



Dr. Barksdale is a nationally recognized scholar, teacher, and practitioner. Dr. Barksdale is the current Dean

of the School of Nursing and Professor in Family and Community Nursing at UNC Greensboro. She holds a PhD in nursing research from the University of Michigan, an MSN from Howard University, and a BSN from the University of Virginia and is a certified family nurse practitioner and nurse educator. Dr. Barksdale is a first generation college student, which has informed her lifelong commitment to student success and to equity, diversity, and inclusion.

## PRE-CONFERENCE SCHEDULE

### Friday, February 4, 2022

- 1:00 pm ..... **Pre-Conference Registration Opens**  
 2:00-4:00 ..... **Psychopharmacology Session — *Trouble Focusing: A Symptom of Depression, Anxiety or ADHD* (2.0 CH)** — Kristen Nagy, PharmD, BCPS, BCPP

## RETREAT SCHEDULE

### Friday, February 4, 2022

- 3:00 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 — *Sick & Tired: Leading through the Lens of Justice and Equity* (1.0 CH)** — Debra J. Barksdale, PhD, FNP-BC, CNE, FAANP, ANEF, FAAN  
 7:30-8:30 ..... **GENERAL — *A.I.R.S. Self-Care of Mind, Body, and Spirit* (1.0 CH)** — Anne M. Logan, RN, MSN, MHSA, BSN

### Saturday, February 5, 2022

- 7:00-8:00 am ..... **Networking | Exhibit Hall**  
 8:00-9:00 ..... **GENERAL — *Parents with Opioid Use Disorder: Examining the Needs of and Best Practice Approaches for their Children* (1.0 CH)** — Brandy Mechling PhD, RN, PMHCNS-BC  
**CONCURRENTS - Select One Session**  
 9:00-10:00 ..... **SESSION A — *Identifying Trauma Response in Childhood Behaviors* (1.0 CH)** — Jane Hoonhout, APRN, MSN, PMHNP-BC  
 9:00-10:00 ..... **SESSION B — *Stories Behind Substance Use - Modern Day "Sales" Techniques Used to Target Students* (1.0 CH)** — Natasha Donnelly, PMHNP-BC, PhD, RN  
 10:00-10:30 ..... **Networking | Exhibit Hall**  
**CONCURRENTS - Select One Session**  
 10:30-11:30 ..... **SESSION A — *Teaching Telehealth: Standardized Patient Telehealth Simulations for Undergraduate Mental Health Nursing Courses* (1.0 CH)** — Paula Baisden, EdD, MSN-Ed, PMHRN-BC  
 10:30-11:30 ..... **SESSION B — *Prevention and Management of Aggressive Behavior in Community and Primary Care Psychiatric Settings* (1.0 CH)** — Angie Trombley DNP, APRN, AMHNP, PMHNP-BC & Kendra Frazier, APRN, PMHNP-BC  
 11:30-12:30 pm... **GENERAL — *Women's Mental Health: From Adolescence Through Menopause\** (1.0 CH)** — Kathleen Peniston, PMHNP-BC  
 12:30-1:30..... **Council Lunch & Business Meeting**  
 1:30-2:00..... **Networking | Exhibit Hall**  
 2:00-3:00 ..... **GENERAL — *Health Inequities and the Risk to Behavioral Healthcare: The Silent Pandemic* (1.0 CH)** — Sheila Cannon, PhD, PMHCNS-BC, PMHNP-BC  
 3:00-4:00..... **GENERAL — *Mental Health and the Farming Family* (1.0 CH)** — Dawn Caviness, MD, BSN  
 4:00-5:00 ..... **GENERAL — *Value Transformation* (1.0 CH)** — Ish Bhalla, MD, MS  
 5:00 ..... **Closing Remarks**

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

## PRESENTED BY

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

## RETREAT GOAL

The purpose of the 2022 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 Charlotte Ayrley  
1917 Ayrley Town Blvd, Charlotte, NC 28273  
• 704.970.5400
- <https://bit.ly/Psych2022Hotel>
- Room Block Discount ends 1/13/22 or when block is full

## CONTACT HOURS

2.0 CH Pre-Conference (2.0 Pharm)  
 9.0 CH Retreat (1.0 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.

# 2022 Annual Psych Retreat — February 4-5, 2022

## JOIN US AT THE PRE-CONFERENCE!

An optional pre-conference focused on psychopharmacology for pediatrics and adults.

## HOTEL INFORMATION

- Embassy Suites by Hilton Charlotte Ayrley, 1917 Ayrley Town Blvd, Charlotte, NC 28273
- 704.970.5400 (reference code NCN)
- Online Reservations: <https://bit.ly/Psych2022Hotel>
- Room Block Discount ends 1/13/22 or when block is full.

## CONTACT HOURS

2.0 CH Pre-Conference (2.0 Pharm)  
9.0 CH Retreat (1.0 Pharm)

*Full Pre-Con & Retreat registrants can earn up to 11.0 CH (includes 3.0 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 12/17/21! Pre-registration ends 1/27/22.

1 Register Online — [bit.ly/Psych2022](https://bit.ly/Psych2022)

2 Register using this form below.

### Early Bird ends 12/17/21

### Regular Rate 12/18 - 1/27/22

|             | Precon Only                   | Retreat Only                   | Both                           | Precon Only                    | Retreat Only                   | Both                           |
|-------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| NCNA Member | <input type="checkbox"/> \$55 | <input type="checkbox"/> \$205 | <input type="checkbox"/> \$260 | <input type="checkbox"/> \$70  | <input type="checkbox"/> \$255 | <input type="checkbox"/> \$325 |
| Guest       | <input type="checkbox"/> \$79 | <input type="checkbox"/> \$306 | <input type="checkbox"/> \$385 | <input type="checkbox"/> \$103 | <input type="checkbox"/> \$375 | <input type="checkbox"/> \$478 |

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 20, 2022 will be refunded at 80%. Refunds will be paid after March 4, 2022. 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)