



# ISPN 2022 Annual Conference

ISPN March 16-19, 2022 • BROUGHT TO YOU VIRTUALLY

*The Power of Psychiatric Mental Health Nurses: Leading Innovations for Sustainable Health and Well-being*

The ISPN Board of Directors and the Conference Committee are pleased to welcome you to our 24th Annual Conference entitled, “**The Power of Psychiatric Mental Health Nurses: Leading Innovations for Sustainable Health and Well-being.**” This conference will provide an opportunity to connect, practice self-care, learn about current evidence-based practices, and discuss ways to advocate for healthier communities. Regardless of what role you aspire to or maintain as an advanced psychiatric mental health nurse, we hope you enjoy this year’s program. We offer a wide range of presentations that fall into the broad categories of education/teaching pedagogy, evidence-based practice, research, psychopharmacology, and leadership in the United States and abroad.

We are excited to hear from our diverse and prominent slate of keynote speakers who will be addressing a broad array of topics that are current and relevant to our field. Our virtual platform provides the valuable opportunity to potentially earn up to 37.5 hours that can be used for obtaining and maintaining certification with credentialing organizations.

We are fortunate to have daily offerings of yoga by John Yuhas at the conference. Be sure to take advantage of everything the Annual Conference has to offer by participating in:

- ISPN Peer Support Group Meeting – this will be an open forum for members to check in and discuss stressful situations they’ve recently experienced, burnout, or compassion fatigue;
- IMIN Meet and Greet – The ISPN Mentoring Initiative Navigator Program (IMIN) is a capacity-building mentoring program designed to welcome new members and first-time conference attendees with two aims: 1) increase ISPN member involvement by connecting with seasoned ISPN members; and 2) facilitate leadership succession planning by mentoring members into leadership positions. Please join our virtual IMIN Meet and Greet for more information as well as how to apply for both mentor and mentee opportunities;
- ISPN Business Meeting;
- ISPN Awards Ceremony;
- Panels on Reawakening Self-care and Psychotherapy: Returning to Our Roots.

We view the ISPN Annual Conference as a time of renewal and growth, a way to initiate and strengthen professional relationships, and to explore ideas to advance our profession and discipline.

As we reflect on the unique opportunities available to members and guests of the International Society of Psychiatric-Mental Health Nursing’s Annual Conference, we are proud to stand behind the mission of the organization: “to support advanced-practice psychiatric-mental health nurses in promoting mental health care, literacy, and policy worldwide.” We encourage you to reflect on how your lifework aligns with this mission.

We extend a big thanks to the members of the Conference Committee and all the staff at The Rees Group who have worked diligently to offer this virtual conference. We truly hope that you enjoy your time.

We believe that maintaining these professional connections and building new ones is essential during these times, which is why we are offering opportunities to connect on our platform. Although we are meeting virtually due to the pandemic, we are looking forward to meeting in person in 2023 in Redondo Beach.

Be well and safe,



Allison Brauch, DNP, APRN, PMH-BC, NP-C, CARN-AP  
Conference Co-Chair



Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC  
Conference Co-Chair

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## Virtual Platform

Log-in instructions will be sent to each registrant on Monday, March 14, 2022, by email. You must use the email address you used to register for the Annual Conference in order to gain access. Visit the [ISPN website](#) for more information on the virtual platform.

We recommend that you use the [Chrome browser](#) to maximize your virtual experience.

**IMPORTANT NOTE:** Do not share your log-in credentials with others. You are allowed only one active session at a time. If someone is using your credentials, this will eliminate YOUR ability to access the virtual platform.

If you're having trouble logging in to the virtual platform, please send an email to [info@ispn-psych.org](mailto:info@ispn-psych.org).

## On-Demand Videos

Pre-recorded videos will be available for viewing by registered attendees after the Annual Conference is over, based upon speaker agreement.

## ISPN Mission and Practices

### MISSION:

To support advanced-practice psychiatric-mental health nurses in promoting mental health care, literacy, and policy worldwide.

### PRACTICES:

The practices of the International Society of Psychiatric-Mental Health Nurses are to:

- Strengthen the presence and voice of advanced practice psychiatric-mental health (PMH) nurses through contributions to standards, curricula, and public policy statements that promote equitable quality mental health care for individuals, families, and communities;
- Promote advanced practice psychiatric nurses to deliver lifespan mental health care and literacy education to clients, families, and communities;
- Promote members' research and the development of scholarship through funding, presentations, and publications;
- Support members' efforts to collaborate with clients, families, communities, and national and international partners to address mental health issues;
- Provide education, leadership development, and networking for members through conferences, online resources, service opportunities, and partnerships.

## General Information

### Officers & Directors

#### PRESIDENT

Cheryl Woods-Giscombe, PhD, RN, PMHNP-BC, FAAN

#### PRESIDENT ELECT

Ukamaka Oruche, PhD, RN, PMHCNS-BC, FAAN

#### TREASURER

Shawn Gallagher, PhD, PMHNP-BC, PMHCNS-BC, FNP-BC

#### PAST PRESIDENT

Deborah Johnson, DNP, PMHNP-BC, FAANP

#### DIRECTORS

Julie Bertram, PhD, RN

Barbara Peterson, PhD, PMHCNS-BC, APRN

#### RECORDING SECRETARY

Andrea Kwasky, DNP, PMHNP-BC, PMHCNS-BC

#### ISPN Executive Director

Jessica Retzlaff

### ISPN Foundation Board

#### PRESIDENT

Ann Roselle, MSN, ACNP-BC

#### PAST PRESIDENT (EX OFFICIO)

Jim Kane, MN, RN, CNS, NEA-BC

## PRESIDENT ELECT

Dan Wesemann, DNP, PMHNP-BC, ARNP

## SECRETARY

Karan Kverno, PhD, PMHNP-BC, PMHCNS-BC

## TREASURER

J. Kaye Knauff, DNP, RN, FNP-BC, PMHNP-BC

## BOARD MEMBERS

Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN

Brayden Kameg, DNP, PMHNP-BC, CARN, CNE

Aparna Kumar, PhD, MSN, CRNP, PMHNP-BC

## ISPN Committees

### Awards Committee Chair

Moniaree Jones, EdD, RN, MSN, COI

### Communications & Marketing Committee Chair

Steven Prymachuk, PhD, PGDipEd, RN (Mental Health), CPsychol, SFHEA

### Conference Committee Chairs

Allison Brauch, DNP, APRN, PMH-BC, NP-C, CARN-AP

Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC

### Diversity, Equity and Inclusion Committee Chairs

Patty Wilson, PhD, PMHNP-BC

Mia Pasini, MSN, PMHNP-Student

### Finance Committee Chair

Shawn Gallagher, PhD, PMHNP-BC, PMHCNS-BC, FNP-BC

### Membership Committee Chair

Marian Newton, PhD, PMHNP, PMHCNS

### Nominating Committee Chair

Deborah Johnson, DNP, PMHNP-BC, FAANP

### Policy Committee Chair

Sally Raphael, MS, APRN, PMH, FAAN

### Newsletter Editor

Angela McNelis, PhD, RN, FAAN, ANEF, CNE

## Conference Committee

Allison Brauch, DNP, APRN, PMH-BC, NP-C, CARN-AP, Co-Chair

Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC, Co-Chair

Pamela Galehouse, PhD, RN, PMHCNS-BC, CNL

Cynthia Handrup, DNP, PMHCNS-BC, FAAN

Sara Horton-Deutsch, PhD, RN, ANEF, FAAN

Heeyoung Lee, PhD, PMHNP-BC

Kimberly Miller-Wenning, DNP, CNP, ANP, FNP, PMHNP

Barbara Peterson, PhD, PMHCNS-BC, RN

Autumn Roque, DNP, APRN, PMHNP-BC

Briana Snyder, PhD, RN, PMH-BC, CNE, RYT 200

Kimberly Stack, PMHNP-BC

## Abstract Reviewers

Thank you to all who served as abstract reviewers for this year's program. We appreciate your involvement!

Allison Brauch, DNP, APRN, NP-C, PMHNP-BC, CARN-AP

Xavier Belsiyal Chellappan C, MSc(PsyN), MSc(Psy), MBA(HM), RN, RM

Judith Fry-McComish, PhD, RN, FAAN, IMH-E-IV

Niki Gjere, PhD, MA, MS, PMHCNS-BC

Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC

Jennifer Graber, EdD, PMHCNS-BC

Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN

Lorraine Hover, PhD, RN

Don Howe, RN, PhD, ThD, CARN, LCDC, FIAAN

David C. Keller, MS, RN, CNE

Pamela Laskowski, PhD, RN, CNE

Jane Le Vieux, PhD, RN, PMHN-BC, LPC-S, NHDP-BC

Heeyoung Lee, PhD, PMHNP-BC

Patricia Mares Miller, AP-MHNP BC

Tempest Merricks, PMHNP

Kimberlee Miller-Wenning, DNP, CNP, ANP, FNP, PMMHPN

Christa Moore, MSN, RN, CNE, COI

Jane Neese, PhD, RN

Barbara Peterson, PhD, PMHCNS-BC, APRN

Loujain Sharif, BSN, MSc, PhD

Briana Snyder, PhD, RN, PMH-BC CNE, RYT 200

Chanokporn Sriprasarn, RN, PhD

Robi Thomas, PhD, RN, PMHNP-BC

Karen Wall, EdD, MA, PMHRN-BC, GERORN-BC, OFS, LMFT

Jaclyne Zauszniewski, PhD, RN-BC, FAAN

## Conference Objectives

At the end of this Conference, the participant should be able to:

- Implement two techniques or exemplars into curriculum and/or educational programs.
- Apply evidence of two psychiatric-mental healthcare research and innovations into practice.
- Evaluate two leadership and policy strategies that address health equity, reduction of health disparities, and include vulnerable populations.
- Discuss two significant trends related to the roles of psychiatric mental health nurses' practice including the role of the psychiatric mental health nurse practitioner, clinical nurse specialist, and nurse psychotherapist.
- Implement one to two psychotherapy techniques in practice with your treatment population.
- Utilize two psychopharmacological/CAM evidence-based practice changes to incorporate into clinical practice that improve individual and population health, while reducing disparities.

## Nursing Contact Hours

This nursing continuing professional development activity was approved by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).

Contact hours are complimentary with your registration fee.

To obtain continuing education contact hours for the attending the ISPN Annual Conference, attendees must attend one or more sessions; contact hours will be awarded commensurate with participation and the completion and submission of an evaluation form and CE attendance form.

## Poster Presentations

The virtual poster session is scheduled for Thursday, March 17 at 5:30 p.m. CT. Poster presentations are listed on page 10 of this program.

## 2022 Conference Highlights

### Keynote Speakers

Don't miss these ISPN 2022 Keynote Speakers:

- Opening Keynote Address: **An Awe-full Keynote: The Recovery of Wonder and the Praxis of Play**  
Michael Terry, DNP, FNP, PMHNP  
Thursday, March 17 · 8:15 a.m.-9:15 a.m. CDT
- Susan McCabe Lectureship: **Psychopharmacologic Nursing Practice: Pitfalls, Pearls and Promises**  
Julie Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APRN  
Thursday, March 17 · 4:30 p.m.-5:30 p.m. CDT
- Invited Keynote: **How Right Now: Developing a Nimble and Responsive Communications Campaign to Address Shifting Mental Health and Emotional Wellbeing Needs**  
Amelia Burke-Garcia, PhD, MA  
Friday, March 18 · 5:00 p.m.-6:00 p.m. CDT
- Diversity and Equity Lectureship: **Advancing Mental Health Equity and Justice in Marginalized Populations**  
Bridgette Brawner, PhD, Mdiv, APRN  
Saturday, March 19 · 9:15 a.m.-10:15 a.m. CDT
- Closing Keynote Address: **Creating the Future of Psychiatric Nursing with Foresight and Innovation in Mind**  
Daniel Pesut, PhD, RN, FAAN  
Saturday, March 19 · 12:10 p.m.-1:10 p.m. CDT

### ISPN Peer Support Group Meeting

Wednesday, March 16, 2022

6:30 p.m.-7:30 p.m. CDT

This will be an open forum. Members can check in to discuss stressful situations they've recently experienced, burnout, or compassion fatigue. Everyone is invited to attend.

### ISPN Foundation Reception and Auction

Thursday, March 17 · 6:30 p.m.-8:30 p.m.

Join the ISPN Foundation on March 17, 2022, at 6:30 p.m. CDT, for its tastiest fundraiser ever – a virtual cheese and mixology course!

The Foundation Board decided to shake up our traditional auction and offer a virtual class in building a gourmet cheese board and creating a signature cocktail or mocktail. Join us, along with the legendary cheese whisperers from Fromagination in Madison, Wisconsin, to learn more about the essentials of entertaining with this party staple. From the award-winning State Line Distillery one of their leading mixologists will join the fun, to show us that a mocktail is anything but boring, and a classic cocktail can complement the most complex cheese.

There are two levels of tickets:

Gourmet Cheese package is \$100, which includes gourmet cheese, crackers, and dried fruit selections from Fromagination, elegantly packaged and delivered to your front door. Also part of the package are recipes for signature cocktails and mocktails to complement your cheese. You will be able to create your own private reception while joining your friends and colleagues from ISPN for this unique social hour. **There are limited tickets for the Gourmet Cheese package, so order early!**

Want to join the fun without the cheese and support the ISPN Foundation? **Tickets are \$50.00 without the gourmet cheese package.** You will receive access to the virtual event, recipes for the signature drinks, and the ability to bid on all the auction items.

What? There's an auction as well? You *gouda brie* kidding!

During the virtual course there will be a limited number of items, including Noom and Calm subscriptions, offered for bidding. Bidding will take place during the event only.

While the ISPN Foundation Board of Directors is excited about this novel virtual event, we take our role as stewards of donated funds very seriously. We work to raise money for research and scholarships that unite and strengthen the presence of specialty advanced practice psychiatric-mental health nursing. This year the Foundation is funding a new project, to help build and support the ISPN Historical Archive.

Please join us in our annual fundraising event that helps support the psychiatric-mental health nursing, honoring our past members and providing support for our current and future members.

### Product Theater

Thank you to Intra-Cellular Therapies, Inc. for sponsoring a product theater this year!

Friday, March 18, 2022

12:00 p.m.-1:15 p.m. CDT

**Clinical Evidence Supporting the Use of a New Treatment Option for Adults with Bipolar Depression: Bipolar I or II**

Amber R.Hoberg, PMHNP, MorningStar Family Medicine PLLC



## **IMIN Meet and Greet**

Thursday, March 17, 2022

2:45 p.m.-3:15 p.m. CDT

The **ISPN Mentoring Initiative Navigator Program (IMIN)** is a capacity-building mentoring program designed to welcome new members and first-time conference attendees with two aims: 1) Increase ISPN member involvement by connecting new members with seasoned ISPN members; and 2) facilitate leadership succession planning by mentoring members into leadership positions. Please join our virtual IMIN Meet and Greet for more information as well as how to apply for both mentor and mentee opportunities.

## **Bridges: The Student Journey to Advanced Practice**

Friday, March 18 · 6:00 p.m.

This student event is our answer to building community and connection among ISPN's growing student population. Built upon the valuable insight of seasoned and recently graduated psychiatric nurse practitioners and current students alike, the group will be tackling some of the most impactful issues surrounding the profession. Our goal is to create a collaborative environment grounded in current best practice and to help support the transition to the advanced practice role.

Driven by student feedback, our meetings will cover topics such as clinical placement, psychopharmacology, ANCC test preparation, clinical case studies, employment and interviewing preparedness, and so much more.

## **Evaluation Survey**

The program evaluation survey link will be emailed to your email address on file.

Please complete and submit your evaluation survey electronically. Your comments are valuable to the ISPN and assist the Conference Committee in planning future conferences.

## **Business Meeting**

ISPN will hold its Annual Business Meeting on Friday, March 18, at 10:30 a.m. CDT. All members are encouraged to join the ISPN Board to discuss the Society's business report. Please be sure to attend!

## **Awards**

ISPN will present its annual awards on Friday, March 18, at 11:15 a.m. CDT. Please join your friends and colleagues in recognizing those who have demonstrated outstanding achievement and leadership in the psychiatric and mental health field.

## **Disclosures**

### **Criteria for Successful Completion**

Attendees must attend one or more sessions; contact hours will be awarded commensurate with participation and the completion and submission of an evaluation form and CE attendance form.

### **Conflict of Interest**

There is no conflict of interest for anyone with the ability to control the content of this activity.

### **Activity Approval Statement**

This nursing continuing professional development activity was approved for 37.5 contact hours by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).

Activity Number: 2020-00000001853

**Approval for this activity is valid from 03/16/2022 – 06/19/2022.**

## **CE Reporting Form**

A link to the CE reporting form will be sent to your email address on file. You must complete and submit your reporting form electronically. Please note that there are separate reporting forms for live and on-demand credit. Please contact the ISPN CE Coordinator, Lisa Nelson, to obtain a link for the on-demand contact hours reporting form.





# Final Program

*The Power of Psychiatric Mental Health Nurses:  
Leading Innovations for Sustainable Health and Well-being*

*All sessions will be held in U.S. Central Daylight Time.*

## Wednesday, March 16, 2022

6:30 p.m.-7:30 p.m.

### ISPN Peer Support Group Meeting

This will be an open forum. Members can check in to discuss stressful situations they've recently experienced, burnout, or compassion fatigue.

## Thursday, March 17, 2022

6:45 a.m.-7:30 a.m.



### Yoga

Instructor: John V. Yuhas, DNP, PMHNP-BC, RYT,  
IAP Nursing Solutions, APC

8:00 a.m.-8:15 a.m.

### Welcome Remarks

Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN, FABMR, ISPN President; and Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC, ISPN Conference Committee Co-Chair

8:15 a.m.-9:15 a.m.



### Opening Keynote Address

*An Awe-full Keynote: The Recovery of Wonder and the Praxis of Play*

Michael Terry, DNP, FNP, PMHNP  
Director and Clinician, Life Cycle Wellness

9:15 a.m.-9:30 a.m.

### Break

9:30 a.m.-10:30 a.m.

### Concurrent Session 1.1

*Education/Teaching Pedagogy*

*From Disruption to Opportunity: Developing Telepsychiatry Competencies in a Time of Crisis*

Mark Soucy, PhD, RN, APRN, FAANP; Marta E. Vives, DNP, RN, FPMHNP-BC, PMHCNS-BC; and Lorena L. Rodriguez, MSN, RN, PMHNP-BC, University of Texas Health Science Center

9:30 a.m.-10:30 a.m.

### Concurrent Session 1.2

*Evidence-based Practice*

*When it Happens to THEM: Managing Perinatal Mood and Anxiety Disorders in Diverse Populations*

Robi Thomas, PhD, RN, PMHNP-BC, and Traci Stewart, University of Detroit, Mercy

10:30 a.m.-11:00 a.m.

### Exhibit and Poster Viewing Break

11:00 a.m.-11:30 a.m.

### Concurrent Session 2.1

*Education/Teaching Pedagogy*

*Evaluation of Outcomes and Impact of an Online PMHNP Program*

Karan Kverno, PhD, PMHNP-BC, PMHCNS-BC, FAANP, Johns Hopkins University School of Nursing

11:00 a.m.-11:30 a.m.

### Concurrent Session 2.2

*Research*

*The Collaborative Care Model: An Innovative Approach to Integrated Telemental Health Care Delivery for Patients with Depressive Symptoms and Advanced Heart Failure During COVID-19*

Mia Pasini, MSN, RN; Waguih IsHak, MD, FAPA; and Stacy Collier, MSN, RN, Cedars-Sinai Medical Center

11:30 a.m.-12:00 p.m.

### Concurrent Session 2.4

*Research*

*Parental Support, Beliefs about Mental Illness, and Mental Help-seeking Among Young Adults in Saudi Arabia*

Alaa Mahsoon, MSN, PhD; and Loujain Sharif, PhD, King Abdulaziz University

11:30 a.m.-12:00 p.m.

### Concurrent Session 2.5

*Education/Teaching Pedagogy*

*Integrating Social Determinants of Health into PMH Curricula: Moving Toward Advocacy*

Barbara Peterson, PhD, PMHCNS, APRN, University of Minnesota

12:00 p.m.-1:00 p.m.

### Policy Committee Open Meeting

Moderator: Pamela Galehouse, PhD, RN, PMHCNS-BC, CNL

Speakers: Barbara Peterson, PhD, PMHCNS-BC, RN; Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN; Beth Bonham, PhD, RN, PMHCNS-BC, FAAN; Brayden Kameg, DNP, PMHNP-BC, CARN, CNE; Sally Raphael, MS, APRN, PMH, FAAN; and Andrea Kwasky, DNP, APRN, PMHNP-BC, PMHCNS-BC

12:00 p.m.-1:15 p.m.

### Lunch Break

1:15 p.m.-2:15 p.m.

### Concurrent Session 3.2

*Psychopharmacology and CAM*

*Use of Medical Cannabis in Psychiatry*

Joanna Johnson, DNP, APRN, PMHNP-BC, Quality Life

All sessions will be held in U.S. Central Daylight Time.

1:45 p.m.-2:45 p.m.

### Concurrent Session 3.3

#### Psychotherapy

#### *Saving Superheroes: Psychiatric Liaison CNS Faces the Adversary of a Career*

Jim J. Kane, MN, RN, CNS, NEA-BC, University of California, San Diego Health, and Sara Horton-Deutsch, PhD, RN, FAAN, ANEF, University of California, San Francisco School of Nursing

2:15 p.m.-2:45 p.m.

### Concurrent Session 3.4

#### Education/Teaching Pedagogy

#### *A Virtual Group Experience to Develop Resilience and Community*

Marsha Snyder, PhD, PMHNP/CNS, BC, CADC, University of Illinois College of Nursing; and Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN, University of Illinois, Chicago

2:45 p.m.-3:15 p.m.

### Exhibit and Poster Viewing

#### Break

2:45 p.m.-3:15 p.m.

### IMIN Meet and Greet

The ISPN Mentoring Initiative Navigator Program (IMIN) is a capacity-building mentoring program designed to welcome new members and first-time conference attendees with two aims: 1) increase ISPN member involvement by connecting new members with seasoned ISPN members; and 2) facilitate leadership succession planning by mentoring members into leadership positions. Please join our virtual IMIN Meet and Greet for more information as well as how to apply for both mentor and mentee opportunities.

3:15 p.m.-4:15 p.m.

### Concurrent Session 4.1

#### Education/Teaching Pedagogy

#### *The New AACN Essentials in the Psychiatric Mental Health Nursing Curriculum: A Panel Discussion*

Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC, The George Washington University; Jennifer Graber, EdD, APRN, PMHCNS-BC, University of Delaware; and Marian Newton, RN, BSN, MN, PhD, PMHCNS-BC, PMHNP-BC, ANEF, Shenandoah University

3:15 p.m.-4:15 p.m.

### Concurrent Session 4.2

#### Research

#### *Adolescents' Experience Attending School with Psychogenic Nonepileptic Seizures: Opportunities for Innovative Psychiatric-Mental Health Nurse Care Coordination for Student Success*

Andrea Tanner, PhD, RN, NCSN, Indiana University-Purdue University Indianapolis

3:15 p.m.-4:15 p.m.

### Psychotherapy: Returning to Our Roots

Moderator: Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN, University of Illinois, Chicago

Speakers: Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN, University of Southern Indiana; Fatima Ramos-Marcuse, PhD, PMHNP-BC, Columbia University School of Nursing; Kimberly Stack, DNP, PMHNP-BC, Center for Solutions; and Daniel Wesemann, DNP, MSW, PMHNP-BC, ARNP, University of Iowa College of Nursing

4:15 p.m.-4:30 p.m.

### Break

4:30 p.m.-5:30 p.m.



### Susan McCabe Lecture

#### *Psychopharmacologic Nursing Practice: Pitfalls, Pearls and Promises*

Julie A. Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APRN Clinical Professor of Psychiatry and Nursing and Director, Pediatric Mood Disorders Clinic, Psychiatry College of Medicine, University of Illinois, Chicago

5:30 p.m.-6:30 p.m.

### Poster Session

(See page 10-11 for a listing of the posters.)

6:30 p.m.-8:30 p.m.

### ISPN Foundation Reception and Auction

(separate registration required)

Join the ISPN Foundation on March 17, 2022, at 6:30 p.m. CDT, for its tastiest fundraiser ever – a virtual cheese and mixology course!

The Foundation Board decided to shake up our traditional auction and offer a virtual class in building a gourmet cheese board and creating a signature cocktail or mocktail. Join us, along with the legendary cheese whisperers from Fromagination in Madison, Wisconsin, to learn more about the essentials of entertaining with this party staple. From the award-winning State Line Distillery one of their leading mixologists will join the fun, to show us that a mocktail is anything but boring, and a classic cocktail can complement the most complex cheese.

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Please join us in our annual fundraising event that helps support the psychiatric-mental health nursing, honoring our past members and providing support for our current and future members.

Remember, when you give to ISPN Foundation, you make our hearts melt!

All sessions will be held in U.S. Central Daylight Time.

**Friday, March 18, 2022**

6:45 a.m.-7:30 a.m.



**Yoga**

Instructor: John V. Yuhas, DNP, PMHNP-BC, RYT, IAP Nursing Solutions, APC

8:00 a.m.-8:30 a.m.

**Concurrent Session 5.1**

*Evidence-based Practice*

**A Biopsychological Approach to Behavioral Disturbance Disorders**  
Meaghann Postgate, APRN, PMHNP-BC, Villa of Hope

8:00 a.m.-9:00 a.m.

**Concurrent Session 5.2**

*Psychopharmacology and CAM*

**Pediatric Psychopharmacology: Current Evidence-based Practice Guidelines**

Pamela Lusk, DNP, RN, PMHNP-BC, FAANP, FAAN, Ohio State University

8:00 a.m.-9:00 a.m.

**Concurrent Session 5.3**

*Research*

**Disruptive Mood Dysregulation Disorder: Clinical Updates on the Controversial Conceptualization of Pediatric Irritability**

Jamie Hamill, DNP, APRN, PMHNP-BC, Rush University College of Nursing

8:30 a.m.-9:00 a.m.

**Concurrent Session 5.4**

*Education/Teaching Pedagogy*

**The Clinical and Classroom Compass: Integration of Well-being Practices for Pre-licensure Nursing Students**

Sonya Kowalski, DNP, APRN, ACNS-BC; Andrea Kwasky, DNP, APRN, PMHNP-BC, PMHCNS-BC; Shari Lambert, DNP, RN; Barbara Ciotta, MSN, RN, CNECl; and Sherry McConnell, MSN, RN, C-EFM, University of Detroit, Mercy

9:00 a.m.-9:15 a.m.

**Break**

9:15 a.m.-9:45 a.m.

**Concurrent Session 6.1**

*Leadership Development*

**The Power of Psychiatric Consultation Liaison Nurses: Raising Situational Awareness Regarding Patients at Risk for Behavioral Concerns in a Pediatric Acute Care Hospital Setting**

Elizabeth Steinmiller, MSN, PMHCNS-BC, The Children's Hospital of Philadelphia

9:45 a.m.-10:00 a.m.

**Exhibit and Poster Viewing  
Break**

10:00 a.m.-10:30 a.m.

**Concurrent Session 7.1**

*Education/Teaching Pedagogy*

**Transforming Interprofessional Behavioral Health Education Via Virtual Simulation**

Stephanie Wynn, DNP, RN-BC, PMHNP-BC, FNP-BC, FAANP, COI, Samford University

10:00 a.m.-10:30 a.m.

**Concurrent Session 7.2**

*Evidence-based Practice*

**"Your Best-Fitting Genes!" Is Pharmacogenetics All It Promises?**

Anne Kearney, MSN, PMHNP-BC, CRNP, Children's Hospital of Philadelphia; and Aparna Kumar, PhD, MPH, MSN, CRNP, PMHNP-BC, Jefferson College of Nursing

10:00 a.m.-10:30 a.m.

**Concurrent Session 7.3**

*Psychopharmacology and CAM*

**More Research is Needed on Long-term Use of Atypical Antipsychotics in Children and Adolescents**

Fatima Ramos-Marcuse, PhD, PMHNP-BC, Columbia University School of Nursing

10:30 a.m.-11:15 a.m.

**ISPN Business Meeting**

11:15 a.m.-12:00 p.m.

**ISPN Awards Ceremony**

Session Chair: Moniaree Jones, EdD, RN, MSN, COI, Samford University

12:00 p.m.-1:15 p.m.

**Lunch Break**

12:00 p.m.-1:15 p.m.



**ISPN Product Theater Sponsored by Intra-Cellular Therapies**

*Clinical Evidence Supporting the Use of a New Treatment Option for Adults with Bipolar Depression: Bipolar I or II*

Amber R. Hoberg, PMHNP, MorningStar Family Medicine PLLC



1:15 p.m.-1:45 p.m.

**Concurrent Session 8.1**

*Psychotherapy*

**Psychotherapy in Sexual and Gender Minority Populations**

Sean P. Murphy, PhD, MSN, PMHNPBC, University of Illinois, Chicago

1:15 p.m.-2:15 p.m.

**Concurrent Session 8.2**

*Leadership Development*

**Grow Your Own APRNs and Keep Them Forever: Success in Our State**

Callie Ann Bittner, MS, RN, and Ingrid Johnson, DNP, MPP, RN, Colorado Center for Nursing Excellence



All sessions will be held in U.S. Central Daylight Time.

1:15 p.m.-2:45 p.m.

### Workshop 3

*Evidence-based Practice*

**Preventing and Treating Vicarious Trauma Experienced in Psychiatric Nursing Through the Practice of Self-regulation Tools and Self-care**

Dawn T. Bounds, PhD; Donna Balsam, RN; Maruko Myint, BS; Leo Dao; Jayla Aldridge; Elijah Shankar; and Chenghui Wang, University of California, Irvine CYFER Lab

2:15 p.m.-2:45 p.m.

### Concurrent Session 8.4

*Psychopharmacology and CAM*

**Esketamine for Treatment Resistant Depression and Suicidal Ideation During COVID-19**

Daniel Wesemann, DNP, MSW, PMHNP-BC, ARNP, University of Iowa College of Nursing

2:45 p.m.-3:00 p.m.

### Exhibit and Poster Viewing Break

3:00 p.m.-4:00 p.m.

### Concurrent Session 9.1

*Evidence-based Practice*

**Sand and Fury -- A Patient's Perspective of the Bipolar Landscape**

Vanessa Warner, BA, St. Mary's General Hospital

3:00 p.m.-4:00 p.m.

### Reawakening Self-care

Moderator: Pamela Galehouse, PhD, RN, CNL, Seton Hall University  
Speakers: Sara Horton-Deutsch, PhD, RN, PMHCNS, FAAN, ANEF, University of San Francisco; Briana L. Snyder, PhD, RN, PMH-BC, CNE, RYT 200, Towson University; Kathleen Wheeler PhD, PMHNP-BC, APRN, FAAN, Fairfield University Egan School of Nursing & Health Studies; and John V. Yuhas DNP, PMHNP-BC, RYT, IAP Nursing Solutions, APC

3:00 p.m.-4:30 p.m.

### Workshop 4

*Leadership Development*

**Using Circles of Collaboration and Clinical Expertise for Treatment of Children and Adolescents**

Andrea Kwasky, DNP, PMHNP-BC, PMHCNS-BC, University of Detroit, Mercy; Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN, University of Southern Indiana; and Linda Jo Volness, MS, APRN, CHTP, Quality Life

4:00 p.m.-4:15 p.m.

### Break

4:15 p.m.-4:45 p.m.

### Concurrent Session 10.1

*Education/Teaching Pedagogy*

**Innovations in Reproductive Mental Health and Nurse Practitioner Education**

Jennifer Graber, EdD, PMHCNS-BC, University of Delaware; Cynthia Diefenbeck, PsyD, APRN, PMHCNS-BC; and Anne DeCaire, APRN, PMHNP-BC, Christiana Care

4:15 p.m.-4:45 p.m.

### Concurrent Session 10.2

*Research*

**An Exploration of Family Caregiver Experiences of Burden and Coping While Caring for People with Mental Disorders in Saudi Arabia: A Qualitative Study**

Loujain Sharif, BSN, MSc, PhD, King Abdulaziz University

5:00 p.m.-6:00 p.m.



### Invited Keynote Address

**How Right Now: Developing a Nimble and Responsive Communications Campaign to Address Shifting Mental Health and Emotional Wellbeing Needs**

Amelia Burke-Garcia, PhD, MA, NORC, University of Chicago

6:00 p.m.-6:45 p.m.

### Committee Meetings and Special Interest Group Meetings

6:00 p.m.

### Bridges - The Student Journey to Advanced Practice

(All students are welcome to attend!)

This event is our answer to building community and connection among ISPN's growing student population. Built upon the valuable insight of seasoned and recently graduated psychiatric nurse practitioners and current students alike, the group will be tackling some of the most impactful issues surrounding the profession. Our goal is to create a collaborative environment grounded in current best practice and to help support the transition to the advanced practice role.

Driven by student feedback, our meetings will cover topics such as clinical placement, psychopharmacology, ANCC test preparation, clinical case studies, employment and interviewing preparedness, and so much more.

## Saturday, March 19, 2022

6:45 a.m.-7:30 a.m.



### Yoga

Instructor: John V. Yuhas, DNP, PMHNP-BC, RYT, IAP Nursing Solutions, APC

8:00 a.m.-8:30 a.m.

### Concurrent Session 11.1

*Leadership Development*

**Innovative Approach to Bridge Practice Between Medicine and Psychiatric Mental Health Through Advanced Practice Nursing**

Lianna Ansryan, MSN, CNS, RN-GERO, PHN, University of California, Los Angeles Health

8:00 a.m.-8:30 a.m.

### Concurrent Session 11.2

*Education/Teaching Pedagogy*

**Promoting Mental Health and Wellbeing with Language**

Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC, The George Washington University

All sessions will be held in U.S. Central Daylight Time.

8:00 a.m.-9:00 a.m.

**Concurrent Session 11.3**

*Evidence-based Practice*

**The Innovative Use of Chronic Illness Medical Practices to Mitigate the Trajectory of Suffering in Serious Mental Illness**

Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN, University of Southern Indiana; Andrea Kwasky, DNP, PMHNP-BC, PMHCNS-BC, University of Detroit, Mercy; Linda Jo Volness, MSN, APRN, PMH-CNS-BC; Therese Alm, MSN, PMHNP-BC, TAlmNP LLC, Gals Institute; and Sandra J. Wood MSN, PMHCNS, BC, IU Health Methodist Hospital

8:30 a.m.-9:00 a.m.

**Concurrent Session 11.4**

*Psychopharmacology and CAM*

**Nutritional Psychiatry: Transdiagnostic Treatment Model to Provide a Holistic Care for Gender and Sexual Minority Youths**

David Agor, RN, University of North Carolina, Chapel Hill

8:30 a.m.-9:00 a.m.

**Concurrent Session 11.5**

*Research*

**Trauma-Informed Risk Assessment: Toward Measurement Without Distress**

Brianna Jackson, MScN, RN, CPMHN(C), Yale University School of Nursing

9:00 a.m.-9:15 a.m.

**Exhibit and Poster Viewing**

**Break**

9:15 a.m.-10:15 a.m.

**Diversity and Equity Keynote Address**



**Advancing Mental Health Equity and Justice in Marginalized Populations**

Bridgette M. Brawner, PhD, MDiv, APRN  
Professor of Nursing, Villanova University

10:15 a.m.-10:30 a.m.

**Break**

10:30 a.m.-11:30 a.m.

**Concurrent Session 12.1**

*Evidence-based Practice*

**Building Health Equity Using Telemedicine: Disparities in Mental Health**

Kelly Kearney, DNP, APRN, PMHNP-BC, University of Texas Health Science Center

10:30 a.m.-11:30 a.m.

**Concurrent Session 12.2**

*Leadership Development*

**Conceptualizing the Top 10 Challenges to Improving Mental Health: How Might Psychiatric Mental Health Nurses Shape the List**

Kathleen Delaney, PhD, PMHNP, Rush College of Nursing

10:30 a.m.-12:00 p.m.

**Workshop 5**

*Education/Teaching Pedagogy*

**Educating Psychiatric-Mental Health Nurse Practitioner Students to Care for Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual (LGBTQIA+) Individuals**

Brayden Kameg, DNP, PMHNP-BC, CARN, CNE, University of Pittsburgh School of Nursing

11:30 a.m.-12:00 p.m.

**Concurrent Session 12.4**

*Research*

**Effectiveness of an Online Digital Parenting Program on Parent-Child Interactions and Children's Development for Families Experiencing Vulnerability in Canada**

Jelena Komanchuk, RN, BN, University of Calgary

12:00 p.m.-12:10 p.m.

**Break**

12:10 p.m.-1:10 p.m.



**Closing Keynote Address**

**Creating the Future of Psychiatric Nursing with Foresight and Innovation in Mind**

Daniel Pesut, PhD, RN, FAAN

Principal Consultant, Strategic Foresight Consulting and Coaching

1:10 p.m.-1:20 p.m.

**Closing Remarks**

1:20 p.m.-2:20 p.m.

**ISPN Regional Leaders Meeting**

(by invitation only)

**Poster Session**

Thursday, March 17, 2022

5:30 p.m.-6:30 p.m.

To receive one (1) contact hour for the poster session, you must view a minimum of 10 posters (not including Poster 6).

**Poster 2**

**The Implementation of the DASA: YV Tool in the Inpatient Adolescent Psychiatric Setting**

Philip Florendo, BSN, RN-BC; Erika Lozano, MSN, RN-BC; and Leilanie Ayala, RN, MSN, PMHCNS-BC, PMHNP-BC, University of California, Los Angeles Resnick and Neuropsychiatric Hospital

**Poster 3**

**Doll Therapy as a Therapeutic Management of Agitation in an Acute Geriatric Psychiatry Unit**

Lisette Espana, MAN, PMHRN-BC; Eleanor Tomas-Lagmay, MSN-Ed, PMHN-BC; Leilanie Ayala MSN, PMHCNS-BC, PMHNP-BC; and Seungmin Lee, BS, University of California, Los Angeles Resnick and Neuropsychiatric Hospital

*All sessions will be held in U.S. Central Daylight Time.*

**Poster 4**

*Real-world Long-term Outcomes with Valbenazine in Adults with Tardive Dyskinesia*

Robert O. Morton, MD, Rolling Hills Hospital, and Khody Farahmand, PharmD, Neurocrine Biosciences, Inc.

**Poster 5**

*Development of the MIND-TD Questionnaire as a Screening Tool for Tardive Dyskinesia*

Desiree Matthews, PMHNP-BC, Monarch; and Rakesh Jain, MD, Texas Tech University Health Sciences Center, Permian Basin

**Poster 6\***

*Acceptability of Long-acting Injectable Antipsychotic Treatment in Patients with Recent-onset Schizophrenia from the Disease Recovery Evaluation and Modification (DREaM) Study*

Lynn Starr, MD, and Brianne Brown, PsyD, Janssen Scientific Affairs, LLC

*\*Due to an unmitigated conflict of interest, this poster may not be viewed for contact hours. If you are seeking contact hours for the poster session, this poster may not be included as one of the 10 viewed for credit.*

**Poster 7**

*Evaluating Outcomes for Patients with Treatment Resistant Mental Illness Who Utilize Deep Transcranial Magnetic Stimulation Therapy in Outpatient Treatment: A Mixed-methods Design*

Rose Wilson, DNP, RN, and Brayden Kameg, DNP, PHMNP-BC, CARN, CNE, University of Pittsburgh

**Poster 9**

*Evidenced-based Screening and Interventions for Adolescent Self-injurious Behavior*

Pauline Andan, BSN, RN-BC, and Carlos Estevez, BSN, RN-BC, Resnick Neuropsychiatric Hospital

**Poster 10**

*Should Anticholinergics Be Used to Treat Tardive Dyskinesia? Insights from an Expert Panel of Psychiatry and Neurology Healthcare Professionals*

Lisa Stroup, PhD, Neurocrine Biosciences, Inc.; and Nora Vanegas-Arroyave, MD, Baylor College of Medicine

**Poster 11**

*A Program Evaluation of a Buprenorphine Program in a Private Psychiatric Office-based Practice Before and After the COVID-19 Pandemic*

Thomas Hageman, BSN, RN, University of Pittsburgh School of Nursing

**Poster 12**

*Decreasing Inpatient Suicidal Behavior with Suicide Risk Assessment Education Using an Online Platform and Professional Actors*

Robert Bencangey, MSN, PMHRN-BC, CEN, and Grace Florentin, MSN-Ed, PMHRN-BC, University of California, Los Angeles

**Student Poster 17**

*Tele-psychiatry and the Older Adult Population: An Integrative Review Exploring Tele-psychiatry Effectivity and Accessibility Alternatives*

Sterling Wilmer, BSN, RN, BA, New York University

**Student Poster 18**

*Guiding College Students with ACEs Background, with an Eight Week Psychoeducation Intervention to Become Peer Health Coaches*

Nayeli Inzunza and Nikita Paul, University of California, Irvine

**Student Poster 19**

*Implementation of a Discharge Checklist to Support Quality Transitions of Care and Timely Discharges on an Adult Psychiatric Unit*

Ann Meyer, BSN, Creighton University

**Poster 20**

*The Role of Psychiatric Nurses in Infection Prevention During COVID*

Era Hawk, RN, BSN-BC, and Maria Marquez, RN, BSN-BC, University of California, Los Angeles Resnick and Neuropsychiatric Hospital

**Poster 22**

*Tips for Preceptor Success in a Virtual World: Preceptor and Student Pearls*

Gabrielle P. Abelard, DNP, PMHNP, PMHCNS-BC, RN, University of Massachusetts, Amherst College of Nursing

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# Learn About a New Treatment Option for Bipolar Depression (Bipolar I or II)

Join Amber R. Hoberg, PMHNP, as she discusses key challenges affecting adult patients with bipolar depression (bipolar I or II), as well as data supporting a new treatment option.

**DATE:** Friday, March 18, 2022

**TIME:** 1:00 PM ET / 12:00 PM CT / 10:00 AM PT



## Amber R. Hoberg, PMHNP

Psychiatric Mental Health Nurse Practitioner  
*MorningStar Family Medicine PLLC*  
Floresville, TX



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