November 29**
- On-Demand Recordings Available: **December-January**

99% of 2021 attendees said that the conference increased their knowledge, skills, and/or judgment related to their practice.

Hotel & Travel: Long Beach

After you register you will receive information to book your hotel at the APNA discounted rate.

Hotel	Courtyard Long Beach Downtown	Hyatt Regency Long Beach	Renaissance Long Beach	Westin Long Beach
Address	500 E 1st St	200 S Pine Ave	111 E Ocean Blvd	333 E Ocean Blvd
Distance from #PMHNCon	0.6 mile (12-minute walk)	0.1 mile (3-minute walk)	0.2 mile (4-minute walk)	0.4 miles (8-minute walk)
Discounted Rate	\$209 single, double	\$229 single, double	\$229 single, double	\$224 single, double
Parking	Overnight Self-Parking: \$28/day Valet Parking: \$32/day	Discounted Overnight Self-Parking: \$28.05/day Valet Parking: \$31.45 /day	Overnight Self-Parking: \$38/day	Overnight Self-Parking: \$25/day Valet Parking: \$35/day
Deadline	Reservations must be made by Thursday, September 22, 2022.			
Check In/Out	In: After 3pm Out: Before 12pm	In: After 4pm Out: Before 12pm	In: After 4pm Out: Before 11am	In: After 3pm Out: Before 12pm
Cancellation	Cancellations must occur more than 48 hours prior to date of arrival.			

Airports:

- **Long Beach Airport (LGB)**, a 7-minute drive to downtown, provides commercial service to 18 non-stop destinations worldwide.
- **John Wayne Airport (SNA)**, a 30-minute drive to downtown Long Beach, is served by a variety of airlines and has 30+ nonstop destinations.
- **Los Angeles International Airport (LAX)**, a 30-minute drive to downtown Long Beach, is the closest international airport to downtown Long Beach. LAX offers service to hundreds of destinations on 50+ airlines.

Visit apna.org/hoteltravel for information about travel discounts.

Weather and Attire: October is prime time to be in Long Beach. The sun is almost always shining. Average highs are around 78 degrees and the average low temperatures are in the upper 50s. Business attire is recommended. Don't forget your sweater as meeting room temperatures can fluctuate.

What To Do: Long Beach is a waterfront playground located in the heart of Southern California. Here you can experience it all, including a deep-sea adventure at the Aquarium of the Pacific; whale watching on the water; shopping in unique districts; a tour of coastal breweries; and a vibrant foodie scene. Disneyland is approximately a half-hour drive.

A Safe Space

The safety of conference attendees is a top priority. APNA will follow all relevant protocols and guidelines for the in-person and virtual events. Visit www.apna.org/conferencesafety for more information and updates.

Schedule

at a Glance

Wednesday October 19

8:00am - 6:00pm
Suicide Prevention Training*

8:00am - 10:00am
10:15am - 12:15pm
Pre-Conference Sessions

12:20pm - 1:50pm
Product Theater Lunch*

2:00pm - 4:00pm
4:15pm - 6:15pm
Pre-Conference Sessions

6:30pm - 7:30pm
Conference Kickoff & Awards Ceremony

8:00pm - 9:30pm
Product Theater Dinner*

Thursday October 20

7:00am - 8:30am
Product Theater Breakfast*

9:00am - 10:00am
President's Address
Leslie Oleck

10:00am - 6:30pm
Poster Presentations Open

10:15am - 11:00am
11:15am - 12:00pm
Concurrent Sessions

12:15pm - 1:45pm
Product Theater Lunch*

1:30pm - 5:00pm
Exhibit Hall Open*

3:30pm - 4:15pm
Mini Concurrent Sessions

4:30pm - 5:15pm
5:30pm - 6:15pm
Concurrent Sessions

6:30pm - 8:30pm
Under the Sea! Reception*

Friday October 21

7:00am - 8:30am
Product Theater Breakfast*

9:00am - 10:00am
Keynote Presentation
David R. Williams

10:00am - 3:00pm
Poster Presentations Open

10:00am - 1:00pm
Exhibit Hall Open*

10:30am - 11:30am
Meet the Poster Presenters*

11:45am - 12:30pm
Mini Concurrent Sessions

12:45pm - 2:15pm
Product Theater Lunch*

2:30pm - 3:15pm
Mini Concurrent Sessions

3:30pm - 4:15pm
4:30pm - 5:15pm
5:30pm - 6:15pm
Concurrent Sessions

6:30pm - 7:30pm
Chapter Meetings*

8:00pm - 9:30pm
Symposium Dinner

Saturday October 22

6:00am - 7:30am
Product Theater Breakfast*

8:00am - 9:00am
9:15am - 10:15am
Council Meetings*

10:30am - 11:15am
11:30am - 12:15pm
12:30pm - 1:15pm
Concurrent Sessions

1:30pm - 2:30pm
Annual Meeting & Town Hall



**In-person attendees only.*



Wednesday

Suicide Prevention Training*

7 Contact Hours

8:00am - 6:00pm Pacific

APNA Competency Based Training for Suicide Prevention: Psychiatric-Mental Health Nurse Generalist Role **RN**

Learn to systematically apply the first suicide prevention competencies for psychiatric-mental health RNs to your practice! This live interactive training will increase your confidence and competence in the nursing skills of suicide assessment, management and prevention. Get evidence-based nursing knowledge and best practices to improve your knowledge, attitudes, skills, and critical thinking when caring for persons at risk for suicide.

Facilitators: Inga M. Giske MSN, PMHNP-BC; Rebecca Puchkors, MSN, RN, PMH-BC; Cheryl A. Puntill, MN, APRN, PMHCNS-BC

*Not available with virtual livestream registration. Seats are available for up to 90 in-person registrants. Don't wait to register!

Pre-Conference Sessions

2 Contact Hours

8:00am - 10:00am Pacific

1011

8:00am - 10:00am Pacific

Treating Individuals with Eating Disorders: Insights & Challenges **RN APRN**

This presentation will examine pharmacological and nonpharmacological evidence-based treatments for eating disorders.

This session is eligible for pharmacology contact hours.

Presenter: Karen Jennings Mathis, PhD, APRN-CNP, PMHNP-BC

1012

8:00am - 10:00am Pacific

The Essentials of Caring for People Who Are Diagnosed with Cluster A Personality Disorders: Clinical Pearls and Case Studies (Part I of III) **RN APRN**

This presentation will review essential information needed to care for people who struggle with symptoms related to a Cluster A Personality Disorder. Clinical pearls will be shared and case studies for Schizotypal, Schizoid and Paranoid Personality Disorders will be discussed.

Presenters: Diane Esposito, PhD, ARNP, PMHCNS-BC; Ablavi Agomessou, DNP, PMHNP-BC, FNP-C

1013

8:00am - 10:00am Pacific

Psychiatric Nurses and Creative Arts Therapists Collaboration to Maximize Mental Healthcare Resources and Clinical Outcomes for Military Service Members **RN APRN**

This interactive presentation engages participants in didactic and experiential learning on the topic of collaborative practice between psychiatric-mental health nurses and creative arts therapists in the military health care system. Presentation participants will develop a concrete understanding of this innovative co-treatment through engagement in real-time experientials and participation in group discussion.

Presenters: Nicole Moret, DNP, MSN, FNP-BC, PMHCNS-BC; Rebecca Vaudreuil, EdM, MT-BC, MSW



1014

8:00am - 10:00am Pacific

Teaching Nurses Competency in Structural Determinants of Health to Address Racism: What Happens When White Nurses Make Room to Hear What BIPOC Nurses Already Know about Health Inequities? **RN APRN**

This presentation invites PMHNs to 1) explore mental health and well-being relating to structural racism and white supremacy; 2) examine nursing practices that undermine caring and healing; 3) deepen understanding on how racial trauma is embodied; and 4) build somatic self-care practices and social justice skills.

Presenters: LaTonia Clark Chalmers, MSN, APRN, PMHNP-BC, NC-BC; Kajja Freborg, DNP-TCN, RN

1015

8:00am - 10:00am Pacific

Next Generation NCLEX and Clinical Judgment: What Undergraduate Nurse Educators Need to Know **RN**

This session provides undergraduate nurse educators with tangible teaching and assessment strategies that foster clinical judgment, prepare students for the Next Generation NCLEX, and yield graduates prepared for professional practice. Emphasis will be placed on developing clinical judgment abilities and understanding NGN test questions.

Presenters: Cherie R. Rebar, PhD, MBA, RN, CNE, CNEcl, COI, FAADN; Nicole M. Heimgartner, DNP, RN, CNE, CNEcl, COI

1016

8:00am - 10:00am Pacific

Psychiatric Nurses Take the Lead: Implementation of a High-Fidelity Interprofessional Clinical Simulation Project in a Comprehensive Psychiatric Emergency Program (CPEP) Using Standardized Patients **RN APRN**

This highly informative and interactive presentation provides the “nuts and bolts” to implementing an interprofessional educational initiative using high-fidelity simulation with standardized patients to address aggression and teamwork in a psychiatric emergency setting. Concepts are transferrable to any clinical setting. Multiple materials and hands-on “next steps” are provided.

Presenters: Nancy M. Bowllan, EdD, MSN, RN; Heather Obrien, MSN, RN; Courtney Blackwood, MS, RN, NE-BC



1017

8:00am - 10:00am Pacific

ADHD Across the Lifespan: Assessment, Diagnosis, and Treatment **APRN**

This interactive presentation will emphasize current research and evidence-based practice guidelines to assess and treat children, adolescents, and adults with ADHD. We will also consider the impact of trauma and comorbidities on symptomology and treatment. This evidence will improve psychiatric nurse practitioners’ skills and confidence to provide competent, patient-centered care.

Presenter: Sara Jones, PhD, APRN, PMHNP-BC

Pre-Conference Sessions

2 Contact Hours

10:15am - 12:15pm Pacific

1021

10:15am - 12:15pm Pacific

Telemental Health Updates and Guidelines for Prescribing Across the Lifespan **RN APRN**

In this presentation you will hear about changes in telemental health services including prescribing challenges, updates on prescribing protocols, and case-based discussions for managing complex telehealth patients.

This session is eligible for pharmacology contact hours.

Presenters: Joy A. Lauerer DNP, APRN, PMHCNS-BC; Faustina Bello-Ogunu, MSN, APRN, PMHNP-BC



= Virtual Livestream

1022

10:15am - 12:15pm Pacific

The Essentials of Caring for People Who Are Diagnosed with Cluster B Personality Disorders: Clinical Pearls and Case Studies (Part II of III) **RN APRN**

This presentation will review essential information needed to care for people who struggle with symptoms related to a Cluster B Personality Disorder. Clinical pearls will be shared and case studies for Antisocial Personality Disorder, Borderline Personality Disorder, Histrionic Personality Disorder, and Narcissistic Personality Disorder will be discussed.

Presenters: Sherry Lindsay, MSN, PMHNP-BC; Pam E. Marcus, APRN, PMH-BC; Deborah A. Salani, DNP, APRN, PMHNP-BC, NE-BC; Maryam A. Adebayo, DNP, APRN, PMHNP-BC

1023

10:15am - 12:15pm Pacific

How Close Are We to Comprehensive PTSD Treatment Programs? **RN APRN**

This presentation highlights the characteristics of a comprehensive veteran-focused PTSD treatment program that was allowed to take risks and grow. By combining traditional therapies and non-traditional therapies with research, a unique opportunity was made available for veterans interested in addressing their PTSD symptoms.

Presenter: Alan M. Ooka, MSN, RN, PMHNP, BC

1024

10:15am - 12:15pm Pacific

Making a Connection: Using Simulation to Challenge Assumptions and Biases about Poverty and Health **RN APRN**

This interactive, experiential presentation provides participants with opportunities to learn more about the experience of living in poverty. Participants will identify and seek out community resources and experience barriers and frustrations faced by families who are attempting to survive in the community.

Presenters: Annette Gary, RN, MSN, PhD, PMHNP-BC; Rebecca Geist, DNP, RN, SAA, PHNA-BC; Valerie Kiper, DNP, MSN, RN, NEA-BC



1025

10:15am - 12:15pm Pacific

Dialectical Behavior Therapy for Nurses: Reinforcing DBT Skills in Therapeutic Settings to Promote and Practice Skills for Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotion Regulation **RN**

Dialectical Behavior Therapy is an evidence-based therapy that is a powerful tool for the management of borderline personality disorder, emotion dysregulation, and problem behaviors. Attendees will learn how nurses can act as skills coaches to reinforce DBT skills within the therapeutic setting.

Presenter: Elizabeth Gylan, MSN, RN-BC

1026

10:15am - 12:15pm Pacific

How to Develop Simulation-based Clinical Experiences for Psychiatric-Mental Health Undergraduate Education **RN APRN**

This session will engage the audience in how to develop a Simulation-based Clinical Experience (SBE) for undergraduate mental health nursing education that incorporates best practices and student engagement. SBE is not just a substitute learning experience during a pandemic, but a valid clinical teaching strategy for all times.

Presenter: Pamela J. Worrell-Carlisle, RN, MA, PhD



1027

10:15am - 12:15pm Pacific

Do You Want to Hurt Yourself? A Review of the Evidence and Practice of Adolescent Non-suicidal Self-injury **RN APRN**

With the isolation from peers and worldwide fear stemming from the consequences of the COVID-19 pandemic, incidences of NSSI have increased significantly. More well-controlled research might clarify which interventions are most effective or provide guidance to the clinician to new and effective interventions to prevent NSSI and suicide.

Presenter: Brandie M. Smalley, PhD, PMHNP-BC

Product Theater Lunch

12:20pm - 1:50pm Pacific

No Contact Hours Provided

Pre-Conference Sessions

2:00pm - 4:00pm Pacific

2 Contact Hours

1031

2:00pm - 4:00pm Pacific

Women's Mental Health Care from Adolescence to Pregnancy and Beyond **RN APRN**

This presentation will explore women's mental health across the lifespan from a pharmacological and psychotherapeutic woman-centered perspective, including up-to-date evidence about mental health disorders associated with the menstrual cycle, pregnancy, postpartum, and menopause.

This session is eligible for pharmacology contact hours.

Presenters: Tanya Tanner, PhD, MBA, APN, CNM, PMHNP-BC, FACNM; Stacie Olson, DNP, APRN, PMHNP-BC

1032

2:00pm - 4:00pm Pacific

The Essentials of Caring for People Who Are Diagnosed with Cluster C Personality Disorders: Clinical Pearls and Case Studies (Part III of III) **RN APRN**

This presentation will review essential information needed to care for people who struggle with symptoms related to Cluster C Personality Disorders. Clinical pearls and case studies for Obsessive-Compulsive, Avoidant and Dependent Personality Disorders will be shared.

Presenters: Shirlee Davidson, MSN, RN, PMHCNS; Ayako Tokuyama Garduque, MSN, PMHNP-BC



1033

2:00pm - 4:00pm Pacific

Addressing the Needs of Individuals with Autism Spectrum Disorders and Intellectual and/or Developmental Disabilities on Inpatient Psychiatric Units (Part I of II) **RN APRN**

Addressing the clinical needs of individuals with ASD/ID/DD presents a challenge for inpatient psychiatric units. The ability to differentiate between behaviors associated with ASD/ID/DD and those associated with psychiatric disorders is critical to improve care, minimize escalation events, understand self-injurious behaviors, functional behaviors analysis, and avoid prolonged inpatient stays.

Presenters: Alina Z. Levine, Psy.D.; Kristen Kichefski, MSN, MBA, RN-BC

1034

2:00pm - 4:00pm Pacific

Mental Wellness: Resilience, Meaningful Work, and Social Connection **RN APRN**

This presentation will refocus attendees on 3 key components of mental wellness: meaningful work, social connection, and resilience. Attendees will leave with a better understanding of their individual mental health needs and a plan for mental wellness.

Presenter: Erica Ramey, DNP, PMHNP-BC

1035

2:00pm - 4:00pm Pacific

Innovations in Psychiatric-Mental Health Nurse Practitioner Graduate Education - Interactive Teaching Strategies in a Competency Based Scaffolded Curriculum **APRN**

This interactive presentation introduces innovative approaches to teaching PMHNP students asynchronously online and cultivating an engaging, interactive, rich learning environment. Participants will leave with step-by-step plans for incorporating these approaches into their own PMHNP curriculum.

Presenter: Anne L. Thatcher, DNP, MSW, APRN, PMHNP-BC, LMSW



= Virtual Livestream

1036

2:00pm - 4:00pm Pacific

"It's Improv Time": An Innovative Approach in Developing Simulations for MAT Training in a BSN-DNP, FNP, PMHNP

Program **APRN**

This presentation will allow educators to work through the process of the development of a MAT-based simulation from template development to debriefing.

Presenters: Anka Roberto, DNP, MPH, PMHNP-BC, APRN; Robin Post, PhD, MA; Sara Hubbell, DNP, APRN, PMHNP, FNP-C



1037

2:00pm - 4:00pm Pacific

Meet OWEP! Opioid Substance Use Disorders Recovery/Systems-Oriented Practice in Integrated Health Care/Telehealth

RN APRN

This exciting presentation informs RNs/APRNs of OID/SUD updates to demographics, care philosophies, prevention, identification, treatment, recovery, billing/coding, policy changes, and telehealth/integrative care setting options adopted from a Graduate Nursing IOD/SUD HRSA funded recovery-based program intended to empower APRNs to function at the highest level, equipped to serve with evidence-informed care.

Presenters: Kathleen T. McCoy, DNSc, PMHNP-BC, PMHCNS-BC, FNP-BC, FAANP; Kimberly A. Williams, DNS, ANP-BC, PMHNP-BC, PHNA-BC; Kirsten Pancione, DNP, PMHNP-BC, MS, FNP-C; Melanie Baker, DNP, PMHNP-BC; Casey Elkins, DNP, NP-C, CLS, FNLA

Pre-Conference Sessions

2 Contact Hours

4:15pm - 6:15pm Pacific

1041

4:15pm - 6:15pm Pacific

Co-Occurring Chronic Pain and Mental Health/Substance Use Disorders: Neurobiology and Treatment Implications **RN APRN**

In this presentation you will explore the clinical interface between chronic pain and substance use disorders and review treatment considerations including pharmacologic and behavioral interventions.

This session is eligible for pharmacology contact hours.

Presenter: Jennifer L. Jones, DNP, PMHNP-BC, CARN-AP

1042

4:15pm - 6:15pm Pacific

COVID-19 Pandemic: Changing Nursing Practice to Address the Needs of Mental Health Populations: How Hospitals Transformed Mental Health Units to Care for COVID-19 Patients **RN**

This interactive presentation highlights a case study of a mental health patient with COVID-19, acute psychosis, and agitation admitted to a medical unit. How lessons learned from that admission informed the steps and interventions developed to change nursing practice and to create safe therapeutic environments for healing.

Presenters: Opokua Osei-Yeboah, MSN, RN-BC; Aniema Ekong, APRN, MSN, CNL



1043

4:15pm - 6:15pm Pacific

Addressing the Needs of Individuals with Autism Spectrum Disorders and Intellectual and/or Developmental Disabilities on Inpatient Psychiatric Units (Part II of II) **RN APRN**

Addressing the clinical needs of individuals with ASD/ID/DD presents a challenge for inpatient psychiatric units. The ability to differentiate between behaviors associated with ASD/ID/DD and those associated with psychiatric disorders improves care, minimizes escalation events, helps nurses understand self-injurious behaviors, functional behaviors analysis, and avoid prolonged inpatient stays.

Presenters: Kristen Kichefski, MSN, MBA, RN-BC; Alina Z. Levine, Psy.D.

1044

4:15pm - 6:15pm Pacific

Supporting the Frontline: Accessible Mindfulness for All **RN APRN**

This experiential presentation incorporates mindfulness and its many benefits for stress reduction, which is greatly needed as the COVID-19 pandemic has resulted in unprecedented adverse mental health outcomes among health care workers. Participants will learn mindfulness skills to be utilized during stressful situations both at home and in the workplace.

Presenters: *Jaclyn M. Camardo, MSN, RN; Julia Sarazine, DNP, FNP-C*

1045

4:15pm - 6:15pm Pacific

Undergraduate Psychiatric Mental Health Nursing Education: Exploring Teaching Modalities in the Affective Domain to Increase Standardized Test Scores **RN**

This dynamic, interactive workshop is power packed with teaching tools for the undergraduate educator! Sharing of best practices will immerse learners into the affective/attitude domain. The presented activities save time and are cost-effective. Participants will leave with a complete set of active-learning strategies that can easily be integrated into psychiatric-mental health nursing courses.

Presenters: *Nikki Pinney, MSN, RN; DonnaMarie Flumignan, EdD, RN; Diane Rushing, BSN, RN*



1046

4:15pm - 6:15pm Pacific

Fighting the Other Pandemic: A Health Systems Approach to Preventing Workplace Violence **RN APRN**

This presentation will review Allegheny Health Network's (AHN) journey in creating a workplace violence prevention program at its hospitals. In 2019, AHN formed a team to address the issue of violence, implementing reporting systems, training programs, and a crisis response team. AHN's goal is promoting safety for employees and patients.

Presenter: *Jamie Elyse Malone, MSN, RN*

1047

4:15pm - 6:15pm Pacific

Preparing To Be a Good Peer Reviewer **RN APRN**

This interactive, lively presentation presents the opportunity to learn about peer review as it applies to *The Journal of the American Psychiatric Nurses Association*. Participants will have the opportunity to use small groups and exemplars to further improve their reviewing skills while addressing their hesitations about the process.

Presenters: *Geraldine S. Pearson, PhD, PMHCNS-BC, FAAN; Janice Goodman, PhD, PMHCNS-BC, PMHNP-BC*



Conference Kickoff & Awards Presentation

6:30pm – 7:30pm Pacific

Receive a warm welcome to the conference, hear from APNA leadership, and meet this year's award-winning psychiatric mental-health nurses and nursing students.



Product Theater Dinner

8:00pm – 9:30pm Pacific

No Contact Hours Provided

“The conference was very educational - lots of good information shared - and almost as much fun as it would have been if we could really have been all together.”

Gabrielle Henson, RN-BC



= Virtual Livestream



October 20

Thursday

Product Theater Breakfast

7:00am - 8:30am Pacific

No Contact Hours Provided



President's Address

9:00am - 10:00am Pacific

1 Contact Hour

Psychiatric Mental Health Nurses: Activating Our Voices as We Evolve in Our Profession

It's time to activate your voice! As the second largest segment of the psychiatric-mental health workforce, we have the power to raise awareness and advance mental health care in our work settings, in our local communities, and nationally. In this presentation, learn how to articulate your unique role to colleagues, communities, and stakeholders. Then, explore how to advocate for the support you and your PMH nursing colleagues need from supervisors, systems, policymakers, and more.

Presenter: Leslie G. Oleck, MSN, PMHNP-BC, PMHCNS-BC, LMFT



Poster Presentations Open

10:00am - 6:30pm Pacific

Up to 4 Contact Hours

Earn up to 4 contact hours for time spent viewing and evaluating the poster presentations Thursday-Friday!

Concurrent Sessions

10:15am - 11:00am Pacific

0.75 Contact Hours

2011: Suicidality

10:15am - 11:00am Pacific

What We Do: Mental Health Nurses Supporting Mental Health Awareness and Suicide Prevention on Campus **RN** **APRN**

Mental health nurse educators can lead varied strategies for engaging members of the campus community to support mental wellness. PMH nurses can facilitate thoughtful and practical approaches to enhance mental health awareness and suicide prevention in collegiate settings.

Presenter: Todd B. Hastings, PhD, RN, CNE

2012: Inpatient

10:15am - 11:00am Pacific

Medical Emergency Response Training in an Inpatient Psychiatric Hospital Setting: Improving Staff Confidence and Patient Outcomes **RN**

This presentation includes an overview of the creation of customized medical emergency response training for staff in an inpatient psychiatric hospital. The training focuses on clinical decision-making and applying unfamiliar interventions in a high-stress simulation environment using low-fidelity equipment to increase staff confidence and improve patient outcomes.

Presenter: Lesley Worsley-Hynd, MSN, RN

2013: Graduate Education

10:15am - 11:00am Pacific

The Domain 1 Crew: Developing A Toolkit for Nurse Educators Targeting Knowledge and Scientific Foundations for Psychiatric-Mental Health Nurse Practitioners **APRN**

Presenters will engage participants in developing a working model of the knowledge base needed for competent practice by PMHNPs. Current priorities and gaps in knowledge will be targeted. Participants will be encouraged to submit learning activities, rubrics, and resources for consideration and toolkit inclusion.

Presenters: Maureen Donohue-Smith, PhD, PMHNP-BC; Carol Kottwitz, DNP, PMHNP-BC, SNAP; Sheila Deyette, PhD, PMHCNS-BC

2014: Child & Adolescent

10:15am - 11:00am Pacific

Implementation of the CATCH My Breath™ EBP Vaping Prevention Program Providing Education to Adolescents **RN APRN**

This presentation introduces the importance of an educational and evidence-based practice vaping prevention program, CATCH My Breath™, for adolescents. This is the only EBP program demonstrating effectiveness for youth in changing knowledge, attitudes/perceptions, and vaping use.

Presenter: Patricia Mulvaney-Roth, DNP, MS, APRN, PMHCNS-BS, ACNS

2015: Practice

10:15am - 11:00am Pacific

Psychiatric Nurses Making a Difference: Positions on Community and National Boards, Commissions and Politics **RN APRN**

The unique contributions of psychiatric-mental health nurses on community and national boards, commissions, and politics are reviewed. The ability to influence funding, governance, and public services will be described.

Presenters: Anita Catlin, PhD, FNP, CNL, FAAN; Kristine M. Muiyco, BSN



2016: Special Populations

10:15am - 11:00am Pacific

ADHD and Women, the Unexpected and the Outcomes **RN APRN**

Females often go misdiagnosed with ADHD, which then leads to comorbid disease and socioeconomic outcomes. Early identification of ADHD in females can create an opportunity for early intervention and improved outcomes. This presentation will provide information on the data, outcomes, and strategies for improvement in identification and treatment of ADHD.

Presenter: Pamela Wall, PhD, PMHNP, FAANP



2017: Interprofessional Education

10:15am - 11:00am Pacific

Human Trafficking: It Takes a Community to Respond and Only One Person to Make a Difference **RN APRN**

This interactive and lively presentation will provide participants with the knowledge to recognize victims of human trafficking and develop educational tools and protocols necessary to create a facility and community coordinated response to best serve the safety, legal, medical, psychiatric, psychosocial, and financial needs of the victim, leading to eventual self-actualizing of the victim.

Presenter: Christine Cooley, MSN, RN, FNE-A, SANE-A

“APNA offers the most prestigious conference for psychiatric-mental health nurses in the world! Presentations are high quality and cover a broad spectrum of topics psychiatric nurses care about when working to provide the best evidence-based care and quality outcomes. This is my ‘go to’ professional conference year after year!”

Doreen A. Gallagher, DNP, RN, PMH-BC

Concurrent Sessions

11:15am - 12:00pm Pacific

0.75 Contact Hours

2021: Suicidality

11:15am - 12:00pm Pacific

Nurses in Peril: The Interconnectedness of Substance Use Disorder and Suicide Among Nurses **RN APRN**

This presentation explores the interconnectedness between SUD job loss and suicide and innovative interventions for addressing SUD among nurses. Participants will explore concepts such as the conspiracy of silence, shame, stigma, and moral failure that impede nurse recovery. Participants will identify PMH nursing strategies for healing through nurse peer support.

Presenters: Elena Geiger-Simpson, DNP, APRN, CNP, PMHNP-BC, PHN; Deborah Matthias-Anderson, PhD, RN, CNE; Marie Manthey, (h)PhD, MNA, FAAN, FRCN; Dina Stewart, DNP, APRN, CNP, PMHNP-BC

2022: Inpatient

11:15am - 12:00pm Pacific

Planning, Designing, and Creating a Safe Environment that Decreases Stigma and Facilitates Recovery: How a Project to Create an Inpatient Unit Resulted in a State-of-the-art Setting that Received National Recognition for Recovery-oriented Design **RN APRN**

Building a new hospital and moving an inpatient psychiatric unit is no small challenge. The presenters will show a step-by-step approach to creatively designing and moving an inpatient unit that decreases the stigma of mental health care by providing a recovery-oriented and space for healing that prioritizes safety.

Presenters: Rebecca Puchkors, MSN, RN, PMH-BC; Cornelius Metili, BSN, RN; James Moreno, BSN, RN-BC

2023: Graduate Education

11:15am - 12:00pm Pacific

Impact of an Educational Program on Burnout Among Nurses Working with Intellectually Disabled Persons **RN**

The results of the project will be useful in determining strategies for improving the nurse practice setting and to facilitate the use of self-care education by nurses to reduce burnout with consequent turnover. Suggested changes should encourage the reading of research; discussion of research; risk taking to implement new ideas; and mentoring.

Presenter: Dr Jemima Kodua, RN, BSN, MSN, DNP, CM/DN

2024: Child & Adolescent

11:15am - 12:00pm Pacific

Assessment of Youth Suicidal Ideation: Daily Ecological Momentary Assessment (EMA) Compared to Monthly Clinician Administered Assessment **RN APRN**

Suicide is the second leading cause of death among young people. Because of the transient nature of suicidal ideation, youth may not report suicidal ideation retrospectively if they are not currently suicidal. In this study, we examined whether daily EMA reports of SI were consistent with clinician administered monthly assessments.

Presenter: Jamie Zelazny, PhD, MPH, RN

2025: Practice

11:15am - 12:00pm Pacific

Transcranial Magnetic Stimulation: Nursing's Role in the Clinical Treatment Arena **RN APRN**

Targeted TMS for patients with treatment-resistant mental illnesses is growing. Nurses provide assessments, orders for treatment, and direct care for patients receiving TMS and are uniquely positioned to assist patients to receive adequate, tailored treatment and to supervise technicians. Lessons from a busy clinical service will be discussed.

Presenters: Roan Bautista, BSN, RN; Paula Bolton, MS, CNP, ANP-BC

2026: Special Populations

11:15am - 12:00pm Pacific

PMHNP Expert Consult Reduces Law Enforcement Emergency Psychiatric Evaluations Through Improved Triage and Community Resource Referrals *RN APRN*

Use of early PMHNP expert consultation reduced the incidence of law enforcement triggered emergency psychiatric evaluation by as much as 25% in favor of increasing utilization of community resources. This in turn reduced emergency department overcrowding and potentially triggering individuals with trauma history by using the least restrictive interventions available.

Presenters: Andrew Currivan, MSN, ACNS-BC, PMHNP-BC; Sondra Leiggi-Brandon, MSN, MPH, FNP-C, PMHNP-BC, NEA-BC; Christine Loui, MSN, ACNS-BC, PMHNP-BC

2027: Interprofessional Education

11:15am - 12:00pm Pacific

An Interdisciplinary Approach to Teaching Nursing Staff How to Run an Engaging, Trauma Informed, Therapeutic Group *RN*

This interactive presentation introduces a multidisciplinary approach to providing formal education to nursing staff regarding the leadership and therapeutic skills needed when leading groups. This training integrates trauma informed care and relational-cultural theory while utilizing techniques of engagement to provide quality, therapeutic programming.

Presenters: Heather T. Billings, MSN, RN; Vaune Kopeck, OTRL

Product Theater Lunch

12:15pm – 1:45pm Pacific

No Contact Hours Provided

Exhibit Hall Open

1:30pm – 5:00pm Pacific

Mini Concurrent Sessions

3:30pm - 4:15pm Pacific

0.75 Contact Hours

2031: Advanced Practice

3:30pm - 4:15pm Pacific

A Comprehensive Review on the Pharmacokinetic Changes of Antidepressant/Antianxiety Medications after Gastric Bypass Surgery *APRN*

This presentation introduces characteristics of bariatric surgery and relevant anatomical changes to illustrate how bariatric surgery impacts the pharmacokinetics of medications. By reviewing and synthesizing knowledge from current research, this presentation will provide insight into psychotropic management after bariatric surgery.

Presenter: Heeyoung Lee, PhD, PMHNP-BC, FAAN

Rethinking the Therapeutic Nurse-Patient Relationship in a Telepsychiatry Environment *APRN*

This interactive presentation introduces a multidisciplinary perspective on the impact of care delivery via telehealth on the nurse-patient relationship. Participants will be asked to creatively design nursing interventions to rethink the foundational therapeutic relationship in psychiatric-mental health nursing when it happens remotely.

Presenter: Karen Goyette Pounds, PhD, PMHCNS-BC

 = Virtual Livestream



2032: Inpatient

3:30pm - 4:15pm Pacific

Advocating for Health Justice in the Correctional System: An Essential Role for Psychiatric-Mental Health Nurses **RN** **APRN**

This presentation explores the criminalization of mental illness and increasing prevalence of mental health challenges in the correctional system. The role of PMHN as advocate, educator and care provider in correctional systems will be discussed. Strategies for positive partnerships and program development to address unmet MH needs will be presented.

Presenter: Brenda Kucirka, PhD, PMHCNS-BC, CNE

2033: Undergraduate Education

3:30pm - 4:15pm Pacific

Trigger Warnings about Psychiatric-Mental Health Course Content for Undergraduate Students: The Evidence, Practices, Recommendations **RN**

This presentation tackles and clarifies the topic of trigger warnings in nursing education by summarizing research findings about trigger warnings in collegiate academia, explaining how PMH nursing instructors use trigger warnings in didactic and clinical settings, and presenting educators' views about trigger warnings. Recommendations about providing warnings will be discussed.

Presenter: Melissa Neathery, PhD, RN, CNE

2034: Self Care

3:30pm - 4:15pm Pacific

A Call to Action: Caring for Ourselves and for Our Students **RN** **APRN**

This presentation will highlight the journey of evaluating and promoting a culture of health and well-being in a private Midwestern school of nursing. A comparison of outcomes between student and faculty perceptions were explored.

Presenters: Sherry McConnell, MSN, RN C-EFM; Andrea Kwasky, DNP, APRN, PMHNP-BC, PMHCNS-BC; Sonya Kowalski, DNP, APRN, ACNS-BC; Barb Ciotta, MSN, RN CNE-CL

In Case of Fire: Conceptualization of and Response to Problematic Firesetting **RN** **APRN**

The presentation introduces participants to a wealth of up-to-date clinical data and current theories of intentional, problematic firesetting. Features associated with difficulties managing this patient population and challenges for managing intentional firesetting in institutional settings will be discussed, facilitated by data, case presentations, and participant elicited examples.

Presenters: Alina Z. Levine, Psy.D.; Kristen Kichefski, MSN, MBA, RN-BC

The Psychiatric Nurse as Teacher-Scholar: Community Engagement with a Homeless Veteran Residential Rehabilitation Program **RN** **APRN**

This presentation shows how the Boyer model of scholarship can be utilized in undergraduate psychiatric nursing education to the benefit of both faculty and students. The case of a needs assessment study of a homeless veteran residential rehabilitation program is used to exemplify community-engaged teacher-scholarship.

Presenter: Rachel H. Adler, PhD, APRN, PMHNP-BC

Preparing Nurses to Activate Self-Care: What We Need **RN** **APRN**

This presentation describes the implementation of an innovative strategy in a BSN psychiatric course that educates and supports nursing students as they activate their chosen selfcare. With AACN's recently approved new Essentials, this strategy continues the integration of Domain 10: Personal, Professional, and Leadership Development.

Presenters: Susan Lally, MSN, APRN, PMHNP-BC; Alexis Spence, MSN, RN, NCSN

2035: Practice

3:30pm - 4:15pm Pacific

Minority Mental Health and Well-being: Effects of Implicit Bias and Methods to Change the Trajectory *RN*

This energetic and interactive session presents an opportunity to educate, discuss, and prioritize processes to improve mental health perspectives and outcomes for minorities. Participants will leave with increased empathy and a foundation for providing minorities skills/tools to improve mental health outcomes.

Presenters: Kimberly A. Barnes-Ayers, BSN, MAEd, RN-BC; Jennifer Newsome, RN-BC BSN; Renwick Slaughter, RN-BC

Healing from the Effects of Two Pandemics: COVID-19 and Historical Racism: A Path to Post-trauma Recovery and Meaning-making *RN APRN*

This presentation will focus on concepts of collective trauma and ambiguous loss from two pandemics, COVID-19 and systemic racism, and the profound impact on the mental health and well-being of nurses. Insights will be shared about individual and collective responses that may mitigate long-term negative psychological effects such as post-trauma growth and meaning-making.

Presenter: Barbara Peterson, PhD, PMHCNS, APRN

2036: Research

3:30pm - 4:15pm Pacific

Suicide Prevention in the Emergency Department: Developing the SecUrgence Protocol *RN*

This presentation introduces the SecUrgence Protocol, a clinical protocol that intends to assess and provide care for individuals at risk of suicide that present themselves to the ED. The research process behind the development of this protocol as well as key findings and recommendations for clinical practice will be presented.

Presenter: Jessica Rassy, PhD

Developing an Educational Framework for Improving Intervention Adherence and PTSD Outcomes of a Mindfulness App for College Student Military Veterans: A Feasibility Study *RN APRN*

This presentation presents the results of the first phase of a randomized controlled trial (RCT) study – a feasibility study aimed at refining a mindfulness app for PTSD. The presentation will demonstrate how qualitative results from a pilot study can be integrated into a prospective RCT for improving adherence.

Presenter: Andrew Thomas Reyes, PhD, RN

2037: Veterans

3:30pm - 4:15pm Pacific

PTSD and Sleep Disturbance: A Comprehensive Treatment Approach for Veterans *RN APRN*

This presentation describes the complexities involved in treating veterans with PTSD and sleep disturbance, including the high rates of co-occurring insomnia and obstructive sleep apnea. It reviews relevant literature about potential treatment options for this population. A comprehensive and evidence-based screening and treatment protocol is introduced as a potential approach.

Presenter: Gia Santoro, MSN, APRN, PMHNP-BC

Implementing Measurement-Based Care in a Veterans Affairs Tobacco Recovery Clinic *RN APRN*

This presentation will describe a PMHNP-led evidence-based practice process that increased clinician attitudes, subjective norms, perceived behavioral control, and behavioral intention toward measurement-based care, as well as increased use of the Fagerström Test for Nicotine Dependence within a tobacco recovery clinic.

Presenter: Jennifer Jones, DNP, PMHNP-BC, CARN-AP

“As a long-term certified psychiatric nurse this is my ‘go to’ conference each year. It is diverse, rigorous, and engaging. I enjoy the global perspective.”



Concurrent Sessions

4:30pm – 5:15pm Pacific

0.75 Contact Hours



2041: Advanced Practice

4:30pm - 5:15pm Pacific

Coding – Don't Undervalue Your Worth, Know How to Code Your Visits **APRN**

This presentation will focus on the topic most relevant to survival in practice, but less prevalent in many educational settings: coding. We will review the latest AMA guidelines, online trainings, and tools to improve coding skills in order to become a more valuable asset in practice.

Presenter: April Reyes, DNP, APRN, PMHNP-BC, FNP-BC, RH-CBS

2042: Administration

4:30pm - 5:15pm Pacific

Stress First Aid: Peer Support Program Implementation Through Learning Collaborative Methodology **RN APRN**

Hearing the voices of our nurses led to the implementation of the Stress First Aid program with a learning collaborative methodology to formalize peer support resulting in stress reduction, stress management strategies, and resilience. Stress First Aid is a self-care and peer support model based on promoting recovery from trauma and stress.

Presenters: Debra G. Saldi, MS, BSN, RN, LMHP, NCC; Robin L. Conyers, MSOP, BAN, RN

2043: Education

4:30pm - 5:15pm Pacific

Addressing Bias and Stigma in the Language We Use with Persons with Opioid Use Disorder **RN APRN**

This presentation will describe the difficulties OUDs have with access to care and the stigmatizing languages that present barriers to effective care and suggest alternative language to be used in persons with OUDs. We will also propose the next steps to address this barrier in our clinical and educational institutions.

Presenters: Karen Werder, PMHNP, PhD; Alexa Curtis, PhD, FNP-BC, PMHNP-BC

2044: Complementary & Alternative Therapy

4:30pm - 5:15pm Pacific

Effects of Mantram Repetition on Psychological Distress **RN APRN**

This session includes the theoretical underpinnings and scientific evidence of mantram repetition (MR) for psychological distress. Nurses in practice need teachable, easy-to-use, non-stigmatizing, effective interventions targeting psychological distress. We will present how mantram repetition works, review the evidence related to mantram repetition, and provide instructions on how to use.

Presenters: Danny G. Willis, RN, PMHCNS-BC, FAAN; Joanne K. Schneider, RN, PhD



2045: Practice

4:30pm - 5:15pm Pacific

Can Psychiatric Nurses Save the World? Meeting the Burgeoning Mental Health Needs of Patients, Nurses, and Ourselves **RN APRN**

Numerous studies have identified the significant negative impact of COVID-19 on mental health. This session will explore the impact of COVID-19 on mental health outcomes for the U.S. population, nurses in general, and psychiatric-mental health nurses in particular, and offer responses to the overwhelming issues that face us.

Presenters: Joyce M. Shea, DNSc, APRN, PMHCNS-BC; Karen J. Corcoran, DNP, APRN, PMHNP-BC

2046: Research

4:30pm - 5:15pm Pacific

Leadership Empowerment Behavior and Psychiatric Nurses' Intent to Leave **RN**

This presentation addresses, from the nurses' viewpoint, leadership empowerment behavior as a strategy to mitigate the turnover of PMH nurses in their first 2 years of practice in inpatient settings given the increasing demand for psychiatric-mental health care and the threat turnover poses to meeting the need.

Presenter: Temitope Gold, PhD, RN, PMH-BC, NPD-BC, NE-BC

2047: Nursing Professional Development

4:30pm - 5:15pm Pacific

The Spiritual Care and Spirituality of Health Care Providers **RN APRN**

The COVID-19 pandemic has impacted nurses worldwide and highlighted the need for selfcare. Spirituality is an underappreciated and underutilized resource for providers and patients. Spirituality assessment tools can enhance spiritual selfcare and holistic patient care.

Presenters: Brandon Thatcher, MSN, PMHNP-BC; Gabrielle Boden Warnick, SN; Breanna Grace Oliphant, SN

Concurrent Sessions

5:30pm - 6:15pm Pacific

0.75 Contact Hours



2051: Advanced Practice

5:30pm - 6:15pm Pacific

Engaged Problem Solving: Developing Peer Consensus for Evidenced Based Treatment Plans **APRN**

This session highlights the collaborative work of a group of psychiatric-mental health nurse providers from states with full practice authority. The Engagement Theory is used to discuss complex patients. Examining the evidence and medication options as a collective group enhanced patients' outcomes. Audience participation is encouraged to propose additional treatment strategies.

Presenters: Margaret (Peggy) Mack, PhD, PMHCNS; Carolyn Mallon, DNP, APRN

2052: Administration

5:30pm - 6:15pm Pacific

Advanced Practice Provider Residency Programs: Developing Community Partnerships to Provide Mutually Beneficial Outcomes **RN APRN**

This presentation will discuss development of community partnerships to create an APP residency program designed to ease the transition from RN to Advanced Practice Provider in a psychiatric-mental health division of a Midwestern metropolitan safety net hospital.

Presenter: Jeana Wilcox, PhD, APMHCNS-BC

2053: Education

5:30pm - 6:15pm Pacific

Could It Be Their Eyes? How to Know if Your Treatment Resistant Patient Could Actually be Suffering Psychiatric Symptoms from Binocular Vision Disorder **RN APRN**

This presentation introduces clinicians to a potential medical etiology for their patients' persistent, treatment-resistant psychiatric symptoms. We often seek the "magic pill" to cure our patients, but these individuals may need magic glasses to cure their Binocular Vision Disorder. Learn to identify patients needing treatment/evaluation referrals.

Presenter: Jenna L. Shock, MSN Ed., APRN, PMHNP-BC



= Virtual Livestream

2054: Complementary & Alternative Therapy

5:30pm - 6:15pm Pacific

A Key to Unlock All Voices **RN**

A “Key to Unlock All Voices” incorporates visual and interactive sections to illustrate the therapeutic benefits of expressive writing among patients and mental health professionals alike. Through writing and sharing, complex emotions are articulated, maybe in simile or metaphor, and common themes are often found such as resiliency and connectedness.

Presenters: Marianne A. Broyles, MA, MSN, PMHRN-BC; Rebecca R. Heath, BSN, BA of Psychology

2055: Practice

5:30pm - 6:15pm Pacific

Applying the Polyvagal Model to Clinical Practice with Trauma Survivors **RN APRN**

Safety, compassion, and empathy form the basis of the therapeutic relationship regardless of the technique of therapy. The neuroscience of threat and relationship has emerged only recently. Polyvagal theory explains the basis of therapeutic connectedness and serves as a guide to reach the optimal therapeutic state.

Presenter: Doris C. Vallone, PhD, PMHCNS-BC

2056: Research

5:30pm - 6:15pm Pacific

What Does it Mean to Live with Schizophrenia? Janoff-Bulman and the Loss of the Assumptive World **RN APRN**

This study underscored the experience of living with schizophrenia/hallucinations using the framework of Janoff-Bulman (1992). Hermeneutics guided the thematic analysis. Participants described their experience as providing a perspective of living similar to living with any illness. Implications suggest deconstructing schizophrenia to include metacognitive training and narrative and mindfulness therapies.

Presenter: Judith Jarosinski, PhD, RN

2057: Nursing Professional Development

5:30pm - 6:15pm Pacific

Being Civil in an Uncivil Environment: Stopping Nurses from Eating Their Young **RN APRN**

This presentation identifies the difference between civility and incivility in practice. It provides the learner and opportunity to practice communication strategies to overcome incivility leading to accountability in language. This will help to promote transparency and civility in themselves and others around them.

Presenter: Nicole Brodrick, DNP, PMHNP

Under the Sea! Reception

6:30pm - 8:30pm Pacific

Mingle with colleagues down on the ocean floor! After a day of deep-dive learning, enjoy a refreshing evening with music and entertainment... and maybe even a real mermaid! Ticket to the reception included with your in-person registration.



“I plan to make changes to how I provide patient care based on several of the sessions I attended. I feel inspired to try new projects on my unit and share information with my fellow RNs.”



Friday

Product Theater Breakfast

7:00am - 8:30am Pacific

No Contact Hours Provided

Keynote Presentation

9:00am - 10:00am Pacific

1 Contact Hour

How Racism, Socioeconomic Status, & Stress Affect Mental Health: And What We Can Do About It

This presentation provides an overview of the ways in which multiple aspects of racism combine with socioeconomic status (SES) and psychosocial stressors to affect physical and mental health. It also describes the added burden caused by the Covid-19 Pandemic and racism in the larger society for the mental health of racial/ethnic minorities. It will highlight promising interventions, at the individual and community level, that can enhance mental health and reduce the negative effect of stressors on mental health.

This session will be presented via livestream for all attendees.

Presenter: Dr. David R. Williams, MPH, PhD



Poster Presentations

10:00am - 3:00pm Pacific

Up to 4 Contact Hours

Earn up to 4 contact hours for time spent viewing and evaluating the poster presentations Thursday - Friday!

Meet the Poster Presenters

10:30am - 11:30am Pacific

Meet the great minds behind this year's poster presentations. Presenters will be standing with their posters during this period, ready to answer questions and discuss their topics.

Exhibit Hall Open

10:00am - 1:00pm Pacific

Get information from and engage with industry stakeholders in psychiatric-mental health and nursing.

Mini Concurrent Sessions

11:45am - 12:30pm Pacific

0.75 Contact Hours

3011: Advanced Practice

11:45am - 12:30pm Pacific

How to Reduce the Risks Associated with the Patient-Provider Relationship **RN APRN**

With the increasing demand for mental health services, there also comes an increase in the potential for risks of litigation or complaints. It is important for health care providers to recognize the types of risks they are exposed to in behavioral health care and how to avoid these risks.

Presenter: Cara Staus, B.S., CPHRM

Adverse Childhood Experiences (ACEs) and Depressive Symptoms in an Urban Community College Population **RN APRN**

This presentation will report findings of a study looking at demographic characteristics (race, ethnicity, gender identification), childhood trauma, and depressive symptoms in an urban community college population. Psychiatric nurses can play a significant role in leading screening and referral interventions to help mitigate to physiological and psychological outcomes of trauma.

Presenter: Laureen M. Tavolaro-Ryley, DNP, RN, PMHNP-BC, PMHCNS-BC

3012: Substance Use

11:45am - 12:30pm Pacific

The PARQuit Smoking Cessation Intervention for Adults with Serious Mental Illness *RN APRN*

Research is needed to develop effective and accessible smoking cessation interventions for adults with serious mental illness (SMI). In our pilot 2-arm randomized controlled trial, we tested our 3-component Parks and Recreation Quit (PARQuit) smoking cessation intervention, that features game-based group physical activity (PA); nicotine replacement therapy (NRT); and counseling.

Presenter: Heather Leutwyler, RN, PhD, FNP-BC, CNS, FGSA

3013: Education

11:45am - 12:30pm Pacific

Closing the Opioid Treatment Gap through Advance Practice Nursing Activation *APRN*

We present curricular design and measurable objectives for a course that prepares APRN students to deliver medications for opioid use disorder (MOUD), especially for under-served populations.

Presenters: Matthew Tierney, MS, APRN, FAAN; Adam Leonard, MS, MPH, PNP; Elizabeth Castillo, MPH, MSN, FNP-BC

Understanding Relapse to Substance Use: A Focus Group Study *RN APRN*

Presentation discusses the perceptions of relapse experience in the recovery process among adults receiving medication for opioid use Opioid Use Disorder.

Presenter: Seol Ju (Esther) Moon, MSN, RN

Novel Way to Increase MAT Certification through Micro-credentialing *APRN*

This presentation will share findings from a 5-year long completed project that impacted graduate nursing across multiple nurse specialty areas and transformed education training focused on Opioid Use Disorder. As a result, communities now benefit from an increased number of practitioners delivering high-quality evidence-based opioid misuse prevention and treatment.

Presenter: Derrick C. Glymph, DNAP, CRNA, APRN, FAANA, FAAN



3014: Child & Adolescent

11:45am - 12:30pm Pacific

Solving the Conundrum of Caring for Behavioral Health Needs in the Inpatient Medical Setting: Improving Staff Confidence and Competence to Reduce Fear, Anxiety, and Injury *RN*

This session will profile how a children's acute medical inpatient setting addressed bias and stigma of the mental health patient in the medical environment. Changing perceptions has helped our organization reduce staff injury, cost, and restraints while supporting trauma-informed principles. Staff confidence is also improved.

Presenters: Karen Webb, DNP, RN, NEA-BC, NHDP-BC; Barbara Valerius, MSN, RN, FAONL, RN-BC; Erin Walker, MHA

Increasing Awareness of Sex Chromosome Trisomies (SCTs) Among Health Care Providers *RN APRN*

This presentation provides an overview of clinical features observed in children with sex chromosome trisomies. An overview of common medical and psychiatric illnesses, as well as interventions beneficial to these individuals, will be presented.

Presenter: Erin N. Torres, MSN, CRNP-PMH

3015: Practice

11:45am - 12:30pm Pacific

Identification and Evidence-Based Treatment of Post-Acute Withdrawal Syndrome *RN APRN*

This presentation will outline a synthesis of literature on the state of the science of PAWS, which is limited but growing. PAWS symptoms related to substances patients are typically medically detoxified from will be focused on – benzodiazepines, alcohol, and opioids. Symptom identification, treatment, and management will be explored.

Presenter: Brittany Haskell, DNP, MA, PMHNP-BC, CNE

A Clinical Practice Guideline for Monitoring Antidepressant Use Among Residents with Dementia *RN APRN*

This presentation discusses a new clinical practice guideline for the treatment of depression among institutionalized dementia patients. Participants will leave with the awareness of underdiagnoses and undertreatment of depression in the dementia population, the importance of using CPG in this population, and steps to developing an evidence-based site-specific CPG.

Presenter: Oluchi Ayichi, CRNP, FNP



3016: Research

11:45am - 12:30pm Pacific

Potential Impact of a Multisensory Room on an Inpatient Psychiatric Unit *RN*

This presentation introduces a discussion on the potential use of a Multisensory Room as an intervention to aid in autonomy and coping skills for symptoms of agitation and anxiety on the inpatient psychiatric unit. The participant will leave with a foundational understanding of the intervention and its potential benefits.

Presenter: Kateleen C. Collins, BSN

Developing a Blended Social Support and Behavior Management Intervention for Parents with Children in Residential Treatment *RN APRN*

The purpose of this presentation is to discuss the development of a blended social support and behavior management intervention for parents with children in residential treatment. This presentation will discuss methods for engaging vulnerable populations for intervention development and discuss preliminary feasibility and acceptability results of the intervention.

Presenter: Kayla Herbell, PhD, RN

3017: Safety

11:45am - 12:30pm Pacific

Decreasing Duration of Restraint Episodes by Increasing Registered Nurse Presence *RN APRN*

Mechanical restraint is a dangerous emergency measure used to manage crises, yet surveillance of restrained individuals is often delegated to unlicensed staff. When a nurse-led change in practice provided psychiatric intensive care during restraint, with a registered nurse continuously at the bedside, the mean duration of restraint episodes decreased 30%.

Presenter: Diane E. Allen, DNP, PMHRN-BC, FACHE(R)

Increasing Staff Perception of Safety by Implementing an Agitation Management Protocol *RN APRN*

This presentation provides the opportunity to describe and discuss an agitation management protocol which is utilized on an inpatient Clinical Decision Admission unit. The participant will gain an understanding of a violence risk assessment scale, along with a corresponding medication protocol intervention designed to proactively intervene to prevent violent acts.

Presenter: Wren B. Hand, PhD, RN

Product Theater Lunch

12:45pm - 2:15pm Pacific

No Contact Hours Provided



= Virtual Livestream

Mini Concurrent Sessions

2:30pm - 3:15pm Pacific

0.75 Contact Hours



3021: Advanced Practice

2:30pm - 3:15pm Pacific

Let's Get to the Root of Ashwagandha: What Health Care Providers Need to Know **RN APRN**

Ashwagandha, a shrub grown in Asia and Africa, is widely used to reduce stress, improve stamina, improve memory and enhance well-being. Due to global trends, the widespread use of complementary and alternative medicine alternatives is rising; therefore, this presentation provides an overview on Ashwagandha use.

Presenters: Deana Goldin, PhD, DNP, APRN, FNP-BC, PMHNP-BC; Deborah Salani, DNP, APRN, PMHNP-BC, NE-BC; Beatriz Valdes, PhD, MBA, RN, CHSE

The Management of Major Depression: An Evidence-based Clinical Practice Guideline **RN APRN**

1. Introduction; 2. Screening; 3. Treating uncomplicated depression; 4. Treating severe depression; 5. Relapse prevention; 6. Complimentary and alternative treatments.

Presenter: James Sall, PhD, FNP-BC

3022: Inpatient

2:30pm - 3:15pm Pacific

Creating Diverse Teams for Psychiatric Nursing Education, Practice and Research **RN APRN**

This interactive presentation provides a guide for the development of diverse and effective teams. The participant will gain knowledge in diversity, phases of team development, and conflict resolution that can be used across biobehavioral healthcare settings.

Presenters: Barbara J. Warren, PhD, RN, APRN, PMHCNS-BC, FNAP, FAAN; Kathy D. Wright, PhD, RN, APRN-CNS, PMHCNS-BC

Showcasing the Unique Strengths of Psychiatric-Mental Health Nurses Through BERT Interventions **RN APRN**

This presentation will showcase the rationale and strategies of implementing a Behavioral Emergency Response Team (BERT) in a general medical center, highlighting the use of trauma-informed care to improve response to patients during behavioral events and to decrease physical and psychological distress to staff.

Presenter: Mary Sharon Curran, MS, RN, CNE

3023: Education

2:30pm - 3:15pm Pacific

Annual Competency Validation: Moving Beyond the Skills Fair **RN**

This presentation will review the Donna Wright Competency Assessment method, and implementation in an organization, and discuss lessons learned from utilizing this method. As organizations evolve, leaders and nursing educators must think critically about how competencies are assessed and managed.

Presenter: Jacolyn Burgin Collis, MSN, RN-BC

Transition to Practice: Development of a Support Program During the First Year of Residency **RN**

This presentation will outline the development and implementation of a curriculum designed to support behavioral health nurse residents during their first year of transition to practice.

Presenter: Johnny Woodard, MSN, RN, PMH-BC

3024: Child & Adolescent

2:30pm - 3:15pm Pacific

Implementing Competency-Based Training for Child and Adolescent Inpatient PMH-APRNs **APRN**

This presentation discusses the benefits of competency-based clinical development for PMH-APRNs in the C/A inpatient setting to address current workforce concerns. Implementing competency-based curriculums for PMH-APRNs can standardize competencies for inpatient PMH-APRNs and support PMH-APRNs practicing to the fullest extent of their education and training.

Presenter: Allison Carter, DNP, APRN-CNP, PMHNP

3025: Practice

2:30pm - 3:15pm Pacific

Integrating Behavioral Health into a Family Nurse Practitioner Residency **APRN**

This presentation introduces evidenced-based interventions to prepare newly graduated FNP's in a residency program to become competent in decision-making related to treating patients with behavioral health (BH) disorders in primary care settings. By integrating medical and BH care, this practice assists providers in meeting the demands of a vulnerable population.

Presenters: Stephanie Wynn, DNP, RN-BC, PMHNP-BC, FNP-BC, FAANP, FNAP, COI; Konda Keebler, DNP, RN, CRNP, FNP-C

Trauma, Mental Health, and Co-occurring Disorders **RN APRN**

This presentation introduces the topic of trauma and its effects on mental health and co-occurring disorders including prevention, recognition, and treatment. We will present the latest research as well as recommendations to reduce the incidence.

Presenters: Deana J. Batross, DNP, FNP-BC, CCRN, NE, PMHNP; Rajene Fox, MSN, FNP-BC

3026: Research

2:30pm - 3:15pm Pacific

Assertive Community Treatment (ACT) Services Providers' Engagement and Delivery of Tobacco Treatment to People with Serious Mental Illnesses **RN APRN**

Assertive Community Treatment (ACT) services provide wrap-around care coordination for people with serious mental illnesses (PSMI). As PSMI have disproportionate levels of tobacco use and related illnesses, evidence-based tobacco treatment is crucial. This presentation provides survey evaluation results of ACT team service providers' engagement in tobacco treatment for ACT service members.

Presenter: Bassema Abu-Farsakh, PhD(c), MSN, RN

Stigma Toward Patients Who Have a Mental Illness: An Online Survey of United States Nurses **RN APRN**

This presentation shares original research findings concerning stigma toward mental illness among United States nurses working in psychiatric and non-psychiatric settings. Factors associated with stigma are explored, including personal contact with mental illness and mental health-related knowledge. Implications for nursing practice and anti-stigma interventions for health care settings are discussed.

Presenter: Kristen Kolb, BS, RN

“It was wonderful to hear and see people who are as enthusiastic about psychiatric nursing as myself. I also like checking in to make sure that I am on track with ensuring that how I practice is up to date with the latest evidence.”





3027: Nursing Professional Development

2:30pm - 3:15pm Pacific

Evidence-based Education to Reduce Chemical and Physical Restraint Use in an Inpatient Psychiatric Hospital *RN*

The use of restraints for patients displaying challenging behaviors in psychiatric settings remains high. Applying the framework of cultural humility, a 45-minute online de-escalation education was developed utilizing SurveyMonkey™ with multimedia content embedded in the questionnaire. As a result, staff knowledge in de-escalation techniques and cultural humility increased.

Presenter: Birgit Leipold, BSN, PHN, RN-BC

Can the Mentoring Process Be Successfully Done Long Distance? Absolutely! *RN APRN*

This timely and interactive presentation explores the options to enhance confidence, comfort, and competence through Long Distance Mentoring.

Presenters: Lorraine Ballard Anderson, PhD, MPA, RN, CNE; Anya R. Price, BSN, RN, PMH-BC, PED-BC

Concurrent Sessions

3:30pm - 4:15pm Pacific

0.75 Contact Hours



3031: Psychopharmacology

3:30pm - 4:15pm Pacific

ADHD: A Practical View from the Trenches *RN APRN*

This presentation will provide practical approaches to individualizing and optimizing ADHD care. We will explore the choices in ADHD treatment and how they affect reaching optimum outcomes. If in concurrent session format, interactive exercises will demonstrate the nuanced approach.

This session is in review for pharmacology contact hours.

Presenter: Russell Bisesi, PMHCNS, BC, APRN

3032: Inpatient

3:30pm - 4:15pm Pacific

Holding Up the Mirror: Addressing Racial Disparities and Implicit Bias in Restraint Use Through Targeted Interventions *RN*

The presentation will share findings of a study of treatment disparities in BIPOC patients. An examination of the use of seclusion and restraints revealed that BIPOC patients were secluded and restrained more often and for longer periods of time than their white counterparts. The presenter will share successful interventions used.

Presenter: Timothy Meeks, MN, RN-BC

3033: Graduate Education

3:30pm - 4:15pm Pacific

All Aboard! Competency-Based Education Tools for PMHNP Programs *RN APRN*

With the challenges of incorporating the New Essentials and competency-based education, the Education Council's Graduation Branch is working on a toolkit using the New Essentials as the framework. Finding validated competency-based tools is a current challenge for PMHNP faculty. Specific activities and strategies to facilitate competency-based education will be reviewed.

Presenters: Sara A. Robinson, MSN, RN, PMHNP-BC; Traci T. Sims, DNS, RN, CNS/PMH-BC

3034: Child & Adolescent

3:30pm - 4:15pm Pacific

Transforming Mental Health Care for Children: An Innovative PMHNP Faculty, PMHNP Student, and PNP Partnership Providing In-Person and Telemental Health Services in a School-based Setting *APRN*

This interactive presentation introduces an innovative, school-based mental health model utilizing PMHNP faculty, PMHNP students, and a PNP to provide integrated care for youth with complex needs. Inequities in access to care exist among youth in under-resourced communities, therefore schools are an ideal place to provide mental health services.

Presenters: Joy Ann Lauerer, DNP, APRN, PMHCNS-BC; Leigh Arden Beck, APRN, CPNP

3035: Undergraduate Education

3:30pm - 4:15pm Pacific

Trauma Informed Care (TIC) from the Clinical Site to the Classroom: Using TIC Teaching and Learning Strategies in Nursing Education **RN APRN**

This presentation will provide an overview of how trauma relates to nursing students and nursing school, review trauma informed teaching and learning strategies, and offer course development, syllabus verbiage, and specific course design practices to be more trauma informed in nursing education.

Presenter: JoEllen Schimmels, DNP, RN, PMHNP-BC, ANP-BC, CNE, FAAN



3036: Research

3:30pm - 4:15pm Pacific

Impact of Nurse Interaction on Repetitive Transcranial Magnetic Stimulation (rTMS) Treatment Outcomes **RN**

The PMH nurse has a unique opportunity to establish a therapeutic nurse-patient relationship while providing rTMS treatments for patients with major depressive disorder. This novel study suggests the nurse-patient relationship positively impacts patients' rTMS outcomes and demonstrates the need for future research in this area.

Presenters: Mallory Cook, BSN, RN; Jodi Tyron, MSI, BSN, RN; Dawn Miller, BSN, RN-BC; Donna Ecklesdafer, MSN, RN; Evonne Edwards, PhD

3037: Violence

3:30pm - 4:15pm Pacific

A Re-conceptualization of Suicidal Thoughts and Behaviors: A Critical Need for Updated Risk-Factors and Clinical Markers **RN APRN**

Suicide is a leading cause of death in the United States. Despite advances over the past thirty years, clinical markers for suicidal thoughts and behaviors (STBs) are insufficient to meet the needs of this epidemic. Multimodal-neurointegrative approaches re-conceptualize STBs via a comprehensive framework that increases prodromal and predictive markers for STBs.

Presenter: William Nicholson, PhD, MS, APRN, PMHNP-BC

Concurrent Sessions

4:30pm - 5:15pm Pacific

0.75 Contact Hours



3041: Psychopharmacology

4:30pm - 5:15pm Pacific

Ketamine Treatment Strategies – Four Years of Experience in a Clinical Setting **RN APRN**

The development of a ketamine service, including IV Ketamine infusion and intranasal esketamine administration, with a clinical team approach to patient management, has proved safe and effective, and offers adjunct therapy for those with treatment-resistant depression and suicidality. Lessons learned and current research will be reviewed.

This session is in review for pharmacology contact hours.

Presenters: Paula Bolton, MS, CNP, ANP-BC; Courtney Miller, RN, BA

3042: Inpatient

4:30pm - 5:15pm Pacific

Implementation of the Timed Up and Go Test in a Psychiatric Unit Decreases Falls with Injury Rate **RN**

This interactive presentation introduces the participant to the Timed Up and Go test and its usefulness in decreasing falls with injury in the inpatient psychiatric setting. The participant will leave with the skills to perform the Timed Up and Go test and tools to aid in successful implementation.

Presenters: Casie Sultana, MSN, CNL, RN, PMH-BC; Susan Burchardt, BSN, RN, PMH-BC; Thomas Van Der Schaaf, BSN, RN; Elyse Paxson Paxson, BSN, RN



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3043: Graduate Education

4:30pm - 5:15pm Pacific

Interprofessional Clinical Case Management in Behavioral Health Care: A Simulation Experience for PMHNP and MSW

Students **APRN**

This presentation demonstrates an effective interprofessional education approach to case management in graduate education. Utilizing a simulated, avatar patient, MSW and PMHNP students worked collaboratively on behavioral health and social determinants of health. Participants will leave with a model for effectively developing interprofessional case management skills in students and professionals.

Presenters: Melissa Bogle, DNP, APRN; Jayme Swanke, PhD, MSW

3044: Child & Adolescent

4:30pm - 5:15pm Pacific

Cost and Quality Impact of a Stepped Care Approach to Depression Treatment in a Child/Adolescent Psychiatric Outpatient Setting **APRN**

This presentation introduces an evidence-based stepped care approach to depression treatment in a child/adolescent outpatient setting that has demonstrated positive outcomes with PMH APRNs in the role of medication management practitioner. Participants will leave with enhanced understanding of the value and quality of PMH APRNs in child/adolescent depression treatment teams.

Presenter: Brittany Yates, DNP, APRN, PMHNP-BC

3045: Undergraduate Education

4:30pm - 5:15pm Pacific

Who We Are: Exploring Faculty Emotional Support Before and During the Pandemic **RN APRN**

This presentation addresses faculty perceptions relative to emotional support provided to colleagues and students as well as their own psychosocial needs, before and during the pandemic. Participants identified beneficial types of support most effective during stressful periods in the academic environment.

Presenters: Jacqueline Williams, MSN, RN, NC-BC; Katherine Evans, DNP, RN; Andrea Alexander, MSN, RN, FNP-BC, CNE; Todd Hastings, PhD, RN, CNE; Brenda Kucirka, PhD, PMHCNS-BC, CNE; Melissa Neathery, PhD, RN, CNE; Anita Iyengar, DNP, RN, PMHCNS-BC, CNE



3046: Research

4:30pm - 5:15pm Pacific

Psychiatric-Mental Health Nurses with Mental Health Disorders: Gifts of Hope and Healing to Psychiatric Patients **RN APRN**

In this presentation, you will hear inspiring accounts of psychiatric-mental health nurses with lived experience of mental health disorders providing care to psychiatric patients. You will learn how to better engage with your patients, utilize self-care strategies, and support your colleagues with mental health challenges.

Presenters: Susan V. Brammer, PhD, RN, CNE; Krystyna de Jacq, PhD, PMHNP-BC

3047: Violence

4:30pm - 5:15pm Pacific

Uncovering the Hidden World of Dating Apps and Sexual Assault: Time to Educate and Advocate **RN APRN**

Presenters will describe the latest disturbing international and national violence trends, and research on dating app facilitated sexual assaults. Persons with pre-existing mental illness of any severity are more vulnerable. Psychiatric-mental health nurses can reduce sexual assault vulnerability without victim-blaming and promote evidence-based treatments to reduce trauma impact.

Presenter: Leslie W. Miles, DNP, PMHNP-BC

Concurrent Sessions

5:30pm - 6:15pm Pacific

0.75 Contact Hours



3051: Psychopharmacology

5:30pm - 6:15pm Pacific

Why Are You Prescribing Me an Antipsychotic for My Depression? Neuroscience-Based Nomenclature for Psychotropic Medications *RN APRN*

Standard nomenclature for psychotropic medications includes names like antidepressants, stimulants, and antipsychotics. These names do not describe pharmacologic properties and are confusing to patients. We will describe neuroscience-based nomenclature (NbN), a movement that aims to move from a disease-based naming system to a pharmacology and mechanism of action based system.

This session is in review for pharmacology contact hours.

Presenters: Lyons Hardy, MSN, PMHCNS, PMHNP; Elizabeth Hutson, PhD, APRN-CNP, PMHNP; Erin Ellington, PhD, APRN-CNP, PMHNP

3052: Inpatient

5:30pm - 6:15pm Pacific

Can We Help Psychiatric Nurses Stay? Implementation of a Unique, Comprehensive Psychiatric-Mental Health Nurse Residency Program for Our Novice Psychiatric Nurses that Supports Professional Growth, Confidence, Critical Thinking, Teamwork, and Self-Awareness *RN APRN*

This presentation provides a detailed overview of the development and implementation of a unique Psychiatric-Mental Health Nurse Residency Program in a large psychiatric setting. Through engaged discussion, participants will leave with a framework and extensive outline to apply this professional development initiative in their own institution.

Presenters: Nancy Bowllan, EdD, CNS, RN; Heather O'Brien, MSN, RN

3053: Graduate Education

5:30pm - 6:15pm Pacific

Choose Your Own Adventure: Integration of Systems Based Practice in PMHNP Graduate Education *APRN*

An interactive virtual program is in development as a strategy to facilitate student critical thinking in their role working within complex health systems to support quality outcomes, as outlined in domain 7 of the American Association of College of Nursing (AACN) updated competencies for nursing education.

Presenters: Cassandra Perry, MSN, PMHNP-BC; Sara Banzhaf, DNP, APRN-NP, PMHNP-BC; Catherine Messinger, DNP, APRN, FNP-BC, PMHNP-BC

3054: Child & Adolescent

5:30pm - 6:15pm Pacific

Promoting Whole Child Care in a Pediatric Hospital *RN APRN*

Introduction to an innovative model that integrates mental health expertise into a pediatric hospital environment.

Presenters: Lisa Schneider, MS, BSN, RN, PMH-BC, NEA-BC; Amy Foster, BSN, RN; Kelly Wilson, BSN, RN, PMH-BC, CCISM



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3055: Undergraduate Education

5:30pm - 6:15pm Pacific

From Dry Case Study to NextGen Learning: Putting New Tools to Practice **RN**

This presentation encourages participants to apply an understanding of NextGen questions by adapting a standard case study into the NextGen format. A systematic process will be presented for developing case studies with corresponding questions using a variety of the new styles of test items.

Presenters: *Andrea Alexander, MSN, RN, FNP-BC, CNE; Kate Evans, DNP, RN; Todd Hastings, PhD, RN, CNE; Melissa Neathery, PhD, RN, CNE; Jacque Williams, MSN, RN, NC-BC; David Sharp, PhD, RN; Kathy Lucatorto, DNP, RN; Linda Ewald, MS, PMHCNS-BC*



3056: Research

5:30pm - 6:15pm Pacific

Effects of Trauma Informed Care on Children and Families Who Fled from War-Torn Countries **RN APRN**

This presentation focuses how trauma informed care can be beneficial for the children and families who fled from war-torn countries.

Presenter: *Ugur Barut, Ed.D, MSN, RN-C*

3057: Violence

5:30pm - 6:15pm Pacific

A Psychiatric Nurse-Led Team Implemented in a General Hospital Setting Decreases Nurse Injury Rate **RN APRN**

This presentation focuses on steps to successfully implement a psychiatric nurse-led team to decrease workplace violence and nurse injuries. The participant will leave with an understanding of the resources, education, and process needed to accomplish the implementation at their health care site.

Presenters: *Casie Sultana, MSN, CNL, RN, PMH-BC; Susan Burchardt, BSN, RN, PMH-BC; Merribeth Richard, BSN, RN, PMH-BC*

Chapter Meetings

6:30pm - 7:30pm Pacific

Connect with psychiatric-mental health nurses from your area! Catch up with your APNA Chapter to get insight into your region's PMH nursing advancements, needs, and opportunities.



Symposium Dinner

8:00pm - 9:30pm Pacific

1 Contact Hour

“The recordings were amazing to listen to at my own convenient time! This was a great help to me. It gave me more options to listen to other workshops scheduled at the same time. The updated research and handouts were incredible. I will definitely attend next year!”

Mary Ella





Product Theater Breakfast

6:00am - 7:30am Pacific

Council Meetings

8:00am - 9:00am Pacific

9:15am - 10:15am Pacific

Connect with APNA Councils! Each will provide updates in their area of focus: Addictions, Administration, Child & Adolescent, Education, Mental Health Advocacy, Practice, Safe Environments, Recovery, and Research & Scholarship.

Concurrent Sessions

10:30am - 11:15am Pacific

0.75 Contact Hours

4011: Psychotherapy

10:30am - 11:15am Pacific

Mental Health Strategies to Cope, Prevent, and Recover from R.U.S.T: Racism, Unrelenting Substance Use, Stigma, and Trauma *RN APRN*

An interactive presentation using diverse technologies to engage audience members in discussing R.U.S.T. sequela. This concept postulates that cognitive and behavioral coping strategies build resilience comparable to a coating on metals that prevents rust. Application of evidence-based “coatings” by attendees is included.

Presenters: S. Akeya Harrold, DNP, PMHNP-BC; Donna Lee Williams, DNP, PMHNP-BC

4012: Substance Use

10:30am - 11:15am Pacific

What’s in Grandma’s Medicine Cabinet? Using GRACE in a Nurse Practitioner Clinical Immersion Experience to Improve Substance Use Disorder (SUD) Treatment for Older Adults *RN APRN*

Need an effective way to teach NP students how to accurately assess for and treat SUD in older adults? This presentation is for you! Learn about an innovation developed to target specific addiction treatment needs in older adults. The GRACE Project design, implementation strategies, outcomes, and next steps are discussed.

Presenters: Kathleen Schachman, PhD, FNP-BC, PMHNP-BC, FIAAN, FAANP; Catherine A. Macomber, PhD, LMSW; Mindy Fabbro, DNP, FNP-BC; Jennifer Scott, DNP, FNP-BC





4013: Graduate Education

10:30am - 11:15am Pacific

The Clinical Relevance of Sexual and Gender Minority Stress Assessment **RN APRN**

Conducting a Minority Stress assessment as an adjunct to standard psychosocial assessments of Sexual and Gender Minority Individuals (SGMI) in clinical practice is likely to inform and aid clinicians' understanding and treatment of biopsychosocial stressors significantly impacting SGMI's mental well-being (Livingston et al., 2020).

Presenter: David Chinyeaka Agor, RN

4014: Patient Advocacy

10:30am - 11:15am Pacific

Improving Equitable Access to Inpatient Care for Socio-Economically Disadvantaged Psychiatry Patients **RN APRN**

Access to a psychiatric hospital from an emergency department should never be contingent upon someone's insurance or ability to pay. We designed and tested a quality improvement project that successfully equalized transfer of boarding ED patients to psychiatric hospitals regardless of ability to pay.

Presenter: Joseph Lyon, MSN, RN, FNP-BC, PMHNP-BC

4015: Undergraduate Education

10:30am - 11:15am Pacific

Item Writing for the Next Generation NCLEX: Active Engagement Session to Write Case Studies and Standalone Items **RN**

This session provides undergraduate nurse educators with active NGN item-writing practice with in-the-moment guidance. These questions can then be used immediately in all environments of undergraduate nursing education to prepare students for the Next Generation NCLEX while increasing skills in students to be better prepared for professional practice.

Presenters: Cherie R. Rebar, PhD, MBA, RN, CNE, CNEcl, COI, FAADN; Nicole M. Heimgartner, DNP, RN, CNE, CNEcl, COI

4016: Research

10:30am - 11:15am Pacific

Long-term Impact of Mental Wellness Courses on College Student Mental Health **RN APRN**

Colleges are struggling to meet their students' mental health needs. Applied mental wellness courses are a low resource intervention that could potentially help address this need. This presentation describes the results of a study evaluating the effects of applied mental wellness courses on student mental well-being.

Presenters: Michael Thomas, DNP, APRN, PMHNP-BC, CNE; Joshua Pinson, RN, BSN, FNP-S



4017: Special Populations

10:30am - 11:15am Pacific

Increasing Access to Buprenorphine for Individuals with Opioid Use Disorder: DATA Waiver Training Overview and Nursing Curricula Recommendations **RN APRN**

This presentation will discuss increasing access to treatment for individuals with OUD through the use of the DATA waiver/exemption. Suggestions for DATA waiver training inclusion in graduate nursing school curricula will be explored, as well as survey results of attitudes about DATA waiver training inclusion.

Presenters: Lauren Meadows, RN; Amanda Simonton, PhD, APRN, PMHNP-BC; Donna Rolin, PhD, APRN, PMHCNS-BC, PMHNP-BC

“I really appreciated being able to listen to sessions on demand. It happened several times that I was interested in more than one session in a given timeframe.”

Concurrent Sessions

11:30am - 12:15pm Pacific

0.75 Contact Hours

4022: Substance Use

11:30am - 12:15pm Pacific

What's Next? Translating Nursing Tobacco Treatment Competencies into Practice, Education, Research, and Policy *RN*

APRN

Got competencies? Check! Got dissemination? Not so much. Nursing competencies for treating TUD are now available. Next steps? Turning them into best practices! Nurses are being invited to research and policy tables yet struggle with role expectations. Check out TUD competencies, recent dissemination examples, and participate in sample of content.

Presenter: Carol Essenmacher, DNP, PMHCNS-BC, RN



4023: Graduate Education

11:30am - 12:15pm Pacific

MOUD Curricular Enhancements: Building on Foundational Knowledge Using Asynchronous Modules *APRN*

This presentation introduces a curricular enhancement implemented at a graduate school of nursing across all primary care programs whose aim is to increase NP student confidence in managing complex issues related to MOUD. We will present our pilot program and share student and faculty feedback.

Presenters: Joseph Wolf Schatz, DNP, CRNP, PMHNP-BC, CARN-AP; Shoshana V. Aronowitz, PhD, MSHP, FNP-BC

4024: Patient Advocacy

11:30am - 12:15pm Pacific

Creating COVID-19 protocols in Inpatient Forensic Psychiatric Care *RN APRN*

This presentation will outline the experiences and lessons learned from a forensic hospital in creating and implementing COVID-19 protocols. The successes of this forensic hospital in a pandemic "hot spot" can inform others' practices for current or future outbreaks.

Presenters: Kristen Toepfer, RN; Kristen Kichefski, MSN, MBA, RN-BC

4025: Undergraduate Education

11:30am - 12:15pm Pacific

Supporting the Development of Emotional Intelligence and Resilience in Undergraduate Nursing Students *RN APRN*

This presentation reviews the use of Active Learning Strategies threaded through a 4-year nursing program to support the development of Emotional Intelligence and Resilience among undergraduate nursing students.

Presenters: Elaine Webber, DNP, PPCNP-BC, IBCLC; Nadine Wodwaski, DNP, MSN-ed, ACNS, RN

4026: Research

11:30am - 12:15pm Pacific

Differences Between College Males' and Females' Coping Mechanisms in Relation to the COVID-19 Pandemic *RN*

This presentation includes a basis for coping theories, background information on previous research, and results of how males and females cognitively coped through the pandemic. There will be a discussion on how to best add these studies into practice to improve the nurse-client relationship.

Presenter: Margaret E. Tasket, RN, BSN



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4027: Special Populations

11:30am - 12:15pm Pacific

Veterans, Psychedelics, and PTSD: Healing the Wounds of Service **RN APRN**

MDMA-assisted therapy shows promise in phase 3 clinical trials for the treatment of PTSD in veterans. Evidence indicates that MDMA-assisted therapy is an efficacious treatment and safer than first-line medications. MDMA maximizes therapeutic effects of psychotherapy by decreasing suicidal ideation, depressed mood, substance use, and trauma.

Presenters: *Melissa Marine, MSN, CRNP, PMHNP-BC; Rachel Mendonca-Hasenbein, MSN, CRNP, PMHNP-BC; Dongsheng Shi, MSN, CRNP, PMHNP-BC*

Concurrent Sessions

12:30pm - 1:15pm Pacific

0.75 Contact Hours

4031: Psychotherapy

12:30pm - 1:15pm Pacific

Supportive Psychotherapy: Practical Applications for the Advanced Practice Psychiatric Nurse **APRN**

This presentation will provide an overview of supportive psychotherapy including indications, basic principles, techniques, and goals. Participants will learn documentation tips for billing and regulatory requirements and identify differences between CPT supportive psychotherapy services and E/M services.

Presenters: *Amanda L. Schuh, PhD, APRN, PMHNP-BC; Sarah Jacobs, MSN, APRN, PMHNP-BC*

4032: Substance Use

12:30pm - 1:15pm Pacific

Helping Older Adults with Opioid Use Disorders Stay Healthy and in Recovery **RN APRN**

This presentation will describe the demographics and the most common co-occurring medical, psychiatric, and substance use disorders in older adults with opioid use disorders in FQHC clinics in lower New York state. Older adults with OUD have complex health care needs that require a compassionate multidisciplinary approach.

Presenter: *Steven L. Baumann, PhD, GNP-BC, PMHNP-BC, PMHCNS-BC*



4033: Graduate Education

12:30pm - 1:15pm Pacific

The Price of Gambling: Examining Gambling Disorders **RN APRN**

This presentation will provide a comprehensive overview of gambling disorder.

Presenters: *Deborah A. Salani, DNP, APRN, PMHNP-BC, NE-BC; Deana Goldin, PhD, DNP, APRN, PMHNP-BC, FNP-BC*

4034: Patient Advocacy

12:30pm - 1:15pm Pacific

Examining Unit Rules/Expectations to Improve Unit Safety and Enhance Patient Experience in an Inpatient Psychiatric Unit: Keep, Omit, Re-frame, and Educate **RN APRN**

This presentation highlights how PMH nurses investigated unit rules/expectations as a quality improvement initiative, showing positive outcomes in unit safety, satisfaction, and engagement. The presentation provides insight into nurse empowerment, trauma-informed care, and nurse/patient relationships. Nurses will gain thought-provoking information that decreases barriers to practice change and transforms the patient experience.

Presenters: *Danielle Michalak, MSN, RN, PMH-BC; Kristin Phillips-Marcum, MSN, RN, PMH-BC; Elizabeth Barwick, BSN, RN; Claire Kidwell, MSN, RN, PMH-BC; Georgia Rosenblatt, MS, APRN, PMHCNS-BC*

4035: Undergraduate Education

12:30pm - 1:15pm Pacific

Stress Support Groups for Nursing Students *RN APRN*

This presentation describes the development, evolution, and evaluation of online stress support groups for nursing students run by trained PMHNP students. An overview of the support group purpose, facilitator role/training, session components, and future implications for addressing the impact of stress and providing support for nursing students will be discussed.

Presenter: Kerry Peterson, PhD, DNP, PMHCNS-BC, PMHNP-BC, RN

4036: Research

12:30pm - 1:15pm Pacific

Improving Firefighters' Mental Health Through Education: An Evidence-based, Non-traditional Approach *RN APRN*

This presentation will discuss one evidence-based approach to addressing firefighters' risk for mental health problems. We will outline the development of a mental health education program implemented in Arkansas' largest fire department. After one year, results showed improved knowledge, awareness, and attitudes regarding mental health, as well as help-seeking behaviors.

Presenter: Sara Jones, PhD, APRN, PMHNP-BC



4037: Special Populations

12:30pm - 1:15pm Pacific

Demographic Characteristics and Practice Profiles of the Psychiatric-Mental Health Nursing Workforce *RN APRN*

This presentation reports on the APNA Workforce Task Force's survey of the psychiatric-mental health nursing workforce conducted late 2020-May 2021. We report the demographic, education, and employment characteristics, including earnings, of respondents which included 4,088 who completed the RN survey and 5,158 who completed the APRN survey.

Presenter: Angela M. Gerolamo, PhD, CRNP, PMHNP-BC



Annual Meeting & Town Hall

1:30pm - 2:30pm Pacific

Hear about APNA's past year, present status, and future goals. During the Town Hall, take advantage of the exclusive opportunity to speak directly to the APNA Board of Directors to help inform the direction of your organization and ensure that APNA meets your needs.



APNA reserves the right to make program changes as necessary and the right to cancel sessions if minimum enrollment has not been met or events occur beyond reasonable control of APNA.



= Virtual Livestream



TO REGISTER

Online: www.apna.org/AnnualConference

By Phone: 888-408-8191

Special Registration Categories

- Student:** Full-time nursing students with APNA Student Memberships that are current through **December 31, 2022**.
- Retired:** Those with APNA Retired Memberships are eligible to receive the retired discount.
- Military:** This rate is for members of the Armed Forces (Army, Navy, Air Force, Marine Corps, and Coast Guard) on active duty. Must show proof of current active military service during Registration. Use the code: **APNA2022MILITARY**

Cancellation Policy

If you are not able to attend the conference in the format you selected (in-person or virtual), you can change the format without penalty on or before 9/23/2022. Notification of registration cancellation must be received in writing to inform@apna.org by 9/23/2022 for a refund less a \$75 administrative fee. No refunds will be issued after 9/23/2022. Please allow 3 weeks for processing.

Americans with Disabilities Act

APNA will adhere to the legal requirements of the Americans with Disabilities Act. If a conference registrant needs accommodation, please contact APNA at 855-863-2762 prior to the conference and/or visit the APNA Registration Desk onsite.

Industry Sponsored Sessions

No additional fee required!

Meal Sessions for In-Person Attendees: Meals provided by APNA on a first come, first served basis.

Product Theaters

Promotional Presentations, No Contact Hours Provided, Available to In-Person Attendees Only

Wednesday, 12:20pm – 1:50pm Pacific

Wednesday, 8:00pm – 9:30pm Pacific

Thursday, 7:00am – 8:30am Pacific

Thursday 12:15pm – 1:45pm Pacific

Friday, 7:00am – 8:30am Pacific

Friday, 12:45pm – 2:15pm Pacific

Saturday, 6:00am – 7:30am Pacific

Symposium

Sponsored Educational Presentation: Up to 1 Contact Hour, Available to In-Person & Virtual Livestream Attendees

Friday, 8:00pm – 9:30pm Pacific

Registration Information

In-Person or Virtual Livestream Registrations

Register by **September 12** to take advantage of Early Bird registration rates. The Pre-Registration Deadline is **October 10**, after which you will need to register on-site. On site registration will be open from Tuesday, October 18 until space is no longer available. Some sessions may be unavailable due to limited capacity.

INDIVIDUAL REGISTRATION RATES

	Member	Non-Member	Join APNA Now
In-Person or Virtual Livestream Full Conference Registration Includes on-demand session recordings.			
Early Bird Deadline: 9/12	\$545	\$795	\$680
Regular Deadline: 10/10	\$645	\$895	\$780
On Site	\$670	\$920	\$805
Student*	\$299	–	–
Retired*	\$299	–	–
Active Military**	\$299	\$299	\$434
Wednesday Add-On Options			
Pre-Conference Sessions	\$59	\$100	–
Suicide Prevention Training In-person Only	\$59	\$100	–
In-Person or Virtual Livestream One-Day Registration (Thursday, Friday, Saturday)			
One Day	\$299	\$525	\$434

INSTITUTIONAL REGISTRATION RATES - AVAILABLE THROUGH 9/12

	Institutional Group Rate	Savings*
Institutional Group In-Person or Virtual Livestream Full Conference Registration Includes on-demand session recordings.		
Two Attendees	\$1,050	\$540 savings
Three Attendees	\$1,500	\$885 savings
Four Attendees	\$1,900	\$1,280 savings
Five or More Attendees	\$450/attendee	\$1,725+ savings
Institutional Group Rate		

Institutional Group In-Person or Virtual Livestream One-Day Passes

Each registrant can attend different days (or # of days). Rate is calculated per individual, per day & includes access to recordings for the day(s) registered.

Two Attendees	\$250 per attendee, per day	
Three or More Attendees	\$225 per attendee, per day	

Email inform@apna.org to request an Institutional Rate Group Registration Form.

* Based on non-member rates



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Tel 855.863.2762 | Fax 855.883.2762
www.apna.org

You're Invited

APNA *36th Annual Conference*

Psychiatric-Mental Health Nurses Activating Our Voices:
Who We Are, What We Do, What We Need

October 19-22, 2022

Long Beach, CA & Virtual Livestream

www.apna.org/AnnualConference

Who You Are: A Passionate PMH-RN or PMH-APRN

What You Do: Advance Mental Health & Well-Being for Individuals, Families, and Communities

What You Need: Time to reignite your passion at a conference that showcases the latest in PMH nursing administration, education, practice, and research.