

**Program Description:** The effects of the pandemic have affected the mental health of the general public and nurses. This conference will explore the science of COVID on special populations, patient management and nurse self-care.

**Target Audience:** Psychiatric Nurses and Advance Practice Nurses.

#### Keynote Speakers/Short Bio:

**Vanessa Trespalacios, MD**, Director of the Post-Covid-19 Comprehensive Assessment Recovery and Evaluation (CARE) program at Saint Barnabas Medical Center.

**Colleen Duffy, MSN, APN, PMHCNS-BC**, Colleen is a Clinical Nurse Specialist in child and adolescent psychiatry at High Focus.

**Rosemary Smentkowski MSN Ed., RN, PMHNP-BC, CARN**, Rosemary is Certified in Addictions Nursing, and is President of the Addiction Nursing Certification Board, nationally.

**Mia McNeil DNP, PMHNP-BC**, serves as Virtual Clinic Director at Quartet Health and also serves as co-chair of Diversity & Inclusion Committee.

**Judith Schmidt (Judy), MSN, DHA (c), RN, CCRN**, Judy is the CEO of the New Jersey State Nurses Association and the Institute for Nursing.

**Megan Filoramo, MSN, APN-CPain Management NP**, *Megan* is an Advanced Practice Pain Management Nurse, educator, and Nurse Coach Director.

**Catherine Errico, MSN, RN, HWNC-BC**, is a board-certified Holistic Nurse and Wellness Nurse Coach at Atlantic Health System/ Morristown Medical Center.

#### Program Outcomes:

- Participants will be able to identify and treat Mental Health symptoms from COVID 19.
- Participants will identify risk factors related to Nurse Suicide and self-care skills.
- Participants will be able to discuss current New Jersey healthcare legislative initiatives

### APNA NJ Chapter Information

The APNA NJ Chapter currently has over 400 members. Our main focus is networking, education and information for the psychiatric nurses and APNs in our community.

**Upcoming Meetings:** The APNA NJ Chapter has regularly scheduled bi-monthly member Zoom calls. Please check the APNA New Jersey Chapter Member Bridge and your emails for upcoming meeting notifications

### Officer Information

President: Susan Gray, DNP, APN, RN, PMHCNS-BC

President-Elect: Lynn Ives, MSN, RN, BC

Past-President: Angela Brathovde, DNP, RN BC, HNB-BC

Secretary: Colleen Duffy, APN, PMHCNS-BC

Treasurer: Susan Adams, MSN, APN, RN, PMHNP-BC

If you are interested in attending a meeting or in becoming involved contact Susan Gray at 908-420-1880 or via email at [susanjgraymsn@comcast.net](mailto:susanjgraymsn@comcast.net)

If you are interested in becoming a member of APNA or to view our continuing education, please visit our website at <http://www.apna.org>

## Living With the Legacy of Covid-19: Mental Health and Implications for Psychiatric Nurse Practice

APNA and APNA New Jersey Chapter are providing this activity

**Friday, April 22, 2022**

**9:00 am – 5:00 pm**

Registration starts at 8:30 am

### The Molly Pitcher Inn

88 Riverside Ave.

Redbank, NJ 07701

Rooms available at a discount rate

**Virtual will also be available**



**DISCLOSURE AND NURSING CONTINUING PROFESSIONAL DEVELOPMENT (NCPD) INFORMATION**

**DISCLOSURE**

The speakers and planning committee members have no conflicts of interest to disclose.

Discussion of off-label uses (using products for a purpose other than that for which it was approved by the Food and Drug Administration) may occur during this presentation.

**NURSING CONTINUING PROFESSIONAL DEVELOPMENT**

Criteria for successful completion of this activity includes attendance at the entire event and submission of a completed evaluation form.

- ANCC Nursing Continuing Professional Development (NCPD) contact hours are pending for this activity, including pharmacology contact hours.

Accreditation of the nursing continuing development activity does not imply endorsement by APNA, ANCC or the APNA New Jersey Chapter of any commercial products displayed in conjunction with this activity.

*The American Psychiatric Nurses Association is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.*

**ACTIVITY AGENDA**

Friday, April 22, 2022

8:30 am	Check - In
9:00 am	Introduction and logistics
9:15 – 10:00 am	Post-Acute Sequelae of COVID
10:00 – 10:15 am	Break
10:15 – 11:00 am	COVID 19: Adolescent and Child Implications
11:00 – 11:45 am	Screening for Substance Use in Our Mental Health Patients
11:45 – 12:15 pm	Panel Q & A am speakers
12:15 – 1:00 pm	Lunch
1:00 – 1:45 pm	Building a Case for Health Equity
1:45 – 2:30 pm	NJ Legislative Update
2:30 – 2:45 pm	Break
2:45 – 3:45 pm	Nurse Suicide and Self Care
3:45 – 4:30 pm	Teaching Jin-Shin Self Help for Stress Reduction and Resilience
4:30 – 5:00 pm	Panel Q & A pm speakers/Closing Remarks

**The Molly Pitcher Inn will be offering discounted room rates for Thursday Evening, April 21, 2022**

**Further information will be provided upon registration for the conference.**

**REGISTRATION**

Member ID (If Applicable)

Name

Address

State

Zip

Phone Number

Email

**Early Bird Pricing ends April 6<sup>st</sup>**

\_\_\_ \$100 Early Bird

\_\_\_ \$110 APNA Members

\_\_\_ \$125 Non-Member

\_\_\_ \$75 APNA Student Member

\_\_\_ Molly Pitcher Inn

\_\_\_ Virtual

**ONLINE PAYMENT IS AVAILALBE**

**CHECK PAYMENT**

**Please make checks payable to:  
"APNA New Jersey Chapter"**

**Attn: Chapter Support**

**APNA**

**PO Box 70525**

**Philadelphia, PA 19176-9943**

**DEADLINE: Registration by April 20<sup>th</sup>. There will be no onsite registration available.**