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CONTINUING NURSING EDUCATION
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PSYCH 2020



Contemporary Challenges in a Climate of Change

Thursday & Friday, April 2-3, 2020

Grappone Conference Center
70 Constitution Avenue
Concord, NH

JOINTLY PROVIDED BY:

SAINT ANSELM COLLEGE
1889

CONTINUING NURSING EDUCATION
Committed to Advancing the Practice of Nursing

AND

New Hampshire Hospital

24th ANNUAL CONFERENCE
Northeast Regional Psychiatric Nursing

Contemporary Challenges in a Climate of Change

WWW.ANSELM.EDU/CNE

FEATURED SPEAKERS



HANNAH TELLO, MED, MA, Instructor, University of Massachusetts Lowell; Data and Evaluation Manager, Greater Lowell Health Alliance, Lowell, MA



DONNA PLOURDE, BA, Executive Director, Real Life Giving, Manchester, NH



ANN DUCKLESS, MA, Community Educator & Prevention Specialist, NAMI New Hampshire



CORNEL STANCIU, MD, MRO, FASAM, Director of Addiction Services at New Hampshire Hospital, Concord, NH and Assistant Professor of Psychiatry at Dartmouth's Geisel School of Medicine



KAREN HOUSEKNECHT, PHD, Professor of Pharmacology, College of Osteopathic Medicine, University of New England, Biddeford, ME



IPSIT VAHIA, MD, Medical Director/Geriatric Psychiatry Outpatient Program, McLean Hospital, Belmont, MA



JOHN J. MILLER, MD, Medical Director, Brain Health; Editor in Chief, Psychiatric Times; Staff Psychiatrist, Seacoast Mental Health Center, Exeter, NH; Consulting Psychiatrist, Exeter Hospital, Exeter, NH



LAURIE WARNOCK, MPH, NH Education Coordinator, Northern New England Poison Center, Portland, ME



THATCHER NEWKIRK, MD, Geriatric Psychiatrist, New Hampshire Hospital, Concord, NH



MARCI ZSAMBOKY, DNP, PMHNP/CNS-BC, CNE, Academic Director, PMHNP Program, Vanderbilt University School of Nursing, Nashville, TN

PLANNING COMMITTEE

AMY GUTHRIE, MS, RN, Saint Anselm College, Manchester, NH

GAYLE BOWEN, MSN, PMHCNS-BC, APRN, BC, Bowen & Associates, PLLC, Manchester, NH

KATHLEEN CUMMINGS, BSN, RN-BC, New Hampshire Hospital, Concord, NH

VAREEN O'KEEFE DOMALESKI, EDD, MSN, RN, NEA, BC, Leadership Consultant, East Providence, RI

SANDRA GARY, BSN, RN-BC, New Hampshire Hospital, Concord, NH

MICHELE MOREAU, MSN, RNBC, Saint Anselm College, Manchester, NH

MERTIE POTTER, DNP, PMHNP-BC, PMHCNS-BC, MGH Institute of Health Professions, Boston, MA; Merrimack Valley Counseling Association, Nashua, NH

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Visit us online: **www.anselm.edu/cne**

24th ANNUAL CONFERENCE
Northeast Regional Psychiatric Nursing

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CONFERENCE AGENDA

THURSDAY, APRIL 2, 2020 — PRE-CONFERENCE DAY

This pre-conference day is perfect for advanced practice nurses in psychiatric health settings, adult/family health settings, as well as generalist nurses.

*designed to meet the advance practice nurse continuing education requirements

7:30–8:00 AM	**Registration and Coffee**
8:00 AM - 3:30 PM	***Psychopharmacology Update**
	ADHD or Bipolar Mania? Using Neuroscience to Inform Diagnosis and Treatment in Children and Adolescents ..... Marci Zsamboky
	First Episode Psychosis: Assessing and Treating ..... John J. Miller
	Depression in Late Life ..... Ipsit Vahia
12:15–1:15 PM	**Lunch (included)**
3:15–3:30 PM	**Evaluation and closing**

FRIDAY, APRIL 3, 2020 — CONFERENCE DAY

*designed to meet the advance practice nurse continuing education requirements

7:30–8:00 AM	**Registration and Coffee**
8:00–9:15 AM	**Keynote: Creating Caring Cultures for Ourselves and Those We Serve ..... Hannah Tello**
	This interactive presentation makes visible the relation between the care we deliver as professionals and the impact our professionals lives has on our ability and need to receive care for ourselves. We will critically explore what "care" looks like at the individual, relational, and systematic level, with explicit consideration of vicarious trauma and institutional barriers to care support. Specific strategies for creating a workplace culture of caring will be discussed.
9:30–10:45AM	**Choose either A or B**
	***Session A: Substance Use and Mental Health: The New Norm ..... Cornel Stanciu**
	Session B: Update on ACES – What's the Research Saying? ..... Marci Zsamboky
10:50 AM–12:05 PM	**Choose either C or D**
	***Session C: Managing Agitation in Dementia ..... Thatcher Newkirk**
	Session D: Exploring Endocrine and Metabolic Side Effects of Psychiatric Medications: Implications for Improving Patient Health ..... Karen Houseknecht
12:20–12:45 PM	**Lunch (included)**
12:45–2:00 PM	**Plenary 1: Recognizing and Responding to Human Trafficking in a Healthcare Context ..... Donna Plourde**
2:05– 3:20 PM	**Plenary 2: Something in the Air: Update on Vaping ..... Laurie Warnock**
3:25–4:25 PM	**Plenary 3: Technology Connectedness 24/7: Impact on Mental Health and Well-Being..... Ann Duckless**
4:25–4:40 PM	**Evaluations and Departures**

2020 NORTHEAST REGIONAL PSYCHIATRIC NURSING CONFERENCE GENERAL INFORMATION

TARGET AUDIENCE: This conference is ideal for advanced practice nurses, such as nurse practitioners, clinical nurse specialists, and clinical educators, and RNs who practice in various mental health settings.

CONTACT HOURS: This conference provides up to 13.5 contact hours for 2 days.

HOTEL INFORMATION: A block of overnight rooms have been reserved at the special conference rate of $139 plus tax at the Courtyard by Marriott. Make reservations directly with the Courtyard by Marriott: 603-225-0303. Overnight room reservation deadline: March 9, 2020. Thereafter, rooms and group rate may no longer be available.

EARLY REGISTRATION DISCOUNT: In order to receive Early Registration Discount, payment in the form of a check, Visa or MasterCard must accompany registration form and be in our office by February 28, 2020. All payments must be received by the start of the conference, or a personal check/cash/credit card will be necessary to attend. Not combinable with Group Discount.

GROUP DISCOUNT: If five or more people from the same agency register at the same time for the same conference, you may deduct 10%. Mailed registrations must arrive in the same envelope. Faxed registrations must arrive together. Not combinable with Early Registration Discount.

CONFIRMATIONS: Your confirmation will be emailed to you. Since some concurrent sessions will be limited in size, early registration is advised.

CONFERENCE HANDOUTS: A link will be emailed to all participants prior to the start of the conference.

CANCELLATION/REFUND POLICY: Registrants who are not able to attend or send a substitute can obtain a refund of registration fees, minus a $60 processing fee. A written request must be received by March 18, 2020. REFUNDS WILL NOT BE ISSUED AFTER THIS DATE—NO EXCEPTIONS.

PROGRAM CHANGES AND CANCELLATIONS: We reserve the right to make changes in content and speakers; or to cancel programs if enrollment criteria are not met or when conditions beyond our control prevail.

FOR YOUR COMFORT, we recommend dressing in layers, as room temperatures may vary.

ADDITIONAL PROGRAM INFORMATION, SPECIAL NEEDS and **ONLINE REGISTRATION** is available on our website: www.anselm.edu/cne or call 603-641-7086.

TAPING is not allowed.

QUESTIONS: contact Gina at 603-641-7086 or ggulinopayne@anselm.edu

Saint Anselm College is approved as a provider of nursing continuing professional development by the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

CONFERENCE REGISTRATION FORM

MAIL: Saint Anselm College, Continuing Ed #1745
100 Saint Anselm Drive
Manchester, NH 03102-1310

PHONE: 603-641-7086,
credit card required

FAX: 603-641-7089
credit card required

ONLINE: www.anselm.edu/cne
credit card required

2020 NORTHEAST REGIONAL PSYCHIATRIC NURSING CONFERENCE

Name (please print clearly or type) _____

Home Address _____

City_____State_____Zip (Essential) _____

Credentials_____Phone (_____) _____

Email (REQUIRED)_____

Handout link will be sent to this email address.

Employing Agency _____

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City_____State_____Zip (Essential) _____

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REGISTRATION FEES

NOTE: ***Conference fee includes continental breakfast, lunch, and breaks.***

DAY:	**EARLY: by Feb. 28**	**REGULAR: after Feb. 28**
1-day Registration ☐Th ☐Fri	_____$199	_____ $235
2-day Registration	_____ $340	_____ $379

CONCURRENT SESSION SELECTIONS (REQUIRED)

Assignments will be made on a FIRST COME, FIRST SERVE basis.

Date	**Session (please circle)**
Friday, April 3, 2020	
Morning	A or B
	C or D