

1. Form Typed or Written in Ink
2. All receipts must be attached

COUNTY OF LAKE

TRAVEL EXPENSE CLAIM

Claimant Carol Morgan Employee No. _____
Mailing Address 10147 Monte Cristo Drive, Kelseyville, CA 95451 Department No. 4011
Leave Date: 10/18/22 Time: 9:00 pm Return Date: 10/23/22 Time: 2:00 pm
Destination Long Beach California
Purpose APNA Conference

TRANSPORTATION 208 x \$0. 0.39 = \$ 81.12 Fares \$ _____
(Priv Car/Air Miles) (Rate) (Amount) (Public Trans)
Other/Identify \$ 88.75 1) Parking in Sacramento Airport
(Amount) (Received)
2) Taxi from hotel to LB Airport
(Received)
Other/Identify \$ _____ 1) _____
(Amount) (Allowable Unreceipted)

MEALS - PER DIEM \$ 35.00 5 \$ 50.00 5 \$ 85.00 5
(Travel Policy - Sec 2.1) (Breakfast) (No) (Lunch) (No) (Dinner) (No)

MEALS - ACTUAL \$ _____ (Breakfast) (No) \$ _____ (Lunch) (No) \$ _____ (Dinner) (No)
(Travel Policy - Sec 4.1)

LODGING - ACTUAL \$ _____ (Amount) _____ (No. of Days)
(Travel Policy - Sec 4.1)

*If an advance was received, the travel expense form is due within 10 working days of your return. Failure to comply with this requirement will result in the ineligibility for future advances.

Total Reimbursement Claimed \$ 339.87
Less Travel Advance* _____ (Date of Advance)
Total Reimbursement Due \$ 339.87

I certify under the penalty of perjury that the within claim and the items as therein set out are true and correct, that no part thereof has heretofore been paid and that the amount therein is justly due me and that the same is presented within 60 days of the date on which expenses were incurred inclusive of required receipts, unless an advance was received (see above*).

I further certify the above meets all provisions of the County of Lake Travel Policy and that there are sufficient funds and budget appropriations to support this claim. Claim is hereby approved for the above total.

Carol Morgan

01/04/2023

Jonathan Portney (Jan 5, 2023 07:15 PST)

01/05/2023

Claimant's Signature

Date

Authorized and Approved by Department Head

Date

Vendor No. (7) 11546	Invoice # (15) CM-10/18	Description (25) Mileage, parking, meals
Fund (000) 170	Dept (0000) 4011	Account (000.00-00) 740.29-50
	Amount \$ 339.87	Project # (6) CDPH-4451

Verified/Approved for Payment:

Jenavive Herrington, Auditor-Controller

By

(Deputy Auditor)

(Date)

E:\FORMS\ACCOUNTS PAYABLE\TRVL EXP CLAIM

Revised Dec 2022

C. Morgan Travel Expense Claim

Final Audit Report

2023-01-05

Created:	2022-12-19
By:	casey.moreno@lakecountyca.gov
Status:	Signed
Transaction ID:	CBJCHBCAABAA5lpE0K7FPqh9jEXAH0mXp2UH9TuGumki

"C. Morgan Travel Expense Claim" History

-  Document created by casey.moreno@lakecountyca.gov
2022-12-19 - 5:40:40 PM GMT
-  Document emailed to carol.morgan@lakecountyca.gov for signature
2022-12-19 - 5:41:20 PM GMT
-  Email viewed by carol.morgan@lakecountyca.gov
2023-01-04 - 9:48:51 PM GMT
-  Signer carol.morgan@lakecountyca.gov entered name at signing as carol morgan
2023-01-04 - 9:49:25 PM GMT
-  Document e-signed by carol morgan (carol.morgan@lakecountyca.gov)
Signature Date: 2023-01-04 - 9:49:27 PM GMT - Time Source: server
-  Document emailed to jonathan.portney@lakecountyca.gov for signature
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-  Email viewed by jonathan.portney@lakecountyca.gov
2023-01-04 - 9:56:45 PM GMT
-  Signer jonathan.portney@lakecountyca.gov entered name at signing as jonathan portney
2023-01-05 - 3:16:15 PM GMT
-  Document e-signed by jonathan portney (jonathan.portney@lakecountyca.gov)
Signature Date: 2023-01-05 - 3:16:17 PM GMT - Time Source: server
-  Agreement completed.
2023-01-05 - 3:16:17 PM GMT



Monte Cristo Dr, California 95451

Sacramento International Airport

Add destination

Leave now

Options

Send directions to your phone

via State Hwy 20 E and I-5 S 1 hr 48 min

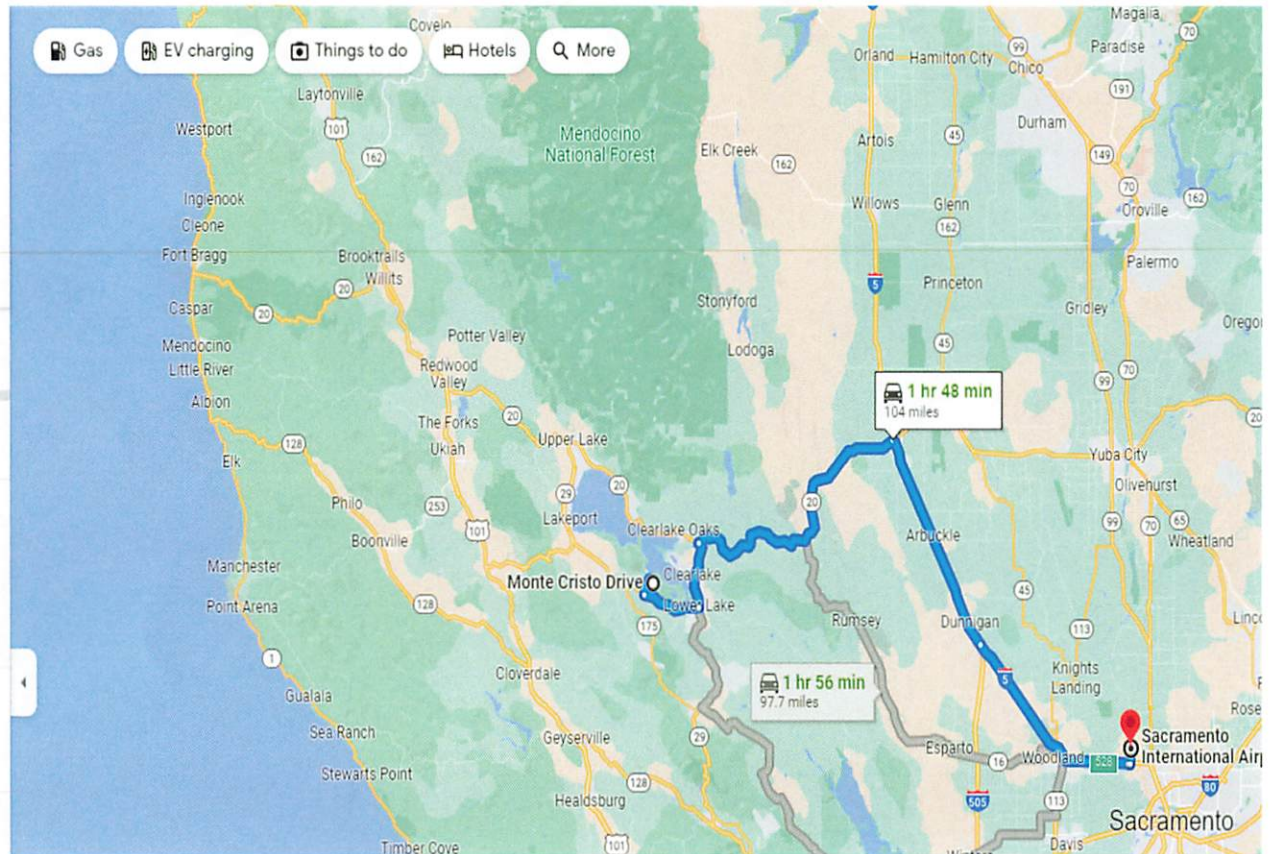
Fastest route now due to traffic conditions 104 miles

Details

via CA-16 E 1 hr 56 min

97.7 miles

via CA-128 E 2 hr 23 min





3141 Fairview Park Drive, Suite 625
Falls Church, VA 22042

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.



Friday

Product Theater Breakfast

7:00am - 8:30am Pacific

No Contact Hours Provided



Keynote Presentation

9:00am - 10:00am Pacific

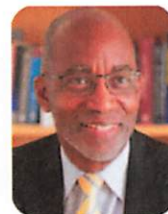
1 Contact Hour

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. Tavoraro-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



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

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

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

Friday, October 21

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."



= Virtual Livestream



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

Friday, October 21

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

Friday, October 21

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



= Virtual Livestream

THE PREMIERE EVENT FOR PSYCHIATRIC-MENTAL HEALTH NURSING

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





Saturday

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



= Virtual Livestream



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."

Saturday, October 22

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 Essmacher, 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



= Virtual Livestream

Saturday, October 22



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

0.75 Contact Hours

12:30pm - 1:15pm Pacific

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
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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