



TEMPE  
ARIZONA

**ISPN2018**  
April 10-14

## **20th Annual Conference • April 11-14**

On behalf of the ISPN Board and the Annual Conference Planning Committee, WELCOME TO TEMPE! We hope you are as excited about this year's conference, Mental Health Care Amid Policy Chaos, as we are. We have an amazing opening speaker, Dr. Suzanne Miyamoto, presenting on navigating these treacherous political times. And closing the conference is the ever so cool Margaret Trudeau, Canadian Mental Health Advocate and Author, speaking about her personal journey living with bipolar disorder.

The Annual Conference Planning Committee would like to thank each and every one of the expert presenters, panelists, and poster presenters who make this conference possible. They will present on a wide range of topics including preparing mental health policy makers, providing mental health in rural settings, creating policy change, developments in child adolescent mental health, staff leadership, new models of teaching, building capacity, unique case presentations, how to publish, and so much more. And we did not forget about you! Morning Yoga, opportunities to network in three Special Interest Groups (SIGs), the IMIN and International Meet and Greet, and the Wind Flower Care Room are but a few of the self-care opportunities available this year.

Carla and I would like to thank all the members of the Planning Committee and The Rees Group for another year of stellar work to bring you the 20th Annual ISPN Conference. Without their dedication and commitment to ISPN, we would not be able to offer such a state of the art conference.

Welcome! And Let's Have An Awesome 20th Annual Conference!

*Amanda Baltierra*

Amanda Baltierra, DNP, MPH, FNP-BC, PMHNP-BC  
Chair

*Carla Groh*

Carla Groh, PhD, PMHNP-BC, FAAN  
Co-Chair

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## GENERAL INFORMATION

### OFFICERS & DIRECTORS

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PMHNP-BC  
Ann Roselle, MSN, ACNP-BC  
Sandra Thomas, PhD, RN, FAAN

## COMMITTEES

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#### Conference Committee

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Carla J. Groh, PhD, PMHNP-BC, FAAN, Co-Chair

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ISPN Past President

#### Website Management Committee Chair

Kristina Stevens, MSN, PMH-APN, BC

**Newsletter Editor** Angela McNelis, PhD, RN, ANEF

**ISPN Executive Director** Kathy Kuehn



**Conference Committee**

Amanda J. Baltierra, DNP, MPH, FNP-BC, PMHNP-BC, Chair  
 Carla Groh, PhD, PMHNP-BC, FAAN, Co-Chair  
 Pamela Galehouse, PhD, RN, PMHCNS-BC, CNL  
 Cynthia Taylor Handrup, DNP, APN, PMHCNS-BC  
 Heeyoung Lee, PhD, PMHNP-BC  
 Barbara Peterson, PhD, PMHCNS-BC, RN  
 Edilma Yearwood, PhD, PMHCNS-BC, FAAN

**Abstract Reviewers**

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

Amanda Baltierra, DNP, MPH, FNP-BC, PMHNP-BC  
 Carol Baxter, APN, PMHCNS-BC  
 Lora Beebe, PhD, PMHNP-BC  
 Linda Chafetz, PhD, RN  
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 Luann Richardson, PMHNP, FNP, DNP, PhD, Met S  
 Margaret Scharf, DNP, PMHCNS-BC, FNP-BC, PMHNP  
 Marilyn Shirk, MN, RN, CNS-BC  
 Sheila Swales, MS, RN, PMHNP-BC  
 Cynthia Taylor Handrup, DNP, APN, PMHCNS-BC  
 Rose Mary Xavier, MS, RN, PMHNP-BC  
 Jaclene Zauszinevski, PhD, RN-BC, FAAN

**Conference Objectives**

Attendees will be able to:

1. Identify how changes in health policy might impact federal funding opportunities and research priorities especially in relation to mental health.
2. Describe how proposed changes to health policy might impact access to mental health services, practice standards, and reimbursement payments for services.
3. Compare and contrast effective educational strategies for preparing skilled and resilient PMH nurses.

**Nursing Contact Hours**

This continuing nursing education activity was approved by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The ISPN 2018 Annual Conference has been awarded a maximum of **13.65** continuing education nursing contact hours through the Wisconsin Nurses Association Continuing Education Approval Program Committee. Contact hours are complimentary with your registration fee.

To obtain continuing education contact hours for attending the ISPN Annual Conference, please complete the attendance form included in your packet of materials and evaluation form that will be sent to you via email. Please turn in the attendance form to the ISPN Registration Desk before you leave the Conference.

The attendance form will serve as your contact hour certificate.

**Registration**

Conference registration is located on the 1st floor (Palm Ballroom Foyer) and is open as follows:

Tuesday, April 10 ..... 11:00 a.m.-2:00 p.m.  
 Wednesday, April 11 ..... 7:30 a.m.-7:00 p.m.  
 Thursday, April 12 ..... 7:30 a.m.-5:00 p.m.  
 Friday, April 13 ..... 7:30 a.m.-5:00 p.m.  
 Saturday, April 14 ..... 7:30 a.m.-11:00 a.m.

**Poster Presentation Viewing Hours**

Posters will be available for viewing in Palm Ballroom CF at the following times:

Wednesday, April 11 ..... 6:30 p.m.- 8:00 p.m.  
 Thursday, April 12 ..... 7:30 a.m.-5:00 p.m.  
 Friday, April 13 ..... 7:00 a.m.-3:00 p.m.

Poster presenters will be available at their posters for you to meet at:

Wednesday: 6:30 p.m.-8:00 p.m.  
 Thursday: 10:50 a.m.-11:25 a.m.  
 Thursday: 3:15 p.m.-3:50 p.m.  
 Friday: 10:20 a.m.-10:55 a.m.  
 Friday: 1:20 p.m.-1:55 p.m.

**Please be sure to schedule time to visit the poster presenters.**

# GENERAL INFORMATION

## 2018 Conference Highlights

### **ISPN 20th Anniversary Celebration**

Join colleagues at Wednesday's Opening Reception to recognize the 20th Anniversary of ISPN. A photo area will be available for you to capture memories. Selfies welcome!

### **Mobile App**

Download Guidebook and search for ISPN Conference. View the agenda, and plan your schedule from your phone or tablet.

### **Morning Yoga**

Thursday, April 12 • 6:30 a.m.-7:30 a.m.  
Friday, April 13 • 6:30 a.m.-7:30 a.m.  
Rooftop—Poolside

### **Product Theater Luncheon**

Thursday, April 12 • 12:25 p.m.-1:40 p.m.  
Palm Ballroom ABDE  
*Injecting a Maintenance Treatment Into the Bipolar Disorder Discussion*  
Melissa Frost, MSN, GNP, APRN-BC  
**Sponsored by Otsuka America Pharmaceutical, Inc., and Lundbeck LLC**

### **Product Theater Luncheon**

Friday, April 13 • 12:00 noon-1:15 p.m.  
Palm Ballroom ABDE  
*Atypical Antipsychotic Treatment for Bipolar I Disorder and Schizophrenia: A Clinical Overview*  
Davika Mattox MSN, APRN-PMHNP-BC  
**Sponsored by Allergan Pharmaceuticals**

### **Special Interest Group Meetings**

Thursday, April 12 • 5:30 p.m.-6:30 p.m.  
Dolores Room

- *Psychiatric Consultation-Liaison Advanced Nursing Practice SIG*

Friday, April 13 • 5:30 p.m.-6:30 p.m.  
Xavier Room

- *Psychiatric Mental Health Policy SIG*
- *APN Formation SIG*

### **Meet & Greets:**

International: Thursday • 10:55 a.m.-11:25 a.m.  
Campanile Room

IMIN Mentoring: Friday • 10:20 a.m.-10:55 a.m.  
Palm Ballroom CF

### **Student Social**

Friday, April 13  
Meet in the hotel lobby at 6:15 p.m. and walk to a local restaurant as a group.

### **Margaret Trudeau Book Signing**

Following her Closing Address on Saturday, Margaret Trudeau will sign copies of her books sold on site by Changing Hands Bookstore: "Changing My Mind" and "The Time of Your Life: Choosing a Vibrant Joyful Future."

## New Member and Student Breakfast

**Thursday, April 12 • 7:15 a.m.-8:15 a.m. • San Pedro Room**

Calling all new members, first-time conference attendees, students, and individuals considering becoming a member! This is the perfect opportunity to ask questions and meet the ISPN Board of Directors. Please join us!

## ISPN Foundation Reception and Auction

**Thursday, April 12 • 6:15 p.m.-8:15 p.m.**

The annual ISPN Foundation Reception and Auction features heavy hors d'oeuvres, a drink ticket, live and silent auction, and networking with colleagues in the mental health community. Proceeds fund research, wellness, and travel grants.

This year's theme is "The Butterfly Effect": Small efforts can have large effects—like your donations to support psychiatric mental health nursing.

Join the fun under the stars on the Rooftop—Poolside (no swimwear allowed).

Pre-ordered tickets will be distributed at registration, where you also can check for ticket availability.

## Evaluation Form

The program evaluation form will be emailed to your email address on file. Please complete and submit your evaluation form 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 Saturday, April 14, starting at 8:15 a.m. in Palm Ballroom. All members are encouraged to join the Board of ISPN to discuss the Society's business report. Please be sure to attend! New this year: Tables will be labeled by geographical region. Look for the signs and network with your neighbors, starting at 7:45 a.m. before the Business Meeting!

## Message Center

All messages for registrants will be posted on the Announcement Board in the ISPN Registration Area. Check this board each day so you don't miss a contact in Tempe or a message from the office!

## Meeting Rooms

Audible signals from pagers and cellular phones may be a distraction to the speaker as well as the audience. Please program these accordingly and take phone calls outside the meeting rooms. Thank you!

## Hotel Business Center

The hotel offers a self-service business center and is open daily from 7:00 a.m.-5:00 pm.

The hotel handles all arriving and departing shipments for guests, groups, events, exhibitors, and contractors. If you need assistance, see the Concierge.



## Awards

ISPN will present its annual awards on Saturday, April 14, at 10:30 a.m. in the Palm Ballroom. Please join your friends and colleagues in recognizing those who have demonstrated outstanding achievement and leadership in the psychiatric and mental health field.

## Care Room

Drop by for respite in the ISPN Care Room in the Wind Flower (2nd Floor) from 7:00 a.m.-6:00 p.m. daily.

## Internet

Complimentary basic high-speed wireless Internet is available in the meeting rooms for ISPN conference attendees. The hotel offers complimentary wireless Internet in the lobby and public areas. Guest room wireless is included in guest room rate.

## Badges

Your badge will admit you to all the educational sessions and the exhibit area at the Annual Conference. It is recommended that you wear your badge at all times during the conference. Please remove your badge when you leave the hotel.

## 2019 Annual Conference Call for Abstracts

Information about the 2019 Call for Abstracts will be posted on the ISPN website.

## Disclosures Purpose Statement

Participants will be able to incorporate into their own practices the research and best practices learned from clinical experts about innovative practices and advocacy, from educators about new teaching pedagogies and inter-professional collaboration, and from researchers about evidence-based findings across a spectrum of psychiatric interests and mental health disorders across the lifespan and around the globe.

## Notice of Requirement for Successful Completion

To obtain continuing education contact hours for attending the ISPN Psychopharmacology Institute Pre-Conference and Annual Conference, you must attend all sessions you are seeking credit for, complete and submit the attendance form included in your packet of materials, and complete and submit the evaluation form that will be sent to you via email.

Please turn in the attendance form to the ISPN Registration Desk before you leave the Conference. The white copy is for your records and for self-reporting purposes to your state licensure agency or other group, as proof of attendance. Be sure to keep a copy for your records. Please turn in the yellow copy to the Registration Desk.

## Conflict of Interest

### Psychopharmacology Institute Pre-Conference and ISPN Annual Conference April 10-14, 2018

The Wisconsin Nurses Association Continuing Education Approval Program requires that any speaker giving a presentation must disclose any significant financial interest or other relationship that they may have with the manufacturer(s) of any commercial products, service, technology, or program discussed at their educational presentation.

The Wisconsin Nurses Association Continuing Education Approval Program does not imply that any such financial interest or relationship is inherently improper or that such interest or relationship would prevent the speaker from making a presentation. It is imperative, however, that such financial interests or relationships be identified by the speaker so that participants have these facts fully disclosed prior to the presentation and may form their own judgments about the presentation.

Below is a listing of speakers with a conflict of interest:

Kathleen McCoy  
Consultant role for Avanir

Evelyn Parrish  
Speaker for Shire Pharmaceutical

The remaining speakers have reported no relationships with commercial companies.

## Non-Endorsement of Products

The presence of commercial exhibits during the conference does not imply endorsement by the ISPN, Wisconsin Nurses Association, or the American Nurses Credentialing Center's Commission on Accreditation.



# EXHIBITORS

The exhibit area will be located in the **Palm Ballroom C-F**. It will also be the site of the poster sessions and refreshment breaks during the Conference. Please plan time to stop by and visit with the exhibiting companies, which lend valuable financial support to the ISPN Conference.

Don't forget to complete and submit your Exhibitor Sign-Off sheet, found in your materials bag. You will be eligible to win a prize, brought to you by the Marketing and Development Committee.

**Open Hours:**

Wednesday, April 11	6:30 p.m.-8:00 p.m.
Thursday, April 12	7:30 a.m.-5:00 p.m.
Friday, April 13	7:00 a.m.-3:30 p.m.

**Allergan Pharmaceuticals ..... Booth #8**

5 Giralda Farms  
Madison, NJ 07940  
800-678-1605  
Email: [Nikky.Peacock@Allergan.com](mailto:Nikky.Peacock@Allergan.com)  
Website: [www.Allergan.com](http://www.Allergan.com)

Allergan is committed to working with physicians, healthcare providers and patients to deliver innovative and meaningful treatments that help people around the world live longer, healthier lives. Allergan markets a portfolio of leading brands and best-in-class products for the central nervous system, eye care, medical aesthetics and dermatology, gastroenterology, women's health, urology and anti-infective therapeutic categories.

**GeneSight ..... Booth #4**

6960 Cintas Blvd.  
Mason, Ohio 45040  
844-436-6306  
Email: [info@assurexhealth.com](mailto:info@assurexhealth.com)  
Website: [www.genesight.com](http://www.genesight.com)

The GeneSight® test helps healthcare providers make better treatment decisions based on a person's genetic makeup. GeneSight testing is based on advanced CPGx® technology, a patented approach that analyzes variations and combinations of a person's genes along with FDA-approved medications for behavioral health conditions and chronic pain.

**Janssen ..... Booth #6**

1125 Bear Tavern Rd.  
Titusville, NJ 08560  
800-526-7726  
Email: [jvasqu18@its.jnj.com](mailto:jvasqu18@its.jnj.com)  
Website: [www.janssen.com](http://www.janssen.com)

We collaborate with the world for the health of everyone in it. We at Janssen are entrusted with one of the most important jobs in the world. We aspire to transform lives by bringing life-saving and life-changing solutions to people who need them.

**McLean Hospital ..... Booth #1**

115 Mill Street  
Belmont, MA 02478  
Website: [www.mcleanhospital.org](http://www.mcleanhospital.org)

Top-ranked by U.S. News & World Report, McLean Hospital is the premier destination for psychiatric treatment, education, research, and advocacy. McLean offers unparalleled treatment services for children and adults living with conditions including depression, borderline personality disorder, OCD, and addiction.

**Otsuka America Pharmaceutical, Inc. & Lundbeck ..... Booths #2 & #5**

508 Carnegie Center Drive  
Princeton, NJ 08540  
Phone: 609-524-6788  
Email: [contact@otsuka-us.com](mailto:contact@otsuka-us.com)

**OAPI**

Otsuka America Pharmaceutical, Inc. (OAPI), part of the Otsuka Group, is a fast-growing, innovative company with 25 years of experience in commercializing products developed by Otsuka, as well as in licensed products, focusing on a diverse portfolio of products in neuroscience, oncology and cardio-renal. For more information, visit us at <https://www.otsuka-us.com>

**Lundbeck**

Lundbeck is a global pharmaceutical company, specialized in psychiatric and neurological disorders. In the U.S., Lundbeck focuses solely on accelerating therapies for brain disorders, including epilepsy and actively engages in hundreds of initiatives each year that support our patient communities. For more information, visit us at <http://www.lundbeck.com/us>

**Pharmatechnology Inc. .... Booth #7**

161 West 21st Street  
New York, NY 10010  
Website: [www.pharmatechnology.net](http://www.pharmatechnology.net)

Pharmatechnology provides state of the art health care and innovations that treat all levels of the individual patient, mentally and physically.

**Sunovion Pharmaceuticals, Inc. .... Booth #9**

84 Waterford Drive  
Marlborough, MA 01752  
508-481-6700  
Website: [www.sunovion.us](http://www.sunovion.us)

Sunovion Pharmaceuticals Inc., is a leading pharmaceutical company dedicated to discovering, developing, and commercializing therapeutic products that advance the science of medicine in the central nervous system and respiratory disease areas to improve the lives of patients and their families. Visit us online at [www.sunovion.com](http://www.sunovion.com).

**Taylor & Francis ..... Booth #3**

530 Walnut Street, Suite 850  
Philadelphia, PA 19106  
Phone: 215-625-8900  
Website: [www.tandfonline.com](http://www.tandfonline.com)

Taylor & Francis is a leading international publisher of scholarly research. We are proud to publish issues in Mental Health Nursing as a part of our medical portfolio of journals. Visit our booth to learn more about our products and services and to pick up free copies of our journals



**Wednesday, April 11**

7:30 a.m.-7:00 p.m.  
Palm Ballroom Foyer  
**Registration**

6:30 p.m.-8:00 p.m.  
Palm Ballroom CF  
**Opening Reception**  
**Exhibits and Poster Session**

**Thursday, April 12**

6:30 a.m.-7:30 a.m.  
Rooftop—Poolside  
**Morning Yoga**  
Kandy Aboud, MSN, PMHNP-BC, PMHCNS-BC

7:15 a.m.-8:15 a.m.  
San Pedro Room  
**ISPN New Member and Student Breakfast**

7:15 a.m.-8:15 a.m.  
Palm Ballroom CF  
**Continental Breakfast**  
**Exhibits and Poster Session**

7:30 a.m.-8:30 a.m.  
Campanile Room  
**ISPN Foundation Board Meeting**

7:30 a.m.-5:00 p.m.  
Palm Ballroom Foyer  
**Registration**

8:30 a.m.-8:45 a.m.  
Palm Ballroom ABDE  
**Welcome**



8:45 a.m.-9:45 a.m.  
Palm Ballroom ABDE  
**Opening Keynote Address**  
*Turning Chaos into Opportunity:  
Navigating the Political Waters*  
Suzanne Miyamoto, PhD, RN, FAAN  
Chief Policy Officer  
American Association of Colleges of Nursing  
**Funding for this presentation is possible, in part, through funds generously donated to the ISPN Foundation.**

10:00 a.m.-10:50 a.m.  
Xavier Room  
**Concurrent Session 1.1**  
*The Reality of Gender Dysphoria:  
A Consumer's Message to Practitioners*  
Linda Jo Volness, MS, CNS, APRN  
Jordan Jo Volness, Consumer

10:00 a.m.-10:50 a.m.  
San Pedro Room  
**Concurrent Session 1.2**  
*Pediatric Behavioral Health Workforce Education  
and Training for PMHNP Students Using an Integrated  
and Team-Based Approach*  
Erin Ellington, DNP, APRN, PMHNP-BC  
Elaine Spencer-Carver

10:00 a.m.-10:50 a.m.  
San Pedro Room  
**Concurrent Session 1.2-continued**  
*Promoting Academic and Professional Resiliency in Psychiatric  
Mental Health Nurses Through an Educational Program*  
Lindsay Bouchard, DNP, PMHNP-BC, RN

10:00 a.m.-10:50 a.m.  
Joshua Tree Room  
**Concurrent Session 1.3**  
*Telephone Intervention Problem Solving (TIPS):  
An Option to Enhance Adherence and Mitigate the Effects  
of Medicaid Prescription Limits for Schizophrenia  
Spectrum Disorders (SSDs)*  
Lora Beebe, PhD, PMHNP-BC, FAAN

10:00 a.m.-10:50 a.m.  
Dolores Room  
**Concurrent Session 1.4**  
*Preparing Psychiatric-Mental Health Nursing Policy Makers*  
Helen Buckland, PhD, MEd

10:55 a.m.-11:25 a.m.  
Palm Ballroom CF  
**Refreshment Break**  
**Exhibits and Poster Session**

10:55 a.m.-11:25 a.m.  
Campanile Room  
**International Meet and Greet**

11:30 a.m.-12:20 p.m.  
Xavier Room  
**Concurrent Session 2.1**  
*The Neurobiological Basis of Insight in Schizophrenia:  
Implications for Psychiatric-Mental Health Nursing*  
Rose Mary Xavier, PhD, MS, RN, PMHNP-BC

11:30 a.m.-12:20 p.m.  
San Pedro Room  
**Concurrent Session 2.2**  
*Integrating Behavioral Health Into Rural Primary Care:  
Addressing the Impact of Poverty, Disparities, and the  
Need for Whole Health Care*  
Victoria Soltis-Jarrett, PhD, PMHCNS/NP-BC, FAANP  
Leslie Sharpe, DNP, FNP-BC

11:30 a.m.-12:20 p.m.  
Joshua Tree Room  
**Concurrent Session 2.3**  
*The Mindful Shield: The Effects of Mindfulness Training  
on Resilience and Leadership in Military Leaders*  
Kelly Ihme, PhD, MA, BSN-BC

# PROGRAM SCHEDULE: THURSDAY, APRIL 12

## Thursday, April 12 - continued

11:30 a.m.-12:20 p.m.

*Dolores Room*

### **Concurrent Session 2.4**

*A Framework for Psychiatric-Mental Health Nurses to Improve Health Policy Using Normalization Process Theory*

Lindsay Bouchard, DNP, PMHNP-BC, RN

11:30 a.m.-12:20 p.m.

*Dolores Room*

### **Concurrent Session 2.4-continued**

*Nursing Process in Psychiatric-Mental Health Nursing: Learning From Our History to Advance Our Future*

David Keller, MS, RN, CNE

12:25 p.m.-1:40 p.m.

*Palm Ballroom ABDE*

### **Product Theater Luncheon**

*Injecting a Maintenance Treatment Into the Bipolar Disorder Discussion*

Melissa Frost, MSN, GNP, APRN-BC

**Sponsored by Otsuka America Pharmaceutical, Inc., and Lundbeck LLC**

1:45 p.m.-3:15 p.m.

*San Pedro Room*

### **Symposium 1.1 (part 1)**

*The Positive Impact of Developing Staff Leadership Through Supportive Training and Education to Improve Patient and Family Care Experiences on a Pediatric Inpatient Psychiatry Unit*

Caitlin Doherty, BSN, RN-BC

David Einmo, BSN, RN-BC

Laura Lynch, BSN, RN-BC

Josh Trewin, RN-BC, BA

1:45 p.m.-3:15 p.m.

*Xavier Room*

### **Workshop 1.1**

*Small Numbers Can Be a Force for Policy Change: The Power of Nursing Coalitions and Collaborations*

Sally Raphael, MS, APRN-PMH, FAAN

Suzanne Miyamoto, PhD, RN, FAAN

1:45 p.m.-3:15 p.m.

*Joshua Tree Room*

### **Workshop 1.2**

*Education for the Prevention of Fetal Alcohol Spectrum Disorders (FASDs) With Alcohol Screening and Brief Intervention (Alcohol SBI) Through the Use of Case Studies*

Ann Mitchell, PhD, RN, AHN-BC, FIAAN, FAAN

Dawn Lindsay, PhD

3:20 p.m.-3:50 p.m.

*Palm Ballroom CF*

### **Refreshment Break**

### **Exhibits and Poster Session**

3:55 p.m.-5:25 p.m.

*San Pedro Room*

### **Symposium 1.1 (part 2)**

*The Positive Impact of Developing Staff Leadership Through Supportive Training and Education to Improve Patient and Family Care Experiences on a Pediatric Inpatient Psychiatry Unit*

Caitlin Doherty, BSN, RN-BC

David Einmo, BSN, RN-BC

Laura Lynch, BSN, RN-BC

Josh Trewin, RN-BC, BA

3:55 p.m.-5:25 p.m.

*Xavier Room*

### **Workshop 2.1**

*Publishing in Psychiatric-Mental Health Nursing Journals: Tips from the Editors*

Joyce Fitzpatrick, PhD, RN, FAAN

Janice Goodman, PhD, PMHNP-BC, PMHCNS-BC

Catherine Kane, PhD, RN, FAAN

Evelyn Parrish, PhD, PMHNP-BC, APRN-BC

Geraldine Pearson, PhD, PMH-CNS, FAAN

Mona Shattell, PhD, RN, FAAN

Edilma Yearwood, PhD, PMHCNS-BC, FAAN

Sandra Thomas, PhD, RN, FAAN

3:55 p.m.-5:25 p.m.

*Joshua Tree Room*

### **Workshop 2.2**

*Using the LEaP Model to Teach Critical Reflection in Psychiatric Nursing Practice: An Interactive Workshop*

Deborah Johnson, DNP, RN, PMHNP-BC

Rosalind De Lisser, MS, FNP, PMHNP-BC

Beth Phoenix, PhD, RN, FAAN, CNS

5:30 p.m.-6:15 p.m.

*Dolores Room*

### **ISPN Special Interest Group Meeting**

*SIG for Psychiatric Consultation-Liaison Advanced Nursing Practice*

5:30 p.m.-6:15 p.m.

*Campanile Room*

### **Archives of Psychiatric Nursing Journal Reviewer Meeting**

6:15 p.m.-8:15 p.m.

*Rooftop Patio*

### **ISPN Foundation Reception and Auction**

*(Available at an additional fee. Tickets are available on the conference Registration Form and at the Registration Desk on site. No swimwear permitted.)*





**Friday, April 13**

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

*Rooftop—Poolside*  
**Morning Yoga/Meditation**

7:00 a.m.-8:00 a.m.

*Palm Ballroom CF*  
**Continental Breakfast and Exhibits**

7:30 a.m.-5:00 p.m.

*Palm Ballroom Foyer*  
**Registration**

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

*Palm Ballroom ABDE*  
**Welcome and Reminders**



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

*Palm Ballroom ABDE*  
**Diversity Keynote Address**  
*Old, Stressed, and Why Do We Care?  
Ageism and Mental Health*  
Kathy Wright, PhD, RN, GCNS-BC, PMHCNS-BC

9:30 a.m.-11:00 a.m.

*Xavier Room*  
**Workshop 3.1**  
*A Successful Model for Clinical Training in Child/  
Adolescent Cognitive Behavior Therapy (CBT) for  
Graduate Psychiatric Advanced Practice Nursing  
Students*  
Pamela Lusk, DNP, RN, PMHNP-BC, FAANP

9:30 a.m.-11:00 a.m.

*San Pedro Room*  
**Workshop 3.2**  
*Integrative Play Therapy*  
Donna de Villier, DNP, MN, PMHNP, RPTS, RN

9:30 a.m.-10:20 a.m.

*Joshua Tree*  
**Concurrent Session 3.1**  
*Essential RN Competencies for the Induction and  
Maintenance of Opioid Replacement Therapy*  
Janet Standard, DNP, PMHNP-BC  
Michelle Knapp, DNP, PMHNP-BC

9:30 a.m.-10:20 a.m.

*Dolores Room*  
**Concurrent Session 3.2**  
*Optimizing Borderhealth PMH Provider Workforce  
Through Community Engagement*  
Kathleen McCoy, DNSc, APRN, PMHNP-BC,  
PMHCNS-BC, FNP-BC, FAANP  
Mark D. Soucy, PhD, RN, APRN, FAANP

10:20 a.m.-10:55 a.m.

*Palm Ballroom CF*  
**Refreshment Break**  
**Exhibits and Poster Session**  
**IMIN Meet and Greet**

11:00 a.m.-11:50 a.m.

*Xavier Room*  
**Concurrent Session 4.1**  
*Diversion of Stimulants in 10th Graders in  
Iceland*  
Gisli Kristófersson, PhD, RN, PMHCNS/NP

11:00 a.m.-11:50 a.m.

*San Pedro Room*  
**Concurrent Session 4.2**  
*Honoring the Patient as "Expert by Experience":  
Graduate Curriculum Centered on Recovery and  
Integrative Nursing Principles With a Navajo (Hozho  
Life-Way Model) Teaching Exemplar*  
Michelle Kahn-John, PhD, APRN  
Pamela Lusk, DNP, RN, PMHNP-BC, FAANP

11:00 a.m.-11:50 a.m.

*Joshua Tree*  
**Concurrent Session 4.3**  
*Re-conceptualizing Sickle Cell Disease Chronic Pain  
Etiology: The Physical and Social Pain Overlap  
Hypothesis*  
Cheedy Jaja, PhD, MPH, MSN, PMHNP-BC, RN

11:00 a.m.-11:50 a.m.

*Joshua Tree*  
**Concurrent Session 4.3-continued**  
*A Research Program Focused on Metabolic Risk  
and Metabolic Syndrome in Persons With Serious  
Mental Illness: Combining Clinical and  
Academic Expertise to Inform Practice*  
Margaret Knight, PhD, PMHCNS  
Lynne Kopeski, MSN, PMHCNS-BC

11:00 a.m.-11:50 a.m.

*Dolores Room*  
**Concurrent Session 4.4**  
*Promoting Resilience in Times of Chaos: Reducing Stress  
and Burnout*  
Jim Kane, MN, RN, CNS, NEA-BC

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

*Campanile Room*  
**Archives of Psychiatric Nursing Journal**  
**Editorial Board Meeting**  
(By invitation only)

# PROGRAM SCHEDULE: FRIDAY, APRIL 13

## Friday, April 13 - continued

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

*Palm Ballroom ABDE*

### **Product Theater Luncheon**

*Atypical Antipsychotic Treatment for Bipolar I Disorder and Schizophrenia: A Clinical Overview*

Davika Mattox MSN, APRN-PMHNP-BC

*Sponsored by Allergan Pharmaceuticals, Inc.*

1:20 p.m.-1:55 p.m.

*Palm Ballroom CF*

### **Exhibits and Poster Session**

2:00 p.m.-5:00 p.m.

*Xavier Room*

### **Symposium 3.1**

*Child/Adolescent Psychiatric-Mental Health Nursing Symposium: Assessment, Diagnosis, and Management of Disruptive Mood Dysregulation Disorder*

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

Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN

Erin Ellington, DNP, APRN, PMHNP-BC

Kelly Ihme, PhD, MA, BSN-BC

Sally Raphael, MS, APRN-PMH, FAAN

Noreen Esposito, EdD, PMHNP-BC, WHNP-BC, FNP-BC, FAANP

2:00 p.m.-2:50 p.m.

*San Pedro Room*

### **Concurrent Session 5.1**

*Key Findings and Recommendations of the National Academy of Medicine Committee to Evaluate the Department of Veterans Affairs Mental Health Services*

Beth Phoenix, PhD, RN, CNS, FAAN

2:00 p.m.-2:50 p.m.

*Joshua Tree*

### **Concurrent Session 5.2**

*Attitudes to Suicide: Using Evidence to Foster Prevention*

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

2:00 p.m.-2:50 p.m.

*Dolores Room*

### **Concurrent Session 5.3**

*Learning to do Psychotherapy and the Art of Supervision*

Cynthia Taylor Handrup, DNP, APN, PMHCNS-BC

Kate Wheeler, PhD, PMHNP-BC, APRN, FAAN

Marian Newton, PhD, PMHNP-BC, PMHCNS-BC

3:05 p.m.-3:55 p.m.

*Joshua Tree Room*

### **Concurrent Session 6.2**

*Inter-professional Education in Psychiatric-Mental Health Graduate Education: Can it be Sustainable?*

Barbara Peterson, PhD, PMHCNS-BC, RN

3:05 p.m.-3:55 p.m.

*Dolores Room*

### **Concurrent Session 6.3**

*Suicide in Elementary School-Aged Children: Trends, Socio-demographic Characteristics, Precipitating Circumstances, and Family Impact*

Carla Groh, PhD, PMHNP-BC, FAAN

3:55 p.m.-4:25 p.m.

### **Break**

4:30 p.m.-5:20 p.m.

*Xavier Room*

### **Concurrent Session 7.1**

*Building Capacity to Address the Barriers to Mental Health Care in the Latino/a Community*

Marsha Snyder, PhD, PMHNP/CNS-BC

Cynthia Taylor Handrup, DNP, APN, PMHCNS-BC

4:30 p.m.-5:20 p.m.

*San Pedro Room*

### **Concurrent Session 7.2**

*Integrated Care in Acute Residential Programs: Responding to Needs of Patients Diverted From Psychiatric Hospital Care*

Linda Chafetz, PhD, RN

Geri Collins-Bride, ANP, MS, FAAN

4:30 p.m.-5:20 p.m.

*Joshua Tree*

### **Concurrent Session 7.3**

*Psychopharmacological and Psychotherapeutic Treatment of Trauma in Children and Adolescents*

Justin White, DNP, MSN, MSW, PMHNP-BC, LCSW

5:30 p.m.-6:15 p.m.

### **ISPN Special Interest Group Meetings**

*Xavier Room*

SIG for Psychiatric-Mental Health Policy

*Joshua Tree Room*

SIG for APN Formation

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

*Meet in the hotel lobby at 6:15 p.m. and walk to a local restaurant as a group.*

### **Student Social**

\* **Celebrating**  
\* **20 years**  
\* **in 2018**

\* International Society of  
\* Psychiatric-Mental Health Nurses

**20**  
**years**  
**ISPN**



**Saturday, April 14**

7:00 a.m.-8:00 a.m.

*Palm Ballroom ABDE*

**Continental Breakfast**

7:15 a.m.-7:45 a.m.

*Campanile Room*

**Support the Organization You Love With the IRA Charitable Rollover!**

Judith Fry-McComish, PhD, RN, FAAN

*Learn an easy way to support the ISPN Foundation: At age 70 1/2 years or older, you can avoid taxes on transfers up to \$100,000 from your IRA and support ISPN Foundation's scholarship and research funding.*

7:30 a.m.-11:00 a.m.

*Palm Ballroom Foyer*

**Registration**

7:45 a.m.-8:15 a.m.

*Palm Ballroom ABDE*

**Regional Networking Meetings**

Tables will be labeled by geographic region. Grab breakfast, find your regional table, and network with your neighbors before the ISPN Business Meeting!

8:15 a.m.-9:00 a.m.

*Palm Ballroom ABDE*

**Business Meeting and President's Wrap-up**

9:15 a.m.-10:05 a.m.

*Xavier Room*

**Concurrent 8.1**

*"He's Out of Control": A Case Study Identifying Factitious Disorder Imposed on Another*

David Alvarez, DNP, PMHNP-BC, NE-BC, RN-BC

9:15 a.m.-10:05 a.m.

*Campanile Room*

**Concurrent 8.1-continued**

*Evaluation of ISPN's Professional Nursing Society's Mentoring Program*

Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN

Marian Newton, PhD, PMHNP-BC, PMHCNS-BC

9:15 a.m.-10:05 a.m.

*San Pedro Room*

**Concurrent 8.2**

*Exploring the Mental Health Needs of First Responders: A Pilot Study*

Sara Jones, PhD, APRN, PMHNP-BC

9:15 a.m.-10:05 a.m.

*Joshua Tree Room*

**Concurrent 8.3**

*Approaches to Treating Self-Injury in Persons With Autism Spectrum Disorder*

Judith Coucouvanis, MA, APRN-BC, PMHCNS-BC

9:15 a.m.-10:05 a.m.

*Dolores Room*

**Concurrent 8.4**

*Mental Health Promotion: Changing a Cultural Discourse*

Richard Westphal, PhD, RN, PMHCNS/NP-BC

10:00 a.m.-10:25 a.m.

*Palm Ballroom Foyer*

**Refreshment Break**

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

*Palm Ballroom ABDE*

**ISPN Awards Ceremony**



Peter Breggs

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

*Palm Ballroom ABDE*

**Closing Keynote Address**

*"Changing My Mind"*

Margaret Trudeau

Canadian Mental-Health Issues Advocate and Author

*Funding for this presentation is possible, in part, through funds generously donated to the ISPN Foundation.*

*Sponsored in part by Southwest Behavioral Health Center.*

12:30 p.m.

*Palm Ballroom Foyer*

**Margaret Trudeau Book Signing**

Books will be available for sale by Changing Hands Bookstore.

**Conference Ends**

1:00 p.m.-5:00 p.m.

*Campanile Room*

**ISPN Board of Directors Meeting**

## POSTER SESSIONS: Palm Ballroom CF

<b>Setup</b> 5:00 p.m.-6:15 p.m. Wednesday, April 11	<b>Display</b> 6:30 p.m.- 8:00 p.m. Wednesday, April 11 (Opening Reception)	7:30 a.m.-5:00 p. m. Thursday, April 12	7:00 a.m.-3:30 p.m. Friday, April 13	<b>Teardown</b> 3:30 p.m.-4:30 p.m . Friday, April 13
<p><b>Poster 1:</b> <i>Evidence for Psychiatric and Mental Health Nursing Interventions: An Update (2011 to 2015)</i> Jaclene Zauszniewski, PhD, RN-BC, FAAN</p> <p><b>Poster 2:</b> <i>Pediatric Behavioral Health Workforce Education and Training for PMHNP Students Using an Integrated and Team-Based Approach</i> Erin Ellington, DNP, APRN, PMHNP-BC</p> <p><b>Poster 3:</b> <i>Unfolding Case Studies and Traditional Case Studies in the Education of Psychiatric-Mental Health Nurses</i> Gail Williams, PhD, RN, PMHCNS-BC Mark Soucy, PhD, RN, APRN, FAANP</p> <p><b>Poster 4:</b> <i>Global Health Service Partnership: Strengthening a Community-Based Mental Health Treatment Program Through an Innovative Partnership in Nursing Education at St. John of God College of Health Sciences in Malawi</i> Nancy Remington, MSN, PMHCNS-BC</p> <p><b>Poster 5:</b> <i>Integrative Health Care Model as Part of Psychiatric Mental Health Nurse Practitioner Clinical Education Curriculum</i> Marsha Snyder, PhD, PMHNP/CNS-BC Cynthia Taylor Handrup, DNP, APN, PMHCNS-BC</p> <p><b>Poster 6:</b> <i>Substance Use, HIV and HepC: Implications and Strategies for Psychiatric Nursing</i> Linda Frank, PhD, MSN, ACRN, FAAN</p> <p><b>Poster 7:</b> <i>Addressing the Hidden Faces of Addiction: Dual Diagnosis in Older Adults</i> Adam Searby, RN, PhD(c)</p> <p><b>Poster 8:</b> <i>Ensuring that Nursing Curriculum Evolves with Policy: Incorporating Medication Assisted Treatment (MAT) Competencies into Advanced Practiced Registered Nursing Education in Accordance with the Comprehensive Addiction and Recovery Act (CARA)</i> Brayden Kameg, BSN, RN, CARN Ann Mitchell, PhD, RN, AHN-BC, FIAAN, FAAN</p>	<p><b>Poster 9:</b> <i>Addressing Disturbing Trends in Pediatric Suicide: Collaborative EBP Project Utilizing a Suicide Risk Assessment in the Emergency Department</i> Melody Hackfeld, BSN, RNC</p> <p><b>Poster 10:</b> <i>A.L.G.E.E. as an Initial Screening Instrument for Mental Health Crisis</i> Catherine Poornaselvan, Msc N, MPhil N, MA</p> <p><b>Poster 11:</b> <i>Evaluation of Resource Parents' Knowledge, Skills, and Attitudes Following Participation in the "Caring for Children Who Have Experienced Trauma" Program</i> Rebecca Golding, RN, ANP, PMHNP-BC</p> <p><b>Poster 12:</b> <i>Measuring Inflammation and Emotional Distress Before and After a Dine' (Navajo) Ceremonial Intervention</i> Michelle Kahn-John, PhD, APRN</p> <p><b>Poster 13:</b> <i>Dietary Intake and Physical Activity for People with Serious Mental Illness</i> Heeyoung Lee, PhD, CRNP, PMHNP-BC</p> <p><b>Poster 14:</b> <i>Creation and Implementation of an Educational Clinical Environment to Facilitate Preparation of Advanced Practice Nurse Practitioner Students Working Collaboratively with Nurse Practitioner Students from Alternate Specialties, Master of Social Work Students, and a Registered Pharmacist</i> Kathy Riedford, PhD, PMHNP-BC, RN</p> <p><b>Poster 15:</b> <i>Exploring Barriers and Resources to Train and Retain PMHNPS in a Rural Community</i> Deborah Johnson, DNP, RN, PMHNP-BC</p> <p><b>Poster 16:</b> <i>Outcomes in Bereaved Dementia Caregivers: A Systematic Review</i> Carla Groh, PhD, PMHNP-BC, FAAN Naihal Henry, Student</p> <p><b>Poster 17:</b> <i>Benzodiazepine Taper Guidelines for an Elderly Population on a Geriatric/Psychiatric Unit</i> Cecilia Amanti, DNP, A/GNP, PMHNP-BC</p>			



**Poster 18:**

*Common Themes in the Stories Young Adult Women Write About Their Troubled Relationships*

Allison McCord Stafford, BSN, RN

**Poster 19:**

*Understanding Needs of Recovery-Oriented Social Support Group for Young Adults Living with Mental Health Conditions*

Arpita Bhattacharya, MS  
Helen Buckland, PhD, MEd

**Poster 20:**

*Reciprocity Membership: A Potential Pathway to Personal Recovery in an Arab Context*

Jason Hickey, PhD(c), RN  
Steven Pryjmachuk, PhD, PGDipEd, RN (Mental Health),  
CPsychol, SFHEA

**Poster 21:**

*Best Practice: Culturally Competent Transgender Terminology in Mental Health Care*

Brittany Abeln, BSN, RN

**Poster 22:**

*The Effect of EMDR on Recidivism in Perpetrators of Child Abuse*

Cristal Sampson, RN

**Poster 23:**

*Common Patterns in Latina Adolescents' Experiences of Depressive Symptoms*

Allison McCord Stafford, BSN, RN

**Poster 24:**

*Identification of Time to Treatment for Alcohol Withdrawal in the Emergency Department*

Ian Thomas, BSN

**Poster 25:**

*Self-Assessment of Medical-Surgical Nurses Behavioral Healthcare Competency*

Jeremey Marine, DNP, PMHNP

**Poster 26:**

*Predictors of Nurses' Readiness and Motivation to Provide Care to Patients Who Use Alcohol: An Exploratory Study*

Khadejah Mahmoud, MSN, RN  
Ann Mitchell, PhD, RN, AHN-BC, FIAAN, FAAN

## ***The Butterfly Effect***

### **ISPN Foundation Reception and Auction**

Thursday, April 12, 2018 • 6:15 p.m.-8:15 p.m.

*Proceeds fund research, wellness, and travel grants for psychiatric-mental health nurses.*

The Rooftop of the Tempe Mission Palms Hotel  
and Conference Center

Tempe, Arizona

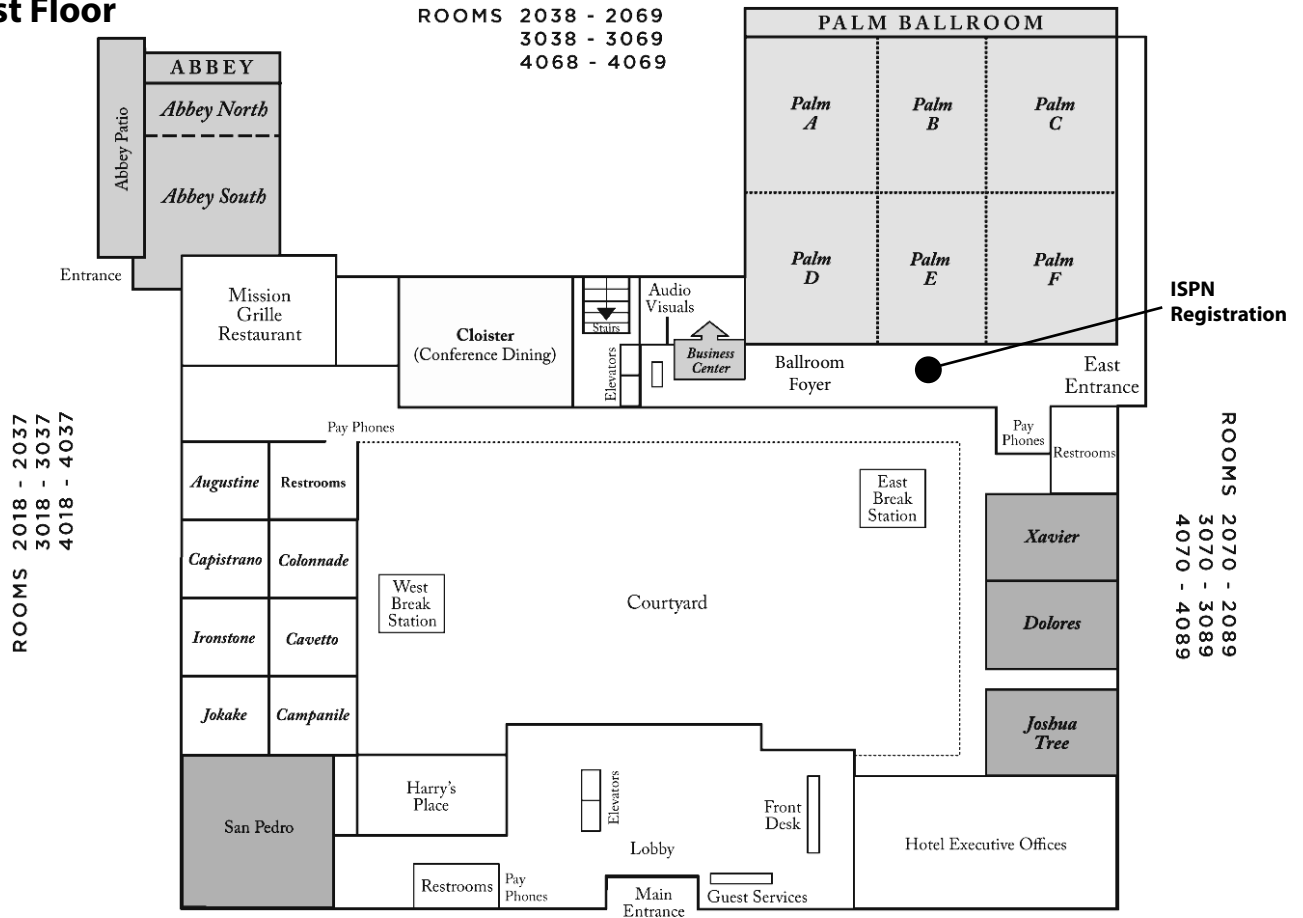
***Tickets:***

Conference Registration Form,  
info@ispn-psych.org, or  
Conference Registration Desk

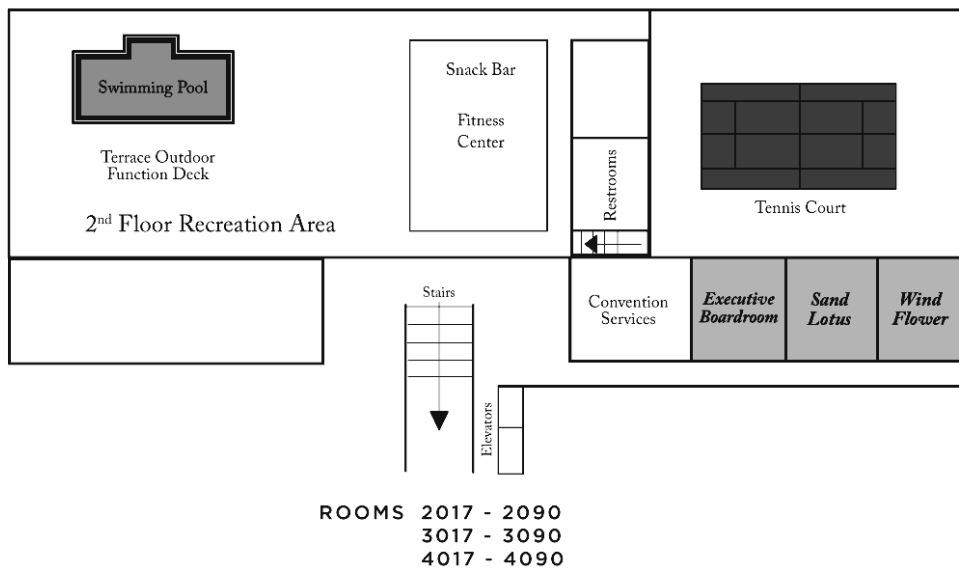


# HOTEL FLOOR PLANS: TEMPE MISSION PALMS HOTEL

## First Floor



## Second Floor



# ISPN WOULD LIKE TO THANK ITS 2018 ANNUAL CONFERENCE SPONSORS AND EXHIBITORS!

## Platinum



## Silver



**McLean HOSPITAL**  
HARVARD MEDICAL SCHOOL AFFILIATE

## Bronze



AUGUSTA UNIVERSITY  
**COLLEGE OF NURSING**



**GLOBAL ALLIANCE**  
for Behavioral Health and Social Justice

**Learn More About an Important Topic in Psychiatric Care: Attend Our Product Theater at the 2018 ISPN 11th Annual Psychopharmacology Institute and 20th Annual Conference!**

Explore a Treatment Option for Adult Patients With Schizophrenia

Wednesday, April 11, 2018 11:50AM-1:20PM  
Lunch will be provided.

Tempe Mission Palms Hotel and Conference Center  
Palm Ballroom AD  
60 E. 5th Street, Tempe, Arizona

**Georgia Stevens, PhD, APRN, PMHCNS-BC**  
Director, P.A.L. Associates:  
Partners in Aging & Long-Term Caregiving  
Washington, DC  
LTC Educator & Care Consultant, BHS Baltimore  
Baltimore, Maryland



Dr. Stevens is a paid consultant of Otsuka America Pharmaceutical, Inc. and Lundbeck.

**The intended audience for this product theater is healthcare professionals involved in the treatment of patients with schizophrenia.**

This program is sponsored by Otsuka America Pharmaceutical, Inc. and Lundbeck.

In accordance with the PhRMA Code on Interactions with Healthcare Professionals, attendance at this educational program is limited to only healthcare professionals (HCPs) (physicians, nurse practitioners, physician assistants, registered nurses, clinical pharmacists, and social workers). Accordingly, attendance by guests or spouses is not permitted. No continuing medical education (CME) credits are offered for this program. This program may include the provision of a modest meal. Otsuka does not offer such a meal to HCPs whose institutions prohibit such hospitality, nor does Otsuka offer a meal where federal or state laws (e.g., Vermont and Minnesota) limit an HCP's ability to accept such a meal.

Accordingly, please consult your legal or ethics advisor regarding any applicable limitation before attending this program. If you are licensed to practice in a state where meals are either prohibited and/or restricted and you accept a meal, you understand that you will be required to reimburse Otsuka for the cost of this meal. Please note that Otsuka is required to report the value of a provided meal pursuant to applicable federal and/or state laws.

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February 2018 11US18EUP0001

IN  
PLAIN  
VIEW

**INJECTING A MAINTENANCE TREATMENT INTO THE BIPOLAR I DISORDER CONVERSATION**

*Model portrayal.*

**Attend our Product Theater featuring**

Melissa Frost, MSN, GNP, APRN-BC  
Psychiatric Mental Health Nurse Practitioner  
Frost Mental Healthcare  
Glendora, California

**Thursday, April 12, 2018**  
12:25PM-1:40PM Mountain

**Location**

Palm Ballroom ABDE  
Tempe Mission Palms Hotel  
and Conference Center  
Tempe, Arizona

Melissa Frost, MSN, GNP, APRN-BC, is a paid consultant for Otsuka America Pharmaceutical, Inc. and Lundbeck.

**The intended audience for this program is appropriate healthcare professionals.**

**This program is sponsored by Otsuka America Pharmaceutical, Inc. and Lundbeck LLC and is not a CME activity.**

This is a promotional program and no CME credits are offered. This educational program may include the provision of a modest meal. Otsuka and Lundbeck do not offer such a meal to healthcare professionals (HCPs) whose institutions prohibit such hospitality, nor do Otsuka and Lundbeck offer a meal where federal or state laws (e.g., Vermont and Minnesota) limit an HCP's ability to accept such a meal. Accordingly, please consult your legal or ethics advisor regarding any applicable limitation before attending this educational program. If you are licensed to practice in a state where meals are either prohibited and/or restricted and you accept a meal, you understand that you will be required to reimburse Otsuka for the cost of this meal.

Please note that Otsuka and Lundbeck are required to report the value of a provided meal pursuant to applicable federal and/or state laws.

In accordance with the PhRMA Code on Interactions with Healthcare Professionals, attendance at this educational program is limited to only healthcare professionals (physicians, nurse practitioners, physician assistants, RNs, clinical pharmacists, social workers). Accordingly, attendance by guests or spouses is not permitted.

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January 2018 09US18EUP0005



ALLERGAN PRESENTS

**AN ATYPICAL  
ANTIPSYCHOTIC  
TREATMENT FOR  
BIPOLAR MANIA AND  
SCHIZOPHRENIA:**

**A CLINICAL  
OVERVIEW**



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UNB114038 03/18

FEATURING:

**Davika Mattox,**  
MSN, APRN-PMHNP-BC


Friday, April 13, 2018  
12:00 pm-1:00 pm  
PALM BALLROOM

**EXPERIENCE OUR  
SCHIZOPHRENIA SIMULATOR  
AT THE ALLERGAN BOOTH #8**



Sunovion Pharmaceuticals Inc.  
is dedicated to developing new  
treatment options for patients  
living with mental illness.

[www.Sunovion.com](http://www.Sunovion.com)

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## UK CONFERENCE AND MARGARET TRUDEAU BOOK SIGNING

### Global Mental Health Conference | United Kingdom | September 2019

Mental Health Nurse Academics UK<sup>1</sup>, the Royal College of Nursing<sup>2</sup> and the International Society of Psychiatric-Mental Health Nurses<sup>3</sup> are delighted to be working together on a major international conference to be held in the UK in September 2019.

Our theme will be *Global Mental Health*. As the World Health Organization recognizes, good mental health and wellbeing is essential to the achievement of potential and the ability to withstand life stresses, and underpins our ability to work productively and to contribute to community life<sup>4</sup>. Major advances have been made in understanding the causes of mental ill-health and distress, in developing effective interventions and in improving services in ways which better reflect the needs and wishes of people who use them. However, in all parts of the world significant challenges remain. Resources for mental health care often lag behind those for physical health care. Public understanding of mental health issues remains poor, and people living with mental health difficulties continue to experience discrimination and stigma. Investment in research to generate an evidence base has fallen behind similar investments for other areas of health care. Services are often poorly integrated, and in many countries are insufficiently focused on the provision of health and social care in the community. Too little attention has been given to the promotion of mental health and the prevention of distress.

World-leading keynote speakers, and a call for abstracts, for this important event will follow in due course. Everyone with interests in mental health policy, practice, services and interventions is warmly welcomed to join the conversation.

<sup>1</sup>Mental Health Nurse Academics UK (MHNAUK) formed in 2003 and represents over 60 higher education institutions (HEIs) engaged in mental health nursing education, research and policy development. The organisation's website can be found at: <https://mhnauk.wordpress.com/>

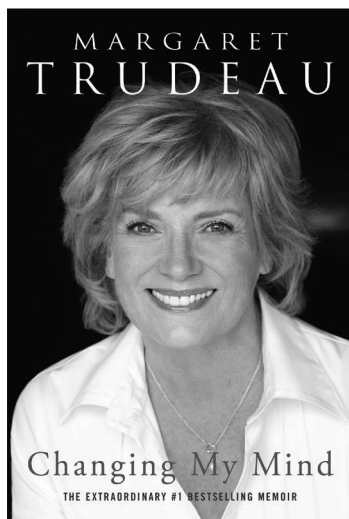
<sup>2</sup>The Royal College of Nursing formed in 1916, and is now the largest professional association and union for nursing staff in the world with more than 435,000 members. The RCN represents nurses and nursing, promoting excellence in practice, shaping health policies. The College's website can be found at: <https://www.rcn.org.uk/>

<sup>3</sup>The International Society of Psychiatric-Mental Health Nurses supports advanced-practice psychiatric-mental health nurses in promoting mental health care, literacy, and policy worldwide. The Society's website can be found at: <http://www.ispn-psych.org/>

<sup>4</sup>World Health Organization (2013) *Mental health action plan 2013-2020*. Geneva: World Health Organization.

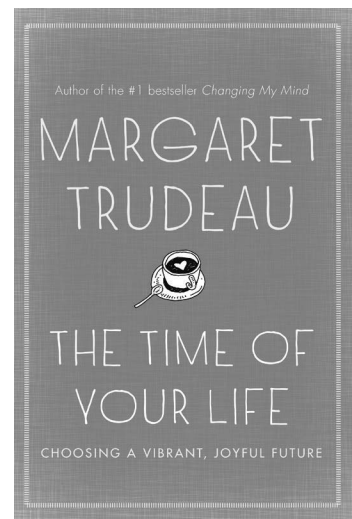
### Margaret Trudeau Book Signing

Following her Closing Address on Saturday, Margaret Trudeau will sign copies of her books sold on site by Changing Hands Bookstore: "Changing My Mind" and "The Time of Your Life: Choosing a Vibrant, Joyful Future."



**Changing My Mind, \$27.99**

The memoir from Canada's former first lady, Margaret Trudeau. In *Changing My Mind*, a candid and intimate memoir and her first book in more than 30 years, Trudeau tells the story of her life as both a public figure and a private citizen, and her lifelong struggle with bipolar disorder.



**The Time of Your Life:  
Choosing a Vibrant, Joyful Future, \$27.99**

From dating and online romance to best health practices and financial planning, this book explores the fundamentals needed for the best future by discussing cornerstone issues such as housing, money, sex, friendship, and kids of all ages.

NOTES



A large rectangular area with a curved top right corner, containing numerous horizontal lines for writing notes.

## 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

## SAFETY RULES AND GUIDELINES

We welcome you to ISPN 20th Annual Conference. We know that you will find this to be an enriching and fulfilling experience. To ensure the safety and security of our attendees and guests, we have compiled the following list of safety rules and guidelines for this conference.

Tempe Mission Palms is committed to providing our guests a safe and secure stay. When a security or safety situation arises, or an incident occurs that should be brought to our attention, we ask that you observe the following reporting protocols:

- **For emergency aid of any kind, call 911** from any telephone outside of the hotel grounds.
- Review the fire safety procedures located on the door in your hotel room. Note the location of the fire exits in relation to your hotel room.
- Don't answer the door in your hotel room without verifying who it is. All hotel employees will identify themselves verbally and will have a hotel nametag. Please call the front desk or the operator if you are uncomfortable or uncertain.
- When returning to the hotel late in the evening, use the lobby entrance.
- Close the door securely whenever you are in your hotel room and use all of the locking devices provided.
- Secure all your valuables. Safe deposit boxes are available at the Front Desk.
- Do not leave any articles of value in your vehicle in the parking lot.
- When inside the conference venue, nametags should always be worn and visibly displayed. For security reasons, we recommend that you **DO NOT** wear your badge outside of the Tempe Mission Palms
- Please do not leave any bags, laptops or articles unsecured in any display area, meeting room, or public area. Personal items are most commonly left or lost in the restrooms. Please double-check the area before leaving the restrooms.
- Smoking is not permitted in the hotel. It is considered a smoke-free environment.
- Do not open any fire exit or other access door to any person. Access to the conference is strictly for members and registered conference guests. All access to display areas, meetings, and symposia is through the appropriate entrance doors. All fire exits are alarmed.
- If you note any suspicious article, packages, persons, or activity please contact the event staff or the front desk immediately.
- Do not give your lodging information to any person.

In the event of an alarm, follow the following directions:

- Proceed carefully to the nearest exit. Emergency evacuation routes are located on the back of every guestroom door. All public space areas are clearly marked with Exit signs.
- Use the stairwells to evacuate the building. Do not attempt to use the elevators.
- Any guest requiring assistance during an evacuation should dial "0" and notify the operator of their location.

During an alarm, announcements will be made over the PA system informing guests to evacuate. For further information, read the security section of your in-room guest directory.

