



APNA, CALIFORNIA CHAPTER ONLINE NETLETTER

APNA, California Chapter NetLetter

President's Message



by Ann Bispo, MSN, RN, CNS
President, APNA, California Chapter

I hope that you are enjoying the summer, and taking time for rest, relaxation and play! Even though we may not be able to afford to take a vacation, perhaps we can take the time to go for a walk before or after work, or maybe go for a swim or spend time gardening. I like to go for a slow walk, take deep breaths and smell the flowers and plants. Taking a Mindfulness Meditation class is helping me to be more present in the moment, and appreciate nature's soothing beauty. Whatever you like to do to unwind and relax, I invite you to pause from the busy pace of your life, and take a little time out for yourself to "smell the roses" as they say. Just as we teach relaxation techniques to others, they are just as important to practice for our mental health!

Speaking of the busy pace of life, APNA, California members and Area Representatives have been very busy with putting on and taking part in various events around the state this year. This Net Letter includes updates on those events, including Area Representative Meetings, Safety Roundtables, and our outstanding state conference held May 30th at UCLA. We are also planning more events for the rest of the year, some of which will be highlighted within. Also stay tuned to our website for postings on upcoming events.

Kathy Johnson, Immediate Past President has sent postcards informing members of the upcoming state election with electronic ballots, and has provided more information in this Net Letter. Please remember to vote!

APNA National will be holding its annual conference in Charleston, South Carolina, October 7-10, 2009. Please check out information on the conference at the website: www.apna.org If you have not attended an APNA national conference before, please consider doing so, they are full of opportunities for education, learning new approaches to implement in your practice setting, and networking and interacting with hundreds of psychiatric nurses from across the country. The energy, enthusiasm, and new ideas are rejuvenating!

Thank you again for your participation in APNA. If you have not had the opportunity to participate, consider attending an area meeting, or if you do not have an Area Representative near your home, consider becoming one. We will assist and support you! APNA is your organization. Get involved! Please email me with your questions, suggestions or ideas at ann.bispo@chomp.org

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APNA California State Chapter hosts Annual Conference and Meeting 2009



by Mark Crider, Ph.D., M.S.N., R.N.
Member-at-Large

The California Chapter of the American Psychiatric Nurses Association (CA-APNA) held its annual meeting and conference on May 30, 2009 at the Resnick Neuropsychiatric Hospital at the Ronald Reagan UCLA Medical Center Auditorium in Los Angeles. The conference, Psychiatric Mental Health Nursing Best Practices at the Point of Care was attended by nearly 100 nurses throughout the state of CA.

Ann Kelly, MSN, PMHCNS-BC, RN provided the keynote address, Using Evidence in Psychiatric Nursing. Ms. Kelly's presentation emphasized the wide range included when discussing evidenced based practice (EBP), including formalized research, clinical guidelines, practice decision making, quality improvement, and best practices all based on the best available evidence, nursing expertise, patient preference, and critical thinking. With her expertise and skill, Ms. Kelly demonstrated how evidenced based nursing practice is occurring everyday at the patient's bedside, and when nurses begin to understand this concept then all nurses can engage in the development, implementation, and evaluation of evidenced based nursing practice.

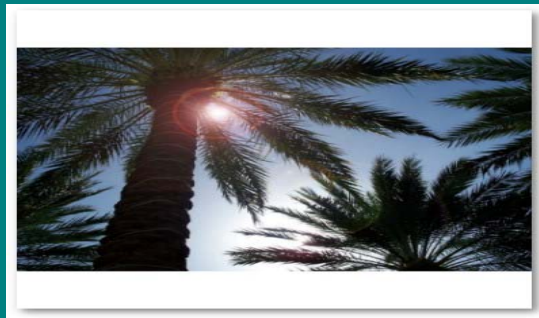
Continuing the theme, other podium presentations were presented throughout the day, providing an exceptional perspective and diversity of evidenced based psychiatric nursing practice. Mary Paquette, Ph.D., M.N. presented her research, entitled Using Evidence Based Practices to Meet the Spiritual Needs of Veterans with PTSD. Additionally, Liz Macera, Ph.D., NP-C presented Perceived Competency Among Nurse Practitioners I Providing Mental health Care for Older Adults, and Ann Bispo, M.S.N., R.N., CNS and Michael Fitzgerald, M.S., R.N., CNS presented From Incident to Implementation: the Use of Evidence Based Approach to Alcohol Withdrawal.

Between presentations there were numerous opportunities for professional networking and collaborating, meeting new colleagues and friends, and catching up with old time acquaintances. After an outstanding lunch provided at the event, Lisette Espana, B.S.N., M.A., R.N. and Sunnie Dishman, B.S.N., R.N., PHN, both Staff Nurse Fellows at UCLA, presented their evidenced based research projects which they implemented as part of their fellowships. Ms. Espana's presentation, Identifying Family Needs in Hospitalized Geriatric-Psychiatric Patients was the result of nearly 10 years of clinical nursing research and practice, and Ms. Dishman's presentation, Evidence Based Practice for the Assessment and Care of Patients at Risk for Self-Injurious Behavior, demonstrated the development and current use of an assessment guideline for SIB in the acute care setting.

To culminate the day long event, Elaine Becker, Ph.D., R.N. and Kris McLoughlin, D.N.P., APRN, BC, CSAC helped to facilitate the attendees in small group activities designed to help demonstrate the ease with which to develop clinical questions that guide the development, use, and evaluation of evidenced based practice in the clinical setting. The enthusiasm and engagement of this activity was remarkable, given that conference participants began the day-long conference at eight AM that morning.

With the day complete, conference attendees commented on the quality and value of both podium and poster presentations. The result of such a successful day must be credited to the Conference Committee, chaired by Cheryl Puntill, M.N., B.S., R.N. Congratulations and many thanks for an outstanding annual meeting and conference!

APNA California State Chapter hosts Annual 2009 Conference



Legislative Update

by
Catherine Osborn, RN, MSN, BC



Hhealthcare was a center piece of President Obama's campaign and he has not let that energy fade despite being faced with numerous challenges. The United States is on the brink of joining many other industrialized nations of the world as a country that ensures healthcare for all its citizens. Currently there are two serious legislative proposals being offered. The Senate's Health, Education, Labor, and Pensions (HELP) Committee, announced their Affordable Choices Act, on June 9, 2009. Likewise, the House's Tri-Committee introduced their proposed America's Affordable Health Choices Act of 2009 (H. B. 3200) on June 19, 2009. During a recent interview Kathleen Sebelius, Secretary of Health and Human Services, indicated that though the proposed legislation is thousands of pages long, legislators anticipate having a bill to the president in August. The following is a highlight comparison of the two proposals.

If you think you might be interested in working on our Legislative Committee or have feedback or questions, please contact Committee Chair [Cathy Osborn at CathyOsborn@aol.com](mailto:CathyOsborn@aol.com)

Senate: Affordable Choices Act	House: America's Affordable Health Choices Act 2009
Require all to have health insurance	Require all to have health insurance
State-based "Health Benefit Gateway"	National "Health Insurance Exchange"
Expand Medicaid to 150% of poverty level	Expand Medicaid to 133% of poverty level
Enforce through tax penalty	Penalty for those not covered* exceptions granted
Employer requirements, exemptions for <25 employees	Employer requirements, Tiered assessments for smaller companies
Premium credits for individual and employer	Premium credits for individual and employer
Three tier benefit design	Three tiers benefit design, basic, premium, and premium plus (includes dental and vision). Elevated tiers have higher premium but lower share of cost/ greater coverage.
Guaranteed renewability and prohibit pre-existing clause	Guaranteed renewability and prohibit pre-existing clause in basic
Cost containment/Improve quality/ Emphasize prevention & wellness	Cost containment/Improve quality/ Emphasize prevention & wellness
Long term care voluntary buy in	Long term care improve transparency
Other: Establish National Health Care Workforce Commission	Other: Establish Public Health Workforce Corps
Reform Graduate Medical Education to increase supply, education, and training of doctors, nurses, and other healthcare workers.	Improve Medicare Program <ul style="list-style-type: none"> a. Incentives for services in efficient areas b. Increase asset test for Medicare Savings Program & Part D Low Income Subsidy c. Eliminate cost sharing for preventive services
Improve access by increasing funding to community health centers and school based health centers	Reform Graduate Medical Education to increase Primary Care Providers (PCP)
	Support training of health professionals including advanced education nurses who will practice in underserved areas
Financing not specified	Congressional Budget Office estimates Net cost less payments at approximately 1 trillion dollars for 10 years
http://help.senate.gov/	http://edworkforce.house.gov/

“Finalized” California Budget

by Mary Ann Nihart, MA, PMHNP-BC, PMHCNS-BC
APNA, California Chapter President-Elect



California

On July 28, an amended version of the California State budget (initially adopted last February) was signed by the Governor. The Legislature has made over \$15 billion in cuts and the Governor blue penciled over \$1 billion additional reductions. This budget will likely be the financial blueprint for our state until June 2010.

In 2009, approximately 1/3 of the State budget (approximately \$30 billion) has been cut from the budget. Social programs, health services, and supports for many of our most vulnerable were significantly impacted. These cuts will close offices, lay off personnel, change or eliminate services, and worse, by everyone's admission, the budget does not solve the financial crisis, but rather just gets us through another year. In total, this budget would cut:

- ✓ \$8.5 billion from education;
- ✓ \$2 billion from health programs;
- ✓ \$1.2 billion from social services; and
- ✓ \$1.2 billion from state prisons

along with many other cuts in state programs such as transportation, state parks, and more.

We will be months watching the full effects emerge. Below I have outlined a list of some of the impacts on individuals that many of us serve. I will not editorialize and in most cases, I will not explain, as even those implementing the cuts do not understand exactly how all will be managed. I simply want to share some of this information with our membership to help you prepare.

HEALTH AND HUMAN SERVICES AGENCY

The Agency was cut by the legislature and the Governor, 13.4% from 2008 to 2009. For specifics related to these cuts, I refer you to ABx4 5, which is the appropriations legislation in the 2009-10 Budget for the Department of Mental Health, Department of Developmental Services, Department of Health Care Services, and the Department of Public Health.

MEDI-CAL

ABx4 6 makes changes to the Medi-Cal program specifically and proposed restructuring within the Department of Health Care Services as a cost savings measure. Among many substantial cuts, reimbursement rates will be held at the 2008-2009 level.

HEALTHY FAMILIES

General fund support was reduced by \$178.6 million, which includes \$4.6 million by elimination of the Certified Application Assistance.

New enrollments are frozen and a waiting list was established 7/17.

Current participants will be denied at annual eligibility redetermination as necessary.

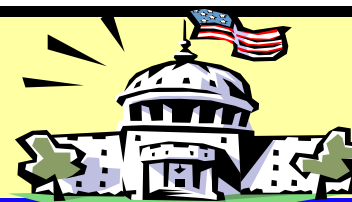
CHILD WELFARE SERVICES AND FOSTER CARE

\$120.6 million reduction to the program with reduced General Funds

Support to counties for providing these services was cut by \$80 million.

“Finalized” California Budget

by Mary Ann Nihart, MA, PMHNP-BC, PMHCNS-BC
APNA, California Chapter President-Elect



IN-HOME SUPPORT SERVICES

ABx4 19 creates standardized anti-fraud measures within the Department of Social Services administration for providers and recipients of In-Home Supportive Services related to fingerprinting and timesheet data collection. The department itself will also take significant monetary reduction.

OTHER PROGRAM CUTS IN HHS

Eliminated funding for Substance Abuse & Crime Prevention Act (Proposition 36, 2000) (\$90 million)

Eliminated \$59.1 million general funds for numerous programs administered by Office of AIDS

Eliminated general funds for programs in Maternal, Child & Adolescent Health

Domestic violence \$20.4 million

Adolescent Family Life Program \$10.8 million

Black Infant Health Program \$3.9 million

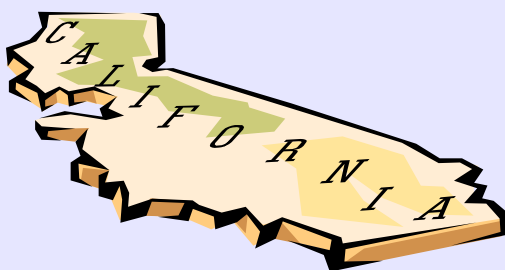
Other State MCH services \$2.1 million

State administration \$1.7 million

Eliminated \$35.1 million in general funds for community clinic grants (rural health, American Indian health, seasonal migratory workers, and Expanded Access to Primary Care Clinics)

Developmental Services and Mental Health Services specifically took major cuts along with the Department of Social Services. CalWORKS was reduced by \$509.6 million SSI/SSP reduced by \$108.2 million, which will result in aged & disabled person receiving \$845 per month & a couple \$1,407 a month. Finally, automatic COLAs have been suspended indefinitely.

If you find this confusing you are not alone. Plus the ripple effects are also not without significant impact. Stay tuned. As the impacts and implementation of cuts become clearer, our chapter legislative committee will try to keep you informed.



Election Time



We are Going Green!

For the first time in our Chapter's history, APNA CA will hold its election electronically this year. A post card informing members of the electronic election has been mailed out. Ballots will be sent out via a service called "Survey Monkey" by August 3 and will need to be returned via the internet by September 3. You will need your APNA membership number to vote. You will find your membership number on your membership card. If you do not have a card, please call APNA at 1-866-243-2443 for assistance.

Make sure that APNA has your correct electronic contact information. If you have not already done so, I urge you to go to the national APNA website www.apna.org, click on "Member Log in," followed by "Member's Only Access" and finally "Edit My Profile" to see that we have your current email address. You can update your profile while you are in this screen.

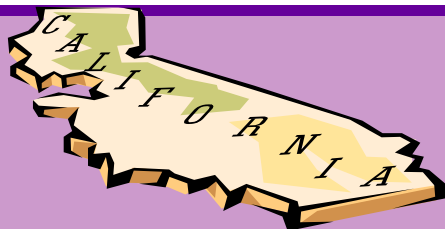
We are excited to be able to run our election via electronic means. Printing and postage costs are very high, not good for the environment and take hours and hours of volunteer time. By using the tools of the internet, we are confident we can run a secure election at far less cost.

Please note that if you would like to vote by paper ballot, you are entitled to do so. Contact Election Chair Kathy Johnson (106 Fairview Ave, Capitola, CA 95010 or call 831.475.3951) to make your wishes known.

Sincerely,

Kathy Johnson
APNA Immediate Past President





Area Rep Updates

San Francisco East Bay Area Rep Mary P. Kastner , PMHCNS-BC, PMHNP-BC

During the middle of June, San Francisco East Bay Area Rep Mary Kastner, facilitated a meeting at Alta Bates/Herrick. Attendees enjoyed a lively discussion on evidence based practice with suicide assessment. A few nonmembers were in attendance and seemed to understand the benefits of APNA membership. Attendees were given updates on the annual state conference, the national task forces, and how to get involved in chat rooms on the national APNA website. Furthermore, attendees were reminded that APNA members are welcomed to participate in State board meeting conference calls; however do not possess voting power unless they are official members of the board.

The representative members will expand to a committee of four. We are hoping to plan quarterly meetings in each quadrant of our area i.e. Travis area (Fairfield, Vacaville, Vallejo, Benicia) Diablo area (Concord, Walnut Creek, 680 and 24 corridors), Bay cities (San Leandro, Oakland, Berkeley, El Cerrito, San Pablo), and Livermore area (Livermore, Tracy, Pleasanton, Dublin). With next plan a fall Livermore dinner.

Mary Kastner East Bay Representative 925/209-8028

Orange County Area Rep Jeannine Loucks RN BC

On June 20th, 2009 the Orange County Area Rep Jeannine Loucks, hosted a safety roundtable. Marlene Nadler-Moodie former APNA National Member-at-Large facilitated an excellent discussion for 20 nurses in attendance. There was incredible discussion, and collaboration. The next meeting will focus on medications and general health issues facing our patients. An PMHNP agreed to provide the information and facilitation for the next upcoming meeting.



Your Feedback

For comments, suggestions, and/or contributions for future Chapter Net Letters, please contact Loralie Woods at loraliew@sbcglobal.net.

APNA/California Chapter Area Representatives and Board Members

Area Representatives

Central Coast (Monterey, Salinas, Santa Cruz) Area

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Central Valley Area (Fresno, Madera, & Kings Counties)

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