The ISPN Board of Directors and the Conference Committee are pleased to welcome you to our 24th Annual Conference entitled, "The Power of Psychiatric Mental Health Nurses: Leading Innovations for Sustainable Health and Well-being." This conference will provide an opportunity to connect, practice self-care, learn about current evidence-based practices, and discuss ways to advocate for healthier communities.

Regardless of what role you aspire to or maintain as an advanced psychiatric mental health nurse, we hope you enjoy this year’s program. We offer a wide range of presentations that fall into the broad categories of education/teaching pedagogy, evidence-based practice, research, psychopharmacology, and leadership in the United States and abroad.

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

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

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

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

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

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

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

Be well and safe,

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

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

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

We recommend that you use the Chrome browser to maximize your virtual experience.

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

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

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

ISPN Mission and Practices

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

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

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

General Information

Officers & Directors

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

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

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

PAST PRESIDENT
Deborah Johnson, DNP, PMHNP-BC, FAANP

DIRECTORS
Julie Bertram, PhD, RN
Barbara Peterson, PhD, PMHCNS-BC, APRN

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

ISPN Executive Director
Jessica Retzlaff

ISPN Foundation Board

PRESIDENT
Ann Roselle, MSN, ACNP-BC

PAST PRESIDENT (EX OFFICIO)
Jim Kane, MN, RN, CNS, NEA-BC
The Power of Psychiatric Mental Health Nurses: Leading Innovations for Sustainable Health and Well-being

PRESIDENT ELECT
Dan Wesemann, DNP, PMHNP-BC, ARNP

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

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

BOARD MEMBERS
Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN
Brayden Kameg, DNP, PMHNP-BC, CARN, CNE
Aparna Kumar, PhD, MSN, CRNP, PMHNP-BC

ISPN Committees
Awards Committee Chair
Moniaree Jones, EdD, RN, MSN, COI

Communications & Marketing Committee Chair
Steven Pryjmachuk, PhD, PGDipEd, RN (Mental Health), CPsychol, SFHEA

Conference Committee Chairs
Allison Brauch, DNP, APRN, PMHNP-BC, NP-C, CARN-AP
Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC

Diversity, Equity and Inclusion Committee Chairs
Patty Wilson, PhD, PMHNP-BC
Mia Pasini, MSN, PMHNP-Student

Finance Committee Chair
Shawn Gallagher, PhD, PMHNP-BC, PMHCNS-BC, FNP-BC

Membership Committee Chair
Marian Newton, PhD, PMHNP, PMHCNS

Nominating Committee Chair
Deborah Johnson, DNP, PMHNP-BC, FAANP

Policy Committee Chair
Sally Raphel, MS, APRN, PMH, FAAN

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

Conference Committee
Allison Brauch, DNP, APRN, PMHNP-BC, NP-C, CARN-AP, Co-Chair
Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC, Co-Chair
Pamela Galehouse, PhD, RN, PMHCNS-BC, CNL
Cynthia Handrup, DNP, PMHCNS-BC, FAAN
Sara Horton-Deutsch, PhD, RN, ANEF, FAAN
Heeyoung Lee, PhD, PMHNP-BC
Kimberly Miller-Wenning, DNP, CNP, ANP, FNP, PMHNP
Barbara Peterson, PhD, PMHCNS-BC, RN
Autumn Roque, DNP, APRN, PMHNP-BC
Briana Snyder, PhD, RN, PMH-BC, CNE, RYT 200
Kimberly Stack, PMHNP-BC

Abstract Reviewers
Thank you to all who served as abstract reviewers for this year’s program. We appreciate your involvement!
Allison Brauch, DNP, APRN, NP-C, PMHNP-BC, CARN-AP
Xavier Belsiyal Chellappan C, MSc(PsyN), MSc(Psy), MBA(HM), RN, RM
Judith Fry-McComish, PhD, RN, FAAN, IMH-E-IV
Niki Gjere, PhD, MA, MS, PMHCNS-BC
Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC
Jennifer Graber, EdD, PMHCNS-BC
Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN
Lorraine Hover, PhD, RN
Don Howe, RN, PhD, ThD, CARN, LCDC, FAAN
David C. Keller, MS, RN, CNE
Pamela Laskowski, PhD, RN, CNE
Jane Le Vieux, PhD, RN, PMHN-BC, LPC-S, NHDP-BC
Heeyoung Lee, PhD, PMHNP-BC
Patricia Mares Miller, AP-MHNP BC
Tempests Merricks, PMHNP
Kimberlee Miller-Wenning, DNP, CNP, ANP, FNP, PMHNP
Christa Moore, MSN, RN, CNE, COI
Jane Neese, PhD, RN
Barbara Peterson, PhD, PMHCNS-BC, APRN
Loujain Sharif, BSN, MSc, PhD
Briana Snyder, PhD, RN, PMH-BC CNE, RYT 200
Chanokporn Srirrasarn, RN, PhD
Robi Thomas, PhD, RN, PMHNP-BC
Karen Wall, EdD, MA, PMHRN-BC, GERORN-BC, OFS, LMFT
Jaclene Zauszniewski, PhD, RN-BC, FAAN

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

a. Implement two techniques or exemplars into curriculum and/or educational programs.

b. Apply evidence of two psychiatric-mental healthcare research and innovations into practice.

c. Evaluate two leadership and policy strategies that address health equity, reduction of health disparities, and include vulnerable populations.

d. Discuss two significant trends related to the roles of psychiatric mental health nurses’ practice including the role of the psychiatric mental health nurse practitioner, clinical nurse specialist, and nurse psychotherapist.

e. Implement one to two psychotherapy techniques in practice with your treatment population.

f. Utilize two psychopharmacological/CAM evidence-based practice changes to incorporate into clinical practice that improve individual and population health, while reducing disparities.
Nursing Contact Hours
This nursing continuing professional development activity was approved by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).

Contact hours are complimentary with your registration fee.

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

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

2022 Conference Highlights

**Keynote Speakers**

Don't miss these ISPN 2022 Keynote Speakers:

- **Opening Keynote Address:** An Awe-full Keynote: The Recovery of Wonder and the Praxis of Play  
  Michael Terry, DNP, FNP, PMHNP  
  Thursday, March 17 · 8:15 a.m.-9:15 a.m. CDT

- **Susan McCabe Lectureship:** Psychopharmacologic Nursing Practice: Pitfalls, Pearls and Promises  
  Julie Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APRN  
  Thursday, March 17 · 4:30 p.m.-5:30 p.m. CDT

- **Invited Keynote:** How Right Now: Developing a Nimble and Responsive Communications Campaign to Address Shifting Mental Health and Emotional Wellbeing Needs  
  Amelia Burke-Garcia, PhD, MA  
  Friday, March 18 · 5:00 p.m.-6:00 p.m. CDT

- **Diversity and Equity Lectureship:** Advancing Mental Health Equity and Justice in Marginalized Populations  
  Bridgette Brawner, PhD, Mdiv, APRN  
  Saturday, March 19 · 9:15 a.m.-10:15 a.m. CDT

- **Closing Keynote Address:** Creating the Future of Psychiatric Nursing with Foresight and Innovation in Mind  
  Daniel Pesut, PhD, RN, FAAN  
  Saturday, March 19 · 12:10 p.m.-1:10 p.m. CDT

**ISPN Peer Support Group Meeting**

Wednesday, March 16, 2022  
6:30 p.m.-7:30 p.m. CDT  
This will be an open forum. Members can check in to discuss stressful situations they've recently experienced, burnout, or compassion fatigue. Everyone is invited to attend.

**ISPN Foundation Reception and Auction**

Thursday, March 17 · 6:30 p.m.-8:30 p.m.  
Join the ISPN Foundation on March 17, 2022, at 6:30 p.m. CDT, for its tastiest fundraiser ever – a virtual cheese and mixology course!

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

There at two levels of tickets:

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

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

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

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

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

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

**Product Theater**

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

Friday, March 18, 2022  
12:00 p.m.-1:15 p.m. CDT

**Clinical Evidence Supporting the Use of a New Treatment Option for Adults with Bipolar Depression: Bipolar I or II**  
Amber R. Hoberg, PMHNP, MorningStar Family Medicine PLLC

---

**Intra-Cellular Therapies**
IMIN Meet and Greet
Thursday, March 17, 2022
2:45 p.m.-3:15 p.m. CDT
The ISPN Mentoring Initiative Navigator Program (IMIN) is a capacity-building mentoring program designed to welcome new members and first-time conference attendees with two aims: 1) Increase ISPN member involvement by connecting new members with seasoned ISPN members; and 2) facilitate leadership succession planning by mentoring members into leadership positions. Please join our virtual IMIN Meet and Greet for more information as well as how to apply for both mentor and mentee opportunities.

Bridges: The Student Journey to Advanced Practice
Friday, March 18 · 6:00 p.m.
This student event is our answer to building community and connection among ISPN’s growing student population. Built upon the valuable insight of seasoned and recently graduated psychiatric nurse practitioners and current students alike, the group will be tackling some of the most impactful issues surrounding the profession. Our goal is to create a collaborative environment grounded in current best practice and to help support the transition to the advanced practice role.

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

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

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

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

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

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

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

Activity Approval Statement
This nursing continuing professional development activity was approved for 37.5 contact hours by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation (OBN-001-91).
Activity Number: 2020-0000001853

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

CE Reporting Form
A link to the CE reporting form will be sent to your email address on file. You must complete and submit your reporting form electronically. Please note that there are separate reporting forms for live and on-demand credit. Please contact the ISPN CE Coordinator, Lisa Nelson, to obtain a link for the on-demand contact hours reporting form.
Wednesday, March 16, 2022

6:30 p.m.-7:30 p.m.
**ISPN Peer Support Group Meeting**
This will be an open forum. Members can check in to discuss stressful situations they've recently experienced, burnout, or compassion fatigue.

Thursday, March 17, 2022

6:45 a.m.-7:30 a.m.
**Yoga**
Instructor: John V. Yuhas, DNP, PMHNP-BC, RYT, IAP Nursing Solutions, APC

8:00 a.m.-8:15 a.m.
**Welcome Remarks**
Cheryl Woods Giscombe, PhD, RN, PMHNP-BC, FAAN, FABMR, ISPN President; and Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC, ISPN Conference Committee Co-Chair

8:15 a.m.-9:15 a.m.
**Opening Keynote Address**
*An Awe-full Keynote: The Recovery of Wonder and the Praxis of Play*
Michael Terry, DNP, FNP, PMHNP
Director and Clinician, Life Cycle Wellness

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

9:30 a.m.-10:30 a.m.
**Concurrent Session 1.1**
*Education/Teaching Pedagogy*
*From Disruption to Opportunity: Developing Telepsychiatry Competencies in a Time of Crisis*
Mark Soucy, PhD, RN, APRN, FAANP; Marta E. Vives, DNP, RN, FPMHNP-BC, PMHCNS-BC; and Lorena L. Rodriguez, MSN, RN, PMHNP-BC, University of Texas Health Science Center

9:30 a.m.-10:30 a.m.
**Concurrent Session 1.2**
*Evidence-based Practice*
*When it Happens to THEM: Managing Perinatal Mood and Anxiety Disorders in Diverse Populations*
Robi Thomas, PhD, RN, PMHNP-BC, and Traci Stewart, University of Detroit, Mercy

10:30 a.m.-11:00 a.m.
**Exhibit and Poster Viewing**
**Break**

11:00 a.m.-11:30 a.m.
**Concurrent Session 2.1**
*Education/Teaching Pedagogy*
**Evaluation of Outcomes and Impact of an Online PMHNP Program**
Karan Kverno, PhD, PMHNP-BC, PMHCNS-BC, FAANP, Johns Hopkins University School of Nursing

11:00 a.m.-11:30 a.m.
**Concurrent Session 2.2**
*Research*
**The Collaborative Care Model: An Innovative Approach to Integrated Telemental Health Care Delivery for Patients with Depressive Symptoms and Advanced Heart Failure During COVID-19**
Mia Pasini, MSN, RN; Waguih Ishak, MD, FAPA; and Stacy Collier, MSN, RN, Cedars-Sinai Medical Center

11:30 a.m.-12:00 p.m.
**Concurrent Session 2.4**
*Research*
**Parental Support, Beliefs about Mental Illness, and Mental Help-seeking Among Young Adults in Saudi Arabia**
Alaa Mahsoon, MSN, PhD; and Loujain Sharif, PhD, King Abdulaziz University

11:30 a.m.-12:00 p.m.
**Concurrent Session 2.5**
*Education/Teaching Pedagogy*
**Integrating Social Determinants of Health into PMH Curricula: Moving Toward Advocacy**
Barbara Peterson, PhD, PMHCNS, APRN, University of Minnesota

12:00 p.m.-1:00 p.m.
**Policy Committee Open Meeting**
Moderator: Pamela Galehouse, PhD, RN, PMHCNS-BC, CNL
Speakers: Barbara Peterson, PhD, PMHCNS-BC, RN; Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN; Beth Bonham, PhD, RN, PMHCNS-BC, FAAN; Brayden Kameg, DNP, PMHNP-BC, CARN, CNE; Sally Raphael, MS, APRN, PMH, FAAN; and Andrea Kwasky, DNP, APRN, PMHNP-BC, PMHCNS-BC

12:00 p.m.-1:15 p.m.
**Lunch Break**

1:15 p.m.-2:15 p.m.
**Concurrent Session 3.2**
*Psychopharmacology and CAM*
**Use of Medical Cannabis in Psychiatry**
Joanna Johnson, DNP, APRN, PMHNP-BC, Quality Life
2:15 p.m.-2:45 p.m.
Concurrent Session 3.4
Education/Teaching Pedagogy
A Virtual Group Experience to Develop Resilience and Community
Marsha Snyder, PhD, PMHNP/CNS, BC, CADC, University of Illinois College of Nursing; and Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN, University of Illinois, Chicago

2:45 p.m.-3:15 p.m.
Exhibit and Poster Viewing
Break

2:45 p.m.-3:15 p.m.
IMIN Meet and Greet
The ISPN Mentoring Initiative Navigator Program (IMIN) is a capacity-building mentoring program designed to welcome new members and first-time conference attendees with two aims: 1) increase ISPN member involvement by connecting new members with seasoned ISPN members; and 2) facilitate leadership succession planning by mentoring members into leadership positions. Please join our virtual IMIN Meet and Greet for more information as well as how to apply for both mentor and mentee opportunities.

3:15 p.m.-4:15 p.m.
Concurrent Session 4.1
Education/Teaching Pedagogy
The New AACN Essentials in the Psychiatric Mental Health Nursing Curriculum: A Panel Discussion
Susan Gladstein, DNP, RN, PMHNP-BC, PMHCNS-BC, The George Washington University; Jennifer Graber, EdD, APRN, PMHCNS-BC, University of Delaware; and Marian Newton, RN, BSN, MN, PhD, PMHCNS-BC, PMHNP-BC, ANEF, Shenandoah University

3:15 p.m.-4:15 p.m.
Concurrent Session 4.2
Research
Adolescents’ Experience Attending School with Psychogenic Nonepileptic Seizures: Opportunities for Innovative Psychiatric-Mental Health Nurse Care Coordination for Student Success
Andrea Tanner, PhD, RN, NCSN, Indiana University-Purdue University Indianapolis

3:15 p.m.-4:15 p.m.
Psychotherapy: Returning to Our Roots
Moderator: Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN, University of Illinois, Chicago
Speakers: Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN, University of Southern Indiana; Fatima Ramos-Marcuse, PhD, PMHNP-BC, Columbia University School of Nursing; Kimberly Stack, DNP, PMHNP-BC, Center for Solutions; and Daniel Wesemann, DNP, MSW, PMHNP-BC, ARNP, University of Iowa College of Nursing

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

4:30 p.m.-5:30 p.m.
Susan McCabe Lecture
Psychopharmacologic Nursing Practice: Pitfalls, Pearls and Promises
Julie A. Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APRN Clinical Professor of Psychiatry and Nursing and Director, Pediatric Mood Disorders Clinic, Psychiatry College of Medicine, University of Illinois, Chicago

5:30 p.m.-6:30 p.m.
Poster Session
(See page 10-11 for a listing of the posters.)

6:30 p.m.-8:30 p.m.
ISPN Foundation Reception and Auction
(separate registration required)
Join the ISPN Foundation on March 17, 2022, at 6:30 p.m. CDT, for its tastiest fundraiser ever – a virtual cheese and mixology course!

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

There at two levels of tickets:

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

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

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

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

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

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

Remember, when you give to ISPN Foundation, you make our hearts melt!
Friday, March 18, 2022

6:45 a.m.-7:30 a.m.
**Yoga**
Instructor: John V. Yuhas, DNP, PMHNP-BC, RYT, IAP Nursing Solutions, APC

8:00 a.m.-8:30 a.m.
**Concurrent Session 5.1**
**Evidence-based Practice**
*A Biopsychological Approach to Behavioral Disturbance Disorders*
Meaghan Postgate, APRN, PMHNP-BC, Villa of Hope

8:00 a.m.-9:00 a.m.
**Concurrent Session 5.2**
**Psychopharmacology and CAM**
*Pediatric Psychopharmacology: Current Evidence-based Practice Guidelines*
Pamela Lusk, DNP, RN, PMHNP-BC, FAAN, FAAN, Ohio State University

8:30 a.m.-9:00 a.m.
**Concurrent Session 5.3**
**Research**
*Disruptive Mood Dysregulation Disorder: Clinical Updates on the Controversial Conceptualization of Pediatric Irritability*
Jamie Hamill, DNP, APRN, PMHNP-BC, Rush University College of Nursing

8:30 a.m.-11:15 a.m.
**ISPN Business Meeting**

9:00 a.m.-1:15 p.m.
**Exhibit and Poster Viewing**

9:00 a.m.-1:15 p.m.
**ISPN Product Theater Sponsored by Intra-Cellular Therapies**
*Clinical Evidence Supporting the Use of a New Treatment Option for Adults with Bipolar Depression: Bipolar I or II*
Amber R. Hoberg, PMHNP, MorningStar Family Medicine PLLC

10:00 a.m.-10:30 a.m.
**Concurrent Session 7.1**
**Education/Teaching Pedagogy**
*Transforming Interprofessional Behavioral Health Education Via Virtual Simulation*
Stephanie Wynn, DNP, RN-BC, PMHNP-BC, FNP-BC, FAANP, COI, Samford University

10:00 a.m.-10:30 a.m.
**Concurrent Session 7.2**
**Evidence-based Practice**
*“Your Best-Fitting Genes!” Is Pharmacogenetics All It Promises?*
Anne Kearney, MSN, PMHNP-BC, CRNP, Children’s Hospital of Philadelphia; and Aparna Kumar, PhD, MPH, MSN, CRNP, PMHNP-BC, Jefferson College of Nursing

10:00 a.m.-10:30 a.m.
**Concurrent Session 7.3**
**Psychopharmacology and CAM**
*More Research is Needed on Long-term Use of Atypical Antipsychotics in Children and Adolescents*
Fatima Ramos-Marcuse, PhD, PMHNP-BC, Columbia University School of Nursing

11:15 a.m.-12:00 p.m.
**ISPN Awards Ceremony**
Session Chair: Moniaree Jones, EdD, RN, MSN, COI, Samford University

12:00 p.m.-1:15 p.m.
**Lunch Break**

12:00 p.m.-1:15 p.m.
**ISPN Product Theater Sponsored by Intra-Cellular Therapies**
*Clinical Evidence Supporting the Use of a New Treatment Option for Adults with Bipolar Depression: Bipolar I or II*
Amber R. Hoberg, PMHNP, MorningStar Family Medicine PLLC

1:15 p.m.-1:45 p.m.
**Concurrent Session 8.1**
**Psychotherapy**
*Psychotherapy in Sexual and Gender Minority Populations*
Sean P. Murphy, PhD, MSN, PMHNPBC, University of Illinois, Chicago

1:15 p.m.-2:15 p.m.
**Concurrent Session 8.2**
**Leadership Development**
*Grow Your Own APRNs and Keep Them Forever: Success in Our State*
Callie Ann Bittner, MS, RN, and Ingrid Johnson, DNP, MPP, RN, Colorado Center for Nursing Excellence
All sessions will be held in U.S. Central Daylight Time.

1:15 p.m.-2:45 p.m.
**Workshop 3**  
Evidence-based Practice  
*Preventing and Treating Vicarious Trauma Experienced in Psychiatric Nursing Through the Practice of Self-regulation Tools and Self-care*  
Dawn T. Bounds, PhD; Donna Balsam, RN; Maruko Myint, BS; Leo Dao; Jayla Aldridge; Elijah Shankar; and Chenghui Wang, University of California, Irvine CYFER Lab

2:15 p.m.-2:45 p.m.
**Concurrent Session 8.4**  
Psychopharmacology and CAM  
*Esketamine for Treatment Resistant Depression and Suicidal Ideation During COVID-19*  
Daniel Wesemann, DNP, MSW, PMHNP-BC, ARNP, University of Iowa College of Nursing

2:45 p.m.-3:00 p.m.
**Exhibit and Poster Viewing**  
**Break**

3:00 p.m.-4:00 p.m.
**Concurrent Session 9.1**  
Evidence-based Practice  
*Sand and Fury -- A Patient’s Perspective of the Bipolar Landscape*  
Vanessa Warner, BA, St. Mary’s General Hospital

3:00 p.m.-4:00 p.m.
**Reawakening Self-care**  
Moderator: Pamela Galehouse, PhD, RN, CNL, Seton Hall University  
Speakers: Sara Horton-Deutsch, PhD, RN, PMHCNS, FAAN, ANEF, University of San Francisco; Briana L. Snyder, PhD, RN, PMH-BC, CNE, RYT 200, Towson University; Kathleen Wheeler PhD, PMHNP-BC, APRN, FAAN, Fairfield University Egan School of Nursing & Health Studies; and John V. Yuhas DNP, PMHNP-BC, RYT, IAP Nursing Solutions, APC

3:00 p.m.-4:30 p.m.
**Workshop 4**  
Leadership Development  
*Using Circles of Collaboration and Clinical Expertise for Treatment of Children and Adolescents*  
Andrea Kwasky, DNP, PMHNP-BC, PMHCNS-BC, University of Detroit, Mercy; Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN, University of Southern Indiana; and Linda Jo Volness, MS, APRN, CHTP, Quality Life

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

4:15 p.m.-4:45 p.m.
**Concurrent Session 10.1**  
Education/Teaching Pedagogy  
*Innovations in Reproductive Mental Health and Nurse Practitioner Education*  
Jennifer Graber, EdD, PMHCNS-BC, University of Delaware; Cynthia Diefenbech, PsyD, APRN, PMHCNS-BC; and Anne DeCaire, APRN, PMHNP-BC, Christiana Care

4:15 p.m.-4:45 p.m.
**Concurrent Session 10.2**  
Research  
*An Exploration of Family Caregiver Experiences of Burden and Coping While Caring for People with Mental Disorders in Saudi Arabia: A Qualitative Study*  
Loujain Sharif, BSN, MSc, PhD, King Abdulaziz University

5:00 p.m.-6:00 p.m.
**Invited Keynote Address**  
*How Right Now: Developing a Nimble and Responsive Communications Campaign to Address Shifting Mental Health and Emotional Wellbeing Needs*  
Amelia Burke-Garcia, PhD, MA, NORC, University of Chicago

6:00 p.m.-6:45 p.m.
**Committee Meetings and Special Interest Group Meetings**

6:00 p.m.
**Bridges - The Student Journey to Advanced Practice**  
(All students are welcome to attend!)  
This event is our answer to building community and connection among ISPN’s growing student population. Built upon the valuable insight of seasoned and recently graduated psychiatric nurse practitioners and current students alike, the group will be tackling some of the most impactful issues surrounding the profession. Our goal is to create a collaborative environment grounded in current best practice and to help support the transition to the advanced practice role.  
Driven by student feedback, our meetings will cover topics such as clinical placement, psychopharmacology, ANCC test preparation, clinical case studies, employment and interviewing preparedness, and so much more.

**Saturday, March 19, 2022**

6:45 a.m.-7:30 a.m.
**Yoga**  
Instructor: John V. Yuhas, DNP, PMHNP-BC, RYT, IAP Nursing Solutions, APC

8:00 a.m.-8:30 a.m.
**Concurrent Session 11.1**  
Leadership Development  
*Innovative Approach to Bridge Practice Between Medicine and Psychiatric Mental Health Through Advanced Practice Nursing*  
Lianna Ansryan, MSN, CNS, RN-GERO, PHN, University of California, Los Angeles Health

8:00 a.m.-8:30 a.m.
**Concurrent Session 11.2**  
Education/Teaching Pedagogy  
*Promoting Mental Health and Wellbeing with Language*  
<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Workshop</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.-9:00 a.m.</td>
<td><strong>Concurrent Session 11.3</strong> Evidence-based Practice</td>
</tr>
<tr>
<td></td>
<td>The Innovative Use of Chronic Illness Medical Practices to Mitigate the</td>
</tr>
<tr>
<td></td>
<td>Trajectory of Suffering in Serious Mental Illness</td>
</tr>
<tr>
<td></td>
<td>Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN, University of Southern Indiana;</td>
</tr>
<tr>
<td></td>
<td>Andrea Kwasky, DNP, PMHNP-BC, PMHCNS-BC, University of Detroit, Mercy; Linda J</td>
</tr>
<tr>
<td></td>
<td>o Volness, MSN, APRN, PMH-CNS-BC, Therese Alm, MSN, PMHNP-BC, TAlmNP LLC, Gals</td>
</tr>
<tr>
<td></td>
<td>Institute; and Sandra J. Wood MSN, PMHCNS, BC, IU Health Methodist Hospital</td>
</tr>
<tr>
<td>8:30 a.m.-9:00 a.m.</td>
<td><strong>Concurrent Session 11.4</strong> Psychopharmacology and CAM</td>
</tr>
<tr>
<td></td>
<td>Nutritional Psychiatry: Transdiagnostic Treatment Model to Provide a</td>
</tr>
<tr>
<td></td>
<td>Holistic Care for Gender and Sexual Minority Youths</td>
</tr>
<tr>
<td></td>
<td>David Agor, RN, University of North Carolina, Chapel Hill</td>
</tr>
<tr>
<td>8:30 a.m.-12:00 p.m.</td>
<td><strong>Concurrent Session 12.1</strong> Evidence-based Practice</td>
</tr>
<tr>
<td></td>
<td>Building Health Equity Using Telemedicine: Disparities in Mental Health</td>
</tr>
<tr>
<td></td>
<td>Kelly Kearney, DNP, APRN, PMHNP-BC, University of Texas Health Science Center</td>
</tr>
<tr>
<td>10:30 a.m.-12:00 p.m.</td>
<td><strong>Workshop 5</strong> Education/Teaching Pedagogy</td>
</tr>
<tr>
<td></td>
<td>Educating Psychiatric-Mental Health Nurse Practitioner Students to Care for</td>
</tr>
<tr>
<td></td>
<td>Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, and Asexual</td>
</tr>
<tr>
<td></td>
<td>(LGBTQIA+) Individuals</td>
</tr>
<tr>
<td></td>
<td>Brayden Kameng, DNP, PMHNP-BC, CARN, CNE, University of Pittsburgh School of</td>
</tr>
<tr>
<td></td>
<td>Nursing</td>
</tr>
<tr>
<td>11:30 a.m.-12:00 p.m.</td>
<td><strong>Concurrent Session 12.4</strong> Research</td>
</tr>
<tr>
<td></td>
<td>Effectiveness of an Online Digital Parenting Program on Parent-Child Interactions</td>
</tr>
<tr>
<td></td>
<td>and Children’s Development for Families Experiencing Vulnerability in Canada</td>
</tr>
<tr>
<td></td>
<td>Jelena Komanchuk, RN, BN, University of Calgary</td>
</tr>
<tr>
<td>12:00 p.m.-12:10 p.m.</td>
<td><strong>Break</strong></td>
</tr>
<tr>
<td>12:10 p.m.-1:10 p.m.</td>
<td><strong>Closing Keynote Address</strong></td>
</tr>
<tr>
<td></td>
<td>Creating the Future of Psychiatric Nursing with Foresight and Innovation in Mind</td>
</tr>
<tr>
<td></td>
<td>Daniel Pesut, PhD, RN, FAAN</td>
</tr>
<tr>
<td></td>
<td>Principal Consultant, Strategic Foresight Consulting and Coaching</td>
</tr>
<tr>
<td>1:10 p.m.-1:20 p.m.</td>
<td><strong>Closing Remarks</strong></td>
</tr>
<tr>
<td>1:20 p.m.-2:20 p.m.</td>
<td><strong>ISPN Regional Leaders Meeting</strong></td>
</tr>
<tr>
<td></td>
<td>(by invitation only)</td>
</tr>
<tr>
<td>Thursday, March 17, 2022</td>
<td><strong>Poster Session</strong></td>
</tr>
<tr>
<td>5:30 p.m.-6:30 p.m.</td>
<td>To receive one (1) contact hour for the poster session, you must view a</td>
</tr>
<tr>
<td></td>
<td>minimum of 10 posters (not including Poster 6).</td>
</tr>
<tr>
<td>Poster 2</td>
<td>The Implementation of the DASA: YV Tool in the Inpatient Adolescent</td>
</tr>
<tr>
<td></td>
<td>Psychiatric Setting</td>
</tr>
<tr>
<td></td>
<td>Philip Florendo, BSN, RN-BC; Erika Lozano, MSN, RN-BC; and Leilanie Ayala, RN,</td>
</tr>
<tr>
<td></td>
<td>MSN, PMHCNS-BC, PMHNP-BC, University of California, Los Angeles Resnick and</td>
</tr>
<tr>
<td></td>
<td>Neuropsychiatric Hospital</td>
</tr>
<tr>
<td>Poster 3</td>
<td>Doll Therapy as a Therapeutic Management of Agitation in an Acute</td>
</tr>
<tr>
<td></td>
<td>Geriatric Psychiatry Unit</td>
</tr>
<tr>
<td></td>
<td>Lisette Espana, MAN, PMHRN-BC; Eleanor Tomas-Lagmay, MSN-Ed, PMHNP-Ed; Leilanie</td>
</tr>
<tr>
<td></td>
<td>Ayala, MSN, PMHCNS-BC, PMHNP-BC, University of California, Los Angeles Resnick</td>
</tr>
<tr>
<td></td>
<td>and Seungmin Lee, BS, University of California, Los Angeles Resnick and Neuropsychiatric Hospital</td>
</tr>
</tbody>
</table>
Poster 4  
**Real-world Long-term Outcomes with Valbenazine in Adults with Tardive Dyskinesia**  
Robert O. Morton, MD, Rolling Hills Hospital, and Khody Farahmand, PharmD, Neurocrine Biosciences, Inc.

Poster 5  
**Development of the MIND-TD Questionnaire as a Screening Tool for Tardive Dyskinesia**  
Desiree Matthews, PMHNP-BC, Monarch; and Rakesh Jain, MD, Texas Tech University Health Sciences Center, Permian Basin

Poster 6*  
**Acceptability of Long-acting Injectable Antipsychotic Treatment in Patients with Recent-onset Schizophrenia from the Disease Recovery Evaluation and Modification (DReAM) Study**  
Lynn Starr, MD, and Brianne Brown, PsyD, Janssen Scientific Affairs, LLC  
*Due to an unmitigated conflict of interest, this poster may not be viewed for contact hours. If you are seeking contact hours for the poster session, this poster may not be included as one of the 10 viewed for credit.

Poster 7  
**Evaluating Outcomes for Patients with Treatment Resistant Mental Illness Who Utilize Deep Transcranial Magnetic Stimulation Therapy in Outpatient Treatment: A Mixed-methods Design**  
Rose Wilson, DNP, RN, and Brayden Kameg, DNP, PHMNP-BC, CARN, CNE, University of Pittsburgh

Poster 9  
**Evidenced-based Screening and Interventions for Adolescent Self-injurious Behavior**  
Pauline Andan, BSN, RN-BC, and Carlos Estevez, BSN, RN-BC, Resnick Neuropsychiatric Hospital

Poster 10  
**Should Anticholinergics Be Used to Treat Tardive Dyskinesia? Insights from an Expert Panel of Psychiatry and Neurology Healthcare Professionals**  
Lisa Stroup, PhD, Neurocrine Biosciences, Inc.; and Nora Vanegas-Arroyave, MD, Baylor College of Medicine

Poster 11  
**A Program Evaluation of a Buprenorphine Program in a Private Psychiatric Office-based Practice Before and After the COVID-19 Pandemic**  
Thomas Hageman, BSN, RN, University of Pittsburgh School of Nursing

Poster 12  
**Decreasing Inpatient Suicidal Behavior with Suicide Risk Assessment Education Using an Online Platform and Professional Actors**  
Robert Bencangey, MSN, PMH-BC, CEN, and Grace Florentin, MSN, PMH-BC, University of California, Los Angeles

Student Poster 17  
**Tele-psychiatry and the Older Adult Population: An Integrative Review Exploring Tele-psychiatry Effectivity and Accessibility Alternatives**  
Sterling Wilmer, BSN, RN, BA, New York University

Student Poster 18  
**Guiding College Students with ACEs Background, with an Eight Week Psychoeducation Intervention to Become Peer Health Coaches**  
Nayeli Inzunza and Nikita Paul, University of California, Irvine

Student Poster 19  
**Implementation of a Discharge Checklist to Support Quality Transitions of Care and Timely Discharges on an Adult Psychiatric Unit**  
Ann Meyer, BSN, Creighton University

Poster 20  
**The Role of Psychiatric Nurses in Infection Prevention During COVID**  
Era Hawk, RN, BSN-BC, and Maria Marquez, RN, BSN-BC, University of California, Los Angeles Resnick and Neuropsychiatric Hospital

Poster 22  
**Tips for Preceptor Success in a Virtual World: Preceptor and Student Pearls**  
Gabrielle P. Abelard, DNP, PMHNP, PMHCNS-BC, RN, University of Massachusetts, Amherst College of Nursing
Thank You Sponsors and Exhibitors!

Platinum Sponsor and Exhibitor

Intra-Cellular Therapies, Inc.
Tel: 1-888 252-4824
Contact: Isabella Gallo
Email Address: igallo@itci-inc.com
Website: https://www.intracellulartherapies.com/

Intra-Cellular Therapies is a biopharmaceutical company founded on Dr. Paul Greengard’s Nobel Prize-winning research that uncovered how therapies affect the inner-working of cells in the body. We leverage this intracellular approach to develop innovative treatments for people living with complex psychiatric and neurologic diseases.

To request samples or schedule a meeting with a neuroscience sales specialist, call today! 888 252-4824

Bronze Sponsor

Thank You Donors!

Anonymous
Sherry Aleksich
Elizabeth Bonham
Jill Bornman
Michelle Brilee
Mary Ellen Brous
Judith Caucomouvanis
Rachel Daly
Cheryl Desmarais
Suzanne Drake
Patricia Dzandu
Diane Feldhausen
Joseph Fleschner
David Foley
Judith Foy-McComish
Donna Gaffney
Pamela Galehouse
Jennifer Graber
Carla Groh
Sarah Haan
Cynthia Handrup
Rebecca Henrickson
Vicki Hines-Martin
Deborah Howe
Don Howe
Barbara Johnson
Joanna Johnson
Ann Marie Jones
Tonia Jones
Brayden Kameg
Catherine Kane
Jim Kane
Jalia Kizito
Julia Knauff
Aparna Kumar
Karan Kverno
Marie Dorothea Libbey
Cherylanne Linares
Adrial Lobelo
Rene Love
Elizabeth A. Lucas
Brenda Marshall
Patricia Mares Miller
Pamela A. Minarik
Meghnann Postgate
Danita Potter
Nicole Price
Cheryl Puntit
Fatima Ramos-Marcuse
Deborah Sandella
Kathleen Scharer
Karen G. Schepp
Sarah Schirmer
Marilyn J. Shirk
Diane Snow
Marsha Snyder
Kimberly Stack
Sandra Thomas
Linda Volness
Karen Wall
Morgan Wiggins
Fabienne Williams
Rose Wilson

Exhibitor

American Nurses Credentialing Center
Tel: 1-800-284-2378
Contact: Lourdes B. Careaga
Email Address: lourdes.careaga@ana.org
Website: https://www.nursingworld.org/our-certifications/

International Society of Psychiatric-Mental Health Nurses
Email Address: info@ispn-psych.org
Website: www.ispn-psych.org

The University of North Carolina at Chapel Hill

Thank You Donors!
Learn About a New Treatment Option for Bipolar Depression (Bipolar I or II)

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

DATE: Friday, March 18, 2022
TIME: 1:00 PM ET / 12:00 PM CT / 10:00 AM PT

Amber R. Hoberg, PMHNP
Psychiatric Mental Health Nurse Practitioner
MorningStar Family Medicine PLLC
Floresville, TX

Scan the QR code to learn more

Promotional program sponsored by Intra-Cellular Therapies, Inc.

Intra-Cellular Therapies was founded on Dr. Paul Greengard’s Nobel Prize-winning research that uncovered how therapies affect the inner-working of cells in the body. We leverage this intracellular approach to deliver treatments that will be transformative for people living with complex psychiatric and neurologic diseases.

The content of this Industry Symposium and the views expressed therein are those of the presenting entity and not of ISPN. This symposium is not part of the scientific program and does not provide CME credit.