

AAPPN

Association of Advanced Practice Psychiatric Nurses

promoting excellence in advanced practice psychiatric nursing

Spring 2014

Launching AAPPN into the Future

by Anne Koomen, MS, ARNP

From the birth of the first pre-historic hammer people have used technology to survive and to thrive. The members of AAPPN are acutely aware of the value of keeping our tools honed and relevant for the health of our practice, continuing education and professional community. The efforts of the newly formed Technology Committee over the past year reflect this value of forward movement while mindfully holding the foundations for growth that were laid before.

AAPPN unveils a new and updated website this month to carry the spirit of our shared vision and mission into the technological future. Among several other priorities, it is vitally important to the Technology committee to sustain the values of AAPPN that were so gracefully reflected in our last website. Additionally, the new website focuses on expanding on the capacity to provide content updates, enhancing information flow and optimizing ease of use.

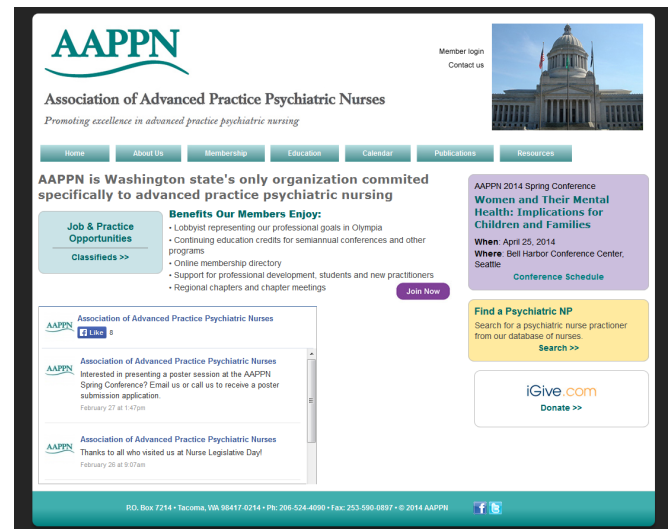
Our first website was created in 2004 through the remarkable efforts of Lisa Trigg. Credited with breaking "techno ground," she received Nurse of the Year for her work. Updates to these commendable efforts will once again serve to set us apart as leaders in our field, and will allow AAPPN members to communicate more easily with each other and the public.

Highlights of the new website include:

- The **public search** function allows those in need of mental health care to easily search for an AAPPN member in private practice and in community mental health.
- The **members-only search** provides referral information that is fast and up to date.
- **Resources** for education, policy, self-care, and mental health advocacy are current and will be updated regularly.
- Administrative functions will be integrated with our membership process so that existing and potential members can **easily pay dues, update profile information, and register for conferences and other educational opportunities.**

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- A **calendar** of AAPPN events will be available so members can learn more about the activities provided by AAPPN across the state. We have also launched a **Facebook** page so that our organization will be visible to a larger national and international audience.
- The website will continue to serve as an important revenue stream through advertisements from relevant, approved vendors.

AAPPN has grown in size, scope and function since its inception in 1982. Over the last 32 years, our membership has grown to 274, including six out-of-state members. Communication began with a paper newsletter, and a printed membership directory helped guide us to convey our mission and actions. All other communication was direct, face-to-face or by the "phone tree." While these tools provided needed information to a growing group of professionals, they were backward glances and sometimes struggled to maintain the relevance that is so important to AAPPN members.

Staying connected and up-to-date is paramount in this rapidly changing health-care climate. Technology is more than just gadgets, "apps" and web searches. The value of well-placed technology in the professional world is evident in the rapid acceptance of Electronic Health

continued on page 2

Message from the President

Moving AAPPN forward

By Po Karczewski, ARNP

I would like to take this opportunity to introduce you to the leadership of AAPPN: Walk into your bathroom, stand in front of the sink, and look straight ahead.

Yes, it's you, and a pretty good-looking leadership it is.

It's year one of the Affordable Care Act and the financial forces of healthcare are in full flux.

Parity in access for clients, parity in compensation for providers, restrictions in paneling, more time-consuming demands for charting, convoluted schemes for outcome tracking: All of these issues are related to the rethinking of healthcare financing, and directly affect the quality of care we can provide for clients, and the quality of satisfaction we get from our practices.

AAPPN continues as a financially healthy and vital organization to provide psychiatric nurse practitioners with a voice at the state and national level, and an opportunity to improve our practices through networking and educational opportunities.

If you have ever had a thought about something AAPPN could do better, you have an opportunity to be a leader in that improvement.

As we go forward we will need more members to be willing to put in some of their time in working with their fellow psychiatric nurse practitioners to keep our orga-



AAPPN President
Po Karczewski, ARNP

nization strong, guide our opinions as to legislation and treatment options, and enjoy forming a strong community.

The officers of AAPPN, and the executive board and chapter chairs, will be working together to make it easy and enjoyable to participate. The digital environment has made communication and coordination a lot easier, and we are learning how to use our systems more efficiently.

As part of that our new website is now up and functioning. As one of the many new features, you can now pay your dues online! Just logon to the members section and it should be apparent how to do that. Getting the website going took a little longer than we expected as we wanted to make sure we had everything working for the implementation of the member database—the "Find a Psychiatric NP" feature that is available to the general public. Please take a look at the tutorial in the current newsletter on how to fill out your practice information as we think this will be a valuable tool for reaching clients.

The new website will also help us in outreach to new members, as will having existing members talk about the advantages of having our own professional association. The more of the psychiatric nurse practitioners in the state that we represent, the more effective our voice can be.

So as we all thaw out, and dry out, from the Puget Sound winter, please talk to your fellow members and potential members, take some time at chapter meetings to talk about direction and plans for AAPPN, and consider how we can all work together to keep the work light and the spirit bright.



iGive.com
Change online shopping for good.

Doing your shopping online?
Every purchase you make can help support AAPPN.
It's easy and free! Just go to our website, www.aappn.org. On the left side of the page, click the iGive button and follow the simple sign-up.

Once you've signed up, just shop normally at your favorite online retailers and AAPPN will receive a percentage of every sale.

Welcome New Members

AT LARGE

Kathleen Laswell

EAST KING COUNTY

Laura Hinton

OLYMPIA

Jason Johnson

Victoria Bitar

SEATTLE

Cindy Bello-Utu

Sandra Fisher

Margaret Sekijima

TACOMA

Dianne Nauer

Uriah Perez

WHATCOM/SKAGIT

Nikki Behner



TACOMA: The Tacoma Chapter met in February about billing codes and charting requirements. Participants are brainstorming about the development of an audit tool that can be utilized by practitioners to ensure minimum documentation requirements are met for billing purposes. If you are interested in participating in this effort, please contact the AAPPN office at aappn.office@gmail.com

PENINSULA: The Peninsula Chapter continues to explore new meeting formats and avenues for connectivity. We meet during the second week of each month with breaks during conference months and during the summer. Meetings alternate between Tuesdays and Thursdays, and between Northern and Southern Peninsula meeting locations to accommodate many schedules and the broad geographic diversity of our chapter. Meetings provide opportunities for peer support, professional growth and continuing education. Our format rotates between group supervision sessions, professional trainings on topics of interest to the group, sponsored dinners, and casual get-togethers. In January we enjoyed a joint meeting with the West Sound Advanced Practice Association (WSAPA) and we continue to look forward to other opportunities to network with other professionals in the area. Members of the Peninsula Chapter are full of ideas for how to continue the deep sense of camaraderie that AAPPN provides, and we welcome any new or prospective members to our gatherings. Please see the calendar at www.AAPPN.org for more information on upcoming meetings.

OLYMPIA: The Olympia group is now doing a study group for its monthly meetings, taking one chapter of DSM 5 each month. Members take turns presenting the chapter, preparing a summary handout and leading discussions about the month's topic. Olympia chapter chair Felicia Hanig coordinated arrangements for the annual Nurse Legislative Day dinner, traditionally held at Olympia's Budd Bay Café the evening before the legislative event. AAPPN lobbyist Leslie Emerick provided the attendees with a summary of the main issues she has been tracking on the organization's behalf. *[Ed. See Leslie's report elsewhere in this issue.]*

BITS AND PIECES

Seeking nominations

The vision and direction of AAPPN come directly from the membership. YOU make this a vital, dynamic association. Would you like to take an even more active role in moving AAPPN forward? We are seeking nominations for the next election of officers, to be held at our spring 2014 annual meeting. For more information contact one of our current officers or administrative coordinator Judy Jones at aappn.office@gmail.com.

Upcoming conference of interest to AAPPN Members

The 27th Annual Northwest Conference on Behavioral Health and Addictive Disorders will convene May 28-30 in Bellevue. One of the featured speakers is Vancouver, BC psychiatrist Gabor Maté, author of *In the Realm of Hungry Ghosts: Close Encounters with Addiction* which was reviewed by Jana Purdy, ARNP in a previous AAPPN newsletter issue. More information on this conference may be obtained at: <http://www.usjt.com/Conferences/2014/27th-Annual-Northwest-Conference-on-Behavioral-Health---Addictive-Disorders/>.

Call for Writers

The Newsletter Committee is looking for writers. We would like to provide our readership with contributions from our members surrounding topics that affect and inform our practice. This includes book reviews, practice issues and reviews of current research. We ask that your submissions range from 800-1000 words and do request editing permission. We would like to be able to share brief practice summaries with the membership in order to represent the diversity of our roles and unique settings.

We'd also like to get to know our members better. AAPPN is a wonderfully diverse group of professionals and we invite you to share your story with your fellow members. (See the "Meet our Writers" features throughout this issue.) We would love to collect your biographies and be able to highlight the diverse passions, interests and practices that reflect our profession.



Find AAPPN on Facebook
and follow us on Twitter



@aappn

Book Review

The Making of a Therapist

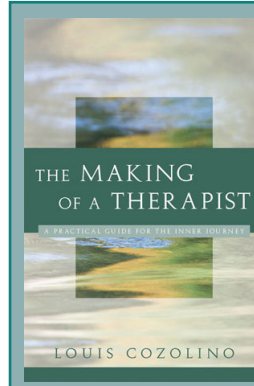
by Louis Cozolino

Reviewed by Jana Purdy, ARNP

This book is a phenomenal read for both new and seasoned practitioners. The perspective and guidance offered are both inspiring and immediately applicable. The author begins by giving voice to the loss of deeper “self work” that occurred with the influx of brief therapy and psychopharmacology. This diminishment also included the personal growth of the therapist which was, at one time, woven together with academic learning. He argues that these losses are a detriment to both therapists and clients. Much of this book explores the capacity of the therapist to explore his or her own unconscious well enough to be able to utilize its wisdom in sessions. This wisdom is foundational in order to achieve psychotherapeutic goals such as the examination of assumptions/beliefs, confronting anxiety, modifying negative self talk, developing new and adaptive life narratives, integrating affect and cognition and breaking down repetitive patterns.

Dr. Cozolino advocates that we foster growth in ourselves so that we are more able to access accurate information from our clients via our own emotions because thinking alone demonstrates limitations. Our inner experiences are optimally informed by our emotions, bodily states and cognition. He describes this process as shuttling down to the body (specifically the chest and abdomen) to become aware of tension, fear, longing, sadness, emptiness and then shuttling up to our conscious rationale selves so that we can think through what is happening within ourselves and then, with the client. While attending to what the client is saying, this empathetic “shuttling” is another method of observation that relies in inner sensitivities and the capacity to think about what we are feeling. It is, therefore, imperative that we deeply explore our unconscious, including our own reality distortions and incongruities between words and actions.

Concerning challenges that arise in a therapeutic relationship, the author advises, “The goal is not to be right, it is to promote psychological health.” To further quote he states, “When I make a mistake or a client confronts me about something I’ve done wrong, my reflex is to become defensive. When these feelings come, I have learned to stop and breathe and keep quiet for a few moments...the challenge is to retreat, step back and try to understand what is happening in the therapeutic process while remaining emotionally connected.” Our understanding that anger may arise from multiple sources (past patterns,



The Making of a Therapist: A Practical Guide for the Inner Journey

Louis Cozolino

Hardcover: 240 pages

(also available for Kindle)

Publisher: W.W. Norton & Co., 2004

ISBN-13: 978-0393704242

reaction to vulnerability, fear of disappointment, fear of revealing pain and fear of the unknown) can allow us to move toward rather, than away, from connection. Guidance for meeting resistance in psychotherapy is based on the principles of balance and energy utilized in Aikido martial arts.

In the Aikido approach, resistance is an indication that the client requires assistance in attaining psychic balance and integration. Remaining mindful and centered when meeting resistance is essential as try to answer the following questions: “How might my client be right?,” “Do I have the skills?,” “Do I feel I can be of help?” and “Can I understand why my client might need his or her resistance?” The author recommends utilizing challenges that inevitably arise in therapy as growth opportunities. This can be accomplished by seeking greater understanding, deepening connection as the client experiences a fair relationship with a person of authority and by creating an interpersonal context for the client to experience a healthy cycle of rupture and repair. Specific recommendations for therapists are as follows:

1. Don't take it personally
2. Don't punish clients for resistance
3. Accept and validate resistance by giving the client credit for utilizing learned defenses
4. Explore these defenses
5. Build words for resistance – example: “next time you are withdrawing, see if you can notice it and even tell me what is happening”
6. Contextualize it – discuss why it was necessary in the past, distinguish past from present, explore how current defenses are harmful in the present, see that these defenses may no longer be necessary
7. Set up situations whereby client can experiment with “not resisting”
8. Support AND challenge; accept AND encourage change
9. Be patient!

continued on page 4

The Making of a Therapist ... cont'd from page 3

Dr. Cozolino advocates for the utilization of our heads, hearts, minds and bodies in order to optimize psycho-therapeutic relationships. This relationship is described as follows: "To be involved enough to receive complex and primitive communication, while retaining sufficient objectivity and distance, is part of the delicate balancing act we perform as therapists." The capacity to embody awareness of our own pain and demonstrate the courage to grow from difficult experience can inspire the change process. To quote the author here, "Our own failures help us to remain open to the struggles of others, our personal victories give us the optimism and courage to inspire those struggling with their lives." Regardless of the roles we play in fostering mental health, our own self care, growth and exploration deeply impacts our clients. I will end this review with a quote found in this book by Henry David Thoreau: "I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor." We are indeed challenged, in this exceptional book, to elevate our own lives in order to model, encourage and foster that in others.

**Nursing Spotlight: Meet our Writers**

My name is Jana Purdy. I graduated from the UW psychiatric ARNP program in 2012. Currently I work at Greater Lakes Mental Healthcare in Lakewood, WA and in private practice (Understand Balance Mental Health Care). I am also starting the process to becoming a certified yoga instructor and plan to obtain additional certifications in yoga for trauma, anxiety and depression. Prior to this work, I practiced as an emergency nurse RN for a period of 19 years. During that time, I also worked in inpatient psychiatry and intensive care.

*Jana Purdy*

Through my work and life experience, I have cultivated a deep interest and passion for psychiatry, psychology, physiology, neurobiology, spirituality, anthropology, mindfulness, yoga, mind-body medicine, literature and poetry. In addition to the treatment of psychiatric disease and fostering mental health, I am also fascinated by the identification and treatment of psychological risk variables that are potentially present in chronic physical disease.

See this link to read my article in the Yale Journal of Biology and Medicine titled, "A Psychophysiological Approach for Chronic Physical Illness." <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3584492/>

Register now!**Women and Mental Health:
Implications for Children
and Families****AAPPN Spring Conference & Annual Meeting****Friday, April 25, 2014****Bell Harbor Conference Center, Seattle****Epigenetics: The Context of Pregnancy***Shawn Elmore, PhD***Risk/Benefit Analysis: Psychotropic Medications
During Pregnancy & Postpartum***Patricia Spach, MN, ARNP***AAPPN 2014 Legislative Update***Leslie Emerick, MPA***Medical Marijuana: Legal and Regulatory Issues in
Nursing Practice***Louise Kaplan, PhD, ARNP, FNP-BC, FAANP***Therapeutic Marijuana: Implications for Women
and Families***Michelle Sexton, ND***ADHD in Mothers: A Family Treatment Approach***Mark Stein, PhD, ABPP***For complete details and online registration,
see www.aappn.org.****Questions? Call 206-524-4090
or email aappn.office@gmail.com**

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Association of Advanced Practice Psychiatric Nurses
(AAPPN)
Psychosocial & Community Health Department,
School of Nursing, University of Washington

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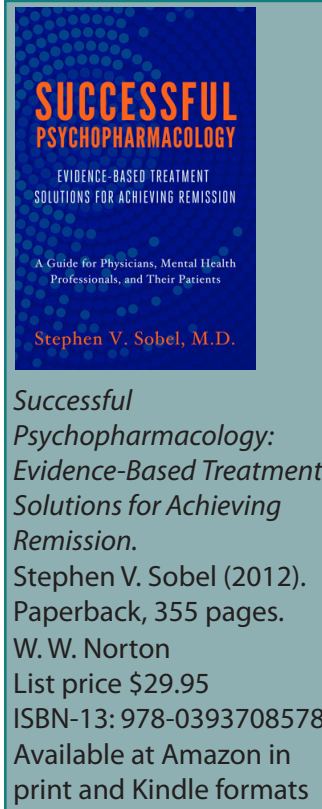
This activity has been submitted to the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP) for approval to award contact hours. The Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP) is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

BOOK REVIEW:***Successful Psychopharmacology*
by Stephen V. Sobel***Review by MaryAnne Murray*

California psychiatrist Stephen Sobel's volume is an excellent reference volume, especially for the new PMHNP developing skills in managing common psychiatric conditions. He encourages the reader to "target the neural pathways involved in psychiatric disease" and prescribe according to the underlying origins of the symptoms. He advises assertive prescribing and treating until remission is achieved and then for an adequate duration to minimize relapse. He has specific chapters on antidepressant selection, anxiolytics, eating disorders, insomnia, mood stabilizers, bipolar disorder, antipsychotics, treating psychosis, and a wealth of clinical pearls.

Sobel's case studies are rich, with his casual dialogs with patients which help their understanding of their conditions and medications. He utilizes mnemonics to help clinicians recall the patient education points, e.g., FRESH for treating trauma (F = families/friends who need guidance in supporting the patient effectively, R = reassurance/retelling of their story, E = education of patients about the effects of stress, S = substance use/sleeplessness/suicide, H = historical factors which may predispose a patient to PTSD). He also summarizes findings of recent research to guide selection of medications with FDA indications for specific conditions as well as appropriate off-label uses.

The Kindle edition is particularly portable and it is easily searchable with its real page numbers and very useful indexing. I find that this volume and Stephen Stahl's *The Prescriber's Guide* (4th Ed.), also available on Kindle, make for a very valuable and portable reference library.



Successful Psychopharmacology: Evidence-Based Treatment Solutions for Achieving Remission.
Stephen V. Sobel (2012).
Paperback, 355 pages.
W. W. Norton
List price \$29.95
ISBN-13: 978-0393708578
Available at Amazon in print and Kindle formats

Nursing Spotlight: Meet our Writers

Even before I was a PMHNP I became a member of AAPPN. That was in 2002 when I became licensed as an FNP in Washington State. I was already a Licensed Mental Health Counselor and a Chemical Dependency Professional, so I knew that my work as a Primary Care Provider would include strong attention to my patients' mental health. I attended the chapter meetings nearest my home and workplace, starting in Seattle and then moving to Tacoma and Olympia. I even served as chair of the Olympia Chapter for a couple of years. Then I went back to school at the University of Washington and earned my MN in advanced practice psychiatric nursing and my DNP.

*MaryAnne Murray*

My nursing career has included working at a skilled nursing facility, running a hospital-based residential alcohol and drug treatment program (ADTP), performing interventions for a research study on depression and its impact on diabetic patients' disease progression, and performing forensic examinations on victims of sexual assault. As an FNP I worked in a residential ADTP on an Indian reservation, at a Critical Access Hospital's rural clinics where I did primary care as well as psychiatric medication management, and as a primary care provider in two juvenile prisons. After qualifying as a PMHNP I worked in a methadone treatment program for opioid addicts. Now I have moved to a rural setting where I work with a top notch team of mental health counselors and case managers in a community mental health center. It is fun to be a big fish in the small pond of this rural community, because I can have a very positive impact on the health of the community.

For fun, I enjoy reading, playing the piano, choral singing, and aromatherapy. I am hoping that you and our other AAPPN members will write your/own brief biographies to share on our website so that our broader communities can better understand the richness of our nursing careers and the unique gifts each of us brings to our profession.

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*When you stop learning, stop listening,  
stop looking and asking questions, always  
new questions, then it is time to die.*

*~ Lillian Smith*

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CONFERENCE REVIEW: The Evolution of Psychotherapy

Reviewed by MaryAnne Murray

The first Evolution of Psychotherapy Conference took place in 1985 to commemorate the 100th anniversary of Freud's initial interest in psychotherapy. It gathered luminaries in Western psychiatry, psychology, a social work for lectures, panel discussions, and clinical demonstrations. After the initial conference's resounding success, the Milton Erickson Foundation sponsored the Evolution of Psychotherapy in early December every five years through 2005. Then the interval was shortened to four years with the 2009 conference, and it was offered in Anaheim December 11-15, 2013 for its seventh iteration. Conference Director Jeffrey Zeig PhD describes it as the "Woodstock of Psychotherapy." This most recent conference opened with a brilliant lecture titled, "From Brain Dynamics to Consciousness: How Matter Becomes Imagination" by Nobel Laureate Gerald Edelman, MD, PhD. The "old men of psychotherapy" were honored throughout the conference, with live lectures by 92-year-old Salvador Minuchin, and a Skyped interview of 92-year-old Aaron Beck in Pennsylvania conducted by his daughter, psychologist Judith Beck, who was live at the conference in California. Washington state psychologists delivering presentations included Dr. Marsha Linehan speaking on Dialectical Behavior Therapy, Dr. Claudia Black speaking about chemical and sexual addictions and their effects on families, and Drs. Julie and John Gottman speaking about their research and therapy with couples.

Another highlight of the conference was the premiere of the new film, "Wizard of the Desert," a biographical work about Milton Erickson directed by psychotherapist Alexander Vesely. At the 2009 Evolution of Psychotherapy Vesely had premiered his film, "Viktor and I" about his own growth as a psychotherapist and his appreciation for the contribution of his grandfather, Viktor Frankl. The cinematography in these films is outstanding. Several of Dr. Erickson's children were present for the "Wizard of the Desert" and very kindly made themselves available to answer questions and speak candidly about the challenges of growing up with so famous a father.

Recurrent themes in this conference were neuroscience, spirituality, meditation, and creative treatment of trauma. I was pleased to see Dr. Francine Shapiro, founder of Eye Movement Desensitization and Reprocessing (EMDR) given her due respect and appreciation, which contrasted to outright hostility displayed toward her at earlier conferences. Most of the presenters were Eurocentric Americans, although Asian American Dr. Derald Wing Sue gave a stellar address titled, "Racial, Gender

& Sexual Orientation Microaggressions: Implications for Clinical Practice," and Dr. Salvador Minuchin and Chloe Madanes hail from South America. The faculty list included 16 women and 35 men, and it was far more heavily weighted toward male perspectives. While in past conferences and as a newer psychotherapist I thrilled to see Albert Ellis and other great authors, teachers, and theoreticians in action, I hope future conferences, starting with 2017, will highlight more female leaders in this important profession.

AAPPN Annual Spring Conference

Women and Mental Health: Implications for Children and Families

April 25, 2014

Bell Harbor Conference Center, Seattle, WA

CALL FOR POSTERS SUBMISSION DEADLINE March 25, 2014

POSTERS

Poster presentations offer an opportunity for clinical and/or scientific presentations in an interactive environment. No compensation is provided for poster presenters. All poster presenters must register for the conference.

ABSTRACT GUIDELINES

The following must be included in your submission; incomplete submissions will not be reviewed for consideration:

1. Presenter: Must include credentials, name of institution, mailing address, and contact information.
2. Objectives: A maximum of three educational objectives (excluding poster submissions).
3. Abstract: The abstract must be 250 words or less
4. Poster size: 24 x 36 or 36 x 48
5. Submit information to AAPPN by email to aappn.office@gmail.com, fax to 253-590-0897 or send via U.S. mail to AAPPN, PO Box 7214, Tacoma, WA 98417-0214

2014 Spring Legislative Update



Leslie Emerick
AAPPN Lobbyist

The WA State Legislature is past the half-way mark for the 60 day short session. The last day to consider a bill in the house of origin was February 18. Over 1,700 bills were introduced this session.

Many bills have already died in committees. After a bill passes out of either the

House or the Senate it will move to the opposite chamber to begin the policy and fiscal committee review all over again. The time period is much shorter and they have ten days to get the opposite house bill passed out of the policy committees and until March 7 to vote on the opposite house bill on the floor of either the House or Senate. The last day of session is March 13.

The state's revenue forecast came out around February 20 with a possible increase in tax revenues. The Governor could propose a new budget based on the improved revenues or depend on the House and Senate proposed budgets. At some point the House, Senate and Governor all have to come to an agreement on the final supplemental operating budget. The state is still required to adequately fund education under the McCleary lawsuit, so any new revenue will probably be directed towards meeting the education funding requirements of the lawsuit.

On the following page are some of the high priority bills AAPPN is tracking this session. To find more detailed information on any of these bills, click on the blue hyperlink on the left and it will take you to the Bill Information Page. Bill reports are the best summaries of what the bill or substitute bill does.

AAPPN is also working on rulemaking for various state agencies concurrently with the legislative session. For example, we recently met with Rep. Tami Green regarding a problem we are experiencing in the mental health field dealing with the WAC requirement for a Medical Director who has to be a psychiatrist or a physician according to WAC 388-877A-0180 Optional outpatient mental health services requiring program specific certification-Psychiatric medication services.

Our problem is that there are very few physicians who want this position. They are generally not interested in working in community mental health, they cost 30-50% more than ARNPs, and many of them are moonlighting from the VA, or Western state hospital in this area, who do not want them taking on a Medical Director position while supposedly working full time at their other jobs. This puts Community Mental Health centers in the posi-

Want the latest news from Olympia?

As the Affordable Care Act takes effect, the health care landscape is changing rapidly. There's never been a more critical time to keep in touch with what's happening in the legislature.

To receive the latest updates from our lobbyist in Olympia, just email aappn.office@gmail.com and ask to be added to the legislative alert email list.

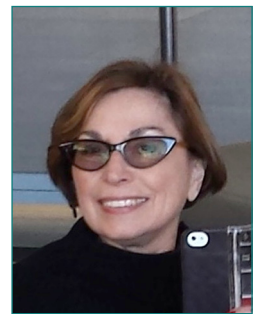
tion of having to offer fairly large salaries to a small pool of psychiatrists willing to take on the liability of being a medical director.

We contacted the Behavioral Health Division to resolve as we believe that it may already be covered by the statutory authority for the WAC in 71.05 RCW, which is the statute that we updated a few years ago that states whenever the term psychiatrist is used it includes psychiatric ARNPs. We have recently been notified that DSHS currently is working on rulemaking that would allow us to fix the problem psychiatric ARNPs are experiencing with Medical Directors.



Nursing Spotlight: Meet our Writers

While waiting to give the commencement speech at a College of Nursing, I heard the dean describe me as a "change agent," "determined," "innovative," "articulate," and a "bold leader." What? Who? Could this be the same person who was called an "instigator," "stubborn," "too talkative," and "bossy"? Right about then, I realized that I had accidentally landed in a "tub of butter" as Daddy used to say.



Bonita Quiroz-Cantu
(formerly Bonita
Watson Hickman)

I wanted to be an English teacher but my best friend desperately wanted to be a nurse. She talked me into volunteering as a candy-striper, then working for 65 cents an hour as a nurse's aide. Somehow I won a scholarship to a three-year diploma school of nursing.

Seeking adventure, I joined the Army during the Vietnam war and went to Japan and finally to the Medical College of Georgia, where I earned a BSN and an MSN. Failures and disappointments led me to create a career more satisfying and exciting than I could have ever imagined. As Forrest Gump said, "I don't know if each of us has a destiny or if we are just floating around accidental-like on a breeze, but I think maybe it's both."

High Priority Bills

<u>Bill Details</u>	<u>Status</u>	<u>Sponsor</u>	<u>Position</u>
<u>2ESHB 1448</u> Telemedicine <i>AAPPN still has some concerns regarding how this will impact practitioners, but it's a good start in our state to initiate telemedicine as a reimbursable service. The law may need some tweaking over a period of time if certain aspects are deemed unworkable.</i>	S Health Care	Bergquist	Support
<u>ESHB 2315</u> Suicide prevention <i>AAPPN is opposed to the mandated continuing education (CE) requirements in this bill. AAPPN is already involved in the task force at DOH addressing these issues.</i>	H Passed 3rd	Orwall	Concerns
<u>ESHB 2451</u> Sexual orientation <i>AAPPN has signed in to support this legislation.</i>	S Health Care	Liias	Support
<u>2SHB 2572</u> Healthcare purchase, delivery <i>AAPPN's position is neutral as this bill does so many things related the State Health Care Innovation Plan (SHCIP) that are hard to know if it's good or bad for psychiatric ARNP's at this time. This is Governor request legislation and may not make it out of the Republican controlled Senate.</i>	H 2nd Reading	Cody	Neutral
<u>E2SSB 5540</u> Health coverage/out-of-state <i>AAPPN is opposed to this bill as it does not protect consumers from out-of-state insurance companies misbehaving. There is no mechanism to comply with WA State mandates such as mental health parity or every category provider laws.</i>	H HC/Wellness	Parlette	Oppose
<u>ESSB 6016</u> Health benefit exchange <i>AAPPN is watching this bill closely as it has been amended a number of times and not in good ways! Our concern is about notifying practitioners if a customer has not paid their bill and making sure that practitioners are not liable for the costs of unpaid service.</i>	H HC/Wellness	Rivers	Support
<u>ESSB 6228</u> Health care cost and quality <i>AAPPN is neutral on the bill at this time.</i>	H HC/Wellness	Mullet	Neutral
<u>SB 6419</u> Medicaid/border communities <i>AAPPN supports this bill as it mainly deals with mental health services and having availability to beds in other states across state lines for patients if there are backups in emergency rooms.</i>	H HC/Wellness	Cleveland	Support
<u>SB 6464</u> Health insurance coverage <i>AAPPN opposes because we want to continue to protect the state mandates for mental health parity and every category provider in WA State.</i>	S 2nd Reading	O'Ban	Oppose
<u>ESSB 6511</u> Healthcare prior authorizing <i>AAPPN supports this bill that has been an ongoing process to standardize forms for authorizations.</i>	S Passed 3rd	Becker	Support

The Annual Spring Auction needs YOU!

Planning to attend the AAPPN Spring Conference?
Then you won't want to miss the

Annual Spring Banquet and Auction

immediately following the spring conference on April 25, 2014 at Bell Harbor Conference Center.

Auction proceeds will go to fund the Lois Price-Spratlen Scholarship Foundation that AAPPN is establishing.

You can help by donating items, attending the event and bidding on the items, or by volunteering at the event. Volunteers are needed to help with set-up, auction closing, and taking money.

For more information or to volunteer,
please contact Connie Huffine at conhfox@comcast.net or 206-524-2957.

Please deliver donations to Connie's home: 5550 33rd Ave NE, Seattle, WA 98105 by **April 1, 2014**

Wondering what you might donate? Here's a partial list of items that have been donated in the past. Be creative!

Jewelry	Massages	Sailing for an afternoon
Art work: paintings, drawing, pottery, textiles	Salon services: haircut, color pedicure, manicure	Riding in a motorcycle sidecar
Handmade items: hats, scarves, cards	A night or two at a beach house or condo	Basket of adult toys
Cooked meal	Horseback riding experience	Basket of baked goods
		Restaurant gift certificates
		Wine tasting

If you would like to support the scholarship fund in a different way, we are happy to accept your check. Please note that the check is for the scholarship fund.



Association of Advanced Practice Psychiatric Nurses

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NEWSLETTER COMMITTEE

MaryAnne Murray, DNP, EdD, ARNP
Bonita Quiroz-Cantu, MSN, ARNP
Jana Purdy, MN, ARNP

The mission of the AAPPN Newsletter Committee is to give voice to the lived experience and professional practice of Psychiatric Advanced Registered Nurse Practitioners in Washington state and beyond. Through our own writing, setting themes and concepts around which newsletter issues are organized, we seek to expand the shared body of knowledge for the public's awareness of our work and our roles in health care of our citizenry. We invite the contributions of our members.

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