



CONNECTIONS

ISPN *Connections* Summer 2023 Issue

Mental Health Awareness Month... It's More Than an Idea.

Ann Marie Jones DNP, PMHNP-BC
University of North Carolina at Chapel Hill

Mental health awareness refers to understanding and recognizing mental health conditions, their impact on individuals and society, and the importance of seeking help and treatment. Mental health awareness is not a new concept. First conceived in the writings of Clifford Beers (1909) as *mental health hygiene*, it is now an accepted worldwide concept. It has never been more important to recognize and participate in mental health awareness. Worldwide, one in five suffers from mental illness or substance use. This staggering number is more than cancer, diabetes, or heart disease. Worldwide, depression and anxiety have increased by 25% post COVID. Despite progress, there continues to be human rights violations, discrimination, and stigma worldwide for people with mental illness.

National organizations are essential in promoting mental health awareness, reducing stigma, and advocating for policies and programs that improve access to mental health care and support. As the largest healthcare workforce, nurses have a unique and vital role in promoting mental health awareness. By raising awareness, providing support and resources, and advocating for change, nurses can help improve mental health outcomes and promote a culture of empathy and understanding.

1. Raise Awareness: Start conversations about mental health with friends, family, and colleagues. Share your own experiences and encourage others to do the same. Use social media and other platforms to spread awareness about mental health conditions and resources for support.

2. Advocate: Policies and programs that support mental health, such as increased funding for research and



ISPN Board of Directors 2023-2024

PRESIDENT

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

□ PRESIDENT-ELECT □

Barb Peterson, PhD,
PMHCNS-BC, APRN, FNAP

□ TREASURER

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

□ PAST RESIDENT □

Ukamaka M. Oruche, PHD,
RN, PMHCNS-BC, FAAN

DIRECTOR (2022-2024)

Rhonda Schwindt, DNP,
PMHNP-BC

DIRECTOR (2023-2025)

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

ISPN Foundation Board 2023-2024

PRESIDENT

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

TREASURER

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

SECRETARY

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

PAST RESIDENT

Dan Wesemann, DNP,
PMHNP-BC, ARNP

BOARD MEMBERS

Cynthia Handrup, DNP,

treatment, access to care, and mental health education in schools and workplaces.

3. Participate/Donate: Volunteer at a community activity/fundraiser, participate in a social campaign, or support a mental health organization.

4. Be a Role Model: Consider mentoring a new graduate, practice self-care, encourage colleagues to do the same, and encourage your administration to promote active wellness in your organization.

5. Work collaboratively: Build relationships with other individuals and organizations that share your commitment to mental health awareness. Work collaboratively to achieve shared goals and create a stronger voice for mental health advocacy.

How will you, as a nurse, be a change agent this month?

[Digital Toolkit for Mental Health Awareness Month](#)

APRN, PMHCNS-BC

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

Marian Newton, PhD, RN,
CS, PMHNP, ANEF

Connections Editorial Board

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

Cyrstal Andrews, DNP,
MSN, APRN-RNP, PMHNP-
BC, NHDP-BC

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

Ann Marie Jones, DNP,
PMHNP-BC

Rhea Mitchell, MSN, RN-
BC

Alicia Stringfellow, RN
(Mental Health), MSc,
PGCE, PGCert (CBT),
PGDip (THORN)

John Yuhas, DNP, PMHNP-
BC



ISPN Annual Conference Synopsis

For the first time since the onset of the COVID-19 pandemic, ISPN members gathered face-to-face for the annual conference. The energy and excitement were palpable as both old and new friends mingled, networked, and shared cutting-edge information related to psychiatric-mental health nursing. I came home energized and enthusiastic about the future of our profession.

The event started off with a pre-conference workshop related to Eye Movement Desensitization and Reprocessing (EMDR), delivered by Dr. Kathleen Wheeler. For those who are interested in additional training related to EMDR, Dr. Wheeler recommends training through the [EMDR International Association](#).

Dr. Bernadette Melnyk delivered the keynote lecture related to “*Enhancing Mental Health*

and *Well-Being During Character-Building Times*,” and Drs. Karan Kverno and Fatima Ramos-Marcuse delivered the Susan McCabe Lecture related to “*Brain, Gut, and Immune Interconnections in Psychiatric Symptoms and Disorders*.” As the event progressed, Dr. Julian Howe provided the Annual Melva Jo Hendrix Lecture, and Sonata Bohlen and Dr. Shaquita Starks provided outstanding lectures on war/violence and diversity, equity, and inclusion, respectively. Steve Shefter, author of *Preparing to Part – Love, Loss, and Living*, provided the closing keynote lecture. In addition to our invited and keynote speakers, ISPN members and non-members submitted abstracts and presented on a variety of topics including psychotherapy, pharmacotherapy, and other topics.

There were a variety of exciting events at the conference, including yoga, offered by Dr. Aparna Kumar, and a successful ISPN Foundation Event. The ISPN Foundation Event raised \$11520.00 which will support future ISPN grants and scholarships. We extend our most sincere appreciation to the University of Iowa, who sponsored the event.

We also extend our most sincere appreciation to Drs. Susan Glodstein and Kimberly Stack, in addition to the entire Conference Planning Committee, for such a wonderful and invigorating event. We are looking forward to seeing you all at next year’s conference in Rhode Island!

Highlights from the 25th Annual Conference

Meet Our New Leaders

Please help us welcome these individuals to the ISPN Governing Board or to new positions on the Governing Board.



President-Elect
Barb Peterson



Treasurer
Sara Edmund



Director
Stephanie Wynn

2023 ISPN Award Recipients



**2023 Melva Jo Hendrix
Lectureship Award**
Mona Shattell, PhD, RN, FAAN



Diversity and Equity Award
Emily Sinnwell, DNP, ARNP,
FNP-BC, PMHNP-BC



Education Award
Jennifer Graber, EdD, APRN,
PMHCNS-BC, PMHNP



ISPN President Award Recipient
Marian Newton, PhD, RN, CS,
PMHNP, ANEF

ISPN Foundation Award Recipients



ISPN Foundation President Award

Catherine Kane, PhD, RN, FAAN

2023 ISPN Foundation Joyce Fitzpatrick Psychiatric Nursing Research Grant

Grace Wu, PhD, MSN, RN

2023 ISPN Foundation Mental Health and Wellness Grant

Brianna Jackson, MscN, RN, CPMHN(c)

2023 ISPN Foundation Member Scholarship

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

2023 ISPN Foundation Student Scholarship

April Hutto, MSN, PMHNP-BC, FNP-BC, APRN

Poster Award Recipients

Evidence-Based Practice

1st Place: Ya-Ke Wu, PhD, MSN, RN

Eating Disorders Genetics in Asia: A Pilot Study in Taiwan

2nd Place: Michael Solomon, DNP, APRN, PMHNP-BC

Decreasing Anxiety in Adult Psychiatric Outpatients at an FQHC Using a Mobile Mental Health Application: A Quality Improvement Project

Education/Teaching Pedagogy

1st Place: Esther Gravis, RN, DNP, CPN

Suicide Risk Simulation

2nd Place: Sandra Ojurongbe, PhD, APRN, PMHNP-BC

Using Nursing Theory to Mitigate Stress and Anxiety in Mental Health Nursing Clinicals

Pharmacology

1st Place: DaVonya Wilson, BSN, RN, and

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

Increasing Prescriber Knowledge of Benzodiazepine Taper Protocols: A Quality Improvement Project

Student Poster

1st Place: Mitchell Kordzikowski, DNP

Use of a Mindfulness App to Decrease Levels of Perceived Stress in Waitlisted Psychiatric Outpatients

Member News



ISPN 2024

Stay tuned for information regarding the ISPN 2024 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 2023 ISPN Membership expires on June 30, 2023. To continue receiving your member benefits, including the webinars for contact hours and being the first to hear about the 2024 Annual Conference, make sure to renew today! ISPN is stronger with you!

[Renew Your Membership Now](#)

Update your ISPN Membership Profile Today!

ISPN uses the information you provide in your profile many different ways. Please take a few moments and update your information. Please login to the ISPN website and go to "Member Home" in the quick links. Once on that page, you will see a "My Profile" link. Then you will be able to click edit and change or update your responses to different questions. Thanks in advance for taking the time to do this!

[Update your ISPN Profile Now](#)

Membership Committee

The ISPN Membership Committee is looking to add new members. As a committee member you will be joining an ISPN think tank! This group is responsible for setting the topics and presenters for the monthly webinars, regionalization, IMIN, and growing the ISPN membership. They are also brainstorming ways to get our student members more involved in ISPN. If any of this sounds interesting to you or if you'd like more information, please reach out to [Jessica Retzlaff](#).

Regionalization Corner

Stay up-to-date with your region by visiting the [Regional Initiative webpage!](#)

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.

Midwest

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

The Midwest Region strives for quarterly meetings. We welcome the new ISPN members that are in the Midwest region.

Save the date for their next meeting on August 8, 2023, at 2:00 p.m. ET.

Northeast

Co-Leaders: Jennifer Graber, EdD, APRN, PMHCNS-BC; and Susan Glodstein, DNP
Keep an eye out for the next meeting.

Southeast

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

Keep an eye out for the next meeting.

Southwest

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

Keep an eye out for the next meeting.

West

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

Keep an eye out for the next meeting.



Upcoming Webinars

Mental Health Crisis Care for Children & Young People: An Evidence Synthesis

Presenter: Dr. Nicola Evans

Wednesday, May 24, 2023, 12:00-1:00pm ET

[More information and to Register](#)

First Timer Webinar series - Creating abstracts, presentations, and manuscripts to share your practice

Presenter: Mary Louise Tatum, MPH, MSN, PMHNP-BC; and Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN

Wednesday, June 28, 2023, 12:00-1:00pm ET

[More information and to Register](#)

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

