



CONNECTIONS

ISPN *Connections* Summer 2022 Issue

From the Editor

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



The ISPN *Connections* Editorial Board would like to extend their sincere gratitude to Angela McNelis, PhD, RN, CNE, ANEF, FAAN, for her longstanding service as Editor-in-Chief. Dr. McNelis' commitment to ISPN spanned many years, and her

vision as ISPN *Connections* Editor-in-Chief allowed not only the newsletter, but also the organization, to grow and prosper.

In the spirit of collaboration, the ISPN *Connections* Editorial Board is seeking new submissions and contributions. We would love to see your work displayed in our newsletter! We know that ISPN flourishes by way of member contributions and ideas.

Sincerely,
Brayden Kameg, DNP, PMHNP-BC, CARN, CNE
Editor-in-Chief, ISPN *Connections*

Message from the President "Thoughts and Prayers, Lack of Action"

Ukamaka Oruche, PhD, RN, PMHCNS-BC
ISPN President

**Buffalo, New York on May 14,
2022**

We are faced yet again with the massacre of 10 innocent lives – this time in Buffalo, New York. It



**ISPN Board of Directors
2022-2023**

PRESIDENT

**Ukamaka M. Oruche, PhD,
RN, PMHCNS-BC, FAAN**
uoruche@iu.edu

PRESIDENT-ELECT

**Shawn Gallagher, PhD,
PMHNP-BC, PMHCNS-BC,
FNP-BC**
spg575@gmail.com

INTERIM TREASURER

**Sara J. Edmund, DNP, RN,
FNP-C, PMHNP-BC**
saraedmunddnp@gmail.com

PAST PRESIDENT

**Cheryl Woods-Giscombe,
PhD, RN, PMHNP-BC,
FAAN**
cheryl.giscombe@unc.edu

DIRECTOR (2021-2023)

**Barbara Peterson, PhD,
PMHCNS-BC, APRN**
pete1389@umn.edu

DIRECTOR (2022-2024)

**Rhonda Schwindt, DNP,
PMHNP-BC**
rhondaschwindt@email.gwu.edu

**ISPN Foundation Board
2022-2023**

PRESIDENT

**Dan Wesemann, DNP,
PMHNP-BC, ARNP**
daniel-wesemann@uiowa.edu

TREASURER

**J. Kaye Knauff, DNP, RN,
FNP-BC, PMHNP-BC**
greylynn75@gmail.com

SECRETARY

Karan Kverno, PhD,

turns out that Buffalo is the most racially segregated community in the nation. While it is unclear if and how this may be related to the killing of innocent lives, it certainly has not helped. The families of these 10 innocent people are devastated to say the least, and the community is traumatized. Many including older residents are afraid to leave their homes, and the young children cannot understand the massacre of innocent lives. The only grocery store is shut down. Residents are *bused* to other communities – anxious about whether they will be welcomed or not. As kind as this gesture is, it is nonetheless inconvenient. There is no reason for this type of stress on top of everything else including the daily struggles of living especially in these most unusual times fraught with the ongoing COVID-19 pandemic, man-made and natural disasters, and wars.



But the trauma of Buffalo and similar other racially motivated events are not limited to residents of Buffalo. The trauma transcends boundaries. Other Black citizens—rich, poor, educated, and non-educated—are affected. One Black psychiatrist said to me: "This event has upended my daily life." She had spent days following the event, trying to garner other mental health professionals to provide much needed emotional support to residents of Buffalo. Another person who lived several cities and states away from Buffalo shared her hypervigilance and anxiety related to going to the grocery store. There is an incredible need for diverse racial and ethnic minority mental health providers including psychiatric mental health nurses across the nation to lend their services to culturally diverse communities. Yes—racial and ethnic minority psychiatric mental health nurses—because of issues of historical mistrust between the Black or African American communities and health care systems. However, we also need other racial and ethnic psychiatric mental health nurses to help—after all, there are many non-Black residents in and around Buffalo who are also traumatized by these unfathomable killings. They are at a loss of how to help and are themselves emotionally distraught by this atrocity. They too need help.

Uvalde, Texas on May 24, 2022

Sadly, the ink from my pen had barely dried up about the massacre in Buffalo, New York, when news broke that the nation lost another 19 young children and their 2 teachers at

PMHNP-BC, PMHCNS-BC
ckverno1@jhu.edu

PAST PRESIDENT (ex-officio)

Jim Kane, MN, RN, CNS,
NEA-BC
jjkane@health.ucsd.edu

BOARD MEMBERS

Cynthia Handrup, DNP,
APRN, PMHCNS-BC
chandrup@uic.edu

Brayden Kameg, DNP,
PMHNP-BC, CARN, CNE
bnk13@pitt.edu

Aparna Kumar, PhD, MSN,
CRNP, PMHNP-BC
aparna.kumar@jefferson.edu

Connections Editorial Board

Brayden Kameg, DNP,
PMHNP-BC, CARN, CNE -
Editor
[Bnk13@pitt.edu](mailto:bnk13@pitt.edu)

Cyrstal Andrews, DNP,
MSN, APRN-RNP, PMHNP-
BC, NHDP-BC
cnhartis@outlook.com

Sara Horton-Deutsch,
PhD, RN, FAAN, ANEF
shortondeutsch@usfca.edu

Rhea Mitchell, MSN, RN-
BC
uncnurse44@gmail.com

Alicia Stringfellow, RN
(Mental Health), MSc,
PGCE, PGCert (CBT),
PGDip (THORN)
aliciastringfell@aol.com

John Yuhas, DNP, PMHNP-
BC
johnnyyuhas@gmail.com

Robbs Elementary School in Uvalde Texas, to gun violence. Yes, one of the common denominators is gun violence! First Columbine, then Sandy Hook, Parkland, and now Robb. When does it stop? The places where we were born, live, work, pray, play, and learn are no longer safe. There seems to be a deafening silence; we should all be out on the streets marching and protesting. I hope we never grow numb to this violence and death because a society that devours its young or itself has a very bleak future, to put it mildly. There are no words to describe the carnage that keeps happening over and over without any action.

So as nurses, and especially as psychiatric mental health nurses, what do we do? A colleague responded to this question with this, "Nurses must be out there in public, doing what we do better than any other health profession: Use our power and multiple spheres of influence, including our voice, to shape policy that ensures safety for all, train students who are practice ready to serve diverse patient populations, or translate our research and scholarship for public good. We must invite ourselves to the public square and take our rightful place. ISPN espouses initiative-taking measures and rapid response approaches to meet the needs of communities. To that end, please (1) avail yourself of ISPN Peer Support Initiative for wellness, and (2) volunteer your time to serve mental communities and health professionals at the front line. The Buffalo, New York, and Uvalde, Texas, communities need culturally responsive care for persons within and outside the community boundaries. ISPN will collaborate with other community organizations to address the mental health needs of the people of Buffalo and Uvalde. Please stay tuned – we will need all of us to help in the short and long term.



ISPN 2022 Annual Conference

Thank you for a successful event!

Highlights from the 24th Annual Virtual Conference

Meet Our New Leaders

Please help us welcome these new individuals to the ISPN Governing Board. Since Shawn Gallagher was elected President-Elect, it left the Treasurer position open. The ISPN Board appointed Sara Edmund to fill the remaining year of Shawn's term.



President-Elect

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

Shawn states, “As Treasurer since 2019, I have worked with the Board and members at-large to ensure ISPN is in a position of strength, despite a worldwide pandemic. Throughout this time ISPN has remained financially solvent and membership has grown by almost 15%. These 'wins' are because of you, dedicated members of ISPN. It takes a village. To that end, relationship building is an essential attribute of leadership and, ultimately, organizational success. While managing the intricacies of ISPN's financial portfolio, I established relationships—relationships that are necessary to continue organizational success. It would be an honor to serve as President-Elect.”

Interim Treasurer

Sara Edmund, DNP, RN, FNP-C, PMHNP-BC

Sara states, “As a new ISPN interim Board member, I find myself re-energized to engage closely with colleagues and community service to further our profession. I initially started on the Awards Committee and found the pool of fellow colleagues so impressive! My clinical practice entails various in-patient facilities in the Phoenix area, one of which engages in court-ordered evaluations. I serve as a Clinical Asst. Professor at the University of Arizona and also am the UA Project Director of a \$2 million BHWET grant, which provides student stipends to become trained and equipped to function as a well-trained and competent PMHNP in underserved areas. The opportunity to serve on the ISPN Board is an honor and I hope to fulfill the position's responsibilities with dedication and diligence.”



Director

Rhonda Schwindt, DNP, PMHNP-BC

Rhonda states, “I have been an active member of ISPN since 2014 serving in a variety of roles, including Chair of the Awards Committee, Secretary for the ISPN Board, abstract reviewer, and member of the Membership Committee. In addition to professional service, I am an Associate Professor at The George Washington School of Nursing and a practicing PMHNP with a focus on LGBTQIA+ health. I am eager to assume the responsibilities of Director as I continue to pursue initiatives that expand the role of advanced practice nurses in the care of underserved and marginalized.”

2022 ISPN Award Recipients

2022 Melva Jo Hendrix Lectureship Award

**Julian Don Howe, RN, PhD, ThD, RN-BC, CARN,
LCDC, ADC, FIAAN, FAAETS, FAPA**

Nomination: "...During my working relationship with Julian Howe, I have experienced an individual who shows up earlier than asked, who's dedicated, works hard, and carries themselves in a professional manner. Furthermore, Julian Howe is outstandingly gifted at making patients feel comfortable and always maintaining a positive atmosphere. Julian goes above and beyond to help educate, encourage, and provide high quality nursing care to all patients that he comes in contact with. Julian is a very valuable asset to our unit as a whole.



Julian possesses the knowledge and the ability to perform all duties required of a nurse. He is caring, patient, empathetic, and respectful to the staff, the patients, and their family members..."

We look forward to Dr. Howe's presentation at the ISPN 2023 Annual Conference!



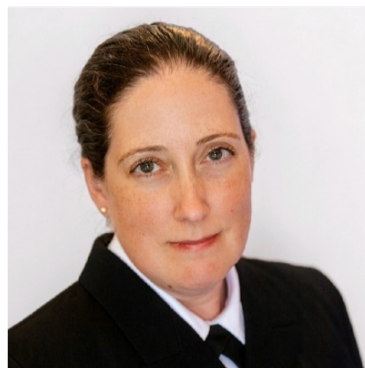
Diversity and Equity Award

Shaquita A. Starks, PhD, APRN, FNP-BC, PMHNP-BC

Nomination: "...At the end of the year, students created a beautiful mural on the Atlanta Beltline—a former railway corridor—that is now comprised of green spaces and trails. The images and words used to paint

the mural are derived from narratives from students. Her students as well as myself who had the opportunity to sit in on one of her FlipGrid discussions with her students can attest that Dr. Starks has significantly impacted the students' perspectives of BIPOC youth experiencing diversity. Dr. Starks considerably impacted the level of compassion that her students gained and helped them understand how social determinants of health influences BIPOC youths' mental health outcomes..."

We look forward to Dr. Starks' presentation at the ISPN 2023 Annual Conference!



Jeanette Chamberlain Psychiatric Leadership Award

Commander Crystal Hartis
Andrews, DNP, MSN,
APRN-RNP, PMHNP-BC,
NDDP-BC



ISPN Education Award

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



ISPN Clinical Practice Award

Aparna Kumar, PhD, MSN,
MPH, MA



ISPN Research Award

Nicole Lyn Letourneau,
PhD, MN, BN, RN, FCAHS,
FAAN



**ISPN Psychiatric Mental
Health Advocacy Award**

Kayla Shea Herbell, PhD,
RN



**ISPN Living Legend
Award**

Jaclene A. Zauszniewski,
PhD, RN-BC, FAAN

ISPN President Award Recipients

Catherine Kane, PhD, RN, FAAN
Sally Raphael, MS, APRN, PMH, FAAN
Patty Wilson, PhD, PMHNP-BC
Shawn Gallagher, PhD, PMHNP-BC, PMHCNS-BC, FNP-BC

ISPN Foundation Award Recipients

2022 ISPN Foundation Joyce Fitzpatrick Psychiatric Nursing Research Grant

Jennifer Lee, BSN, RN

2022 ISPN Foundation Mental Health Awareness Grant

Nicole Perez, PhD, RN, PMHNP-BC

2022 Member Scholarship

Miriam Kamau, BSN

2022 Student Scholarship

David Agor, BSN

Poster Award Recipients

Research

1st Place: Lynn Starr, MD, for the poster, *Acceptability of Long-Acting Injectable Antipsychotic Treatment in Patients with Recent-Onset Schizophrenia from the Disease Recovery Evaluation and Modification (DREaM) Study*

2nd Place: Philip Florendo, BSN, RN-BC, for the poster, *The Implementation of the DASA: YV Tool in the Inpatient Adolescent Psychiatric Setting*

Evidence-Based Practice

1st Place: Robert Bencangey, MSN, PMHRN-BC, CEN for the poster, *Decreasing Inpatient Suicidal Behavior with Suicide Risk Assessment Education Using an Online Platform*

2nd Place: Pauline Andan, RN-BC, for the poster, *Evidence-based Screening and*

Student Research

1st Place: Sterling Wilmer, BA, RN, BSN, for the poster, *Tele-psychiatry and the Older Adult Population: An Integrative Review Exploring Tele-psychiatry Effectively and Accessibility Alternatives*

2nd Place: Nayeli Inzunza for the poster, *Guiding College Students with ACEs Background with an 8-week Psychoeducation Intervention to Become Peer Health Coaches*



Member News

ISPN 2023

Stay tuned for information regarding the ISPN 2023 Annual Conference! The ISPN Board will release information soon! Keep an eye on your email and the ISPN website.

Renew Your Membership Today!

Remember that your 2022 ISPN Membership expires on June 30, 2022. To continue receiving your member benefits, including continuing education credit webinars and being the first to hear about the 2023 Annual Conference, make sure to renew today!

[Renew Your Membership Now](#)

Editorial Board Seeks New Members

The *Connections* newsletter Editorial Board is looking to add new members. In this role, the individual(s) would work with the Editorial Board to solicit articles and information for the newsletter that is published three times a year. The Board provides editorial review of content and prepares the layout for publication.

For more information or to join the Editorial Board, please email Jessica Retzlaff at jretzlaff@reesgroupinc.com.

REGIONALIZATION CORNER

Stay up-to-date with your region by visiting their webpage: ispn-psych.org/ispn-regional-initiative.

International

Co-Leaders: Alicia Stringfellow, RN (Mental Health), MSc, PGCE, PGCert (CBT), PGDip (THORN), and Gemma Emile, MSc, ANP, PGCE, RN, DipHE

Are you a psychiatric-mental health nurse living and/or working outside of the US? The ISPN international region would love to hear from you. Our aim is to make connections across the world and explore mental health and mental health care globally. Please join us

on Monday, 20th June at 5:00 pm UK time to meet and connect with other international members. We look forward to meeting you!

Save the Date: June 20, 2022, 5:00 pm UK time

Midwest

Co-Leaders: Beth Bonham, PhD, RN, PMHCNS-BC, FAAN and Linda Jo Volness, MS, APRN, CHTP

The Midwest Region presented a virtual session at the 2022 ISPN Annual Conference March 19 titled, *The Innovative Use of Chronic Illness Medical Practices to Mitigate the Trajectory of Suffering in Serious Mental Illness*. This topic grew out of our regional meeting discussions; plans are to develop a manuscript from the presentation. Linda Jo Volness volunteered to be Midwest Region Co-Coordinator serving with Beth Bonham. We are in the process of planning Midwest Region meetings – the next one will be in June. We strive for quarterly meetings. We welcome the new ISPN members that are in the Midwest region. As a group, we greatly appreciate the previous leadership of Sandy Wood as Co-Coordinator to get the Midwest Region started; Sandy was instrumental in the Region's communication and development. Thank you, Sandy!

Save the Date: June 22, 2022, 2:00 pm ET

Northeast

Co-Leaders: Jennifer Graber, EdD, APRN, PMHCNS-BC, and Susan Glodstein, DNP

Southeast

Co-Leaders: David Agor, RN, PMHNP-DNP(c), and Marian Newton, RN, BSN, MN, PhD, PMHCNS-BC, PMHNP-BC, ANEF

Save the Date: June 13, 2022, 12:00 pm ET

Southwest

Co-Leaders: Pam Lusk, DNP, RN, FAANP, FAAN, and Mark Soucy, PhD, RN, APRN, FAANP

West

Co-Leaders: Dawn Bounds, PhD, PMHNP-BC, and Deborah Johnson, DNP, PMHNP-BC, FAANP

Save the Date: Saturday, October 1, 2022, at 9:00 am PT

UPCOMING WEBINARS

June 15, 2022, at 12:00 p.m. ET

Telehealth in Mental Health: Policies and Pitfalls

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

July 20, 2022 at 12:00 p.m. ET

Adolescent Borderline Personality Disorder: Controversies and conundrums in clinical practice

Michaela Hogan, DNP, APRN, PMHNP-BC

August 17, 2022 at 12:00 p.m. ET

A New Era of Benzodiazepine Utilization: Defining Rational Use, Informed Consent, and Evidence-Based De-Prescribing Strategies

Kelly Rock, DNP, PMHNP-BC

To register for any upcoming or on demand webinars, visit ispn-psych.org/ispn-webinars.

A Reminder: Subscribe to the ISPN Listserv, "E-List"

Your ISPN membership includes access to our exclusive e-list (AKA, listserv). This member tool allows you to distribute messages to all members subscribing to the list, with a simple email to the list address. Think of the possibilities!

- Communicate with the membership through a single email.
- Search the online archive for valuable information and resources.
- Ask your peers the questions that are most important you.
- Manage your subscription and preferences through your member profile.

To get started:

1. Log in to your membership profile.
2. In the "My Features" tab, click "E-Lists".
3. Make sure you are subscribed to the list.
4. Make note of the list address.
5. Click "Edit" to control your preferences.
6. Click the list name to see and search previous posts.
7. To start participating, click "Post a New Message" or send an email to the list address.

Read these [Frequently Asked Questions](#) about the E-List.

ISPN
2424 American Lane
Madison, WI 53704

Phone: 608-443-2463

Email: info@ispn-psych.org

Website: www.ispn-psych.org

