

## **Julie Bertram report on 2018 Joyce Fitzpatrick Research Award to ISPN Foundation 3-13-19**

I began sharing my work in the foster care system several years ago and found that ISPN was supportive of my clinical work and research interests. I have had the privilege of giving three podium presentations at ISPN conferences related to this work. Currently, I am honored to be able to use research funding to study the effects of an educational intervention. I received the ISPN Foundation Joyce Fitzpatrick Psychiatric Nursing Research Grant of \$3,000 in the Spring of 2018. The grant supports qualitative proposals and proposals for pilot and/or developmental research to support psychiatric nursing research.

I am interested in foster children and youth who take psychotropic medications and the stakeholders who support them. My line of inquiry is focused on system-level factors that support or hinder appropriate, timely, and evidence-based care. I developed a research agenda to explore and describe the effects of a standardized, multi-method educational training intervention for Child Welfare workers about medical coordination, trauma and psychotropic medication management. The research aims to measure and analyze knowledge, attitudes, and behaviors associated with learning about trauma-informed psychotropic medication. I am interested in understanding how systems develop their knowledge to become more trauma-informed.

Since the first training in October, 2017 with Children's Permanency Partnership, I have conducted five additional live trainings. I am very pleased that the training was so well-received, and that additional groups were recommended to receive it! I have given the training to 147 individuals. The training was offered regardless if individuals chose to be in the research study or not. All participants received a two-hour live training, and two educational packets full of practical information. I have collected pre and post tests on 24 individuals, as well as 8 qualitative interviews for research purposes. The analyses will be shared at the ISPN conference in May and will also be submitted for a publication this year.

It has been extremely rewarding to witness people taking in the information that I have given them and begin to use it to be better advocates for vulnerable children, youth and families. I am optimistic that by sharing this

information, better systems of support can be built and nurtured. I believe that this educational intervention is a “lighting the torch” moment, and my hope is that stakeholders pick up the torch, and keep the fire going.

The support of ISPN and the Foundation have been important for my professional development. There are opportunities to be involved in various ways, and I am grateful that I have been afforded the chance to meet and work with such talented, invested scholars and clinicians. Importantly, I have been mentored and cared for by compassionate and intelligent friends within the organization of ISPN. This community, who have a common denominator of being psychiatric nurses, are a wonderful group to work with.