



# APNA, CALIFORNIA CHAPTER ONLINE NETLETTER

Volume 2 Issue 2  
May 2006

APNA, California Chapter NetLetter

## President's Message



### Honoring Psychiatric Staff Nurses

#### Walking the Line

by Ann M. Wilkinson, MS, APRN, BC, CNS  
President, APNA California Chapter

**MAY IS HERE!** It's Nurses' month and APNA California Chapter wishes to honor our psychiatric staff nurses. The unsung heroes on the front lines of mental health care. We wish to thank each of you for the many acts of healing and kindness you perform, quietly, heroically for our patients and for one another. You **Walk the Line** of service wherever our patients are: In hospitals, clinics and medical centers, schools, jails, offices, homes and everywhere else we serve.

In the last few months, you have seen emails and reports of advanced practice activity flying across your computer screen: Calls for abstracts and submissions, papers in defense of the CNS title, in opposition to proposed changes in AP nursing, updates on prescriptive privileging, controversy over the doctorate of nursing practice degree — but make no mistake, APNA California Chapter is committed to serving the needs of psych nurses at all levels — to help you walk the line, the front lines of mental health care.

Our May 20<sup>th</sup> Chapter Conference in San Francisco includes sessions on therapeutic milieu, on exercise and wellness for the mentally ill, on medication adherence, and depression assessment--useful **for all psych nurses**. We will have an open Chapter Meeting during the day--**for all psych nurses**. (Join us in San Francisco. Print out some flyers at [www.calapna.org](http://www.calapna.org) and encourage your colleagues to join us. Invite **all psych nurses**.)

Save the date for our National APNA Conference in Long Beach, coming October 11-14 2006. Several of us have submitted abstracts for consideration at that Conference to provide specific content aimed at strengthening and supporting the work **of all psychiatric nurses**.

Our ongoing dinner meetings are forums for learning, socializing, and networking **for all psych nurses**. Our Legislative, Conference, and Nominations Committees serve **all psych nurses**.

Celebrating Nurses' Month can provide many opportunities for each of us to honor our staff nurses. Reach out to support each other—one at a time, one day at a time. Suggestion: in May, notice the good work of psych staff nurses around you, and each day "catch one" doing something small but wonderful -- the way she straightens up a work station or speaks to a visitor or colleague on the phone...the way he speaks to an angry or

#### INSIDE THIS ISSUE:

President's Message	1-2
Advanced Practice Committee Update	2
National & Chapter's Activities	3
Area Representatives	4
Call for Nominations	5
Legislative Peace Initiative	6

(Continued on page 2)



## Honoring Psychiatric Staff Nurses

(Continued from page 1)

provocative patient. Notice how quickly the care plan is filled in, how her neat handwriting contributes to safety, or makes it easier for you to read -find SOMETHING to admire, something small and tell the nurse, briefly and quietly.

*Think for a minute about how wonderful you feel when your own attention is drawn to something you've done well. Rather than moaning over things gone wrong or left undone, let's notice each day in May the overlooked things done well and admirably. How much more fun to find the little things people do in a quietly ordinary way, and to appreciate them. And this happens best when the recipient barely notices they've even BEEN admired. Hey, this is what we want to do for our patients, too...find something positive and reinforce it. The good builds on itself. So, turn this May into a remarkable Nurses Month by noticing and appreciating your comrades on the front lines. (Shhh—it works at home, too.)*

Nurses Honoring Nurses, **all psych nurses** ... thank you for all you do for one another, and .....bless you all.



## Update On the CNS Prescription Authority Task Force: More Meetings with Legislators

by

**Kevin McGirr, MN, APRN, BC**

The advanced practice committee's task force on prescriptive authority is continuing to solidify efforts to achieve legislative action to enable prescriptive authority for CNS. The task force has made contact and met with aides to the Senate Health and Business and Professions Committees.. We also met with former Assemblyman Bruce Bronzan. Mr. Broznan, (D) Fremont, has had a long and distinguished career in mental health legislative advocacy.

In all of these meetings, coalition building was strongly emphasized. Pursuant to this task, we are planning to deliver our position paper to the California Clinical Nurse Specialist Network. We are also hoping to present our paper to other nursing groups, e. g., American Nurses Association/ California, California Coalition of Nurse Practitioners in the next few months. A number of the task force members also plan to participate in "RN Days in Sacramento on April 23<sup>rd</sup> and 24<sup>th</sup> and will hopefully make contact with legislators on that day. We may be calling on you for help, so do stay tuned.

For further information, contact Kevin McGirr at (415) 922-9538 or at [ptownn@sbcglobal.net](mailto:ptownn@sbcglobal.net)





## We Found Our Ad Manager !

Please join me in giving a hearty welcome to our new Ad Manager, Mary Laufer! Mary, who is pursuing her MSN, is a Clinical Educator with Kaweah Delta Mental Health Hospital in Visalia, California. She responded to the last list-serve posting about the Ad Manager position, expressing an interest to become active in our professional organization. She is an excellent communicator, a good writer, and a "quick study," having already done the list-serve posting for one Job Ad.

Rebecca Sherwood will mentor Mary to provide her with all the information needed to do the Ad Manager job and will do so on an ongoing basis. We want to welcome Mary and we are confident that she is going to do a great job for the APNA/California Chapter. We are delighted to have her as a member of our team.

## 20<sup>th</sup> Annual National Conference comes to California!



The next APNA conference, a special one as it is our 20<sup>th</sup> annual, will be in our own state. Psychiatric-Mental Health Nursing: Riding the Wave of Transformation Through Education, Research and Practice.

The conference will be in Long Beach October 11-14, 2006. There is a lot of excitement building as the conference committee has begun planning events. The conference committee is chaired by Californian: Suzane Wilbur and includes other Californians: Marlene Nadler-Moodie, Carol Shea and Luc Pelletier, joined by Sue Scipione (Fla) and Richard Pessagno (NJ).

We are hoping that many of YOU will join us by attending and perhaps volunteering in different capacities at different events- stay tuned, we'll keep you posted on how you can do that.

While the abstracts have been submitted, do note there is a second call for Posters being taken until June 1- plenty of time to get yours in!

Keep watching the latest news at [www.apna.org](http://www.apna.org) . See you in Long Beach!

# Area Representatives

## Who is your Area Rep?

### Central Coast (Monterey-Salinas-SantaCruz) Area

Kathy Johnson, MSN, RN, CS

Phone: (831) 475-3951

Cell: (831) 332-6465

E-mail: [kathy@ebold.com](mailto:kathy@ebold.com)

### Los Angeles Area

Helen Chrena, RN, MA

Work: (310) 319-5112

Home: (310) 214-8424

E-mail: [Hrchrena@aol.com](mailto:Hrchrena@aol.com)

### Orange County Area

Holly Vilorio, RN, MSN, FNP

E-mail: [hollyvilorio@hotmail.com](mailto:hollyvilorio@hotmail.com)

### San Diego Area

Marlene Nadler-Moodie, MSN, APRN,BC, CNS

Phone: (858) 481-1070

E-mail: [mnm@san.rr.com](mailto:mnm@san.rr.com)

### San Francisco Area

Kevin McGirr, RN, MS, MPH

Home: (415) 922-9538

E-mail: [ptowwn@sbcglobal.net](mailto:ptowwn@sbcglobal.net)

### S.F. Bay Area — East Bay

Mary Kastner, RN, MS, CS

Home: (925) 688-2225

E-mail: [mary.kastner@sbcglobal.net](mailto:mary.kastner@sbcglobal.net)

### San Jose Area — South Bay

Shelley Johnson, RN

E-mail: [CshellShelley@netscape.net](mailto:CshellShelley@netscape.net)

Area Reps are Important!



### Your Feedback

For comments, suggestions, and/or contributions for future Chapter NetLetters, please contact Cheryl Puntill at [ochel@ucla.edu](mailto:ochel@ucla.edu).

# Join the Board of Directors!

## First Call for Nominations

BY MARLENE NADLER-MOODIE, IMMEDIATE PAST PRESIDENT

*Chair of the Nominations Committee*

This is a great time to join our Board and get active in our Chapter. For quite a few years members of the current Board and I have worked hard to make our Chapter one of the most active in APNA and we have succeeded. We want to continue on that path and are looking for members who have a desire to participate with us. **No previous experience needed...** Don't be shy, we are here to help, no new member goes without one or more of us mentoring you throughout your tenure as needed. Positions are open to all members, we would love to add some more staff nurses- we need your expertise!

New Board members take office at the end of the annual national APNA conference, the induction is formally held during the Chapter meeting at the conference, and this year the conference is right here in California!

**The three (3) open positions up for election this year are:**

**President Elect, Secretary, and First Member-at-Large**

**1) President Elect**- this 3 year term of office changes each year:

President Elect is a learner and an assistant. Mentored throughout the year by both the seated President and the Immediate Past President. The PE is familiarizing him/herself about both the Chapter and our national organization. Participates in our Board Meetings as a voting member and has the opportunity to participate in opportunities and projects that we agree to work on.

President- in this second year the President is the executive of the Board and the chapter. Presiding over the Board Meetings, responsible to the members and liaison to the national organization. With the help of the IPP, the Board of Directors and the additional members of the leadership team conducts the business of the chapter.

Immediate Past President- in the third year, the IPP is the senior advisor. Assisting the President, mentoring the PE as well as chairing the Nominations Committee. The IPP is looked to as a seasoned member of the Board of Directors.

**2) Secretary**- The Secretary position is a two year term of office. The Secretary keeps the minutes of the meetings of the Board of Directors, sees that all notices are sent out as needed, is the custodian of the Chapter records and performs additional duties as requested by the President and Board. Our current Secretary has developed a system to assist the Area Representatives in maintaining current rosters of their area's members and assisted the Chapter Conference Committee with the publicity flyers as examples.

**3) First Member-at-Large**- This is one of three Members-at-Large. Term of office is for two years. This First Member-at-Large serves primarily as chairperson for the Bylaws Committee, being familiar with the Chapter bylaws and advising the Board on the details of individual bylaws as needed. The First Member-at-Large prepares the bylaws for any changes and writes new ones, preparing them for the members' vote. In addition the First Member-at-Large assists the Board and Chapter members in additional projects and opportunities of interest.

**“WE APPRECIATE ALL YOU DO!”**



## Creating Peace through Legislation in a Violent World

By Rita Haverkamp, President Elect, APNA/CA Chapter

It is time that we become as sophisticated at waging peace  
as we have become at waging war."

Marrienne Williamson

I have become interested in a legislative bill that will create a cognitive/ behavioral change in our culture. It involves the development of a cabinet level Department of Peace and Nonviolence. Its primary function will be to research, facilitate, and articulate nonviolent solutions to domestic and international conflict. A peace academy patterned after the military academies will be established which will conduct research and teach the most cutting-edge techniques for the amelioration of violence. Graduates will serve our government in peace related positions here and abroad.

The domestic aspects of this bill are of particular importance to psychiatric nurses because we come in contact with the victims of violence every day—child abuse, spousal abuse, gangs, and of course our veterans. Funding of programs and higher education to study nonviolence is the way to systematically change our culture from one of violence to one of peace. We can help the individual affected by violence but we must also change the culture and institutions that create these victims.

I currently am part of a grassroots transpartisan (no political party affiliation) effort to pass this bill. There are groups formed in most congressional districts in California to work for the passage of this bill. I had the pleasure of being in Washington, DC in September for a national conference for people supporting this. We heard about many current programs to teach nonviolence that could be funded by this legislation. There is a state conference in LA in June that will be equally exciting. You can find out more at [www.thepeacealliance.com](http://www.thepeacealliance.com).

As a cognitive therapist, I know that what we think is powerful. So, if we focus on, study, and believe in peace, we can help to create it and form a culture with peace as the fundamental goal.

Please contact Rita if interested in this grass root effort.

### APNA 20th Annual Conference

October 11-14, 2006: Long Beach, CA  
Long Beach Convention Center  
For more details and to register, go to  
[www.apna.org/2006Registration.html/](http://www.apna.org/2006Registration.html/)

APNA, California Chapter  
**PRESIDENT**  
Ann M. Wilkinson  
[annmw@pacbell.net](mailto:annmw@pacbell.net)  
**PRESIDENT ELECT**  
Rita Haverkamp  
[ritahkamp@cox.net](mailto:ritahkamp@cox.net)  
**IMMEDIATE-PAST-PRESIDENT**  
Marlene Nadler-Moodie  
[mnm@san.rr.com](mailto:mnm@san.rr.com)  
**SECRETARY**  
Diane Hickman  
[dhickman@san.rr.com](mailto:dhickman@san.rr.com)  
**TREASURER**  
Cheryl Puntil  
[ochel@ucla.edu](mailto:ochel@ucla.edu)  
**MEMBER-at-LARGE**  
Kathy Johnson  
[kathy@ebold.com](mailto:kathy@ebold.com)  
**MEMBER-at-LARGE**  
Chia-Ling Mao  
[clmao@son.sjsu.edu](mailto:clmao@son.sjsu.edu)  
**MEMBER-at-LARGE**  
Kevin McGirr  
[ptown@sbcbglobal.net](mailto:ptown@sbcbglobal.net)  
\*\*\*\*\*  
**NetLetter Editor**  
Cheryl Puntil  
[ochel@ucla.edu](mailto:ochel@ucla.edu)