November 6, 2015
Peachtree Banquet Center • Columbia, MO

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 planning committee which represents a diverse group of mental health practitioners, educators and state agency professionals. A special session on Children and Adolescents has been added this year.

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

CE participation can make a difference!
These are just a few of the practice-related changes participants intended to make after attending the 2014 Psych/Mental Health Update Conference!

• Incorporate changes of the DSM-5 into my practice.
• Gives me information to share and discuss with peers. The better I understand, the more I can share with clients.
• I will be able to use this information daily as I care for patients on the inpatient unit. I care for patients with PD. Every bit of information that the speaker shared will be most useful.
• Great information to help with the start of our ACT team. Awesome session on antipsychotics.
• I will be writing my congressman again about ACA in Missouri.

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

Log on to our website:
nursingoutreach.missouri.edu
for more information on upcoming conferences and online registration
7:30  Check-in, Continental Breakfast  
(Visit Exibitors)  

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  A New Era in Patient Care: Pharmacogenetics  
& Psychopharmacology – What Psychiatric  
Providers Need to Know  
(Lx 1.5 hrs)  
Laura G. Leahy, DrNP(c), APRN, PMHFNPC, BC,  
Child/Adolescent and Adult Psychiatric Advanced  
Practice Nurse, Founder, APNSolutions, LLC,  
New Jersey  
This program will offer psychiatric practitioners a  
glimpse into the interface of pharmacogenetics and  
psychopharmacology. Using an actual patient case  
example, Ms. Leahy will guide the audience through  
the use of genetic testing to assist in personalizing  
the patient's psychotropic medication treatment  
plan. Exploring genetic markers and their influence  
on medication choice will be highlighted, as will the  
"ah-ha" moments in which patients finally understand  
their experience "wasn't all in their head."  
Objectives:  
1. Identify the various forms of genetic testing  
available in the clinical setting.  
2. Identify the major genetic markers and genotypes  
and their influence on medications.  
3. Discuss ways in which genetic testing may  
allow for personalized psychopharmacological  
treatments.  

10:00  Beverage Break  
(Visit Exibitors)  

10:20  There’s an APP for That!  
Laura G. Leahy, DrNP(c), APRN, PMHFNPC, BC  
The use of mobile technology is wide spread. Come  
and learn about a few APPs that are relevant to  
nursing practice and may be used as an adjunct to  
your patient's therapies.  
Objectives:  
4. Discuss the trends related to the use of electronics  
in clinical practice.  
5. Describe ways to evaluate APPs for use in practice.  
6. Identify at least 3 APPs that may prove useful for  
and relevant to your clinical practice population.  

11:05  Integrating Substance Abuse Services  
into the Mental Continuum of Care  
Paul Thomlinson, PhD, Vice President of Research &  
Quality, Burrell Behavioral Health, Springfield  
This presentation will include some of the myriad  
issues which occur when those with mental health  
problems choose to self-medicate with addictive  
substances. Effective treatment and management of  
these co-occurring conditions will be discussed.  
Objectives:  
7. Discuss the relationship of mental health problems,  
substance use disorders and health outcomes.  
8. Describe the scope of mental health and substance  
use conditions.  
9. Explore current effective treatment plans.  

12:05  Hosted Luncheon  

1:00  Treating the Whole Person  
(Rx 10 mins)  
Tahir Rahman, MD, Assistant Professor of Clinical  
Psychiatry, MU School of Medicine, Columbia  
Current health care statistics tell us that the lifespan  
of a person with a mental illness is significantly lower  
than the general population. This information must  
be a reminder to those working with this population  
to also consider the physical health problems  
which can occur simultaneously, often as a result of  
psychotropic medications, lifestyle choices and mental  
illness symptoms.  
Objectives:  
10. Identify issues of health disparity in those with a  
mental illness diagnosis.  
11. Discuss common physical illnesses encountered in  
this population.  
12. Identify factors that contribute to the occurrence  
of physical problems in individuals with a primary  
mental illness diagnosis.  

2:00  Change Sessions  

2:05  Concurrent Sessions  
A. Update on Nursing Practice in Missouri  
Rebecca McClanahan, MSN, RN, President,  
Missouri Nurses Association, Jefferson City and  
former state legislator  
Many times those practicing in healthcare find it  
difficult to keep current on the frequently changing  
practices, policies and regulations. This session  
will include the latest happenings at both the state  
and federal levels that affect nursing practice.
Advanced practice registered nurses’ (APRNs’) scope of practice will be included along with Affordable Care Act (ACA) and Medicaid changes that affect APRNs.

**Objectives:**
13. Discuss the outcomes of bills affecting nursing practice that were considered in the 2015 Missouri legislative session.
14. Describe the 2015 American Nurses Association Lobby Day priorities discussed on Capitol Hill.
15. Identify recent ACA and/or Medicaid changes of importance to APRNs.

**B. Child/Adolescent Mental Health Update (Rx 15 mins)**

Laine Young Walker, MD, Associate Professor of Clinical Psychiatry, Division Chief Child and Adolescent Psychiatry, Vice Chair, Department of Psychiatry, MU School of Medicine, Columbia

This presentation will focus on two childhood mental disorders. One of the most common, ADHD, presents in childhood and continues into adulthood. Learn more about the types of this disorder and current treatment modalities. Another childhood mental disorder, early onset schizophrenia, can often mimic developmental problems and is more difficult to diagnose. What behaviors would suggest referral to the specialist? Come learn more about these two childhood problems.

**Objectives:**
17. Discuss treatment interventions for both ADHD and early onset schizophrenia.

**4:20 Adjourn**

**Reminder:** A conference syllabus will not be provided. All participants are asked to print or save their own handouts. A link to the handouts will be e-mailed to each paid registrant one week prior to conference and will remain up 1 month after the event. Accordingly, please do not share this link. If someone needs the link, they should call our office at (573) 882-0215.

We ask all speakers to submit handouts. If there are no handouts posted, that means the speaker did not submit them by the due date. If we receive handouts after the due date, they will be posted as we get them. You may want to check for any handouts that are currently missing, prior to the conference. Some speakers bring handouts on the day of the event.

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

**November 4, 2016**
General Information

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.

Lodging
Stoney Creek Hotel and Conference Center
A block of rooms at the special rate of $99 has been reserved for the evening of November 5 until October 6, 2015 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 800-659-2220. 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 SCHOOL OF NURSING 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.

Planning Committee
Andrew Atkinson, MHA, MHS-HIA, BSN, RN, Hospital Operations Coordinator, Division of Behavioral Health, Missouri Department of Mental Health, Jefferson City
Sheri Beezley, BSN, RN, Senior Nurse, Division of Developmental Disabilities, Missouri Department of Mental Health, Jefferson City
Shirley Farrah, PhD, RN-BC, Assistant Dean, Nursing Outreach, Associate Teaching Professor, Sinclair School of Nursing, University of Missouri, Columbia
Annette McDonald, MS(N), MHCNS, Clinical Nurse Specialist, Department of Psychiatry, School of Medicine, University of Missouri, Columbia
Denise Mills, Director of Corporate Services, Burrell Behavioral Health, Springfield
Kathleen Ford O’Neill, MSW, LCSW, ACSW, Missouri Psychiatric Center, Columbia
Veneta Raboin, MS(N), RN, PMHCNS, Clinical Nurse Specialist, Behavioral Health, Harry S Truman Memorial Veterans Hospital, Columbia
Martha Sanderford-Smith, MA in Counseling, MSN, RN, Adjunct Faculty, University of Central Missouri, Warrensburg
Kellie L. Shuck, MSN, PMHNP-CNS, BC, Health Care Home Director, ReDiscover, Lee’s Summit
Marla Smith, MS, RN, Director, Clinical Operations/Director of Nursing, Missouri Psychiatric Center, Columbia
Cynthia Stephens, MS(N), RN, Nurse Planner/Clinical Instructor, Nursing Outreach, MU Sinclair School of Nursing, Columbia
Kim Stock, BSN, RN, CDDN, Director of Quality Enhancement, Division of Developmental Disabilities, Missouri Department of Mental Health, Jefferson City
Paul Thomlinson, PhD, Vice President, Research and Quality Assurance, Burrell Behavioral Health, Springfield
Margaret Yoest, MS(N), PMH, CNS-BC, Adult Psychiatric-Mental Health Clinical Nurse Specialist, South Providence Clinic, MU Health Care, Columbia

Accreditation

Nursing
The University of Missouri Sinclair School of Nursing is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Midwest Multistate Division Provider Number 716-VII.
Up to 6.25 contact hours will be awarded to all individuals who attend, complete the evaluation form, and are paid in full. This approval is reciprocal in all states and for all specialty organizations that recognize the ANCC approval process.

Rx Hours: 1.91 contact hours

Social Work: 0.625 CEUs (6.25 contact hours) has been applied for from the University of Missouri, School of Social Work.

Psychologists: 6.25 CE
The program is co-sponsored by Burrell Behavioral Health and the MU Sinclair School of Nursing. Burrell 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 6.25 hours of continuing education and is to be considered an intermediate to advanced level of training.

Nursing Home Administrators: 6.25 Clock hours have been applied for from the Missouri Board of Nursing Home Administrators. TA-073-915.

See website for CE hours and other general information http://nursingoutreach.missouri.edu/psychiatric15.aspx
REGISTRATION FORM

Full Name: ____________________________  
Educational Credentials: ____________________________  
Name for Badge (if different): ____________________________  
Organization: ____________________________  
Position: ____________________________  
Employer Mailing Address: ____________________________  
City/State/Zip: ____________________________  
Home Mailing Address: ____________________________  
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Payment  
_____ Check enclosed made payable to University of Missouri  
Mail to: MU Nursing Outreach  
S266 School of Nursing Building  
Columbia, MO 65211-4120  

Please use ISE (MU only)  
MO Code ____________________________  PS Account ____________________________  

For credit card payment please call our office (573)882-0215 or register online.  
Do NOT fax or email credit card information.  

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Fax registration to: (573)884-8278 (Do not fax credit card information-please call with payment)  
_____ Check is being processed and will arrive under separate cover.  

I prefer to receive my conference brochure:  
_____ mailed  
_____ electronically  
_____ either route is OK  

Online Registration available at: nursingoutreach.missouri.edu  
Questions? Comments?  
Call (573) 882-0215 • Fax (573) 884-8278  
Email NursingOutreach@missouri.edu  

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PSYCHIATRIC-
MENTAL HEALTH UPDATE

Sinclair School of Nursing
University of Missouri Health

Where Continuing Education
and Continuing Competency Meet

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See inside for program details
and registration!