



Dear Colleagues,

It is my pleasure to present your 2017 American Psychiatric Nurses Association (APNA) Annual Activity Report. The APNA activities are guided by a strategic direction developed by the APNA Board of Directors (BOD). The APNA Strategic Direction can be found in [appendix A](#). [Appendix B](#) contains a commentary on the status of our progress. The work in relation to the goals listed in the Strategic Direction is a dynamic process. Our progress report shows all activity toward completion of these goals with the actions since our 2016 report highlighted in green.

The BOD reviews the strategic direction at each of its three face-to-face board meetings to assess if the goals remain relevant or are in need of update. Monthly BOD conference calls are used to monitor progress.

I am happy to report that your association continues to enjoy sound membership growth and retention. Please see APNA Secretary Joyce Shea's [report](#) for details on membership and more. APNA has also enjoyed a strong financial year - APNA Treasurer Donna Rolin's [report](#) provides you with more information.

All of the wonderful progress that makes up this report would not be possible without you, the members who generously give your time and expertise to help this organization support and advance psychiatric-mental health nursing. Throughout this year I have come to appreciate the depth and power of the connections and collective knowledge within this community. The threads that knit us together as a compassionate community of like-minded nurses are strong and enduring. It has been my honor serve as your APNA President.

Respectfully submitted,

Kris A. McLoughlin, DNP, APRN, PMHCNS-BC, FAAN
President
American Psychiatric Nurses Association

Dear Colleagues,

The APNA Secretary is responsible for corporate records and taking meeting minutes during official meetings of the APNA Board of Directors. During the past year, the Board of Directors conducted face-to-face meetings on October 18, 2016, February 23, 2017, and June 7-8, 2017. Conference calls were held on November 8, 2016, December 13, 2016, January 10, 2017, February 14, 2017, March 14, 2017, April 11, 2017, May 9, 2017, July 11, 2017, August 8, 2017, and September 12, 2017.

Membership has increased since the last activity report. Based on dues revenue collected from October 1, 2016, through September 30, 2017, there has been an increase of 4.1 % over the same period last year. Current membership as of September 30, 2017 is 11,546. New members from October 1, 2016 to September 30, 2017 are 2,922, and is an increase over the same period a year ago of 1.0% .

The website continues to help APNA serve as your resource for psychiatric-mental health nursing. Visits to the site are up 23.53%, with 27.86% more people visiting our site this year than last. The number of pages viewed by visitors increased 21.56% since last year. APNA also continues to issue press releases and make use of a broad range of social media platforms to disseminate information and engage with the public.

Since its launch in 2011, your resource for online continuing nursing education, the [APNA eLearning Center](#), has seen almost 99,000 orders. More than 210 sessions are available to access online, altogether offering 237.75 contact hours. Members enjoyed free access to nearly all of this content February 14-March 15. In April of this year we launched 'Free CE of the Month', which provides members with access to four free CE podcasts each month. At the end of July we happily announced a transition to a new, more user friendly eLearning platform.

Our online community site [Member Bridge](#) continues to grow in scope and utility for the members. Unique visits to the site have increased 22.34% with 131,735 total visits this year. More than 6,281 discussion posts have been written in more than 250 communities since October of 2016. In the All-Purpose Discussion Forum alone, members posted 3,365 messages over the past year.

For more detailed statistics on the above, please see the full reports in the [Appendix](#).

Respectfully submitted,

Joyce Shea, DNSc, APRN, PMHCNS-BC
Secretary
American Psychiatric Nurses Association

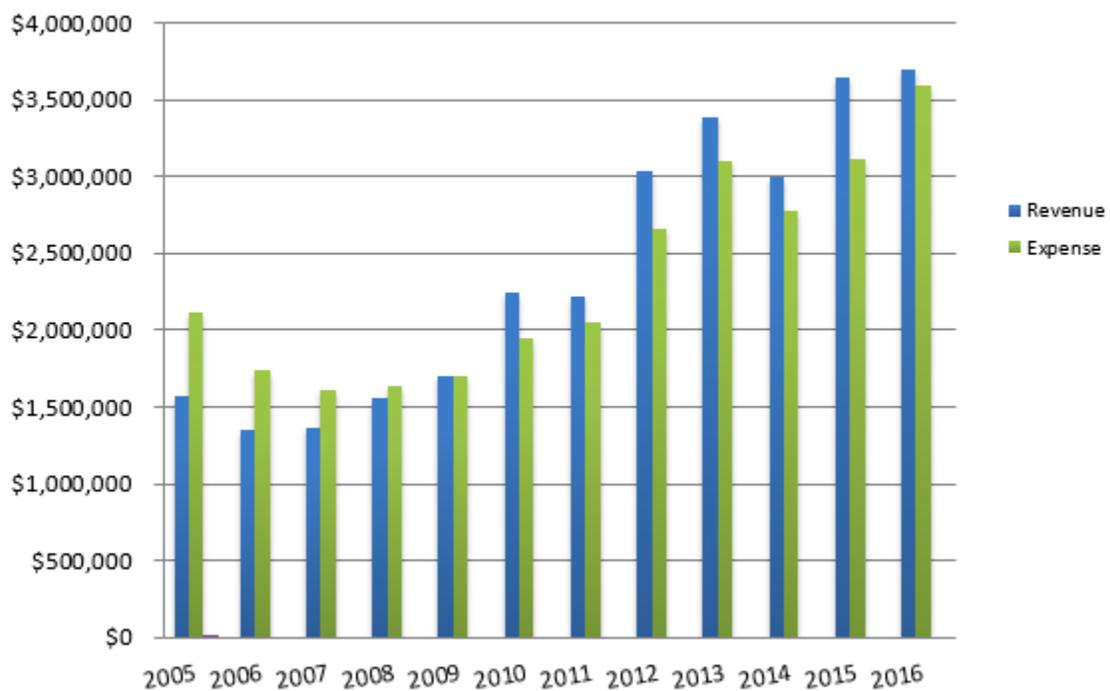
Dear Colleagues,

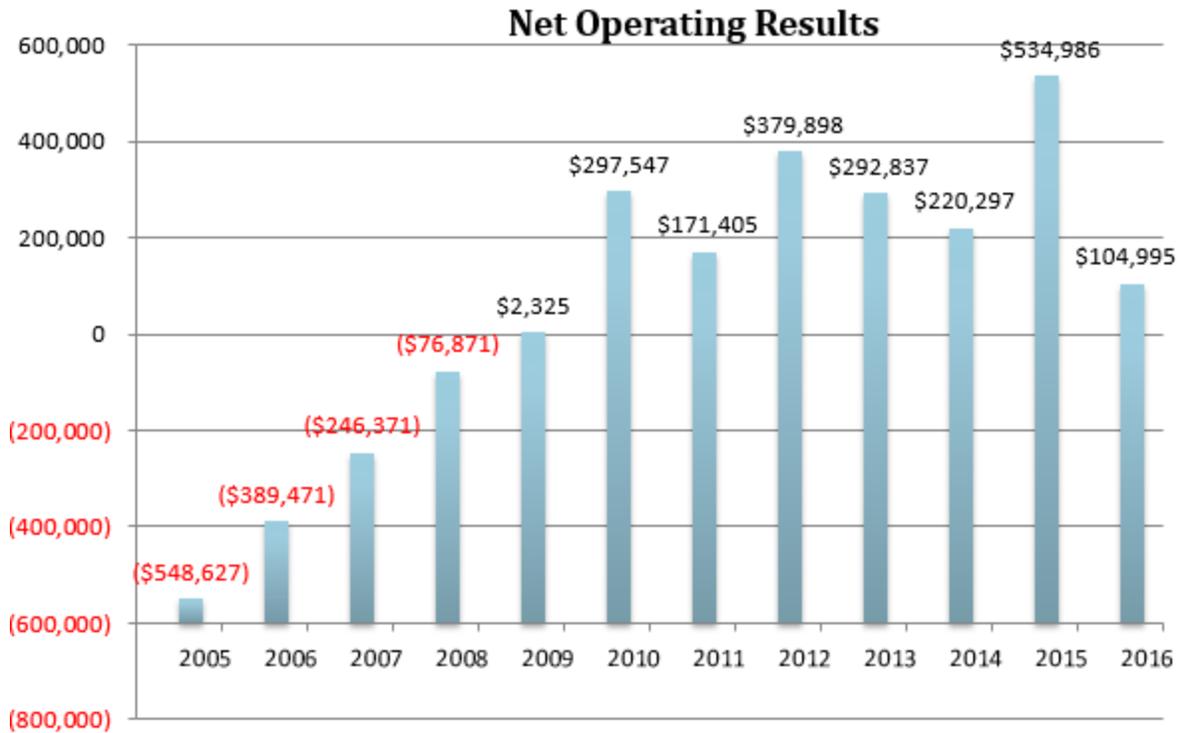
I am pleased to provide the APNA Treasurer’s Report for the most recent fiscal year, 2016. The audited financial statements for the year ending December 31, 2016, can be found in the Appendix. This report shows the complete APNA financial position to include foundation activities. All APNA financials are under the stewardship of the APNA Board of Directors The results show a total positive return from operations of \$104,995.

In an effort to oversee the integrity of its financial statements and maintain a system of internal control, APNA established an Audit Committee including Jeanne Clement, Elizabeth Poster, Larry Plant, Ben Evans and Avni Cirpili. The committee’s responsibilities include reviewing the results of the audited financial statements with the independent auditing firm annually. Last year’s audit resulted in a “clean” opinion with no material misstatements.

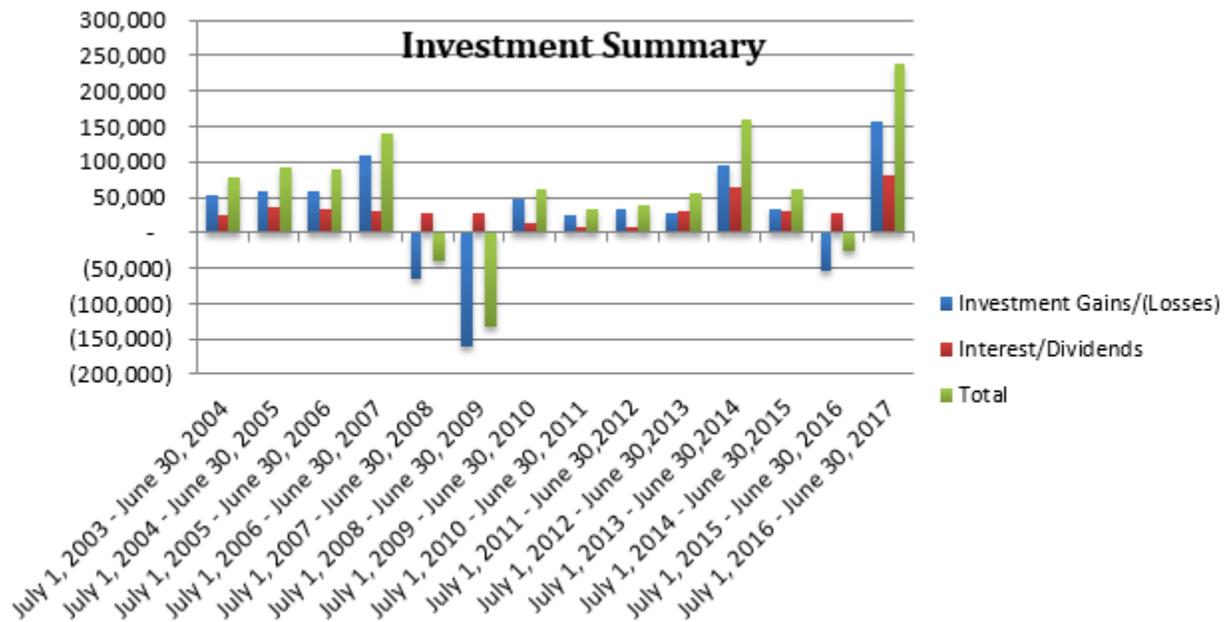
In addition to the statements discussed above, we have prepared the following charts reflecting the revenues and expenses and the net operating results from January 1, 2005 through December 31, 2016.

Revenue & Expense Summary





The Board of Directors functions as the investment committee for APNA funds. It utilizes the services of an investment manager who invests the funds in accordance with the APNA investment policy. The investment policy calls for a diversification of funds with moneys invested in cash, equities, bonds and real estate. The following charts show the results of APNA investments from July 2003 through June 2017. APNA investments have returned a total of \$614,294.72 over that period.



Investment Summary-Inception To-date



It is my honor to serve as APNA Treasurer, and I appreciate the support of staff, the Board and the members who make these positive results possible.

Donna Rolin, PhD, APRN, PMHCNS-BC, PMHNP-BC
Treasurer
American Psychiatric Nurses Association

Strategic Direction Update: 2017

Text in Green = added since October 2016 update

Goal A. APNA will be the indispensable resource for member networking, leadership, and professional development.

Through Education

- Launch of new APNA eLearning Center Platform enhances user experience and ability to find sessions targeted to learner's needs/interests
 - 108% increase in education ordered as compared to 2016
 - 98,965 orders since launch of eLearning Center in March 2011.
- Annual Conference
 - Call for abstracts and peer review inclusive of all members
 - 440 total abstracts submitted for 2017
 - Additional mini concurrent sessions in 2017 schedule allowed for additional 7 sessions (14 abstracts) presented.
 - Letters sent to Annual Conference presenters' institutions to highlight their leadership
 - New conference app allows for robust attendee profiles, etc., a community, and the ability to post session handouts with the program listing.
 - Annual Conference schedule integrates daily dedicated networking times
 - Thursday evening reception facilitates networking at the beginning of the conference so connections can be strengthened throughout.
- CPI conference is planned for nurses by members
 - Introduction of CPI West (March 2018) to ensure broad distribution of opportunities for in-person psychopharmacology education
 - 2017 CPI included two networking breakfasts
- Opioid Webinars for all nurses at RN and APRN levels and MAT Training (16 & 8 hour, Released 5/19/17 in partnership with PCSS-MAT) offered for free on the APNA eLearning Center
- APNA Transitions in Practice
 - Updated APNA Transitions in Practice Program released 7/1
 - 2,720 registrations with 1,461 Certificates awarded thus far
- APNA Competency-Based Training for Suicide Prevention: PMH Nurse Generalist Role

- 32 Competency-Based Training for Suicide Prevention Facilitators successfully completed their training June 8, 2016, 29 from the United States and 3 from Singapore.
- 17 Trained facilitators have held 48 Competency Based training classes to a total of 675 interdisciplinary participants.
- Facilitator Course for the Competency Based Training for Suicide Prevention: PMH Nurse Generalist Role running July, 2017 through October 30, 2017 with an expected 9 more trained facilitators.
- Monthly free CE for members – four new sessions each month available at no cost to members (launched April 2017)
- All content in APNA eLearning Center offered for free to members 2/14/17 – 3/15/17
- Additional free elearning sessions to members and non-members for National Recovery Month and National Suicide Prevention Week
- APNA re-accredited to provide continuing nursing education by ANCC

Through APNA Programs

- February Summit with Council and Chapter Leaders
 - February 2017 council and chapter retreat provided orientation and leadership development for new and existing leaders.
 - February 2018 Health Policy Summit on Workforce will do the same, with added bonus of giving participants opportunity to hear from and interact with leaders in the field of PMH Nursing Workforce
- APNA Annual Awards recognize and celebrate leaders each year
 - 9 Nurses received awards for 2017
 - New selection process piloted and before Board for approval
 - Letters sent to APNA Annual Awards Recipients' institutions to highlight their recognition.
- Board of Directors Scholars – identifies rising psychiatric-mental health nursing leaders and provides them membership and conference attendance.
 - 30 scholars from schools across the country honored for 2017
 - Letters sent to scholarship recipients' institutions to highlight their recognition.
- Research Grants program
 - Expanded to fund both Quality Improvement projects and Research
 - 3 Projects Funded for 2017: Perceptions, Use, and Impact of Digital Technologies for Strengthening Parenting; Trauma Informed Care: Using Evidence-Based Education to Combat a Population Crisis; The Unfolding of Depressive Symptoms, Disease Self-Management, and Treatment Utilization for Latina Adolescents

Through Chapters, Councils, & Task Forces

- Chapters:
 - 18 Chapter 2017 Conferences have occurred with 1,231 total attendees
 - Ease of activity registration and follow-up reported by Chapters that used tools/services provided by Chapter Support
 - Encouraging chapters to help members engage in grassroots advocacy through talking points with Assistance of APNA Policy Support Specialist
- Addictions Council
 - 3 opioid presentations hosted by APNA for free professional education
 - Addictions Council Tobacco Dependence Branch – completed a summary of literature of current research and best practice related to electronic nicotine delivery systems (ENDS). Members developed an article that was submitted and accepted by JAPNA.
- APRN Council:
 - 3rd Psychotherapy Pre-conference session to be presented at the Annual Conference – 4-hour intensive on Problem Solving Therapy
 - Steering Committee developing an ‘APRNs & Private Practice’ resource to be presented at the 2017 Annual Conference
- Administrative Council: Call for new members completed September 2017
- Child & Adolescent Council: Identifying priority topics for eLearning, one currently in development: “Helping Children and Adolescents with Autism Spectrum Disorder (ASD) Parts 1 & 2” for a total of 3 plus contact hours.
- Council for Mental Health Advocacy:
 - Survey of membership on Affordable Care Act to inform development of a paper
 - Call for new members underway with refined charge.
- Council for Safe Environments:
 - APNA Position Paper on Violence Prevention and accompanying Toolbox [via Violence Prevention Task Force]
 - Assessment and Monitoring Toolkit posted on website
- Education Council
 - Undergraduate Toolkit: Defining and Using Psychiatric-Mental Health Nursing Skills in Undergraduate Nursing Education is completed and available on the APNA website. The toolkit provides strategies and resources for teaching PMH in a nursing curriculum. From its inception November, 2016 to October 1, 2017 the Undergraduate Education Toolkit has been visited 8,394 times.
- Recovery Council: Working on the development of APNA’s audio and video library of stories of individuals with Lived Experience and Recovery.

- Telemedicine Task Force: White paper approved by the Board and submitted to JAPNA for publication
 - Motivational Interviewing Task Force: Full day pre-conference course on Motivational Interviewing at the Annual Conference (7.0 contact hours)
- Workforce Task Force: Call for Members completed, selection of members in process

Through Communications

- Enhancements to Member Bridge makes participation in online discussions easier
 - Member Bridge Users Guide print piece increases awareness
 - 346 visits to Member Bridge Each Day, with an average of 5 pages viewed
- Website design and mobile site resulting in increased engagement on website.
- Online Poster Gallery for Annual Conference poster presentations – information made more prominent in program materials and available through conference app
- Series of automated emails go to new members to help them engage with APNA throughout their first year
- New Career Center launched August 2017 which enables APNA users to log in with their APNA account information (same username & password) on a site with the APNA name (careers.apna.org)
- New Resources on website: Safety & Engagement Toolkit (Council for Safe Environments), Tobacco Dependence Resources (Addictions Council), Self-Care Tip Sheet
- APNA News: Featured resources in Members' Corner editions provided by councils

Goal B. APNA will be the leader in creating strategic alliances with key stakeholders.

Through relationships with Nursing Organizations

- Continued Premiere Organizational Affiliate status with American Nurses Association, organizational membership with Nursing Organizations Alliance and Nursing Community
- ANA and ANCC relationships continued through agreements for Review Courses to be held before the APNA Annual Conference (ANA) and discounts for ANCC Certification Exam fees (ANCC)
- APNA attendance at events held by: International Society of Psychiatric-Mental Health Nurses, Emergency Nurses Association, American Nurses Association, National Association of School Nurses, National Student Nurses Association, STTI, Nursing Organizations Alliance, American Academy of Nurse Practitioners, American Association of Colleges of Nursing, National Association of Clinical Nurse Specialists, Global Advisory

Panel on the Future of Nursing, LACE, National Council of State Boards of Nursing, Hospice and Palliative Nurses Association

- APNA partnered with nursing organizations to get information out regarding APNA free education: *Effective Treatments for Opioid Use Disorders*. Education was shared via their social media channels and newsletters.
- *Undergraduate Education Toolkit Defining and Using Psychiatric-Mental Health Nursing Skills in Undergraduate Nursing Education* peer reviewed by APNA members, NLN, and ANCC. 11/30/16 AACN live webinar featured APNA faculty who demonstrated use of the Undergraduate Toolkit. There were 327 visits to view the toolkit the two weeks following the webinar.
- Collaboration with American Association of Neuroscience Nurses on Clinical Practice Guidelines.
- APNA submitted letter of support for Emergency Nurses Association's grant proposal for the Margretta Madden Styles Credentialing Research Grant opportunity (The Effect of Emergency Department-based PMH-APRNs on the Care of Patients with Behavioral Health Emergencies)
- Collaboration underway with Medical/Surgical and Critical Care Nursing Associations to adapt the Competency Based Training for Suicide Prevention for Acute Care Nurses
 - Curriculum was piloted with 35 acute care RNs from 3 states
 - Pilot to a larger audience of Acute Care Nurses through the Academy of Medical-Surgical Nurses (October, 2017)
 - Facilitator Course in development and scheduled for December, 2017.
- APNA Endorsement of NONPF Revised Criteria for Evaluation of Nurse Practitioner Programs
- American Association of Colleges of Nursing and National Association of School Nurses shared information about the APNA Board of Directors Scholarship with their members
- Partnership with the National Association of School Nurses enables their members to access the APNA Transitions in Practice
- Representatives from American Association of Nurse Practitioners, Emergency Nurses Association, International Society of Psychiatric Nurses, Nurses Organization of Veterans Affairs, and National Association of Clinical Nurse Specialists attending the 2017 Annual Conference
- Joint statement with Pediatric Nursing Certification Board regarding the Pediatric Primary Mental Health Specialist role, shared with LACE network 9/17
- Mutual support of nursing organizations' nominations for HHS Task Force on Pain Management

Through relationships with National Organizations

- APNA has re-invigorated our relationship with the American Red Cross, after learning that the process for PMHNS to provide assistance has been made much simpler
 - APNA sent out Red Cross Call for Disaster Mental Health Volunteers for Hurricane Harvey (9/2017)
- Linda Beeber serving on the SAMHSA Serious Mental Illness Coordinating Committee
- Nominations: Kathy Delaney for the FMQAI Inpatient Psychiatric Facility (IPF) Outcome and Process Measure Development and Maintenance Technical Expert Panel; Michael Rice to the US Preventative Services Task Force, working with AACN (6/17), Bridgette Vest for HHS Task Force on Pain Management with AACN, NAPNAP, ANA, NONPF (9/17), Michael Rice for ANA Peplau Award (10/17)
- APNA Submitted (and encouraged members to submit) comments Re: The Joint Commission's National Patient Safety Goal related to suicide (4/17), ANA Cultivating Moral Resilience and A Culture of Ethical Practice (8/17), ANA Nursing Advocacy for Gender Diverse Populations (8/17)
- APNA Resources featured by ANA (8/17 & 11/17) as a part of their year of the healthy nurse
- Partnership with American Academy of Addiction Psychiatry / PCSS-MAT – APNA representation on Steering Committee; APNA and PCSS-MAT co-providing 24 hours of training required by CARA 2016
- Correspondence and meetings with the American Psychiatric Association, AARP, and NAMI
- APNA invited by FDA to attend Risk Evaluation and Mitigation Strategies Summit and comment on REMS education update
- APNA participation in White House initiative to address opioid use. Three free webinars released July 19, 2016, continued participation in initiative through meetings and communications
- Attendance at events held by: Institute of Medicine, Rosalynn Carter Center, Research Foundation for Mental Hygiene, National Council for Behavioral Health, PCORI, Veterans Administration Braintrust, American Psychiatric Association
- Communications helping to publicize national initiatives such as Mental Health Month, Nurses' Week, Opioid Epidemic Awareness Week, Recovery Month, and Suicide Prevention week.
- Continuing participation in the national Joining Forces Initiative to support the health of Service Members, Veterans, and their families
- Membership in Mental Health Liaison Group
- Speakers at conferences from organizations such as LEAP Institute, NIDA, NIMH, JOOL Health, and CNQR Foundation

- Continued program partner for the SAMHSA-sponsored Voice Awards, with APNA member representation at the event

Through relationships with Industry Organizations

- Formation of a task force to develop guidelines for collaboration with industry organizations
- Mental Health Care Delivery in Primary Care Round table discussions – in development with Spire Learning
- Bipolar case study online game series – available online, jointly provided with Physician's Postgraduate Press
- 2017 Annual Conference: 110 exhibit spaces booked; 8 Product Theaters, 3 in-person meetings scheduled with industry representatives
- 1 Product Theater for 2018 Annual Conference already booked!
- Dialogue with several organizations for potential partnership opportunities presented by the February 2018 Health Policy Summit

Goal C. APNA will be recognized as the expert voice for psychiatric-mental health nursing to stakeholders.

Through National Communications

- Comments submitted to: FDA (re: ECT), SAMHSA (re: expanding access to MAT for opioid use), NINR (re: funding PMH nursing research), CMS (proposed quality measure), VA (regulatory proposal for APRN full practice authority), VA (final rule on APRN practice authority), HHS (CARA Act), WHO (Reclassification of dementia in ICD-11), TJC NPSG related to suicide (and membership notification), ANA Position Papers, Joint statement with Pediatric Nursing Certification Board regarding the Pediatric Primary Mental Health Specialist Certification
- Letter sent to Representative Beyer applauding the launch of a Bipartisan House Suicide Prevention Task Force (9/17)
- February 2018 Workforce Summit will deliver publications that speak to current and future needs of psychiatric-mental health workforce
- APNA Position Paper – Whole Health Begins with Mental Health and call to action for members to send to their congressmen. Copies sent to every member of congress and to several organizations with common interests.
- Ongoing updates provided on implementation of CARA 2016 and MAT training

- APNA programs and members highlighted in industry publications and media (e.g. ADVANCE for Nurses, ANA publications, Johnson & Johnson Nursing Notes, regional newspapers, etc.)
- APNA website continues as top result in google search for information about psychiatric-mental health nursing
 - 1,815 visits to the site each day
 - About APRNs FAQs Updated
 - Graduate School FAQs created
- Expanded social media communications with greater impact and reach in messaging
 - On average, Facebook posts reach 3,375 people
- Creation and dissemination of About PMH-APRNs brochure
- APNA Position on PMH Nurses' Role in Care of Detainees and Prisoners (March 2016)
- APNA Position on Violence Prevention (July 2016)
- Summary of APNA's Survey of PMH-APRN Workforce published in JAPNA

Through dissemination of resources

- Council for Mental Health Advocacy template letter and tips for writing to stakeholders now available (10/17).
- Undergraduate Education Toolkit aimed at helping undergraduate nursing faculty integrate mental health content into their curricula
 - From November 2016 to October 1, 2017 the toolkit has been visited 8,394 times.
- APNA Transitions in Practice Program increasingly adopted by behavioral health organizations to update staff
 - 51 institutions have purchased the ATP program in bulk, a total of 1,950 seats.
- Competency-Based Training for Suicide Prevention brings importance of PMH nurses' role in suicide assessment and management to light and standardizes expertise
 - 675 learners have completed the training
- Free webinar series, Effective Treatments for Opioid Use Disorders, leverages PMH nurses' expertise in substance use to help inform all nurses
- New resource section for PMH-CNSs provides talking points and supporting resources to help PMH-CNSs advocate and raise awareness
- Upcoming Competency Based Training for Suicide Prevention for Acute Care Nurses Facilitator training

Through representation on national committees and task forces

- SAMHSA Serious Mental Illness Coordinating Committee (7/17)
- LACE Network

- Mental Health Parity Accreditation committee, led by the Clear Health Quality Institute
- ANA Organizational Affiliate

Goal D. APNA will be the leader in integrating research, practice, and education to address pressing mental health policy issues that affect psychiatric-mental health nursing and the population served.

Through Education

- Ignite session at the 2017 Annual Conference, in which board will examine Whole Health Begins with Mental Health through lenses of education, practice, research, and administration
- 7-hour motivational interviewing workshop in Annual Conference Program
- Due to increased organizational usage and demand for yearly training, Competency Based Training for Conducting the One Hour Face-to-Face Assessment for Patients in Restraint reviewed and updated in 2017.
- Recovery to Practice was reviewed and updated to align the content with the current Psychiatric Mental-Health Nursing Scope and Standards of Practice. The program is transitioning to a new eLearning platform and is scheduled to be released by November, 2017.
- APNA is developing a Free CE webinar featuring Dr. Donald Meichenbaum. Practical Ways to Bolster Resilience: A Life-span Perspective will be released on Veterans Day, November 11, 2017.
- Continued expansion of continuing education bring current evidence-based knowledge to nurses.
 - Free CE of the month, membership bonus points, etc. ensure that members receive evidence-based education across research, practice, education and administration to help meet the needs of the populations they serve.
- Delivery of APNA Competency Based Training for Suicide Prevention by 32 facilitators across world (evidence-based curriculum that is the first of its kind)
 - 17 facilitators have held 48 Competency Based training classes to a total of 675 interdisciplinary participants.
 - Free webinar series, Effective Treatments for Opioid Use Disorders, provides knowledge based on research and best practices needed by nurses to help address current opioid epidemic – 3,461 orders as of September 30, 2017

- Continued growth of the APNA Transitions in Practice Curriculum - provides evidence-based foundational education to PMH-RNs to help improve retention, satisfaction, and outcomes
- Three eBook series available for free on Bipolar Spectrum Disorders, one of the world's 10 most disabling conditions.
- Webinar under peer review: "An Introduction to the Psychopharmacology of Children and Adolescents with Autism Spectrum Disorder" covering DSM5 diagnostic criteria and current treatment recommendations
- Recovery to Practice program helps nurses integrate recovery-oriented concepts into their practice
- Received a 10K grant from Shire to support education at the Clinical Psychopharmacology Institute related to Eating Disorders (speaker: Wolfe).
- Jointly providing MAT training for APRNs with PCSS-MAT - 24 hours of education
 - Upon completion nurses may apply to SAMHSA with an application for the MAT waiver now available to APRNs who meet requirements under CARA 2016 legislation.
 - Support for the program is through funding from SAMHSA
 - Individuals who have completed the training : 8-Hour: 421 / 16-Hour: 483

Through the Journal of the American Psychiatric Nurses Association

- Continued publication of papers by Councils and Task Forces on issues identified by the Board of Directors as priority for psychiatric-mental health nursing
 - Telepsychiatry White paper approved by Board and submitted to JAPNA for publication
 - Upcoming publication of deliverables from February 2018 Policy Summit
- Column in JAPNA on reflective practice.
- Increase in submissions
- JAPNA Impact Factor of 1.535
- Addition of Associate Editor to augment Editor
- Webinar and manual now available to individuals interested in reviewing manuscripts for JAPNA
- Issues include a continuing education article – totaling 6.0 contact hours for APNA members in JAPNA each year.

Through APNA Programs & Communications

- February 2018 Health Policy Summit on Workforce will bring together experts in workforce and from all areas of PMH nursing to address current needs and strategies for the future

- Continued communications around education and resources to help address the opioid crisis, violence prevention, responses to tragic events.
- Addition of staff to support the Board and the Council for Mental Health Advocacy in tracking current policy issues.
- Violence Prevention Position Paper and Toolkit developed in response to current events and needs
- Summary of the Evidence on Electronic Nicotine Dependence Systems created by the Tobacco Dependence Branch of the Addictions Council
- Development of first Competencies on the Assessment and Management of Suicide Risk for Psychiatric-Mental Health RNs and expansion of these competencies to nurses in other settings
 - Dissemination of training to help nurses apply these competencies to their practice by trained facilitators
- PMH-APRN State-by-State Scope of Practice Map available to members
- Research Grant Program
- Ongoing dissemination of Whole health begins with Mental Health position paper, talking points, and structure for encouraging grassroots advocacy amongst members
- Staff workgroup reviews ongoing policy issues and considers what should be brought to the Board for action
- Opening lines of communication with NAMI to help chapters partner with them at the local level