



Psychiatric-Mental Health Nurses Joining Together for Critical Need:
Addressing Diversity, Those Affected by War, Violence, and Health Inequities Across Populations

PROGRAM

Wednesday, March 29, 2023

12:00 p.m.-7:00 p.m.
Registration Open

1:00 p.m.-5:00 p.m. (available for a separate registration fee)

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).

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

6:30 p.m.-8:00 p.m.
Opening Reception, Exhibits, and Poster Session

8:00 p.m.-9:00 p.m.
President's Circle (Past Presidents)

Thursday, March 30, 2023

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

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

7:30 a.m.-8:30 a.m.
ISPN New Member Orientation and Breakfast

7:30 a.m.-8:30 a.m.
ISPN Foundation Meeting

8:00 a.m.-9:00 a.m.
Continental Breakfast

8:30 a.m.-9:30 a.m.
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, FAANP, FNAP, FAAN
Creator of COPE and Founder, COPE2Thrive, LLC



Education/Teaching Pedagogy

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

Leadership Development

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

Psychopharmacology & CAM

9:40 a.m.-10:40 a.m.
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

Evidence-Based Practice & Research

10:10 a.m.-10:40 a.m.

**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

Education/Teaching Pedagogy

10:10 a.m.-10:40 a.m.

**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.

Refreshment Break – Exhibits and Poster Session

Education/Teaching Pedagogy

11:10 a.m.-12:10 p.m.

Concurrent Session 2.1: Increasing Diversity in Nursing

Gabriele P. Abelard, DNP, PMHNP, PMHCNS-BC, RN, University of Massachusetts Amherst College of Nursing

Evidence-Based Practice & Research

11:10 a.m.-12:10 p.m.

**Concurrent Session 2.2: Moving Beyond the Pathology
Narrative: Affirming Mental Health Care for
Transgender and Gender Expansive People**

Rhonda Schwindt, DNP, RN, PMHNP-BC, The George Washington University School of Nursing

Psychopharmacology and CAM

11:10 a.m.-11:40 a.m.

**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.

**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.

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



1:30 p.m.-2:30 p.m.

**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.

IMIN Meet and Greet

2:30 p.m.-3:00 p.m.

Refreshment Break – Exhibits and Poster Session

Evidence-Based Practice & Research

3:00 p.m.-4:00 p.m.

**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

Education/Teaching Pedagogy

3:00 p.m.-3:30 p.m.

**Concurrent Session 3.2: Photovoice: A Critical
Thinking Strategy to Increase Mental Health Stigma
Awareness**

Moniaree Jones, EdD, MSN, COI and Christa Moore, MSN, CNE, Samford University

Leadership Development

3:00 p.m.-4:00 p.m.

**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

Psychotherapy

3:30 p.m.-4:00 p.m.

Concurrent Session 3.4: Culturally Adopted Behavioral Psycho Educational Family Intervention for Caregivers of Schizophrenic Patients in Egyptian Context

Rasha Wahid, RP, RN, MSN, PhD, Trent University

4:10 p.m.-4:20 p.m.

Tribute to Dr. Evelyn Parrish

4:20 p.m.-5:20 p.m.

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.

ISPN Foundation Reception

Sponsored by the University of Iowa College of Nursing



College of Nursing

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.

Yoga

Aparna Kumar, PhD, MPH, MSN, CRNP, PMHNP-BC, Jefferson College of Nursing

8:00 a.m.-5:30 p.m.

Registration Open

8:00 a.m.-9:00 a.m.

Continental Breakfast

8:30 a.m.-9:30 a.m.

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, LCDR, ADC, FIAAN, FAAETS, FAPA North Texas VA Hospital



Evidence-Based Practice & Research

9:40 a.m.-10:10 a.m.

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.

Concurrent Session 4.2: ISPN Policy Agenda for 2023-24

Sarah Raphael, 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.

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

Evidence-Based Practice & Research

10:10 a.m.-10:40 a.m.

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.

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.

International Meet and Greet

Psychopharmacology and CAM

11:10 a.m.-12:10 p.m.

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

Education/Teaching Pedagogy

11:10 a.m.-11:40 a.m.

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, FAANP 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.

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

1:30 p.m.-3:00 p.m.

ISPN Business Meeting and Awards Ceremony

3:00 p.m.-3:30 p.m.

Refreshment Break – Exhibits and Poster Session

Evidence-Based Practice & Research

3:30 p.m.-4:00 p.m.

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.

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.

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.

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.

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.

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.

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

5:15 p.m.-6:15 p.m.

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.

Regional Meetings

6:30 p.m.-7:30 p.m.

Archives of Psychiatric Nursing Journal Reviewer Meeting

7:30 p.m.-9:00 p.m.

Student Event (Location to be Announced)



Saturday, April 1, 2023

7:00 a.m.-8:00 a.m.

Yoga

Aparna Kumar, PhD, MPH, MSN, CRNP, PMHNP-BC, Jefferson College of Nursing

8:00 a.m.-11:30 a.m.

Registration Open

8:00 a.m.-9:00 a.m.

Continental Breakfast

8:30 a.m.-9:30 a.m.

**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



Psychopharmacology and CAM

9:40 a.m.-10:40 a.m.

**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

Education/Teaching Pedagogy

9:40 a.m.-10:10 a.m.

**Concurrent Session 8.2: Strengthening and
Developing Emotional Intelligence and Resilience in
Undergraduate Nursing Students**

Nadine Wodwaski, DNP, MNS-ed, ACNS, RN and Elaine Webber, DNP, PPCNP-BC, IBCLC, University of Detroit, Mercy

Evidence-Based Practice & Research

9:40 a.m.-10:40 a.m.

**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.

**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 Espana, MAN, PMHRN-BC, UCLA Resnick Neuropsychiatric Hospital

10:40 a.m.-11:10 a.m.

Refreshment Break

11:10 a.m.-12:10 p.m.

**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.

Board of Directors Meeting

Poster Session

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 4

Evidence-Based Practice & Research

**Therapeutic De-Escalation Techniques for Pediatric
Patients with Behavioral Diagnoses Admitted to a
Med-Surg Unit: An Evidence-Based Practice Project**

Bailey Cook, BSN, RN and Abigail McDonald, BSN, RN, Cook Children's Medical Center

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, 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

