Welcome

The ISPN Board of Directors and the Conference Committee welcome you to our 25th Annual Conference entitled, Psychiatric-Mental Health Nurses: Joining Together for Critical Need, Addressing Diversity, Those Affected by War, Violence, and Health Inequities Across Populations. This conference will provide an opportunity to connect in person, learn, and socialize. ISPN is a very special organization specifically for advanced psychiatric mental health nurses and students - we believe you will truly thrive in year’s program content. 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 grateful to have world renowned speakers who are experts in various aspects of psychiatric mental health nursing and issues related to our conference. Participants in this year’s conference can earn up to 32.5 hours that can be used for obtaining and maintaining certification with credentialing organizations.

In addition to the learning, we want you to get up and move in the morning, join our yoga class run by Aparna Kumar, take a bike ride or walk by the beach, come to the Relaxation Room for some aromatherapy or a hand massage or just to unwind. Consider the following opportunities:

- Pre-Meeting Workshop
- Opening Reception
- New Member and Student Breakfast
- Product Theater
- Vendors
- IMIN-ISPN Mentoring Initiative
- Foundation Event
- International Meet and Greet
- Student Event
- Regional Event

We view the Annual ISPN Conference as a time of renewal and growth, a way to initiate and strengthen professional relationships, and a forum for ideas that will 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 Nurses’ 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 are grateful to the members of the Conference Committee and the staff at The Rees Group who have contributed wonderful ideas, recruited fabulous speakers, and worked tirelessly to offer this Conference. We wish you all the best.

Susan Gledstein
2023 Program Co-Chair

Kimberly Stack
2023 Program Co-Chair
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.
MEMBERSHIP COMMITTEE CHAIR
   Alicia Stringfellow, RN (Mental Health), MSc, PGCE, PGCert (CBT), PGDip (THORN)

NOMINATING COMMITTEE CHAIR
   Cheryl Woods-Giscombe, PhD, RN, PMHNP-BC, FAAN

POLICY COMMITTEE
   Sally Raphel, MS, APRN, PMH, FAAN

NEWSLETTER EDITOR
   Brayden Kameg, DNP, PMHNP-BC, CARN, CNE

Conference Committee
Co-Chairs:
   Susan Godstein, DNP, RN, PMHNP-BC, PMHCNS-BC
   Kimberly Stack, DNP, PMHNP-BC

Omar Al Omari, PhD, RN, CNS
Elizabeth A. Goldsby, PhD, MSN, RN
Meaghan Hart-Williams, MSN, APRN, FNP-C, PMHNP-BC
Karan Kverno, PhD, PMHNP-BC, PMHCNS-BC, FAANP, FAAN
Meghan Postgate, APRN, PMHNP-BC
Fatima Ramos-Marcuse, PhD, PMHNP-BC
Briana Snyder, PhD, RN, PMH-B, CNE, RYT 200
Robi Thomas, PhD, RN, PMHNP-BC
Sharon Ward-Miller, DNP, MA, RN, PMHCNS-BC

Abstract Reviewers
   Thank you to all who served as abstract reviewers for this year’s program. We appreciate your involvement!

Terri Alm, MSN, PMHNP-BC
Omar Al Omari, PhD, RN, CNS
Julie Bertram, PhD, APRN, PMHCNS-BC
Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN
Elaine Darst, PhD, APRN, PMHCNS-BC, RN
Linda Finke, RN, PhD
Pamela Galehouse, PhD, RN, CNL, PMHCNS
Jennifer Graber, EdD, APRN, PMHCNS-BC
Carla Groh, PhD, PMHNP-BC
Cynthia Handrup, DNP, APRN, PMHNP-BC
Jean Heideman, MPP, MS, PMH-CNS-BC
David C. Keller, MS, RN, CNE
Rene Love, PhD, DNP, PMHNP-BC, FNAP, FAANP
Mary Malone, RN, BSN, MSN, MA, BTh
Kimberlee Miller-Wenning, DNP, CNP, ANP, FNP, PMHNP
Joy Odetola
Ukamaka Oruche, PhD, RN, PMHCNS-BC, FAAN
Barb Peterson, PhD, PMHCS, APRN
Emily Sinwell, DNP, ARNP, FNP-BC, PMHNP-BC
Briana Snyder, PhD, RN, PMH-B, CNE, RYT 200
Robi Thomas, PhD, RN, PMHNP-BC
Sharon Ward-Miller, DNP, MA, RN, PMHCNS-BC
Dan Wesemann, DNP, MSW, PMHNP, APRN
Stephanie Wynny, DNP, RN-BC, PMHNP-BC, FNP-BC, FAANP, FNAP
Jaclene Zauszniewski, PhD, RN-BC, FAAN

Conference Objectives
At the end of this Conference, the participant should be able to:
   • Implement two techniques or exemplars into curriculum and/or educational programs;
   • Apply evidence of two psychiatric-mental healthcare research and innovations into practice;
   • Evaluate two leadership and policy strategies that address health equity, reduction of health disparities, and include vulnerable populations;
   • 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;
   • Implement one to two psychotherapy techniques in practice with your treatment population.
   • Utilize two psychopharmacological/complementary and alternative medicine (CAM) evidence-based practice changes to incorporate into clinical practice that improve individual and population health, while reducing mental health disparities.

Nursing Contact Hours
This nursing continuing professional development activity has been approved by the Georgia Nurses Association, an accredited approver by the American Nurses Association Credentialing Center’s Commission on Accreditation, for up to 32.5 contact hours. Contact hours are complimentary with your registration fee.

To obtain continuing education contact hours for attending the ISPN Annual Conference, please complete the attendance and evaluation forms that will be sent to you via email.
Poster Sessions

Posters will be available for viewing in the Seascape Ballroom.

**Poster Session**
**Poster Setup Time:**
Wednesday, March 29  5:30 p.m.-6:30 p.m.

**Presentation Time:**
Wednesday, March 29  6:30 p.m.-8:00 p.m.
(Opening Reception, Authors Present)

**Poster Viewing Time:**
Thursday, March 30  9:30 a.m.-4:30 p.m.
Friday, March 31  9:30 a.m.-3:30 p.m.

**Poster Teardown Time:**
Friday, March 31  3:30 p.m.-4:00 p.m.

ISPN will not keep any poster presentations that are not dismantled on **Friday, March 31 between 3:30 p.m.-4:00 p.m.** Please plan to retrieve your poster.

**New Member and Student Breakfast**

Thursday, March 30, 2023
7:30 a.m.-8:30 a.m. | Bay Room

Calling all new members and students! This is the perfect opportunity to ask questions and meet the ISPN and Foundation Boards of Directors. And to meet each other! Please join us!

**ISPN Foundation Event**

Be sure to join us for the ISPN Foundation’s Annual Reception and Auction in the SOL Room starting at 6:30 p.m. and sponsored by The University of Iowa School of Nursing. This year’s theme is “Decades Gone Past.” There will be good food, stimulating conversation, and lots of interesting auction items for the silent and live auctions. Please plan to bring an item to donate to the auction. Items can be dropped off at the ISPN Foundation table near the Registration Desk on Wednesday, March 29.

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

**Product Theater Luncheon**

Thank you to Otsuka for sponsoring a product theater this year!

Thursday, March 30, 2023
12:15 p.m.-1:15 p.m. | Pacific Ballroom

**Product Theater Sponsored by Otsuka America Pharmaceutical, Inc.: The Efficacy and Safety Profile of an Adjunctive Therapy for Adult Patients with Major Depressive Disorder (MDD)**

Georgia Stevens, PhD, APRN, PMHCNS-BC, PAL Associates: Partners in Aging and Long-Term Caregiving
*(Lunch included)*

**Student Event**

Friday, March 31, 2023
7:30 p.m.-9:00 p.m | Bay Room

**Bridges: The Student Journey to Advanced Practice**

Calling all students! Join us to learn more about getting involved in ISPN, meet other students, and find out what ISPN can do for you!

**Evaluation Form**

The program evaluation survey will be sent to your email address on file. Please complete and submit your evaluation form electronically. Your comments are valuable to ISPN and assist the Conference Committee in planning future events.

**Business Meeting**

ISPN will hold its Annual Business Meeting on Friday, March 31, at 1:00 p.m. in the Pacific Ballroom. All members are encouraged to join the ISPN Board to discuss the Society’s business report including the strategic plan. Please be sure to attend!

**Awards**

ISPN will present its Annual Awards on Friday, March 31, at 1:00 p.m. in the Pacific Ballroom following the Business Meeting. Please join your friends and colleagues in recognizing those who have demonstrated outstanding achievement and leadership in the psychiatric and mental health field.

**Non-Endorsement of Products**

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

**Thank You Foundation Donors!**

Julie Bertram   Catherine Kane
Talei Cadman   Kenzie Kleven
Melody Cantrell   Karan Kverno
Diane Feldhausen   Vicki Lachman
Linda Finke   Marie Dorothea Libbey
Lana Fowler   Adrian Lobelo
Judith Fry-McComish   Rene Love
Pamela Galehouse   Sivasankari Nadarajan
Carla Groh   Marian Newton
Cynthia Handrup   Meghann Postgate
Bailey Hartgraves   Kathleen Scharer
Theresa Hessler   Steve Shefter
Vicki Hines-Martin   Marilyn Shirk
Susan Hoff   Meghan Sweeney
Sara Horton-Deutsch   Colette Tefft
Don Howe   Meg Tomlins
Kathryn Hughes   Linda Jo Volness
Barbara Johnson   Sharon Ward-Miller
Brayden Kameg   Edilma Yearwood
**Exhibitors**

Plan time in your schedule to visit the exhibiting companies in the Seascape Ballroom. Refreshment breaks will be held there each day.

**Wednesday, March 29**  6:30 p.m.-8:00 p.m. (Opening Reception)
**Thursday, March 30**  9:30 a.m.-4:30 p.m.
**Friday, March 31**  9:30 a.m.-3:30 p.m.

**Abbvie**
Tel: +1-847-938-8524
Website: [abbvie.com](http://abbvie.com)

Abbvie’s mission is to discover and deliver innovative medicines that solve serious health issues today and address the medical challenges of tomorrow. We strive to have a remarkable impact on people’s lives across several key therapeutic areas. Please visit [abbvie.com](http://abbvie.com).

**American Academy of Nurse Practitioners Certification Board**
Tel: +1-512-637-0500
Email: [certification@aanpcert.org](mailto:certification@aanpcert.org)
Website: [aanpcert.org](http://aanpcert.org)

AANPCB is an independent, non-profit certifying body whose purpose is to provide a valid and reliable program for the evaluation of individuals wishing to enter, continue, and/or advance in the NP profession through the certification process.

**Janssen Neuroscience**
Booth #1
Tel: +1-310-600-7414
Email: csnow3@its.jnj.com
Website: [janssen.com](http://janssen.com)


**Otsuka America Pharmaceutical, Inc.**
Booth #2
Tel: +1-949-389-6700
Website: [otsuka-us.com/form/contact-us](http://otsuka-us.com/form/contact-us)

Otsuka America Pharmaceutical, Inc. (OAPI) is an innovative healthcare company that commercializes Otsuka-discovered and in-licensed products in the U.S., with a focus on neuroscience, nephrology, and medical devices.

**Teva Pharmaceuticals**
Booth #7
Tel: +1-816-718-1624
Website: [tevausa.com](http://tevausa.com)

Teva has been developing and producing medicines to improve people’s lives for more than a century. We are a global leader in generic and specialty medicines with a portfolio of over 35,000 products.
**Wednesday, March 29, 2023**

12:00 p.m.-7:00 p.m. | Coral Foyer  
Registration Open

1:00 p.m.-5:00 p.m. (available for a separate registration fee) | Redondo I  
Pre-Meeting Workshop: Complex PTSD and EMDR Therapy  
Kathleen Wheeler, PhD, APRN, FAAN  
Fairfield University Egan School of Nursing

ISPN is offering a Pre-Meeting Workshop on Complex PTSD and EMDR Therapy. Complex PTSD is a new ICD-11 diagnosis as of 2022. EMDR Therapy is a powerful tool that can be integrated into any therapist’s practice and is included in numerous national and international practice guidelines for trauma. ISPN members are offered an opportunity to sign up for the full six-day EMDR Training at a discounted price. More information along with the registration fees are available on the ISPN website ([ispn-psych.org](http://ispn-psych.org)).

5:45 p.m.-6:30 p.m. | Catalina Room  
ISPN Regional Leaders Meeting

**Thursday, March 30, 2023 (Continued)**

8:00 a.m.-5:30 p.m. | Ocean  
Relaxation Room  
Open to all attendees - stop in anytime for a few quiet moments to decompress.

8:30 a.m.-9:30 a.m. | Pacific Ballroom  
Welcome and Opening Keynote  
Address: Enhancing Mental Health and Well-Being During Character-Building Times: Evidence-Based Strategies That Work  
Bernadette Melnyk, PhD, RN, APRN-CNP, EBP-C, FAAN, FNAP, FAAN  
Creator of COPE and Founder, COPE2Thrive, LLC

6:30 a.m.-7:30 a.m. | Esplanade  
Yoga  
Aparna Kumar, PhD, MPH, MSN, CRNP, PMHNP-BC, Jefferson College of Nursing

8:00 a.m.-9:00 a.m. | Coral Foyer  
Continental Breakfast

**Thursday, March 30, 2023**

6:30 a.m.-7:30 a.m. | Esplanade  
Yoga  
Aparna Kumar, PhD, MPH, MSN, CRNP, PMHNP-BC, Jefferson College of Nursing

7:30 a.m.-5:00 p.m. | Coral Foyer  
Registration Open

7:30 a.m.-8:30 a.m. | Bay Room  
ISPN New Member and Student Breakfast

7:30 a.m.-8:30 a.m. | Catalina Room  
ISPN Foundation Board of Directors Meeting

8:00 a.m.-9:00 a.m. | Coral Foyer  
Continental Breakfast

9:00 a.m.-10:00 a.m. | Coral Foyer  
Pre-Meeting Workshop: Complex PTSD and EMDR Therapy  
Kathleen Wheeler, PhD, APRN, FAAN  
Fairfield University Egan School of Nursing

9:30 a.m.-4:30 p.m. | Seascape Ballroom  
Exhibits Open

9:30 a.m.-4:30 p.m. | Seascape Ballroom  
Poster Session  
Posters available for viewing.

6:30 p.m.-8:00 p.m. | Seascape Ballroom  
Opening Reception, Exhibits, and Poster Session  
Join colleagues and friends at the Opening Reception! Poster authors will be present for discussion and questions about their research.

8:00 p.m.-9:00 p.m. | President’s Suite  
President’s Circle (Past Presidents)

9:00 a.m.-5:00 p.m. | Ocean  
Relaxation Room  
Open to all attendees - stop in anytime for a few quiet moments to decompress.

9:30 a.m.-4:30 p.m. | Seascape Ballroom  
Exhibits Open

6:30 a.m.-7:30 a.m. | Pacific Ballroom  
Welcome and Opening Keynote  
Address: Enhancing Mental Health and Well-Being During Character-Building Times: Evidence-Based Strategies That Work  
Bernadette Melnyk, PhD, RN, APRN-CNP, EBP-C, FAAN, FNAP, FAAN  
Creator of COPE and Founder, COPE2Thrive, LLC

7:30 a.m.-8:30 a.m. | Pacific Ballroom  
ISPN New Member and Student Breakfast

7:30 a.m.-8:30 a.m. | Coral Foyer  
Registration Open

8:00 a.m.-9:00 a.m. | Coral Foyer  
Continental Breakfast

**Education/Teaching Pedagogy**

9:40 a.m.-10:00 a.m. | Redondo 1  
Concurrent Session 1.1: Mental Health and Migrant Workers in Iowa  
Emily Sinwell, DNP, ARNP, FNP-BC, PMHNP-BC, University of Iowa

9:40 a.m.-10:10 a.m. | Pacific Ballroom  
Concurrent Session 1.2: Leadership Development Through Dissemination  
Jennifer Graber, EdD, PMHCNS-BC, University of Delaware

9:40 a.m.-10:40 a.m. | Redondo 2  
Workshop #1: Nutritional Psychiatry: An Introductory Workshop  
David Agor, RN, PMHNP, University of North Carolina, Chapel Hill and Daniel Pesut, PhD, FAAN, University of Minnesota

9:40 a.m.-10:40 a.m. | Redondo 1  
Workshop #2: The Role of the Nurse Leader in Promoting Physical Health in Staff and Patients  
Susan L. Merchant, RN, EdD, PMHCNS-BC, University of North Carolina, Chapel Hill

10:10 a.m.-10:40 a.m. | Pacific Ballroom  
Concurrent Session 1.3: Shared Traumatic Reality: An Evolutionary Model Concept Analysis  
April Hutto, MSN, PMHNP-BC, FNP-BC, APRN, University of South Carolina College of Nursing
Thursday, March 30, 2023 (Continued)

**Education/Teaching Pedagogy**
10:10 a.m.-10:40 a.m. | Redondo 2
Concurrent Session 1.4: How to Embrace Cultural Psychiatry and Multi-Cultural Perspectives into Psychiatric Mental Health Nursing Curriculum
Cynthia P. Paidipati, PhD, APRN, PMH-NP/CNS-BC, Loyola University Chicago

10:40 a.m.-11:10 a.m. | Seascape Ballroom
Refreshment Break – Exhibits and Poster Session

**Education/Teaching Pedagogy**
11:10 a.m.-12:10 p.m. | Redondo 2
Concurrent Session 2.1: Increasing Diversity in Nursing
Gabriele P. Abelard, DNP, PMHNP, PMHCNS-BC, RN, University of Massachusetts Amherst College of Nursing

**Psychopharmacology and CAM**
11:10 a.m.-11:40 a.m. | Redondo 1
Concurrent Session 2.3: Venlafaxine-Related Galactorrhea in an Adolescent Female
Brayden Kameg, DNP, PMHNP-BC, CARN-AP, CNE, University of Pittsburgh School of Nursing and Kirstyn Kameg, DNP, PMHNP-BC, FAANP, Robert Morris University

**Leadership Development**
11:40 a.m.-12:10 p.m. | Redondo 1
Concurrent Session 2.4: The Emerging Role of the Dually Certified Primary Care/Psychiatric Nurse Practitioner
Teresa Judge-Ellis, DNP, ARNP, FNP-BC, PMHNP-BC, FAANP, University of Iowa and Anne Gentil-Archer, DNP, ARNP, FNP-BC, PMHNP-BC, FAANP, University of Iowa College of Nursing

12:10 p.m.-1:30 p.m.
Lunch Break (On Your Own)

12:15 p.m.-1:15 p.m. | Pacific Ballroom
Product Theater Sponsored by Otsuka America Pharmaceutical, Inc.
The Efficacy and Safety Profile of an Adjunctive Therapy for Adult Patients with Major Depressive Disorder (MDD) (Lunch included)
Georgia Stevens, PhD, APRN, PMHCNS-BC, PAL Associates: Partners in Aging and Long-Term Caregiving

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**Thursday, March 30, 2023 (Continued)**

1:30 p.m.-2:30 p.m. | Pacific Ballroom
Building and Sustaining ISPN Historical Archives for Education and Research
Catherine Kane, PhD, RN, FAAN, Professor Emerita, University of Virginia School of Nursing, Daniel Wesemann, DNP, PMHNP-BC, ARNP, University of Iowa, and Dominique Tobbell, PhD, University of Virginia, Eleanor Crowder Bjoring Center for Nursing Historical Inquiry

2:30 p.m.-3:00 p.m. | Bay Room
IMIN Meet and Greet

2:30 p.m.-3:00 p.m. | Seascape Ballroom
Refreshment Break – Exhibits and Poster Session

**Evidence-Based Practice & Research**
3:00 p.m.-4:00 p.m. | Pacific Ballroom
Concurrent Session 3.1: Advancing Health Equity for Sexual and Gender Minority Populations in Rural Communities
David Agor, RN, PMHNP, University of North Carolina, Chapel Hill

**Leadership Development**
3:00 p.m.-4:00 p.m. | Redondo 2
Concurrent Session 3.3: Psychiatric Consultation Liaison Nurses Joining Together for Critical Need: Addressing Diversity and Healthcare Inequities Across Healthcare Settings
Elizabeth Steinmiller, MSN, PMHCNS-BC, Children's Hospital of Philadelphia, Jim J. Kane, MN, RN, CNS, NEA-BC, University of California San Diego Health, Pamela Minarik, PhD, RN, CNS, FAAN, Samuel Merritt University, Karen M. Ragaisis, DNP, PMHNP-BC, PMHCNS-BC, CARN-AP, Hartford Hospital, and David Karcher, PMHCNS-BC, NEA-BC, Cedars-Sinai Health System

4:10 p.m.-4:20 p.m. | Pacific Ballroom
Tribute to Dr. Evelyn Parrish
Thursday, March 30, 2023 (Continued)

4:20 p.m.-5:20 p.m. | Pacific Ballroom
Susan McCabe Lecture: The Brain, Gut and Immune Interconnections in Psychiatric Symptoms and Disorders
Karan Kverno, PhD, PMHNP-BC, PMHCNS-BC, FAANP, Johns Hopkins University School of Nursing
Fatima Ramos-Marcuse, PhD, NPP, PMHNP-BC, Columbia University School of Nursing

6:30 p.m.-8:30 p.m. | SOL Room
ISPN Foundation Reception
Sponsored by the University of Iowa College of Nursing
(Ticketed event)

The theme for this year’s ISPN Foundation Event will be ‘Decades Gone Past’. Let us celebrate the 25th year for the ISPN Annual Conference by dressing in our favorite outfits from decades past. The Foundation Event will be a great time to meet the keynote speakers in a casual environment along with supporting the ISPN Historical Archiving initiative. Catch up with old colleagues and meet new colleagues at the ISPN Foundation Event. This event is open to everyone.

A silent and live auction will take place to raise funds to support scholarships to assist graduate students and international members, research grants, endowment for the Foundation, and ISPN sponsored events. Tickets are $100 per person, students will receive a $50 discount.

Friday, March 31, 2023

7:00 a.m.-8:00 a.m. | Esplanade
Yoga
Aparna Kumar, PhD, MPH, MSN, CRNP, PMHNP-BC, Jefferson College of Nursing

8:00 a.m.-5:30 p.m. | Coral Foyer
Registration Open

8:00 a.m.-9:00 a.m. | Coral Foyer
Continental Breakfast

8:00 a.m.-5:30 p.m. | Ocean
Relaxation Room
Open to all attendees - stop in anytime for a a few quiet moments to decompress.

Friday, March 31, 2023 (Continued)

8:30 a.m.-9:30 a.m. | Pacific Ballroom
Melva Jo Hendrix Lectureship: Hold on There Cowboy: This Rodeo is Not Over - This is My Story
Julian Don Howe, RN, PhD, ThD, RN-BC, CARN, LCDC, ADC, FIAAN, FAAAETS, FAPA
North Texas VA Hospital

9:30 a.m.-3:30 p.m. | Seascape Ballroom
Exhibits Open

9:30 a.m.-3:30 p.m. | Seascape Ballroom
Poster Session
Posters available for viewing.

Evidence-Based Practice & Research
9:40 a.m.-10:10 a.m. | Pacific Ballroom
Concurrent Session 4.1: Assessing Confidence Levels of PMHNP Providers Diagnosing and Caring for Those with Pediatric Bipolar Disorder
Daniel Wesemann, DNP, MSW, PMHNP-BC, ARNP, University of Iowa College of Nursing

Leadership Development
9:40 a.m.-10:40 a.m. | Redondo 1
Concurrent Session 4.2: ISPN Policy Agenda for 2023-24
Sarah Raphel, MS, APRN-PMH, FAAN, Cynthia Handrup, DNP, APRN, PMHCNS-BC, Pam Galehouse, PhD, RN, PMHCNS, CNL, Brayden Kameg, DNP, PMHNP-BC, CARN, CNE, and Barbara Peterson, PhD, PMHCNS-BC, APRN, ISPN Policy Committee

Education/Teaching Pedagogy
9:40 a.m.-10:10 a.m. | Redondo 2
Concurrent Session 4.3: Utilizing Case-Studies in Psychiatric-Mental Health Advanced Practice Education: Reflections on Complex Cases from Practice to Fulfill a Critical Need in Education
Susan Glodstein, DNP, RN, PMHNP-BC, PMHCNS-BC, Binghamton University, Decker School of Nursing
Friday, March 31, 2023 (Continued)

Evidence-Based Practice & Research
10:10 a.m.-10:40 a.m. | Pacific Ballroom
Concurrent Session 4.4: A Paradoxical Problem: Expanding Collective Consciousness While Preventing Participant Burden in Research Involving Racialized Communities
Brianna Jackson, MScN, RN, CPMHN(C), Yale University School of Nursing

Education/Teaching Pedagogy
10:10 a.m.-10:40 a.m. | Redondo 2
Concurrent Session 4.5: Advancing Structural Awareness in Psychiatric Mental Health Nurse Practitioner Education
Katerina Melino, MS, PMHNP-BC; PMHNP, University of California, San Francisco, Rosalind de Lisser, MS, PhD(c), FNP, PMHNP, University of California, Davis, and Kathleen McDermott, DNP, PMHNP, University of California, Los Angeles

10:40 a.m.-11:10 a.m. | Seascape Ballroom
Refreshment Break — Exhibits and Posters

10:40 a.m.-11:10 a.m. | Bay Room
International Meet and Greet
All international attendees are invited to this informal meet and greet with the Board of Directors. Please join us!

Psychopharmacology and CAM
11:10 a.m.-12:10 p.m. | Redondo 1
Concurrent Session 5.1: Gut Dysbiosis in Mental Health: Can My Diet Really Cause Depression and Anxiety?
Kimberly Stack, DNP, PMHNP-BC, Center for Solutions

Leadership Development
11:10 a.m.-12:10 p.m. | Pacific Ballroom
Concurrent Session 5.2: Evaluation of Intent-to-Stay in Current Practice Among Highly Experienced Nurse Practitioners with Dual Certification: Implications for Health Services Organizations
Karan Kverno, PhD, PMHNP-BC, PMHCNS-BC, FAAN and Susan Renda, DNP, ANP-BC, CDCES, FNAP, FAAN, Johns Hopkins University School of Nursing

Leadership Development
11:10 a.m.-12:10 p.m. | Redondo 2
Concurrent Session 5.3: A Reproductive Justice Framework for PMH Nursing Practice
Catherine Kane, PhD, RN, FAAN, University of Virginia School of Nursing

12:10 p.m.-1:30 p.m.
Lunch Break (On Your Own)

1:30 p.m.-3:00 p.m. | Pacific Ballroom
ISPN Business Meeting and Awards Ceremony
3:00 p.m.-3:30 p.m. | Seascape Ballroom
Refreshment Break – Exhibits and Poster Session

Friday, March 31, 2023 (Continued)

Evidence-Based Practice & Research
3:30 p.m.-4:00 p.m. | Pacific Ballroom
Concurrent Session 6.1: The Portrayal of Dissociative Identity Disorder in Film and Its Impact on Treatment: Implications for PMH RNs and PMH APRNs
Briana Snyder, PhD, RN, PMH-BC, CNE, RYT 200, Towson University and Stacey Boyer, PsyD, ChristianaCare

Leadership Development
3:30 p.m.-5:00 p.m. | Redondo 1
Workshop #2: Let’s Talk About Race
Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN, University of Illinois, Chicago, Edilma Yearwood, PhD, PMHCNS-BC, FAAN, Georgetown University, and Sally Raphael, MS, APRN_PMH, FAAN, Johns Hopkins University School of Nursing

Psychopharmacology and CAM
3:30 p.m.-4:30 p.m. | Redondo 2
Concurrent Session 6.2: Gender-Affirming Hormone Therapy: What Do Advanced-Practice Psychiatric-Mental Health Nurses Need to Know?
Rhonda Schwindt, DNP, RN, PMHNP-BC, The George Washington University School of Nursing

Education/Teaching Pedagogy
4:00 p.m.-4:30 p.m. | Pacific Ballroom
Concurrent Session 6.3: Coordinating Psychiatric Mental Health Care Via a Nurse Practitioner Residency
Stephanie Wynn, DNP, RN-BC, PMHNP-BC, FNP-BC, FAANP, FNAP and Johnny Tice, DNP, MA, CRNP, FNP-C, PMHNP-BC, Samford University

Psychopharmacology and CAM
4:40 p.m.-5:10 p.m. | Pacific Ballroom
Concurrent Session 7.1: Metabolic Syndrome and Mental Illness: Treatment Strategies and the Role of Care Coordination
Ann Marie Jones, DNP, PMHNP-BC, University of North Carolina, Chapel Hill

Evidence-Based Practice & Research
4:40 p.m.-5:10 p.m. | Redondo 2
Concurrent Session 7.2: Does Parental Stress Contribute to the Development of ADHD in Children?
Oluyemisi Olatilu, RN, Massachusetts College of Pharmacy and Health Sciences

4:40 p.m.-5:10 p.m. | Bay Room
A Conversation with the Archives Editorial Board
Edilma Yearwood, PhD, PMHCNS-BC, FAAN, Georgetown University and Sally Raphael MS, APRN-PMH, FAAN, Johns Hopkins University School of Nursing
Friday, March 31, 2023 (Continued)

5:15 p.m.-6:15 p.m. | Pacific Ballroom
*For Such a Time as this...Psychiatric Nurses Uniquely Qualified to Heal the Divides from War, Violence and Inequities*
Sonata Bohen, APRN, CNS
Levanta, Inc.

6:30 p.m.-7:30 p.m. | Pacific Ballroom
Regional Meetings
Plan to meet with your ISPN regional colleagues.
Midwest Co-Leaders: Beth Bonham and Linda Jo Volness
Northeast Co-Leaders: Susan Goldstein and Jennifer Greyber
Southwest Co-Leaders: Pam Lusk and Mark Soucy
West Co-Leaders: Dawn Bounds and Deborah Johnson
Southeast Co-Leaders: David Agor and Marian Newton
International Co-Leaders: Gemme Emile and Alicia Stringfellow

6:30 p.m.-7:30 p.m. | Catalina Room
Archives of Psychiatric Nursing Journal Reviewer Meeting

7:30 p.m.-9:00 p.m. | Bay Room
Student Event

Saturday, April 1, 2023

7:00 a.m.-8:00 a.m. | Esplanade
Yoga
Aparna Kumar, PhD, MPH, MSN, CRNP, PMHNP-BC, Jefferson College of Nursing

8:00 a.m.-11:30 a.m. | Coral Foyer
Registration Open

8:00 a.m.-9:00 a.m. | Coral Foyer
Continental Breakfast

8:00 a.m.-10:00 a.m. | Ocean
Relaxation Room
Open to all attendees - stop in anytime for a a few quiet moments to decompress.

8:30 a.m.-9:30 a.m. | Pacific Ballroom
Diversity Award Plenary Session: Diversity, Equity, and Exclusion: If it Ain’t One -ism, it’s Another
Shaquita Starks PhD, APRN, PMHNP-BC, FNP-BC, Emory University Nell Hodgson Woodruff School of Nursing

Saturday, April 1, 2023 (Continued)

Psychopharmacology and CAM
9:40 a.m.-10:40 a.m. | Redondo 1
Concurrent Session 8.1: CBD and Other Phytocannabinoids: Implications of Facts, Prospects and Fallacies for PMHNPs
Marian Newton, PhD, RN, PMHNP, David W. Newton, BS, PhD, FAPhA, Shenandoah University; and David Chinyeaka Agor, RN, BS, University of North Carolina, Chapel Hill

Evidence-Based Practice & Research
9:40 a.m.-10:40 a.m. | Pacific Ballroom
Concurrent Session 8.3: Operator Syndrome, Navy SEALs, and Modern Asymmetric Warfare: What Navy SEALs Brain Health Predicts About Modern Asymmetric Warfighters’ and Survivors’ Future Mental Health Needs, from the Ukrainian Battlefield and Beyond
Rebecca Ivory, DNP, MS, RN and Jennifer Graber, EdD, PMHAPRN, CS, BC, University of Delaware

Education/Teaching Pedagogy
10:10 a.m.-10:40 a.m. | Redondo 2
Concurrent Session 8.4: Drumming Circle Group: An Interdisciplinary Nursing Staff Education in an Acute Child and Adolescent Psychiatric Unit
Karen Salvador, MSN, RN-BC, PMHNP-BC, Patricia Anderson, RTII, CTRS, and Lisette Espean, MAN, PMHRN-BC, UCLA Resnick Neuropsychiatric Hospital

10:40 a.m.-11:10 a.m. | Coral Foyer
Refreshment Break

11:10 a.m.-12:10 p.m. | Pacific Ballroom
Closing Keynote Address: Preparing to Part: Love, Loss and Living
Steve Shefter, Author of Preparing to Part-Love, Loss and Living

12:30 p.m.-5:00 p.m. | Ocean Room
Board of Directors Meeting

Poster Session | Seascape Ballroom

Poster Set-up Times
Wednesday, March 29 from 5:30 p.m.-6:30 p.m.

Presentation Dates and Times
Wednesday, March 29 from 6:30 p.m.-8:00 p.m. (Authors Present)
Thursday, March 30 from 9:30 a.m.-4:30 p.m.
Friday, March 31 from 9:30 a.m.-3:30 p.m.

Poster Teardown Time
Friday, March 31 from 3:30 p.m.-4:00 p.m.
Poster 1
Evidence-Based Practice & Research
The Best Practices for Rating Adult Patients Psychiatric Acuity Who Are in Acute Psychosis on Adult Inpatient Units
Sterling Wilmer, BSN-RN, BA, The Johns Hopkins Hospital

Poster 2
Evidence-Based Practice & Research
Eating Disorders Genetics in Asia: A Pilot Study in Taiwan
Ya-Ke Wu, PhD, MSN, RN, The University of North Carolina, Chapel Hill, School of Nursing

Poster 5
Evidence-Based Practice & Research
Decreasing Anxiety in Adult Psychiatric Outpatients at an FQHC Using a Mobile Mental Health Application: A Quality Improvement Project
Michael Solomon, DNP, APRN, PMHNP-BC, and Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN, University of Illinois, Chicago

Poster 6
Psychopharmacology and CAM
Increasing Prescriber Knowledge of Benzodiazepine Taper Protocols: A Quality Improvement Project
Da Vonya Wilson, BSN, RN, and Cynthia Handrup, DNP, APRN, PMHCNS-BC, FAAN, University of Illinois, Chicago

Poster 7
Education/Teaching Pedagogy
Using Nursing Theory to Mitigate Stress and Anxiety in Mental Health Nursing Clinicals
Sandra Ojurongbe, PhD, APRN, PMHNP-BC, Palm Beach Atlantic University

Poster 8
Evidence-Based Practice & Research
Barriers Preventing Adversity-Impacted Youth from Utilizing Community Mental Health Resources in Southern California
Jayla Aldridge, Genesis Crystal Flores, BA, Cyfer Lab

Poster 9
Leadership Development
Fellow Me to the Academy! Overview of the American Academy of Nursing Fellowship and Psychiatric Mental Health and Substance Use Expert Panel Contributions
Elizabeth Bonham, PhD, RN, PMHCNS-BC, FAAN, Bonham Associates LLC

Poster 10
Education/Teaching Pedagogy
Suicide Risk Simulation
Esther Gravis, RN, DNP, CPN, George Fox University

Poster 11
Evidence-Based Practice & Research
Student Poster: Use of a Mindfulness App to Decrease Levels of Perceived Stress in Waitlisted Psychiatric Outpatients
Mitchell Kordzikowski, DNP, University of Illinois Chicago College of Nursing

Poster 12
Evidence-Based Practice & Research
Student Poster: Behavioral Emergency Response Team
Adam Shuaib, BSN, RN-BC, University of Maryland School of Nursing
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Decades Gone Past

ISPN Foundation Reception and Auction
Thursday, March 30, 2022 | 6:30 p.m. to 8:30 p.m.

Celebrate the 25th year of the ISPN Annual Conference by dressing in our favorite outfits from decades past! Proceeds will support the ISPN Historical Archives Initiative.

Sonesta Redondo Beach & Marina
Standard Ticket: $100
Student Ticket: $50
Alkermes ISS Program in Serious Mental Illness

Alkermes responds to unsolicited requests for support of investigator sponsored studies (ISS) in which investigators and/or their affiliated institutions assume responsibility for all aspects of the study, including design, regulatory/IRB approval and reporting, initiation, conduct and monitoring of the study, as well as analysis and publication of study results. Investigator sponsored study grants are awarded solely for the purpose of advancement or enhancement of disease understanding or clinical outcomes with the goal of publishing the research results.

Information for Applicants

The ISS program accepts submissions from applicants with varied education and training backgrounds including MDs, PhDs, PAs, PharmDs, NPs, and RNs.

The following types of research are considered for submission to the ISS program:

- Interventional
- Observational
- Monitoring; surveillance
- Use of registry data
- Historical chart review
- Secondary research or meta-analysis
- Patient reported outcomes

Please reach out to ISS@alkermes.com with any questions related to the ISS program. Refer to http://ISS.Alkermes.com for a complete listing of therapeutic areas of research interest, submission deadlines and additional information about the program.

Otsuka America Pharmaceutical, Inc. (OAPI) is an innovative healthcare company that commercializes Otsuka-discovered and in-licensed products in the U.S., with a focus on neuroscience, nephrology, and medical devices.

For more information, visit https://www.otsuka-us.com/home.
Congratulations to Dr. Ukamaka Oruche on her outstanding accomplishments as the outgoing President of ISPN!

Welcome to the USF College of Nursing as our Assistant Dean of the PhD Program and Gordon Keller Professor!

ISPN offers free webinars to ISPN members roughly ten times a year (and to non-members for a small fee). All webinars offer continuing education credits. To register or view the full listing of upcoming and on-demand webinars, visit ispn-psycho.org/spn-webinars.

**Upcoming Webinars:**

**Crisis responses for children and young people: an evidence synthesis of effectiveness, experiences and service organisation (CAMH-Crisis)**

Presenter: Dr. Nicola Evans, Cardiff University

May 24, 2023, 12:00-1:00 p.m. ET