

#### PRE-CONFERENCE SCHEDULE

##### Friday, January 27, 2023

- 1:00 pm ..... **Pre-Conference Registration Opens**
- 2:00-4:00 ..... **Psychopharmacology Session** — *Psychopharmacological Treatment of Pediatric Psychiatric Disorders\** (2.0 CH) — Paul Trombley, MD, FAAP

#### RETREAT SCHEDULE

##### Friday, January 27, 2023

- 3:30 pm ..... **Retreat Registration Opens**
- 3:30-5:00 ..... **Networking | Exhibit Hall**
- 5:00-6:00 ..... **Product Theater Showcase (No CE) | Dinner**
- 6:00-6:30 ..... **Networking | Exhibit Hall**
- 6:30-7:30 ..... **WELCOME | KEYNOTE** — *Trauma Awareness in Nursing* (1.0 CH) — Rebecca Witten Jones, MSN, ANP-BC, CNL
- 7:30-8:30 ..... **GENERAL** — *Mood Food: Simple Strategies for Eating to Boost Your Mood and Increase Wellbeing* (1.0 CH) — Carolyn O'Lenic, M.Ed., BA, BSN, PMHRN-BC, NBC-HWC

##### Saturday, January 28, 2023

- 9:00-10:00 am ..... **Networking | Exhibit Hall**
- 10:00-12:00 ..... **GENERAL** — *Tools for Nurse Wellness: Practical Strategies to Transform and Empower* (2.0 CH) — Martha Teater, MA, LMFT, LPC (CO), LCAS
- 12:00-12:30 ..... **Networking | Exhibit Hall**
- 12:30-1:30 ..... **GENERAL** — *Addressing Microaggressions in Healthcare Professions* (1.0 CH) — Mariana Da Costa, RN, DNP
- 1:30-2:30 ..... **Council Lunch & Business Meeting**
- 2:30-3:30 ..... **GENERAL** — *Chronic PTSD or Developmental/Complex PTSD\** (1.0 CH) — Susan Vebber, MSN, PMHNP-BC
- 3:30-4:30 ..... **GENERAL** — *Nursing Leadership Panel Topics: Burnout, Nursing Shortages and Stress First Aid* (1.0 CH) — Angie Trombley, MSN, APRN, AMHNP, PMHNP-B; Latonia Clark Chalmers, MSN, APRN, PMHNP-BC; Julia Hess, MHDL, BSN, RN, PMHN-BC; Sally Underwood, BSN, RN; Natasha Donnelly, MSN, APRN, PMHNP-BC, PhD; Megan Woody, DNP, RN
- 4:30-4:45 ..... **BREAK**
- 4:45-5:15 ..... **GENERAL** — *Vitamin D and Mental Health: What is "D" Connection and Evidence?\** (0.5 CH) — Janis Puglisi, PhD, RN, FNP-BC
- 5:15-6:45 ..... **GENERAL** — *A Holistic Model for Outpatient Mental Health Care Provision that Meets the Needs of Diverse Groups Where They Are* (1.5 CH) — Launiece Newton, APRN, PMHNP-BC; Madelyn Miller, MSC
- 6:45 ..... **Closing Remarks**

\* Meets criteria for pharmacotherapeutic credit — Registration form on reverse side

(Schedule subject to change)

## "Holding On, Stepping Out, and Moving Forward"

#### PRESENTED BY

The North Carolina Nurses Association's Council of Psychiatric/Mental Health Nurses

#### RETREAT GOAL

The purpose of the 2023 Psych Retreat is for nurses to gain knowledge of current and future trends in psychiatric and mental health nursing practice and policy.

#### WHO SHOULD ATTEND?

The retreat is open to all nurses interested in psychiatric-mental health service delivery; APRNs, point-of-care nurses and students.

#### HOTEL & VENUE

- Embassy Suites by Hilton - RDU Airport/ Brier Creek  
8001 Arco Corporate Drive Raleigh, NC 27617  
• 919.572.2200
- <https://bit.ly/Psych2023Hotel>
- Room Block Discount ends 1/13/23 or when block is full

#### CONTACT HOURS

2.0 CH Pre-Conference (2.0 Pharm)  
9.0 CH Retreat (0.75 Pharm)

*The North Carolina Nurses Association is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.*

# 2023 Annual Psych Retreat — January 27-28, 2023

## JOIN US AT THE PRE-CONFERENCE!

An optional pre-conference focused on psychopharmacology for pediatric psychiatric disorders

## HOTEL INFORMATION

- Embassy Suites by Hilton - Raleigh Durham Airport/ Brier Creek, 8001 Arco Corporate Drive Raleigh, NC 27617
- 919.572.2200 (reference code NC Nurses Psych Retreat)
- Online Reservations: <https://bit.ly/Psych2023Hotel>
- Room Block Discount ends 1/13/23 or when block is full.

## CONTACT HOURS

2.0 CH Pre-Conference (2.0 Pharm)  
9.0 CH Retreat (0.75 Pharm)

*Full Pre-Con & Retreat registrants can earn up to 11.0 CH (includes 2.75 Pharm)*

## WHO SHOULD ATTEND?

The retreat is open to all nurses interested in psychiatric-mental health service delivery; RNs, APRNs, point-of-care nurses, students and all others.

## Register for the Pre-Conference, the Retreat, or Both!

Early Bird Rate ends 12/09/22! Pre-registration ends 1/19/23.

1 Register Online — [bit.ly/Psych2023](https://bit.ly/Psych2023)

2 Register using this form below.

### Early Bird ends 12/09/22

### Regular Rate 12/10 - 1/19/23

	Precon Only	Retreat Only	Both	Precon Only	Retreat Only	Both
NCNA Member	<input type="checkbox"/> \$58	<input type="checkbox"/> \$215	<input type="checkbox"/> \$273	<input type="checkbox"/> \$74	<input type="checkbox"/> \$268	<input type="checkbox"/> \$342
Guest	<input type="checkbox"/> \$87	<input type="checkbox"/> \$322	<input type="checkbox"/> \$409	<input type="checkbox"/> \$111	<input type="checkbox"/> \$399	<input type="checkbox"/> \$510

Total amount paid or to be charged is: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Preferred 1st Name for Nametag: \_\_\_\_\_

Email: \_\_\_\_\_

Best Phone ( \_\_\_C ) ( \_\_\_H ) ( \_\_\_W ): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

### What best describes your role as it pertains to Psychiatric Nursing:

- I am a Psych Generalist RN
- I am a Psych APRN
- I am a Pre-Licensure Nursing Student
- I am a Licensed Psych RN/APRN Student

NCNA gives Psych Retreat attendees and exhibitors names/contact information of all attendees for networking. **Place a check in this box if you DO NOT want your contact info added to this list for distribution.**

### CANCELLATION / REFUND POLICY:

To request a refund, please submit the details in writing via email to [RNs@ncnurses.org](mailto:RNs@ncnurses.org). Requests received by January 12, 2023 will be refunded at 80%. Refunds will be paid after February 28, 2023. Substitutions are accepted in lieu of a refund.

### PAYMENT - CHECK

Make checks payable to: North Carolina Nurses Association

#   Business Check  Personal Check

### PAYMENT - CHARGE

VISA  M/C

Business Card  Personal Card

CARD NUMBER:

CARD EXP DATE:

BILLING ZIP CODE:

TYPE NAME AS IT APPEARS ON CARD

CARDHOLDER'S TYPED NAME WILL SERVE AS SIGNATURE

Email Scanned Form (credit card payment only): [RNs@ncnurses.org](mailto:RNs@ncnurses.org)

Fax Form (credit card payment only): ATTN PSYCH RETREAT to 919.829.5807

Mail Form: ATTN PSYCH RETREAT, 4350 Lassiter at North Hills Avenue, Suite 250, Raleigh, NC 27609

Please notify NCNA ASAP if you have any dietary restrictions. — Questions? 919.821.4250 | [RNs@ncnurses.org](mailto:RNs@ncnurses.org)