



# APNA, CALIFORNIA CHAPTER ONLINE NETLETTER

Volume 3 Issue 2

May, 2007

APNA, California Chapter NetLetter

## President's Message



by Rita Haverkamp, MS,APRN,BC,CNS  
President, APNA California Chapter

I continue to be pleased with the responsiveness of the general members, board members and area representatives for the APNA CA chapter. This is an active dynamic chapter and I hope we can continue to bring more activity to the local level so each of you can benefit from belonging to this organization. We are growing all the time with 390 current members.

Many of you were at the chapter conference in San Diego May 4th and 5th. We had a chapter meeting giving everyone updates as the activities of the Chapter. Many of our area reps joined us as well as the committee chairs. There are so many ideas for growth of the chapter and the active members gave their reports. I really appreciate the work of Kathy Johnson to get this conference planned and organized. She has shown her dedication and abilities to serve this organization. Also thanks to Shelley Johnson for some help in the early planning, Marlene Nadler-Moodie for arranging the Scripps rooms, Cathy Osborn for making sure everything is in place, Dorothy Brown for finding a caterer, Cheryl Puntill for the brochure and registration and Diane Hickman for putting together packets for the attendees. Anyone else who helped, we appreciate all the work that went into planning a great conference.

We had a meeting for Southern California area representatives in March. Unfortunately, the Northern California one had to be cancelled but will be scheduled again in the future. Ideas were shared in the meeting that included renewed efforts to make more local meetings in Los Angeles so that members can attend and consideration of ways to provide some CEU programs that will be nursing practice based. The dinner programs provided by the pharmaceutical companies are generally enjoyed by all so we can continue to be schedule them as well. We need more people to help so please contact your area rep if interested in volunteering for your professional organization.

We have two very active committees right now. The CNS furnishing committee is working on a survey of all CNS's to see what the need is for furnishing abilities in non-psych CNS's. We plan to continue to work on getting the furnishing licenses for CNS's who want them. The legislative committee is also helping to study current bills regarding psychologists and NP's prescribing medications. We are meeting with the California Psychiatric Association in the next week to discuss alternative options. We would like to add a generalist nursing committee to our list of committees. If you have ideas for this or want to chair the committee please let me know.

### INSIDE THIS ISSUE:

President's Message	1-2
Advanced Practice Committee Update	2
APNA California Chapter's Conference	3
Member / Chapter News	4
Elections and Mental Health Coalition	5
Legislative Committee Update	6
Area Representatives and Board Members	7

(Continued on page 2)



## President's Message

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*(Continued from page 1)*

When I sent an email about writing to Senator Boxer to offer support for the Department of Peace HR808 some people asked for details on how to contact their representatives. Here is a website with email addresses and regular addresses for Senator Boxer.

<http://boxer.senate.gov/contact/email/index.cfm>

There is some controversy on whether hand written letters or post cards have more weight than calls or email but what is important on any issue is making the statement. In other words do what works for you to get your message across. It's not too late to send notes to Senator Boxer or notes to any representatives if you have an opinion on any issue and only a brief statement is all that is needed. Here is a site to write your representative even if you don't know their name.

<http://www.house.gov/writerep/>

Thanks again for all the ways you support This organization whether it is as a member, a conference attendee, presenter or on a committee.

Feel free to contact me at:

[ritahaverkamp@mac.com](mailto:ritahaverkamp@mac.com)



## **CNS Prescription Authority Task Force Update**

By Kevin McGirr, RN, MS, MPH

In our last update we informed that in our efforts to build coalition we would be working more closely with our colleagues in the California Network of Clinical Nurse Specialists. We also reported that there would be a state - wide survey to assess the strength of CNS interest in prescriptive authority. The response to the survey was strong. The surveys are still in process of being tabulated. Stay tuned for the final results.

More recently and with little notice, we learned that Senate Bill 993 (Calderon, Los Angeles) had been introduced into the California Senate. This bill would enable psychologists to prescribe psychopharmacological agents once they completed a course in what was being described as "medical psychology." The bill would also enable psychologists to obtain this privilege independent of physician supervision. Our legislative committee liaison, Cathy Osborn was contacted by the California Psychiatric Association (CPA) in an effort to seek the American Psychiatric Nursing Association California Chapter's opposition to this bill. After a number of meetings with the legislative liaison for CPA, our board and members of the CNS for prescriptive authority task force, the board resolved to oppose this bill.

As we go to press, Cathy Osborn and Rebecca Dean (Prescriptive Task Force member) will be testifying before the Business of Profession Senate Committee on April 23, 2007 regarding the Calderon bill.

Our chapter board carefully considered whether and how to oppose this bill. This bill is seen as an opportunity to place Advanced Practice Nursing and CNS in particular on the legislative radar. In our letter of opposition to the Business and Professions committee chair, we asserted that nursing was the more logical extension of safe prescriptive practice within the State. The legislative liaison for CPA, Randall Hagar noted that the bill has viability given the increasing concern over limited access in mental health care and in psychopharmacological services in particular. Again, our strategy is to convey to legislators that CNS are willing and able.

# APNA California Chapter State Conference May 4-5, 2007 “The Highlights”



By Kathy Johnson, MSN, RN, CS and Shelley Johnson  
State Chapter Co-Chairs

The state chapter conference occurred on May 4-5 in San Diego, and by all accounts was a rousing success! 50 participants attended each day of programming. Networking and learning set the tone for both days.

Beginning with “A Nursing Challenge: Late Life Psychiatric Disorders” on Friday, Drs. Mary Ann Boyd and Georgia Stevens, nationally known experts on psychiatric nursing and the elderly, presented cutting edge information on Cognitive Impairment, Psychosis and Agitation, Mood Disorders, Anxiety and Schizophrenia.

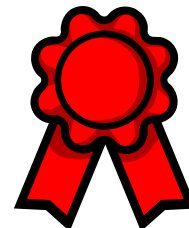
Saturday’s conference, “Psychiatric Nursing: Therapeutic Interventions Across the Continuum of Care” was held at Scripps Mercy Hospital, and featured presentations on “Enhancing Motivation for Health Behavior Change” (Ann Bispo MS,RN,CNS), “Suicide Assessment, Beyond Risk Factors” (Shelley Johnson RN,CNS, MSN), “Negotiating Medication Compliance with Involuntary Patients” (Paula Vuckovich, PhD, APRN-BC), “Health Care Essentials for Mental Health Providers” (Beth Gray RN,BS & Clayton Goad, MFT), “Evidenced-based Psychiatric Nursing Practice: A Collaborative Practice Model” (Elizabeth Andal APRN-BC, PhD, FAAN), and “Development and Implementation of a Trauma-focused Graduate Mental Health Nursing Curriculum” (Bethany Phoenix RN,PhD). Christine Holdwick RN, MA’s postprandial keynote address titled “Caution: Humor May be Hazardous to Your Illness” provided a perfect humor interlude to start the afternoon, prompting presenter Clayton Goad, MFT to comment “we never have so much fun at our conferences!” It was very refreshing to experience the playful antics and laugh out loud with our cohorts.

A year of preparation went into making this year’s conference a success. The APNA California Chapter Board would like to thank those of you who attended the conference and who took the time to give us your constructive feedback. We are carefully reading the evaluations and will soon begin conference planning for next year. We hope you will attend!



## San Diego Psychiatric Nurse of the Year Awards Dinner Celebrates their 20th Year!

By Rita Haverkamp, MS, APRN, BC, CNS



Dorothy pictured with Lorelie Nodalo, Brad Vandersall, Christine Robinson, Judith Pfeiffer and Sherri Stolte.

On Monday May 7<sup>th</sup> the 20<sup>th</sup> Annual Psychiatric Nurse of the Year awards dinner for San Diego psychiatric nurses was held at Tom Hamm's Lighthouse on San Diego's Harbor Island. Approximately 120 nurses and family members attended the always popular event. The general practice psychiatric nurse of the year award was given to Dorothy Brown, RN, BSN. Dorothy, an active member of APNA, is a nurse at the UCSD Senior Behavioral Health (SBH) Program. Her manuscript "Best Practices in the Treatment of Dementia with Behavioral Disorders" was presented at the 2004 APNA annual national conference. Dorothy is a tireless leader who has taken an interest in expanding the staff's knowledge and experience of the diversity present on her unit. Each month, she researches a different culture and plans a pot luck with staff making all the food. We are proud of her enthusiastic work, dedication and contributions to psychiatric nursing and improving patient care.

The advanced practice award was given to another member of APNA, Darlene Santi-Rogers who works at the VA medical center and teaches at National University.

This is a wonderful event to highlight the practice of psychiatric nursing. If other areas in the state would like help starting one of these please contact Rita Haverkamp for more information on how to plan an awards dinner in your area.

### Alternatives to Restraint and Seclusion in Mental Health Settings: Questions and Answers from Psychiatric Nurse Experts (in Medscape Online -- May 3, 2007)

APNA California Chapter would like to draw your attention to a very recent article in Medscape online that is based on an interview with APNA member **Lynn Delacy** and our very own California Chapter's **Marlene Nadler-Moodie**. We share this with you because it contains excellent and timely information, but also because we want you to know what APNA members, your colleagues, are doing in the real world. It is good for all of us to have nurses' voices heard and their expertise appreciated across the whole country. In fact, Lynn and Marlene have presented as experts internationally, as well.

We hope you will enjoy the article and find it useful. If you are not already a Medscape user, you will have to Register first (which is free and easy) in order to view the article. As those of us who are long-time Medscape users can testify, Medscape has an excellent Privacy Policy that protects users from unwanted spam and advertising. So, sign in soon, and read up the very latest information on Seclusion and Restraints!

[www.medscape.com/viewarticle/555686](http://www.medscape.com/viewarticle/555686)

# Two APNA / California Chapter Elections



## Hear Ye, Hear Ye



Our California Chapter Nomination process hereby begins. This year we are seeking nominees for the following positions:

**PRESIDENT ELECT** (who serves one year, automatically then serves as President for one year and then becomes Immediate Past President—total 3 year term)

**TREASURER** (2 year term)

**MEMBER AT LARGE** (2 Members needed, each serves 2 year term.)

We invite Chapter members to nominate yourself or a member-colleague to join our Board of Directors, to set the course and lead our organization for the next several years. Please consider running for office yourself, or inviting and encouraging others to run. Nominations are now open, but the nomination form must be received by June 15, 2007. Within the next few weeks, please go to [www.calapna.org](http://www.calapna.org) to download the Nominations form and to read the requirements and job descriptions for the open positions.

## Mental Health Access Coalition

By, Ann Wilkinson MS, APRN, BC, CNS  
Immediate Past President, APNA CA Chapter

APNA California Chapter has become a member constituent of the Mental Health Access Coalition. The Coalition is under the general auspices of the Mental Health Association and is headed by Rusty Selix, one of the authors of Proposition 63. In 2004 California citizens voted this proposition into law, which became the Mental Health Services Act (MHSA). This act provides for a state income tax of 1% levied upon those Californians earning more than \$1,000,000 per year, and is now beginning to bring sorely needed extra funds to our mental health systems.

Having succeeded with MHSA, the Access Coalition is currently working on SB 851 to bring more equitable funding for diversion or treatment of our mental health clients caught up the criminal justice system. Along with other provisions this bill would increase staff training for treatment of our clients, many of whom are languishing in our prisons and jails.

The Coalition is also currently working on AB 855 to ensure treatment parity for those patients with co-occurring disorders (dual diagnosis). At the March Coalition meeting a lively discussion occurred. We made suggestions for technical addenda to the bills already making their way through the legislature. These were issues that would be of utmost interest and importance to us as mental health professionals, but also specific to us as nurses. Our voice from APNA was gratefully acknowledged and our suggestions were accepted.

Last year, the Access Coalition invited APNA CA Chapter to sit “at the table” in order to join with other disciplines and constituents in contributing our energy and expertise as professionals who care for and about mental health. The Board wishes to continue to have a representative at each monthly meeting in Sacramento to bring items of concern and requests for action to our Chapter. If you have an interest and feel that you are qualified help represent APNA at some of these important meetings, please contact me at [annmw@pacbell.net](mailto:annmw@pacbell.net).

Psychiatric Nurses have a voice. We just have to use it!

## Legislative Update

Catherine Osborn, RN, MSN, BC



The Legislative Committee has been quite busy recently including: writing letters to the State Senate Business and Professions Committee Chairs about our opposition to SB 993, speaking in person to several legislators about SB 993, AB 1436 and other Psychiatric Nurse related issues, and attendance at the RN Lobby Days conference in Sacramento on April 22-23, 2007.

- SB 993 (AANESTAD) aka (CALDERON) – **Psychologist: Scope of practice prescribing**, is a bill designed to allow psychologists the authority to independently prescribe drugs and write prescriptions for other medical devices after they have completed additional education and clinical training.
  - After much discussion among the APNA California Chapter leadership team regarding the need for increasing access to care for Californians versus the potential safety concerns for patients treated by psychologists, APNA California Chapter decided to oppose the legislation. We determined that psychologists, even with additional postgraduate education, lack the extensive biological training and clinical background necessary for a firm and safe foundation for medication prescribing. We offered as an alternative that legislation is in the works to include Clinical Nurse Specialists (CNS) as advanced practice nurses with prescriptive authority. We contend that CNSs are ready to respond to the access problems quickly and safely.
- AB 1436 (HERNANDEZ) – **Nurse Practitioners and Physician Assistants: Scope of Practice**, although there are several components to this bill, essentially it is designed to allow Nurse Practitioners (NP) and Physician Assistants (PA) more independence in prescribing and to decrease limits on the numbers of NPs and PAs a single physician can supervise
  - APNA California Chapter supports this legislation as another way to improve safe access to care for Californians.
- ANA RN Lobby Days – This was a two-day conference organized by American Nurses Association/California. The program teaches nurses how to promote Nursing’s agenda in various state legislative arenas. Participants were introduced to the legislative process and the internal workings of state agencies. This hands-on conference included a tour of the Capitol and individual and group meetings with legislators, as well as opportunities to attend legislative meetings.
- A lot of coordination was involved with the SB 993 legislation. The CNS committee, the Legislative Committee, and the Executive Board worked seamlessly on the research and writing of our Chapter’s letter to the State Senate Business and Professions’ Chairs. If this sort of “think tank” activity, or research, or advocacy for our profession sounds like something you might be interested in, we’d love to have you join us. No experience is necessary, and there is no regular, ongoing time commitment. As we evolve we are looking for members that can help in a variety of ways. For some, simply alerting the Legislative Committee of new or proposed legislation is an easy way to get involved, others may want a little more action. If you are interested in more information about working on our Legislative Committee or have any feedback for us, please contact Committee Chair Cathy Osborn at [Cathyzok@aol.com](mailto:Cathyzok@aol.com)

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Contact your  
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today!

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