

25TH ANNUAL

Psychiatric-Mental Health Update

November 3, 2017 ■ Peachtree Banquet Center, Columbia, MO

PURPOSE

This conference provides a forum for mental health professionals to increase their evidence-based knowledge and competence in caring for children, adolescents and adults with social, emotional and mental illnesses. The focus is team-based and multidisciplinary including both acute and community-based settings. The topics for this year's Update include suggestions from last year's participants, and input from the planning committee comprised of 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



Gail W. Stuart, PhD, RN, FAAN

Keynote: Reshaping the Behavioral Health Workforce

Gail Stuart, PhD, RN, FAAN is Dean and a tenured Distinguished University Professor in the College of Nursing and a Professor in the College of Medicine in the

Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina.

Dr. Stuart has taught in undergraduate, graduate, and doctoral programs in nursing and has served as Dean since 2002. She has represented nursing on a variety of National Institute of Mental Health and National Institute of Nursing Research policy and research panels.

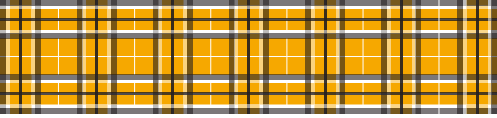
Dr. Stuart is best known for her significant contributions to psychiatric mental health nursing, most notable among these is her textbook, *Principles and Practice of Psychiatric Nursing*, now in its 10th edition. This book has been honored with four Book of the Year Awards from the *American Journal of Nursing* and has been translated into five languages.

CE Credit for:

- ✓ Registered Nurses
- ✓ Advanced Practice Nurses
- ✓ Social Workers
- ✓ Psychologists
- ✓ Nursing Home Administrators

AGENDA

- 7:30 Check-in, Continental Breakfast
(This is the best time to visit Exhibitors)
- 8:00 **Welcome and Introductions - Shirley J. Farrah, PhD, RN-BC, Assistant Dean, Nursing Outreach and Teaching Professor, MU Sinclair School of Nursing**
- 8:15 **Reshaping the Behavioral Health Workforce**
Gail Stuart, PhD, RN, FAAN, *Dean and Distinguished University Professor, College of Nursing, Medical University of South Carolina, Charleston*
The behavioral health needs of individuals, families and communities have never been greater. And yet the workforce to meet these needs is shrinking. This presentation will focus on opportunities to strengthen the behavioral health workforce by examining challenges and opportunities in four critical domains: settings, providers, practice and education, providing a call to action for all those involved in the field.
- Objectives**
1. Describe the current behavioral health workforce.
 2. Identify future needs and gaps in caregivers and care provided.
 3. Examine strategies for change which could further behavioral health care.
- 9:45 **Beverage Break (Visit Exhibitors)**



10:05 The Opioid Crisis, Chronic Pain, and the Role of Mental Health (Rx 75 mins) - Karl J. Haake, MD, Pain Management Consultant, Haake Medical Services, Shawnee Mission, Kansas

The United States is in the midst of an opioid epidemic. One only has to open some form of news media to learn this on an almost daily basis. However, the question is what can be done to prevent further opioid addiction, but still treat the millions of Americans living with chronic pain? This presentation will include reasons why people suffer from chronic pain and the most effective treatments.

Objectives:

4. Describe the opioid epidemic and efforts to curtail opioid prescriptions.
5. Discuss the treatment of chronic pain in this current milieu.
6. Identify the role of mental health professionals in providing treatment options.

11:20 Hosted Luncheon

12:10 Trauma Informed Care Across the Lifespan
Kimberly I. Fielding, EdD, LCSW, Joplin; Ladonna Zimmerman, MSW, LCSW, Trauma Informed Care Coordinator, Social Work/Peer Support Services Supervisor, Fulton State Hospital, Fulton

Presenters will review common definitions related to trauma and discuss the principles of Trauma Informed Care as they apply to children and adults. The Adverse Childhood Experiences Study will be discussed as it relates to childhood trauma and how it affects individuals into adulthood on a social, emotional, and physical health level. Factors related to building resilience and recovery will be reviewed and resources to further develop trauma awareness, sensitivity, and responsiveness will be referenced.

Objectives

7. Define trauma informed care and the related principles.
8. Discuss the Adverse Childhood Experience Study.
9. Describe techniques to foster resilience.

1:10 Move to Concurrent Sessions

1:15 CONCURRENT SESSIONS

A) The Effects of Bullying on Children

Ravi Shankar, MD, Assistant Professor, MU School of Medicine, Department of Psychiatry, Child and Adolescent Psychiatry; Garima Singh, MD, Assistant Professor, Child and Adolescent Psychiatry, Thompson Center for Autism and Neurodevelopmental Disorders, Columbia

With easy access to internet and social media, bullying has risen to a new level, affecting children both at school and at home. Mood dysregulation, anxiety, low self-esteem, behavioral problems and poor academic performance are some of the manifestations of a person who is being bullied. It is important for health care providers to screen, educate and evaluate for bullying and its effects.

Objectives

10. Define bullying and review the various forms it can take.
11. Identify the impact of bullying on the psychosocial development of children.
12. Discuss screening for symptoms of bullying and effective interventions.

B) Why do People Die by Suicide? - Paul Thomlinson, PhD, Acting President and CEO, Vice President Research and Quality Assurance, Burrell Behavioral Health, Springfield

The rate of suicide is up by 7% since 2010. That equates to someone committing suicide about every 13 minutes in the United States. These numbers are alarming and the question is always, "Why?" Dr. Thomlinson will discuss some current societal trends that may be contributing to feelings of aloneness and isolation in our population along with methods of reaching out to those at risk of suicide.

Objectives

13. Review the current statistics for suicide deaths in the United States.
14. Discuss some of the myriad reasons for suicide including effects of social media fixation.
15. Explain intervention strategies for reducing suicide.



CE participation can make a difference!

These are just a few of the practice-related changes participants intended to make after attending the 2016 Psych/Mental Health Update Conference!

- As an educator, I see the need to incorporate more on gender identity and issues surrounding the fair and equitable treatment of individuals. I will be seeking to add more to my courses to inform my students.
- I am a Nurse Educator in a hospital. I will definitely use most of this information to update my current didactic training. Will add information on genetics and prescribing.
- First of all I plan to share this information with all my coworkers. There was so much valuable information in this workshop.
- One concept and idea I plan to immediately utilize in my practice is the use of Smart Apps in a mental-health setting.



2:15 Beverage Break

2:30 **Challenging Cases in Pharmacology (Rx 60 mins)**
Kim Brandt, DO, *Assistant Professor of Clinical Psychology, MU School of Medicine*; **Nancy Birtley, DNP, APRN, APMHCNS-BC, PMHNP-BC**, *Assistant Teaching Professor, MU Sinclair School of Nursing, Columbia*
Since Thorazine was approved by the Food and Drug Administration in 1954, neuroleptic medications have been an important treatment for mental illnesses. Some individuals respond in a textbook fashion to the appropriate medication. However, there are individuals who experience some type of complication, side effect, lack of response or even paradoxical reaction. This presentation will discuss some of these more difficult treatment plans.

Objective

16. Relate patient stories of difficult and/or interesting cases involving the pharmacologic treatment of various mental disorders.

3:30 **The Role of Nutrition in Mental Health**

Mary Fahrmeier, MD, *Psychiatrist and Psychiatric Medical Director, Fitzgibbons Behavioral Health, Marshall*
A thorough biopsychosocial evaluation of mental health must include all aspects of health including dietary habits. Currently there is mounting evidence that diet has a significant effect on how we think and feel. When comparing our traditional 'western' diet which is high in fat and sugars with other diets from around the world, researchers have seen decreased levels of stress, anxiety, depression and improved outcomes in mental health from non-western diets. Implications for healthcare providers will be included.

Objectives

17. Discuss the role of nutrition in whole body health.
18. Describe current research on the role of nutrition and mental health.
19. Discuss ways of incorporating nutrition into the biopsychosocial evaluation.
20. Identify the role of healthcare providers in education about nutrition.

4:30 Adjourn

PLANNING COMMITTEE


Sheri Beezley, BSN, RN, *Quality Enhancement, Bellefontaine Habilitation Center, Missouri Department of Mental Health, St Louis*
Ellen Boggs, MS, RN, *Instructor, Poplar Bluff Practical Nursing Program, Poplar Bluff*
Shirley Farrah, PhD, RN-BC, *Assistant Dean, Nursing Outreach, Teaching Professor, Sinclair School of Nursing, University of Missouri, Columbia*
Kimberly Hammonds, MSN, RN, DNP-FPMHNP student (MU), *Charge Nurse, Mercy Behavioral Health, Joplin*
Becky Hughes, RN, *Hospital Operations Specialist, Division of Behavioral Health, Missouri Department of Mental Health, Jefferson City*
Denise Mills, *Vice President, Corporate Relations, Burrell Behavioral Health, Springfield*
Laura Mitchell, RN-C, *Adult Nurse Practitioner, Behavioral Health, MU Student Health Center*
Kathleen Ford O'Neill, MSW, LCSW, ACSW, *Missouri University Psychiatric Center, Columbia*
Veneta Raboin, MS(N), RN, PMHCNS, *Clinical Nurse Specialist, Behavioral Health, Harry S Truman Memorial Veterans Hospital, Columbia*
Kellie L. Shuck, MSN, PMHNP-CNS, BC, *Behavioral Health, Fitzgibbon Hospital, Marshall*
Ashley Spence, MSW, LCSW, *Social Worker, Missouri University 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, Southampton Medical Complex, MU Health Care, Columbia*

**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 five days prior to the conference and will remain up one 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 and we post those as soon as possible after the conference.





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. See website for directions to Peachtree.

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 2 at the Stoney Creek Inn, located at 2601 S. Providence Road, Columbia, Mo., 65203. After October 2, 2017, 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 PSYCHIATRIC 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.*

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 MO1019-7.

Up to 6.75 contact hours including up to 2.25 Rx 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.

Requirements for Successful Completion

- Learners must be paid in full and attend at least one full session.
- Learners must participate in any individual or small group activities.
- Learners must complete the online evaluation form.

Social Work: 0.675 CEUs (6.75 contact hours) has been applied for from the University of Missouri, School of Social Work.

Psychologists: 6.75 CE Units (6.75 clock hours)

Continuing education for psychologists is provided by Burrell Behavioral Health. Burrell is approved by the American Psychological Association to offer continuing education for psychologists. Burrell maintains responsibility for the program and its contents for psychologists. An additional \$5 fee will be assessed for your CE certificate (make check payable to Burrell Behavioral Health). This program has been approved for 6.75 CE hours. Attendance at all workshops is required - *no partial credit will be awarded.*

Nursing Home Administrators: 6.75 Clock hours have been applied for from the Missouri Board of Nursing Home Administrators. TA-073-917

Once CE credit for Social Work and Nursing Home Administrators is approved, it will be posted on the conference website: <http://nursingoutreach.missouri.edu/conferences.aspx>

REGISTRATION CANCELLATION AND SUBSTITUTION

We understand that circumstances may arise that require you to cancel or send a substitute. If you cancel your attendance seven 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. All cancellation notices must be in writing; e-mail notification is acceptable.

Mark your calendars now

for NEXT YEAR'S CONFERENCE:

November 2, 2018



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

Burrell Behavioral Health

Missouri Board of Nursing Home Administrators

MU School of Social Work



University of Missouri

Nursing Outreach

5266 School of Nursing Building

Columbia, MO 65211-4120



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See inside for program details and registration!



Sinclair School of Nursing

University of Missouri Health

Presented by

MU Nursing Outreach

*Where continuing education
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