

APNA CALIFORNIA CHAPTER NETLETTER

apna.org/california

September 2015 Issue

Meet Our Scholars

Get to know three nursing students from California who were awarded with the APNA BOD Scholarship!

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CA Member Awarded

One of our APNA-CA members was honored as Behavioral Health Person of the Year—find out who!

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President's Message

Greetings! It seems to me that this year has flown by *fast!* What a productive and fun year it has been, certainly for me and hopefully for you as well.

As you saw in the last edition of our NetLetter, this year's Chapter Conference in the north was a smashing success. We are thankful to Cathy O'Reilly, our current but outgoing Education Chairperson, for all of her hard work—it paid off Cathy, great job! Our incoming Education Chair Suzane Wilbur is already hard at work planning our 2016 Chapter Conference. Although early, as a little sneak peak, I will share that we are pretty sure the venue will be in San Diego April 30th—so put it on your calendars now and watch for the updates and announcements. San Diego is a beautiful vacation spot: plan on it!



Speaking of conferences, APNA's Annual Conference is coming upon us. I hope to see, meet, and greet lots of California Chapter members; we now have nearly #800! If you are attending, make sure to attend our Chapter Meeting on Thursday, October 29 from 6:30-7:30 PM.

We have been experiencing some wonderful changes in our relationship with APNA National. Over the past few years, there have been multiple discussions with Chapter leaders and National regarding our working arrangements. This year, we have had the opportunity to sign-on to the newly developed "enhancement agreements". The Board had the

(Continued on pg. 2)



Something magical is coming!

This year's APNA Annual Conference is right around the corner!

It will take place in Disney's Coronado Springs Resort in Lake Buena Vista, Florida, from October 28-31, 2015!

This year's conference theme is: "Collaborating in an Evolving Health Care System: Opportunities to Advance Psychiatric-Mental Health Nursing"!

Come to our APNA-CA Meeting on Thursday, October 29 from 6:30 to 7:30PM at the conference!

“Do you know that as a member of APNA you can become an ‘e-member’ of the American Nurses Association (ANA)? We are a premiere Organization Affiliate; as such, all of our members have access to many of ANA’s offerings, including publications, education, etc.”



Congratulations, Deborah!

“The Chapter Board of Directors is pleased to have **Deborah Johnson** accept the new position of **Area Representative Coordinator**. We are confident that having Deborah at the helm will enhance our Area Rep system. We are always open to mentoring new Area Reps, including areas that are underserved; it takes a village to make it all work.”

President’s Message (continued)

opportunity to hear a presentation about the agreement in advance and we have had leaders participate in the discussion groups. We are pleased with the opportunities and, along with the other APNA Chapters, have signed on. Two changes that have already taken place is our moving away from maintaining our own independent website and using National’s for our communications. We have also been able to eliminate independent banking and now have an account in the National office. National will also take on some of the work of our annual Chapter conference, a big asset! All of these changes allow the Chapter Board to divest them of an independent workload which offers us to have more time to expend our energies into activities that our members most want. The agreement also assures us some legal protections as we are not independently organized.

Have you seen the newest value-added enhancement—the State-by-State listing of legislative activities? Check out the APNA State Legislative Tracking Tool, a great asset for all of us involved in advocacy work.

Do you know that as a member of APNA you can become an “e-member” of the American Nurses Association (ANA)? We are a premiere Organization Affiliate; as such, all of our members have access to many of ANA’s offerings, including publications, education, etc. If you have not signed on for this I would suggest that you do so as to not miss out. Recently the ANA published their position statement on workplace violence and incivility—topics that many of us are involved with.

This past year, some of our Area Representatives have hosted great events. Deborah Johnson and Carla Gordon Levin in Sacramento, Cathy O’Reilly and Alysha Woods in Los Angeles, and Erik Lee in the Bay area have been busy. The work of the Area Representatives in bringing these local events all over the state is a benefit that can reach our furthest outposts. The Chapter Board of Directors is pleased to have Deborah Johnson accept the new position of Area Representative Coordinator. We are confident that having Deborah at the helm will enhance our Area Rep system. We are always open to mentoring new Area Reps, including areas that are underserved; it takes a village to make it all work. Feel free to contact me or Deborah for more information.

Last but not least I want to thank Deborah, who was also our Immediate Past-President, for all of her help this past year and am wishing our President-Elect Rosalind De Lisser the best of luck and hoping she has a great time; I’m sure she’ll be a great leader. It has been a privilege and delight to have served as your Chapter President for this past year. Hope to see you in Orlando or San Diego in the future. Thanks for all you do!

—*Marlene Nadler-Moodie*

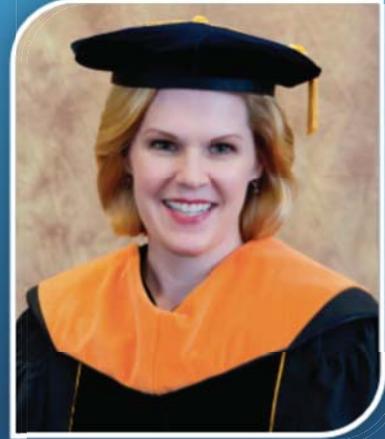
THE FUTURE OF NURSING: MEET THREE CALIFORNIA BOD SCHOLARS



Emma Olson



Napoleon DeVeyra



Kathleen McDermott

Emma Olson

University of California, San Francisco

Tell us about yourself!

I live in San Francisco and I moved here from the east coast 7 years ago after graduating from college at Brown University. I love California and I plan to stay here permanently. One interesting fact about me: My mom is a PMHNP and she works in Connecticut.

What and where are you currently studying? When are you expecting to graduate?

I am studying at UCSF in the Master's Entry Program in Nursing (MEPN) within the Psychiatric-Mental Health NP specialty. I am graduating in June 2017.

Why did you apply for the APNA BOD scholarship?

I applied for the APNA BOD scholarship because I want to attend the APNA annual conference; as a student, it would be difficult for me to afford. Additionally, I am excited for the connections that I will build with other student scholars and other psychiatric nurse professionals from around the country.

What peaked your interest in psychiatric nursing?

After graduating from Brown, I started working as a clinical research coordinator at the Addiction and Pharmacology Research Lab at California Pacific Medical Center in San Francisco. I oversaw all aspects of a clinical trial to study an investigational medication to treat methamphetamine addiction. Working with methamphetamine-dependent individuals exposed me to the devastating effects of drug addiction. Establishing rapport was critical when

I interviewed clients about mood, drug cravings, and drug use history. I quickly learned how to be friendly and approachable while maintaining professional boundaries. Building relationships with my patients and providing a comfortable and safe environment for them to speak openly affirmed my decision to pursue mental health.

What are your career goals after graduation?

My goal after graduation is to work in a community setting as a PMHNP. I want to stay in the San Francisco Bay Area and work in substance abuse treatment. Additionally, I am interested in continuing research efforts in addiction and mental health.

Napoleon DeVeyra

University of California, San Francisco

Tell us about yourself!

I currently live in the lovely San Francisco Bay Area and have been a nurse for over five years. My nursing background includes community/public health, skilled nursing, geriatric, outpatient, and forensic/inpatient psych.

I love to travel and do consider myself a "true citizen" of the world! There is just something amazingly special about being in a distant place that I truly appreciate and savor! I really enjoy the experience of seeing interesting places and cultures, as well as meeting new and interesting people.

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BOD Scholars (continued)

Recently, I was very fortunate to have had the opportunity to explore the Florence Nightingale Museum in London. It was such a great travel and learning experience! I was able to become more acquainted with the historical account and evolution of nursing. I'm also an amateur musician and enjoy playing the piano—mostly ballad, classical, and gospel music.



What and where are you currently studying? When are you expecting to graduate?

I am currently in the MSN Psych/Mental Health Nurse Practitioner (PMHNP) program at UCSF (University of California, San Francisco) and expecting to graduate in Spring 2016. I am tremendously enjoying my graduate nursing education at UCSF and feel very fortunate to be in one of the nation's best PMHNP programs!

Why did you apply for the APNA BOD scholarship?

I was first introduced to APNA during the first year of my MSN program when my professors shared some of the “marvelous”

things about this professional organization. This past spring, our PMHNP specialty director Beth Phoenix sent an email to my cohort about the APNA BOD scholarship. She highly encouraged everyone to apply. And I did! It is really a tremendous honor and accomplishment to be one of the recipients of APNA BOD scholarship. I am looking forward to APNA's networking, leadership, and mentoring programs and activities.

What peaked your interest in psychiatric nursing?

My interest in psychiatric nursing commenced when I was in the process of obtaining my certification as a Licensed Psychiatric Technician. I actually worked as a Psych Tech in an inpatient psychiatric state hospital (for a little over two years) while obtaining my degree in nursing. This career starting point provided me a strong career foundation and dedication to the field of mental health...I have to say that working as a psychiatric nurse has been one of the most challenging, eye-opening, fulfilling, and rewarding experiences of my life. I believe that becoming a PMH Nurse Practitioner will allow me to broaden my roles as a mental health clinician, and also be of service to my patients to a greater extent.

What are your career goals after graduation?

My main goal upon completion of the MSN program is to work as a Psychiatric/Mental Health Nurse Practitioner in the community and

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“It is really a tremendous honor and accomplishment to be one of the recipients of APNA BOD scholarship.”
“I am looking forward to APNA's networking, leadership, and mentoring programs and activities.”

NEW! APNA State Legislative Tracking Tool

APNA now has a new way to provide you with updates on legislative events in your state: The APNA State Legislative Tracking Tool. This tool filters through pending and recently passed state legislation relevant to nursing, mental health, and health care in general. For quick access to bills in your state: Visit <http://www.apna.org/StateLegislation> and click on your state in the map. The tool will pull information on each bill's sponsor, title, abstract, and status in the legislative system.



If you have any questions about the APNA State Legislative Tracking Tool, contact APNA at inform@apna.org or 855-863-APNA (2762).

BOD Scholars (continued)

beyond. I have a strong passion for reaching out to the community and am hoping to be strongly involved in: the reduction of mental health stigma and discrimination; incorporating evidence-based practices into our mental health system; and encouraging mindfulness of cultural factors when providing mental health services to the general population and underserved/underrepresented groups.

Also, as a world traveler, I have a very strong desire to experience international nursing. I am hoping that I can someday have an impact on global health nursing in the context of psychiatry and be involved with international mental health services, research, standards, and policies. Lastly, I will remain actively involved with the promotion and expansion of the services of “Men in Nursing”.

Kathleen McDermott

California State University, Fullerton

Tell us about yourself!

Hi! I have been a practicing PMHNP for the past 14 years. Prior to becoming a PMHNP, I worked as an RN in oncology and bone marrow transplant. I began my PMHNP practice in New York City, working in partial hospitals and at PROMESA (Puerto Rican Organization to Motivate, Enlighten, and Serve Addicts). I moved to California in 2006 and I currently work at The Village in Long Beach. It is a community mental health center (CMHC) affiliated with Mental Health America Los Angeles (MHALA). The Village is known for its strong commitment for providing over 20 years of recovery-oriented psychosocial rehabilitative care to persons with serious mental illness. I live nearby in Torrance and have two little girls, ages 3 and 6.

What and where are you currently studying? When are you expecting to graduate?

I just recently completed my Doctor of Nursing Practice (DNP) degree at the CSU DNP Southern California Consortium.

My final scholarly project was a detailed case study

that analyzed and described the system changes that occurred in a nationally recognized CMHC’s grant-funded initiatives to integrate primary and behavioral healthcare into its repertoire of services for persons

“I believe everyone has a special gift—something that they enjoy and excel in, and feels like a ‘right fit’ to them. For me, it is working as a PMHNP with persons with serious mental illness.”

with severe mental illness (SMI).

Why did you apply for the APNA BOD scholarship?

I applied for the APNA BOD at the encouragement of my doctoral chair. She is a long-time member of APNA and understands my desire to influence change in psychiatric nursing care to further include integrated care. I am very grateful for the opportunity to attend the annual conference again this year and look forward to getting to know and building relationship with the members and the Board of Directors. I am hopeful that my increased connection with APNA through the BOD scholarship will allow me to have the opportunity to become more involved in the APNA-CA Chapter and, in the future, with APNA National.

What peaked your interest in psychiatric nursing?

My mother is an APRN practicing in psychiatry. Growing up, I was continually fascinated with the stories she told and people she spoke about. We spent time serving people in food banks and soup kitchens when I was young. It was a comfortable environment for me and I was surprised to learn that not all people were as interested in or comfortable with persons with mental illness. After earning a degree in psychology, I worked as an intensive case manager in an outpatient mental health center. Two things became clear to me. First: I was sadly astonished at the lack of respect that is, at times, shown to persons with SMI. Second: philosophically, the whole person/holistic care that nursing provides is a necessity when working with people with mental illness. So, I went back to school to earn a BSN so I could be a psychiatric nurse.

I have been drawn to helping reduce stigma for this population, educating the public about mental illness, and providing respectful, quality, comprehensive, and person-centered care for people with serious mental illness. I believe everyone has a special gift—something that they enjoy and excel in, and feels like a ‘right fit’ to them. For me, it is working as a PMHNP with persons with serious mental illness.





APNA Strategic Plan Updated!

Several months ago, APNA members completed a survey asking for input to help inform the Board of Directors as they reviewed and revised APNA's strategic plan. The Board met and updated the plan earlier this year, using these survey responses as guidance. This new plan will direct the board's decision-making, allocation of resources, and involvement in initiatives over the next five years. The plan was finalized and approved and is now up on the website here:

<http://www.apna.org/i4a/pages/index.cfm?pageid=3287>.

As stated on the APNA website, "The APNA Strategic Plan guides the Board of Directors in governance of the association. It focuses their strategic decision-making and ongoing operational work. It is a working document, informed by feedback from councils, chapters, and the membership, that undergoes revision and renewal every three years to ensure its relevance."

Voices of Compassion: 2015 SAMHSA Voice Awards

By Rosalind De Lisser

I had the wonderful opportunity to represent APNA at the 10th Annual SAMHSA VOICE Awards at UCLA's Royce Hall in Los Angeles.

The VOICE Awards give honor to consumer/peer leaders as well as television and film professionals who seek to educate the public about mental health awareness through their work. I was honored to have met and sat next to a fellow APNA member, Dr. MarySue Heilemann, who conducts research at UCLA on Latina women and mental health as well as researches and advocates for the media portrayal of nurses.



This year's awards ceremony was lead by Chandra Wilson from Grey's Anatomy, and the theme was SUICIDE awareness and prevention. Throughout the evening, myths, facts, and statistics about suicide were presented. We heard that "died by suicide" is the more acceptable way to describe suicide, rather than "committed" or "completed suicide". We witnessed consumer Dese'Rae L. Stage speak of the shame of living through suicide. She presented the powerful work that can be done to find healing and acceptance through support, advocacy, and education in creating, *Live Through This*, a living exhibit of suicide survivors and their stories.

Awards were given to Hollywood films and TV shows, both documentary and fiction. "Vets, we don't need saving.... We need understanding." The words of Tyler Grey and Jayson Floyd, both Veterans of the US Military, were present at the awards ceremony and accepted the award for "That Which I Love Destroys Me," a film depicting their reintegration over 3 years into civilian life. We heard that a Veteran dies every 22 minutes by suicide in the US; this documentary hopes to support the process of reintegration and reduce these numbers.



There were nearly 20 SAMHSA Voice Awardees, each individually unique and deserving. The common denominators amongst all were education and advocacy for those living or touched by mental illness. This ceremony celebrated the work and creativity of those who ARE sharing their message, in hopes of making an impact on the right person at the right time.

MARLENE HONORED AS “BEHAVIORAL HEALTH PERSON OF THE YEAR”

By Jeannine Loucks



This past May, our own Marlene Nadler-Moodie was honored as the Behavioral Health Person of the Year for San Diego County. Marlene has devoted her career to improving psychiatric nursing care at the bedside, educating medical nurses on practice changes for caring for psychiatric patients outside the behavioral health unit, and working to develop strategies to reduce both workplace violence and seclusion and restraint use. Her efforts have contributed to a reduction in hospital 1:1 sitter hours/safety watches, and improvement in nursing satisfaction scores.

Marlene has presented on the topic of unit safety and seclusion and restraint reduction throughout the United States and has represented the American Psychiatric Nurses Association (APNA) at the European Congress on Violence in Psychiatry in Amsterdam, the Netherlands in 2007. She has been interviewed and has published extensively on this topic. Marlene became a champion for the reduction of seclusion and restraint use long before there was consensus understanding of its importance. Her stance did not make her popular among staff nurses or administration. The notion that one could take care of a violent psychotic patient without restraining them was unheard of, and many predicted an escalation of patient and staff injuries.

Marlene’s ability to synthesize and share compelling restraint reduction research, as well as her willingness to work side-by-side with nurses, demonstrated that both patients and nurses are safer in an environment where nurses are proactively engaged with patients. In 2009, APNA awarded Marlene as Psychiatric Nurse of the Year.

Marlene has worked on both the national and state boards of APNA. Marlene has taken a lead in the development and implementation of safe practice standards. She has the uncanny ability to bring nurses from diverse geographic, educational, and practice backgrounds together. Marlene has also been a mentor and preceptor for many nursing professionals throughout her career. In 2010, Marlene and her former preceptee designed a new grad orientation program in the specialty area of psychiatric nursing.

This program incorporated psychiatric mental health nursing scope and standards of practice. Marlene provides an adult learning environment that is supportive yet encourages her preceptees to grow personally, professionally, and contribute to society. She has worked tirelessly to reduce the stigma associated with mental illness.

We are very proud of Marlene and feel very fortunate to call her colleague, advocate, and friend. Thank you Marlene for everything you do to make a difference.

“Marlene has devoted her career to improving psychiatric nursing care at the bedside, educating medical nurses on practice changes for caring for psychiatric patients outside the behavioral health unit, and working to develop strategies to reduce both workplace violence and seclusion and restraint use.”

AREA REPRESENTATIVE UPDATES

Upcoming Area Events!

Sacramento Meeting: Sep.30

A presentation and discussion with Sonny Cline, PA about “Abilify Maintena: Efficacy Early and Throughout the Course of Schizophrenia”. Sponsored by Otsuka American Pharmaceutical, Inc. and Lundbeck

Wednesday, September 30, 2015
6:00 pm

Piatti Sacramento
571 Pavilions Lane
Sacramento, California 95825

Please RSVP by September 25th by email to Summer Black at sum@lundbeck.com or Carla Levin, PMH NP at carla.gordonlevin@gmail.com

Save the Date: April 30, 2016!

The American Psychiatric Nurses Association
California Chapter
2016 Annual Conference

*Psychiatric Mental Health Nursing:
Recovery to Practice (RTP)*

Saturday, April 30, 2016
7:00 am to 6:00 pm (with time for
breakfast, lunch, and Chapter meeting)

Liberty Station Conference Center:
Point Loma Nazarene University
2600 Laning Rd, San Diego, CA 92106

This is an intense day for PMH nurses that wish to update their skills in recovery interventions—a day of learning and networking, well worth the time and effort.

A Message from Area Representative Coordinator, Deborah:

HOW DO YOU CONNECT WITH YOUR APNA COLLEAGUES?

Whether you have been involved with APNA for decades or one year, chances are you've discovered that the best part of membership comes from getting to know your psych nursing colleagues. To be honest, that was what motivated me to join APNA as a student and initiate meetings in my local community. On both the national and state level, the annual conferences are wonderful venues for working, mentoring, consulting, collaborating, challenging, being challenged, and balancing your professional life with encouraging, supportive, understanding, and fun peers.

So, how about you? Are you actively involved with your local APNA colleagues? Do you have ideas for a local meeting with or without CEUs? As you may have noticed, our California chapter board encourages members across the state to publicize meeting announcements/invitations more widely than our local areas so that APNA members all over California can have the opportunity to join any meeting that they can access. If there is no active or existing group in your community, perhaps you would do as I did and START ONE! If you do know a local Area Rep and would like to get involved, I encourage you to offer to host a meeting at your workplace or home, or coordinate a meeting with a sponsoring partner.

My goal as the incoming Area Rep Coordinator is to be a resource for current and prospective Area Reps and encourage the sharing of educational and networking opportunities. I look forward to serving our state chapter and hearing from YOU!



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