



APNA, CALIFORNIA CHAPTER ONLINE NETLETTER

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APNA, California Chapter NetLetter

President's Message



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

As I think about writing to you as members, I realize there are so many good things that have happened in the last quarter and so many things I wish had happened. This leads me to think about a dear friend of mine who often describes the levels of participation in an organization. It is a great way to consider how you are participating and consider moving up a step on the ladder of participation. If each person contributes a little, the organization grows in exponential ways that better our profession and our ability to influence the systems that effect our patients.

These are my steps as I would define them for APNA:

1. Join, pay dues—we need this to help further the organization's goals and fund our projects. I am glad to say if you are reading this then you are at this step and maybe you can encourage friends to join as well.
2. Read the "Netletter." Again you must be doing this now too—Read the magazine, emails and respond to things that interest you as well.
3. Go to meetings and conferences. Many of you attended local meetings this year as well as the California conference. National conferences are a valuable way to get CEU's and network with fellow nurses.
4. Be a member of one of our committees:- Advanced practice, legislative and nominations committees. We are also looking for someone to lead a general practice committee. The committees have a few phone conferences a year and email communication. You can become actively involved or just follow the direction of the committee chair.
5. Become an area representative or assistant to your local area representative. Area representatives are key people that bring APNA to the local member. There are helpful resources and current or past area representatives that can offer advice and mentoring for area representatives. I would like to see more activity on the local level so this would be a great step for some people to take.
6. Be elected to a board position. This requires more time on your part but you can influence things that are of importance to you. When Marlene Nadler-Moodie first asked me to run for president, she suggested I think about what I wanted to accomplish and then enjoy doing it. It is fun to see the changes that a group like this can make.

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I know each of us has many hats to wear and have limited time so must consider how to use that time. Consider moving one step up in your participation and you will reap the benefits.

So that gets me back to the benefits that all of the members of APNA/CA chapter have accomplished this quarter. I'll briefly outline since there will be more specific articles on many of them in the Netletter. We had a fabulous two day conference in May in San Diego. Many members had a chance to share their expertise with us and we learned from some national experts as well. The advanced practice committee and legislative committee have been continuing efforts towards legislation on furnishing authority for CNS's. The first of many advanced practice roundtables was held in Northern California and another is planned for San Diego in September. We offered bylaw changes that will put APNA/CA chapter more in line with national standards. We had a great ballot for new officers for APNA/CA so we can continue the good work in next year as well. The website has some updates. And I am proud to say that APNA/CA is listed on the peace alliance website as endorsing the Department of Peace- yes, one of the many things I wanted to accomplish.

What are your hopes/ dreams for our profession? What would you like to see changed? What steps can you take to make that happen?

As one of the motel chains says "We'll keep the light on for you." Consider volunteering your time and energy, so that we can keep the light on.

Feel free to contact me at:
ritahaverkamp@mac.com



CNS Prescription Authority Task Force Update

By Kevin McGirr, RN, MS, MPH

In our last report we indicated that we would look to the California Clinical Nurse Specialist (CNS) Network survey on desire for furnishing authority. The CNS Network received about a 10% response and were overwhelming in favor of the option for furnishing. The plurality of response was from psychiatric clinical nurse specialists. In further discussion with the CNS Network board, we agreed that it would be more fruitful to segment the effort to obtain furnishing authority by focusing exclusively on the psychiatric CNS. In the wake of the Mental Health Services Act and increased attention on access to mental health services, the climate for obtaining furnishing authority appears to be more favorable for mental health practitioners at this time.

Given this more limited focus, our task force was invited to present to the Government Relations committee of the California Psychiatric Association on June 9, 2007. The committee was extremely favorable and recommended that the CPA executive board support our efforts. In fact, the executive board passed a motion to support the effort at their June, 2007 meeting. We are now in process of working with CPA to develop a legislative proposal and are considering approaching a variety of legislators to sponsor the bill.

On July 25, 2007 we met with the Policies and Practice Committee Chair (Linda Fahey) and Director of Government Relations (Susanne Phillips) for the California Association of Nurse Practitioners (CANP). This was an extremely positive meeting and our task force will present our proposal to the CANP executive board in the near future.

In addition, we have also been scheduled to present to the Mental Health Coalition in September (Northern California) and November (Southern California). This is an interdisciplinary coalition of mental health providers and stakeholders. Finally, we have also been scheduled to present to the Board of Registered Nursing at the end of October.

These are all very positive and exciting developments. Stay tuned!

“Advanced Practice Roundtables”

By Kathy Johnson, MSN,CS, NP, APRN,BC
President Elect, APNA California Chapter

And

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

How do I start a private practice? How will I be reimbursed? How do I establish my role as an advanced practice nurse within an institution? I've finished my graduate program, where do I find continued supervision and mentoring? What are my job options? Why is it that nobody seems to know what a psychiatric clinical nurse specialist or psychiatric nurse practitioner is?

These were just a few of the issues raised by nurses who attended APNA California Chapter's **Advanced Practice Roundtable** that was held at Sequoia Hospital in Redwood City, on July 26, 2007. Facilitated by Ann Wilkinson, APNA California Chapter Immediate Past President, the meeting came about as a result of several conversations between APNA California Chapter Board members and advanced practice psychiatric nurses from around the state, who feel perplexed as to how to establish themselves as advanced mental health practitioners. All said that geographic isolation further compounds the problem.

We plan for AP Roundtables to provide APNA members in advanced practice, or those contemplating advanced practice, to come together to share ideas about how to answer the questions posed above, and more. In particular, we envisioned a forum that would allow novice CNSs and NPs to meet with more experienced colleagues within our organization, in a relaxed, informal atmosphere.

By all accounts, our first California Chapter APRN Roundtable was a rousing success! We enjoyed a lovely dinner provided by Forrest Pharmaceutical Rep Kristina Crozier, followed by time to meet one another, hear a bit about our individual practices, and identify common problems. University of California San Francisco Professor Dr. Beth Phoenix suggested that we develop a list of resources for APRNs that could be available on the www.calapna.org website. To address concerns about non-reimbursement from insurance companies, for instance, we might post a letter describing the psychiatric APRN's scope of practice, and listing specific legislation that already exist, which guarantee our right to practice and our right to collect reimbursement for our services. This letter, complete with APNA's logo could then be printed out and used by any member engaged in negotiations with 3rd party payers. Michael Fitzgerald suggested that we invite key insurance industry representatives to join us at a future meeting, so that we may have an opportunity to better inform them about who we are. Participants also emphasized the need for increased visibility of APRNs on key mental health policy committees. Discussion of these ideas and issues barely scratched the surface of all we have in common and the many ways we can help one another.

We intend to rotate these meetings around the state. The next meeting will be held on September 6, 2007 in San Diego, and facilitated by APNA CA Past President Marlene Nadler-Moodie at Sharp Mesa Vista. Those members who attended the first meeting have requested that their contact information be shared. Doing so will allow ongoing interaction among meeting participants. Our next Northern California meeting is tentatively planned for late fall or early winter, 2008, however, we plan to stay in touch by email. Roundtable minutes and updates will be posted at www.calapna.org.



Area Representative Update

APNA CA Monterey Bay area held a dinner meeting at Bittersweet Bistro on Tuesday, July 17, 2007. Sponsored by Glaxo Smith Kline, this meeting was opened to Santa Cruz and Monterey area mental health clinicians, and 21 people attended. Stanford Bipolar Clinic psychiatrist Po Wang discussed "The Pharmacologic Treatment of Bipolar Depression." Those present enjoyed not only an excellent presentation and dinner, but the opportunity to meet and network with their peers from other disciplines. Our next APNA CA Monterey Bay area meeting will be in September at Monterey Peninsula College, with more details forthcoming.

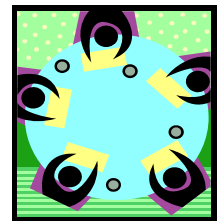
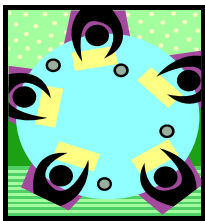
Kathy Johnson
APNA CA Monterey Bay Area Rep and APNA CA President Elect

LOS ANGELES AREA APNA MEMBERS/GUESTS

Los Angeles Area APNA/CA members and their guests enjoyed an informative lecture Presented by David Lisonbee of Twin Town Recovery Center on August 30, 2007. Twin Towers specializes in recovery from crystal methamphetamine addiction. The meeting was held at Exodus Recovery Urgent Care Center at Brotman Hospital. Coordinated by APNA Area Representative, Helen Cherna NP, members also enjoyed a light supper, sponsored by Pfizer Pharmaceuticals.

APNA California Chapter has launched the second in a series of **Advanced Practice Roundtables**

Thursday September 6th 5-7 pm
Mesa Vista Hospital
7850 Vista Hill Ave
San Diego, CA 92123



Possible topics include: co-working with physicians, third party reimbursement, working as an APRN in an organization, HMO or private practice, supervision, collaboration, legislation and other topics that reflect your interests and concerns... along with time for networking.

If you are an Advanced Practice Psychiatric Nurse or a potential APRN please join us.

Light dinner will be served.

Please RSVP at loraliew@sbcglobal.net

Loralie Woods , APNA San Diego Area Representative
Marlene Moodie APNA National Board Member at Large
Rita Haverkamp, APNA California Chapter President

Legislative Update

Catherine Osborn, RN, MSN, BC



The Legislative Committee has continued their letter writing activity through the past several months. This period we have directed letters to Senators Barbara Boxer and Diane Feinstein for their continued support for Mental Health Parity as well as requesting support for title VIII, Nursing Workforce development.

On July 25th the US House of Representatives handily passed 2008 funding for nurse workforce development. The votes in support are almost at the 2/3 needed to over-ride a presidential veto if this were considered.

Title VIII is designed to expand and improve the Nurse Reinvestment Act, in these major grant programs:

Advanced Education in Nursing
Workforce Diversity Grants
Nurse Education, Practice, and Retention Grants
National Nurse Service Corps
Nurse Faculty Loan Program
Comprehensive Geriatric Education Grants

For more information on Title VIII or for details on any of these programs use link below:

<http://www.aacn.nche.edu/Government/pdf/08TitleVIIIIFS.pdf>

PSYCHIATRIC - MENTAL HEALTH: SCOPE AND STANDARDS OF PRACTICE

The newly revised volume co-published by the American Psychiatric Nurses Association and American Nurses Association was recently released. The information is essential for understanding the activities and accountabilities of psychiatric mental health nursing practice and is available for purchase at a discounted rate for APNA members at the following link <http://www.apna.org/resources/scopeandstandardsorderform.doc>

Clinical Nurse Specialists and Legislative Committee Collaboration

The Legislative Committee has been working closely with our task force on CNS furnishing authority. Our combined groups have been researching and networking together with a recent focus on comparing California's legislation surrounding CNS scope of practice, education, training, and other certification requirements with those of other states where CNS already have furnishing authority.

If you are interested in working on our Legislative Committee or have any feedback or questions for us, please contact Committee Chair Cathy Osborn at Cathyzok@aol.com

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