**PURPOSE**

Provide a forum for mental health professionals to increase their evidence-based knowledge and competence in caring for individuals with mental illnesses. The focus is team-based and multidisciplinary including both acute and community-based settings. The topics for this year’s Update are in response to suggestions from last year’s participants, and input from the organizing committee which represents a diverse group of mental health practitioners, educators and state agency professionals.

**TARGET AUDIENCE**

Staff nurses, clinical nurse specialists, nurse practitioners, nurse educators, nurse managers, social workers, psychologists, counselors, nursing home administrators and other interested individuals.

**FEATURED SPEAKER**

Paul Thomas Clements, PhD, RN
Associate Clinical Professor, Drexel University, Philadelphia, PA; Coordinator - Contemporary Trends in Forensic Healthcare Certificate Program; Certified - Gang Specialist; Certified - Danger Assessment; Inducted Distinguished Fellow - International Association of Forensic Nurses

We gratefully acknowledge the cooperation of the following groups in providing speakers or CE credit for this educational program:

- Burrell Behavioral Health, Springfield
- Missouri Board of Nursing Home Administrators
- MU School of Social Work

CE Credit for:
- ✓ Registered Nurses
- ✓ Advanced Practice Nurses
- ✓ Social Workers
- ✓ Psychologists
- ✓ Nursing Home Administrators

**CE participation can make a difference!**

*These are just a few of the practice-related changes participants intended to make after attending the 2013 Psych/Mental Health Update Conference!*

- Medication information will be used to provide safer care for my patients. The more knowledge I have, the better I can care for my patients.
- The decrease in cognitive functioning in schizophrenia, especially when trying to problem solve, was very enlightening to me - helps me to understand their response better in the inpatient environment. I will share this with my staff.
- In this busy industry I will take extra time to learn about someone’s story before formulating a diagnosis or prescribing a medication.
- The biggest thing I plan on taking with me and implementing is the shared patient-practitioner decision making model of respect by providing education and understanding the patient goals.

Log on to our website: nursingoutreach.missouri.edu for more information on upcoming conferences and online registration.
AGENDA

AM
7:30 Check-in, Continental Breakfast

8:15 Welcome and Introductions - Shirley J. Farrah, PhD, RN-BC, Assistant Dean, Nursing Outreach and Associate Teaching Professor, MU Sinclair School of Nursing

8:30 Personality Disorders and the DSM-5: The Changing Landscape - (10 min. Rx)
Paul Clements, PhD, APRN-BC, CGS, DF-IAFN, Associate Clinical Professor, Coordinator, Contemporary Trends in Forensic Healthcare Certificate Program, Drexel University, Philadelphia, PA
During the development process of the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), it was decided to move from the long-standing multiaxial system to a new assessment that removes the arbitrary boundaries between personality disorders and other mental disorders. Given that there is no fundamental difference between disorders described on DSM-IV’s Axis I and Axis II, DSM-5 has shifted to a single axis system. This system combines the first three axes outlined in past editions of DSM into one axis with all mental and other medical diagnoses. Doing so removes artificial distinctions among conditions, benefitting both clinical practice and research use.

Objectives:
1. Describe the current assessment for diagnosing personality disorders.
2. Discuss the conversion to a single axis system for DSM-5.

9:30 Stretch Break

9:40 Precursors to Personality Disorders: Are there Clues in Childhood?
Dr. Paul Clements
There are many potential contributing causes for development of personality disorders. Research has not narrowed down the cause to any specific combination of factors at this time; however, what is known, is that these disorders will most often manifest themselves during increased times of stress and interpersonal difficulties in one’s life. Prevention efforts should focus on assessment and enhancement of coping mechanisms and interpersonal skills throughout the developmental stages of childhood.

Objectives:
3. Discuss the diagnostic criteria for personality disorders.
4. Examine developmentally based strategies to assess and promote adaptive communication and behaviors with children.

10:40 Beverage Break

10:50 The Wolf in Sheep’s Clothing: Working with People with Psychopathy
Dr. Paul Clements
There are many levels of frustration when working with clients diagnosed with Anti-Social Personality Disorder. Most often these frustrations are manifest as anger or attempts at “controlling” a seemingly otherwise “out of control” client, or as anxiety and apprehension, leading to significant avoidance or confrontation. These responses often result in counter-productive outcomes. Examining the foundational underpinnings and related behaviors can target hardened clinicians who encounter clients with this diagnosis to maximize psychotherapeutic engagement.

Objectives
5. Discuss the diagnostic criteria for Antisocial Personality Disorder.
6. Compare proactive and reactive treatment modalities with psychotherapeutic engagement in the treatment of this population.

11:50 Hosted Luncheon

PM
12:45 The Implications of the Affordable Care Act for Behavioral Health - Joe Parks, MD, Director, Missouri HealthNet Division, Missouri Department of Social Services, Jefferson City
The literature indicates that people suffering from mental illnesses have received fragmented, and often inferior, health care throughout the years. The Affordable Care Act (ACA) offers the opportunity for this group of people to obtain integrated and more comprehensive care through modalities such as health homes and collaborative care models. This law prohibits companies from denying coverage for pre-existing conditions which will have far reaching implications for those with mental illnesses. The ACA also affords an opportunity for the behavioral health field to test and improve care including management of chronic disease co-morbidities, substance abuse
treatment and home/community care models.
Dr. Parks will provide an expert's perspective of
the impact of the ACA on mental health care in
Missouri.

**Objectives:**

7. Discuss the ways in which the ACA will improve
healthcare for persons with mental illness.
8. Describe implications of the ACA for mental
health providers in their own practice settings.

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2:15 **Beverage Break**

2:30 **Breakout Sessions**

*You will choose either Breakout Session A or B.
Session A is for the full 90”. Session B is divided into
2 parts, each being 45”.*  *(Session A is approved for
APA CE)*

**A) Old & New Antipsychotics: Things You Should
Know for Treating Schizophrenia (90”, Rx; approved for APA CE)**

Greg Deardorff, PharmD, BCPP, *Clinical Manager, Fulton State Hospital*

This session will include a discussion of the
characteristics of 1st generation antipsychotics in comparison to newer 2nd generation
antipsychotics and include strategies for the
management of Extrapyramidal Symptoms
(EPS). A discussion of appropriate antipsychotic
selection will be included.

**Objectives:**

9. Examine the pathophysiology of
schizophrenia.
10. Describe pharmacological characteristics of
1st and 2nd generation antipsychotics.
11. Discuss strategies for managing EPS.
12. Discuss guidelines for selection of
antipsychotics.

**B) Part I: Assaulted Staff Action Program
(ASAP) at Fulton State Hospital (45”)**

Anna Luebbert, LCSW, *Guillem Intermediate
Security Unit Director and Team Leader of the
Assaulted Staff Action Program and Marc
Maddox, PhD, *Psychology Director, Forensic
Coordinator, and Co-Leader of the Assaulted
Staff Action Program, Fulton State Hospital*

ASAP is a voluntary, system-wide, peer-help,
crisis intervention program to address the
psychological sequelae of patient assaults on
staff at Fulton State Hospital. ASAP is based on
the philosophy that violence does not “come
with the turf;” that staff may experience trauma
as a result of assaults, that staff victims are
worthy of compassionate care, that it is easier to
discuss the incident with peers at the same risk,
and that talking about the event may result in
less human suffering and better coping in the
short-term and avoid longer lasting disruptions,
including PTSD. ASAP takes care of its’ own
and works toward creating communities of
compassion. The program was implemented at
Fulton State Hospital in September of 2013.

**Objectives**

13. Examine staff trauma and acknowledge how
violence in the work environment causes
trauma.
14. Develop, implement, and support practices
at work that address the impact of trauma
on staff.

**Part 2: Recruitment/Retention Issues (45”)**

There exists in the United States a critical
shortage of Registered Nurses.  Research tells
us that job satisfaction is a crucial element in
attracting and retaining staff. This session will
look at ideas about how to recruit staff and
integrate new graduate nurses into mental
health staffing patterns, along with creative
ways to retain staff and provide safe patient
care.

**The New Graduate Nurse in Mental Health**

Sheri Beezley, BSN, RN, *Senior Nurse, Division
of Developmental Disabilities, Missouri
Department of Mental Health, St. Louis*

**Ideas for a Positive Work Environment**

Terra Buzzanga, MSN, RN, *Chief Nurse
Executive, St. Louis Rehabilitation, St. Louis*

**Objectives**

15. Discuss ways to recruit new graduate nurses
and provide engagement in mental health
nursing.
16. Describe ways to build and maintain a
healthy work environment where staff thrive
and patients benefit.

4:00 **Adjourn**

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Mark your calendars now
for **NEXT YEAR’S CONFERENCE:**

**November 6, 2015**
Location
The conference will be held at the Peachtree Catering and Banquet Center Ballroom, 120 E. Nifong, Suite D, Columbia, MO, 65205. Should you need to be reached during the activity, the phone number is 573-875-6608. 
See website for directions to Peachtree.

Lodging
Stoney Creek Inn
A block of rooms at the special rate of $93 has been reserved for the evening of November 6 until October 24, 2014 at the Stoney Creek Inn, located at 2601 S. Providence Road, Columbia, Mo., 65203. After this date, rooms will be on a space available basis only. To make reservations, please call 573-442-6400. The hotel is located just off Providence Road, 1.5 miles north of the Peachtree Banquet Center where the conference will be held. Be sure to ask for the MU NURSING CONFERENCE room block. Participants are responsible for making their own reservations and guaranteeing reservations with a credit card. 
See website for map with location of Peachtree Banquet Center and Stoney Creek Inn. They are within roughly a 1 mile radius.

Registration/Cancellation/Substitution
We understand that circumstances may arise that require you to cancel or send a substitute. If you cancel your attendance five or more business days before the conference, your registration fee will be refunded, less a $25 processing fee. You may send a substitute at any time. Please notify the Nursing Outreach office of any registration changes prior to the conference to facilitate the check-in process. If you register without paying, you are responsible for payment whether or not you attend the conference unless you cancel five business days before the conference. All cancellation notices must be in writing; e-mail notification is acceptable.

Accreditation
NURSING: The University of Missouri Sinclair School of Nursing is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Up to 6.0 contact hours will be awarded to all individuals who attend, complete the evaluation form, and are paid in full. MONA Provider Approval Number 716-VII. This approval is reciprocal in all states and for all specialty organizations that recognize the ANCC approval process.
1.66 Rx hours provided.

SOCIAL WORK: 0.60 CEUs (6.0 contact hours) has been applied for from the University of Missouri-Columbia, School of Social Work.

PSYCHOLOGISTS: 6.0 CE Units (6.0 clock hours) The program is co-sponsored by Burrell Behavioral Health and the MU Sinclair School of Nursing. Burrel is approved by the American Psychological Association to offer continuing education for psychologists. Burrell maintains responsibility for the program and its contents. Additional $5 fee will be assessed for your CE certificate. This program has been approved for up to 6.0 credits.

Breakout session A is approved for APA CE.

NURSING HOME ADMINISTRATORS: Clock hours have been applied for from the Missouri Board of Nursing Home Administrators. TA-073-915.

Planning Committee
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Sheri Beezley, BSN, RN, Senior Nurse, Division of Developmental Disabilities, Missouri Department of Mental Health; Former Forensic Psychiatric Medical Clinic Charge Nurse, St Louis
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