

SMN News

Newsletter of the Southern Minnesota Nurses

August 2016

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Find us on the web at
southernminnesotanurses.org

From the president...

Southern Minnesota Nurses (SMN) is completing its fifth year as a non-profit organization designed to provide an arena for nurses from all settings to network, obtain continuing education, promote community involvement and mentor nursing students throughout the region.

SMN will be providing a variety of CEUs this fall that will benefit not only members, but also non-members from other disciplines as well as nurses. Plans are already underway for the spring Bowl-a-thon, Nurses Expo and Nurses Week Banquet. Your input is needed also. What topics do you want to see addressed in CEUs? What community events do you want to encourage nurses to support? What organizations should we consider for our Bowl-a-thon fundraising? We also need members to attend meetings/presentations to help make decisions for the organization and to encourage others to join us.

If you are interested in having a more active role in the organization, please put your name on the ballot for open positions. If you have ideas or hear of speakers/topics that interest you, email Linda at info@southernminnesotanurses.org.

In addition to keeping our members up-to-date on what's happening within the organization, don't forget to check out the web site and Face book page for upcoming conferences and community events that will be of interest to nurses.

Linda

Join us!

The students in the MSU Nursing Learning Communities will participate in the Walk to End Alzheimer's on September 10 if you want to join them at Sibley Park. You can register for the walk and join the MSU Team if you choose, or make your donations directly to the Alzheimer's local association. You can also join the Southern Minnesota Nurses team for the Making Strides Against Breast Cancer walk on October 8. Links for the events will be provided on the SMN website at www.southernminnesotanurses.org.

Upcoming Elections

Elections are held each fall for SMN board members and officers. Any SMN member who is current in his/her dues is eligible to serve. If you are interested, **please self-nominate by October 1** by emailing the SMN Secretary at kkachelmyer@southernminnesotanurses.org.

The ballot will be sent to all members by U.S. mail in November with a due date identified and where to return it. Membership will be verified by a person who is not on the ballot and then the votes will be counted by two members.

The following positions are needed:

Treasurer *Term: January 2017 – December 2018*

Responsible for the fiscal accounting of the organization.; writing checks for events, scholarships and any other disbursement of monies; reporting to the board and members the fiscal health of the organization at the board meetings and at the annual meeting of members; submitting the books annually to the designated CPA for review; and working with the President to submit the appropriate IRS forms annually.

Secretary *Term: January 2017 – December 2018*

Responsible for taking minutes at meetings and contacting members for special events, elections, etc.

Board members *Term: January 2017 – December 2019 (2 positions)*

Responsible for helping make decisions about the running of the organization, establishing an annual budget and disbursing monies for scholarships, events, etc.

Southern Minnesota Nurses presents:

“Psychopharmacology for Nurses: 2016 Update”

Thursday, September 1, 2016 – 5:30-7:00pm

Mayo Clinic Health System, Mankato

0308/0310 lower level hospital, Mankato, MN

5:30 p.m. Meal

6:00 p.m. Presentation

Speaker: Amanda Schuh, Ph.D., APRN, CNP Mayo Clinic Health System, Mankato

Amanda Schuh is a board certified psychiatric mental health nurse practitioner in the Behavioral Health Department at Mayo Clinic Health System. She received her nurse practitioner training and Ph.D. from the University of Michigan. Her research interests are related to resilience and mental health in military families. Her clinical interests include resilience, recovery from mental illness, and integrated behavioral health care. She will present an update on psychiatric medications.

1.2 Contact Hours provided for nursing in accordance with the Minnesota Board of Nursing requirements.

Complete this form and return to:

Linda Rossow 57201 238th Street Mankato, MN 56001

Make checks payable to: **Southern Minnesota Nurses** Deadline: **8/28/16**

Name: _____ Phone: _____

Facility/School_____

Choose from the following:

Presentation only (arrive by 5:45pm)

No charge for members, \$5 non-members

Meal (\$5 members and non-members) _____ vegetarian

Students _____ Meal _____ No meal
(No charge for student meal or CEs, but need to register)

TOTAL ENCLOSED: _____

Southern Minnesota Nurses presents:

“Basics and Beyond: Dementia, Alzheimer’s Disease and other Dementias”

Thursday, September 22, 2016

New Ulm Medical Center

Session 1: 1:45 – 2: 45 pm Session 2 (repeat of 1): 3:45 – 4:45 pm

Speaker: Debbie Richman, BS, ACC

Debbie is the VP of Education and Outreach for the Alzheimer’s Association, MN-ND. Her professional career has been focused in senior services primarily in the area of program development and education/training for staff, family and community.

This class will explore the definitions of dementia, Alzheimer’s disease and some of the more common dementias including signs and symptoms, treatment options, interventions and how to live well with any dementia.

This training is sponsored by the Mankato/North Mankato ACT on Alzheimer’s initiative. While aimed at nursing, all disciplines or anyone interested is welcome to attend with pre-registration required.

1.2 Contact Hours provided for nursing in accordance with the Minnesota Board of Nursing requirements; **1.0 clock hour for other disciplines may be submitted to the various boards.**
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Complete this form, send check and return to:
Linda Rossow 57201 238th Street Mankato, MN 56001 Members and students may email me to register – give session/name/facility rossowlj@hickorytech.net

Make checks payable to: **Southern Minnesota Nurses** Deadline: **9/20/16**

Name: _____ Phone: _____

Facility/School _____

Choose from the following: **Session 1** **Session 2**

- Members - no charge (may register by email above)**
- Non-members \$5 for CEUs; no charge if no CEUs requested**
- Nursing Students - no charge (may register by email above)**

TOTAL ENCLOSED: _____

Learning Objectives

Attendees will:

The Intertwining Nature of Trauma and Attachment

- Participants will examine the intersection of forms of childhood trauma and its effects on resiliency and attachment from childhood into adulthood.
- Participants will examine the role of the caregiving system in the overlay of maltreatment and impaired attachment.

Hot Topics in the Psychiatric Management of Mental Disorders

- Participants will learn about new somatic treatments of depression and anxiety within the historical context of electrical and magnetic interventions.
- Participants will review the indications, benefits, risks and side effects of the psychiatric medications released in the past year.
- Participants will review the impact of marijuana use by psychiatric populations—the promises and the perils.
- Participants will discover the evolving literature on glutamate metabolism in the psycho-pathology of Schizophrenia.

MI/CD—A Client Specific Synergy

- Participants will recognize MI/CD as a synergy of disorders.
- Participants will be able to recognize treatment as a synergy of recovery.
- Participants will be able to recognize the importance of person centered, trauma informed, reality based approaches.
- Participants will be able to acknowledge that one type of treatment does not fit all conditions.
- Participants will be able to acknowledge integrated multidisciplinary and multidimensional treatment planning improves the safety and recovery net.

Learning Objectives Continued

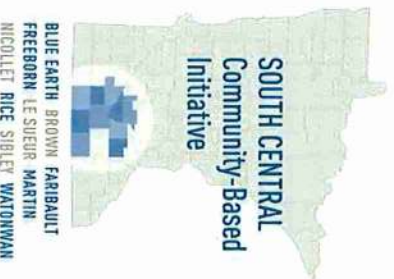
Sensory Approaches to Mental Health

- Participants will identify the type and extent of sensory processing-related issues associated with persons with mental illness.
- Participants will be able to describe the relationship between sensory processing and participation.
- Participants will learn about the concepts of function and dysfunction.
- Participants will learn about strategies for intervention.

Malingering: Fact vs. Fiction and Everything in Between

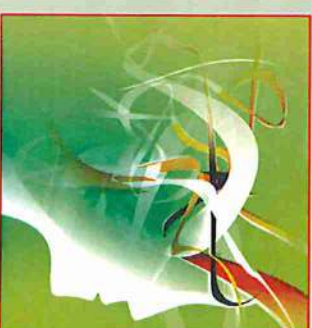
- Participants will learn the definition of Malingering.
- Participants will learn how to assess for Malingering.
- Participants will understand why someone would Malingering.

This training is sponsored by:



5th Annual SCCBI Mental Health Conference:

Current Trends and Topics in Adult Mental Health



Tuesday, October 11, 2016
Court yard by Marriott
901 Raintree Road, Mankato, MN

Psychiatric Update 2016

Introduction

During the keynote session we will explore the impact of trauma to a person's mental health and the skills necessary for working with people affected by trauma related dysregulation. The morning will conclude with a dynamic presentation of the current trends in psychiatry and medication management therapy. In the afternoon we turn our attention to co-occurring (mental health and substance use) disorders and sensory processing disorders. The presentations will focus on trends and current treatment modalities. The day will conclude with a presentation on malingering, how to distinguish actual psychological suffering from exaggerated symptoms.

Program Overview

- 8:00-8:30 Registration
- 8:30-10:00 **The Intertwining Nature of Trauma and Attachment**
Barbara Carlson, MA, MS, LPCC, LADC
- 10:00-10:15 Break
- 10:15-11:45 **Hot Topics in the Psychiatric Management of Mental Disorders**
Michael Farnsworth, MD, DFAPA
- 11:45-12:15 Panel/Q &A
- 12:15-1:15 Lunch
- 1:15-2:00 **M/CD—A Client Specific Synergy**
Curt Murphy, LADC
- 2:00-2:45 **Sensory Approaches to Mental Health**
Pamela Mueller, OTR/L
- 2:45-3:00 Break
- 3:00-4:00 **Malingering: Fact vs Fiction and Everything In-Between**
Tricia Lynn Aiken, PsyD, ABPP, LP
- 4:00-4:30 Panel/Q&A
- 4:30 Wrap-Up & Adjourn
- Intended Participants:** Mental Health Professionals and Practitioners, Nurses, Social Workers, Case Managers, LADCs, Primary Care Physicians, Community Support Workers, Rehabilitation Workers, and Group Home Staff.
- CEUs being applied for Boards of Behavioral Health, Psychology, Nursing, and Social Work.

About the Speakers

Barbara Carlson, MA, MS, LPCC, LADC has a Master's degree in Community Health, Master's Degree in Clinical Psychology, Bachelor's degree in Corrections and Alcohol and Drug Studies, Graduate of Minnesota State University, Mankato, and Fielding Graduate University, Santa Barbara, California. Former college instructor at MSU, Mankato, Century College, White Bear Lake, and Argosy University in Eagan. Presently in private practice, Carlson Counseling & Consulting, Mankato, Minnesota specializing in parental capacity assessments, chemical use evaluations, domestic violence assessments and therapy.

Michael Farnsworth, MD, DFAPA, is a board certified general adult and forensic psychiatrist with 30 years of experience evaluating and managing complex mental health issues in both inpatient and outpatient settings. He is a Distinguished Fellow of the American Psychiatric Association and the 2012 recipient of the Distinguished Service Award from the Minnesota Psychiatric Society. Dr. Farnsworth is the Medical Director at Blue Earth County Mental Health Center in Mankato and sees patients via telehealth from his home in Nisswa, MN and in person. He maintains an active forensic practice. You can visit his webpage at www.MichaelFarnsworthMD.com

Curt Murphy, LADC is the CEO and Founder of Addiction Recovery Technologies, Inc. with over 40 years in the field of addiction. He is a founding member, past president and past Chair of Public Policy for the MN Assoc of Resources for Recovery and Chemical Health. Curt has created and supervised a wide variety of treatment programs throughout the continuum of addiction treatment. He has direct experience throughout the continuum of additional treatment as well. He continues to provide clinical supervision and consultation for licensed alcohol and drug counselors.

Tricia Aiken, PsyD, ABPP, LP, received her doctorate degree in clinical psychology in 2003. Dr. Aiken has worked full-time for the State of Minnesota as a Forensic Psychologist since 2006. She conducts a variety of evaluations including competency to stand trial, not guilty by reason of insanity, psychosexuals and various treatment reports, with adults and adolescents. In addition, Dr. Aiken owns and operates Minneapolis Forensic Psychological Services (www.mplsforensicpsych.com), where she conducts evaluations and offers professional trainings. Dr. Aiken is the Clinical Supervisor at Blue Earth County Mental Health Center.

Pamela Mueller, OTR/L is a licensed Occupational Therapist who has 38 years of service working with individuals diagnosed with developmental disabilities and serious and persistent mental illnesses. She has worked for the State of Minnesota in Regional Treatment Centers, Minnesota Security Hospital, and is presently in Private Practice.

5th Annual SCCBI Mental Health Conference

Registration Deadline is September 30, 2016

Name and Title: _____

Agency: _____

Address: _____

Telephone Number: _____

Email address: _____

Special accommodations (please identify): _____

Fee: \$99.00 (includes materials,
light breakfast and lunch on site)

Please make checks payable to:
Blue Earth County Human Services

Mail to:
Blue Earth County Human Services
Sara Emich
410 South Fifth Street
P.O. Box 3526
Mankato MN 56002

CANCELLATIONS WILL BE ACCEPTED
WITH A FULL REFUND, UNTIL
SEPTEMBER 30, 2016.

Calendar of Events

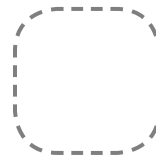
Date	Event
August 9	Ruth Vortherms, FNP – Pain presentation at Madison East
September 1	Amanda Schuh, CNP – Psychopharmacology
September 10	Walk to End Alzheimer's – Sibley Park, Mankato
September 22	ACT on Alzheimer's presentations – New Ulm
September 23	Mu Lambda Nursing Forum – MSU
October 6	Dr. Andrew Reeves – Neuro Exam
October 8	Making Strides Against Breast Cancer – Spring Lake Park, Mankato
October 11	SCCBI Psychiatric Conference – Courtyard by Marriott, Mankato (SMN providing nursing CEUs)
October (TBD)	ACT on Alzheimer's presentation – Mankato
November (TBD)	Ruth Vortherms, FNP – Pain presentation – Opioids

Updated information, registration forms, flyers, etc. for community events and CEUs will be put on the SMN website as the information becomes available. If you have questions, please email info@southernminnesotanurses.org.

www.southernminnesotanurses.org

One of Southern Minnesota Nurses' main goals is to provide a presence in local community events. We participate in several fundraising walks, collect supplies, sponsor an annual Bowl-a-thon to raise funds for specific causes and engage nursing students from five area colleges/universities in our meetings and activities. SMN also provides scholarships for mission trips and nursing education. Southern Minnesota Nurses encourages participation of nursing students at its meetings/CEU presentations. SMN supports students attending by covering the cost of meals. Students do need to register and indicate whether they are coming for the meal and presentation or for the presentation only.

Linda Rossow
SMNews Editor
57201 238th Street
Mankato, MN 56001



Membership expires December _____

Membership

SMN needs your help in sustaining membership. Please share information about membership with your friends, coworkers and others you know who may benefit. Post flyers for events as you are able. Remember that each membership runs January to December (we have no paid staff, nor an office, etc.) and members are encouraged to pay for two years whenever possible. It's not unusual to have to remind members 2-3 times before a renewal occurs, so renewing promptly also helps. Your expiration year is on the front of each newsletter or check with Linda at info@southernminnesotanurses.org.

Membership dues are \$20 per year or \$30 for two years. For example, if you join in September 2016, the rate is \$20 for the remainder of 2016 or \$30 for 2016 and 2017. This summer/fall there will be up to six CEU opportunities sponsored by SMN and several other conference opportunities that are on the web site. Even at the nominal cost of \$5 per event, a membership would be less costly. In the spring, the SMN Nursing Expo is offered to members with a discount of \$25 over non-members.