

2024 Annual Psych Retreat

February 9 - 10, 2024
Cary, NC

PRE-CONFERENCE SCHEDULE

FRIDAY | FEBRUARY 9, 2024

12:00PM.....**PRE-CONFERENCE REGISTRATION OPENS**

1:00.....***Benzodiazepines, Strategies to Assist in Treating, Educating, and Managing Difficult Cases and Coordination with Primary Care**; Ann Marie Jones, DNP, PMHNP-BC, and Leslie Sharpe, DNP, FNP-BC | [1.0 CH](#); [0.75 Pharmacotherapeutic CH](#)

2:00.....***The Link Between ADHD and SUD**; Paul Trombley, MD | [2.0 CH](#); [2.0 Pharmacotherapeutic CH](#)

RETREAT SCHEDULE

3:00.....**RETREAT REGISTRATION OPENS**

3:00.....**Networking and Exhibitor Showcase**

5:00.....**Welcome, Dinner and Product Theater Showcase**

6:00.....**Networking and Exhibitor Showcase**

6:30.....**OPENING KEYNOTE: Suicide Prevention and Awareness**; Victor Armstrong, MSW | [1.0 CH](#)

7:30.....**Somatic Nursing: A Somatic Approach to Treating Mental Health Disorders and Conditions**; Emily Knife, RN, MSN-Ed, YT-500, MT | [1.0 CH](#)

SATURDAY | FEBRUARY 10, 2024

8:30AM.....***Promoting and Ensuring Breastfeeding Success When Substance Use Disorder Is a Factor**; Ivy M. Bagley, DNP, MSN, APRN, FNP-C, IBCLC, CDP, NHDP-BC, PMH-BC | [1.0 CH](#); [0.25 Pharmacotherapeutic CH](#)

9:30.....**Social Cohesion and Shared Suffering - Developing Strategies to Reduce Youth Suicide by Learning from Pre, During, and Post Covid-19 Pandemic Suicide Data and Stories**; Natasha Donnelly, APRN, PMHNP-BC, PhD, and Angie Trombley, DNP, APRN, PMHNP-BC | [1.0 CH](#)

10:30.....**The Science Behind How Art Heals Trauma: An Explanation and an Experience**; Carolyn O'Lenic, M.Ed, BA, BSN, PMHRN-BC, NBC-HWC | [1.0 CH](#)

11:30.....**Networking and Exhibitor Showcase**

12:30PM.....**Lunch and Council Business Meeting**

1:30.....**Networking and Exhibitor Showcase**

2:00.....**Shadow Victims: Understanding the Needs of Informal Caregivers of Patients with Dementia**; Mary Mason Keller, PMHNP | [1.0 CH](#)

3:00.....**Empowering Nurses by Utilizing a Different Approach to Dealing with Difficult Patients**; Julia M. Hess, MHDL, BSN, PMH-BC, CAMF | [1.0 CH](#)

4:00.....**Stress First Aid for Certified Registered Nurse Anesthetists, Anesthesiologists and Registered Nurses**; Renee Simcoe Levine, DNP, CRNA | [1.0 CH](#)

5:00.....**Break**

5:15.....**Nurturing Well-Being: Integrating Positive Psychology into Nursing Practice**; Robin Trivette, MSN-Ed., PMHNP-BC | [1.0 CH](#)

6:15.....**Closing Remarks**

* Meets criteria for pharmacotherapeutic credit — Registration form on reverse side
(Schedule subject to change)

“Safety in Psychiatric Nursing Care”

PRESENTED BY

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

RETREAT GOAL

The purpose of the 2024 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-Raleigh-Durham/Research Triangle
201 Harrison Oaks Boulevard
Cary, NC 27513
• 919.677.1840
• <https://bit.ly/Psych2024>
• Room Block Discount ends 1/11/24 or when block is full.

CONTACT HOURS

PRE-CONFERENCE

3.0 CH
2.75 Pharmacotherapeutic CH

RETREAT

9.0 CH
0.25 Pharmacotherapeutic CH

TOTAL CONTACT HOURS

12.0 CH
3.0 Pharmacotherapeutic CH

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.

2024 Annual Psych Retreat - February 9 - 10, 2024

JOIN US AT THE PRE-CONFERENCE!

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

CONTACT HOURS

PRE-CONFERENCE | 3.0 CH
2.75 Pharmacotherapeutic CH

RETREAT | 9.0 CH
0.25 Pharmacotherapeutic CH

TOTAL CONTACT HOURS | 12.0 CH
3.0 Pharmacotherapeutic CH



HOTEL INFORMATION

Embassy Suites by Hilton - Raleigh-Durham/Research Triangle
201 Harrison Oaks Boulevard | Cary, NC 27513

To book a reservation, call 919.677.1840 (Reference Code: NCNA Psych Nurses Retreat), or scan the QR code to book online.

Room Block Discount Ends January 11, 2024 at 5:00pm, or when room block is full.

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

Early Bird Rate ends December 15, 2023! Pre-registration ends February 1, 2024.

❶ Register Online: <https://bit.ly/Psych2024>

❷ Register Using This Form Below.

Early Bird ends 12/15/23

	Precon Only	Retreat Only	Both
☐ NCNA Member	☐ \$61	☐ \$226	☐ \$287
☐ Guest	☐ \$92	☐ \$338	☐ \$430

Regular Rate 12/16 - 2/1/24

	Precon Only	Retreat Only	Both
☐ NCNA Member	☐ \$78	☐ \$280	☐ \$358
☐ Guest	☐ \$117	☐ \$420	☐ \$537

CANCELLATION / REFUND POLICY:

To request a refund, please submit the details in writing via email to RNs@ncnurses.org. Requests received by January 26, 2024 will be refunded at 80%. Refunds will be paid after March 9, 2024. Substitutions are accepted in lieu of a refund.

Name:

Preferred 1st Name for Nametag:

Email:

Phone Number (☐ 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.** ☐

PAYMENT: CHECK

Please make checks payable to the:
North Carolina Nurses Association

Check is: ☐ Business ☐ Personal #

PAYMENT: CHARGE

☐ VISA ☐ MasterCard

CARD NUMBER:

EXP DATE:

BILLING ZIP CODE:

PRINT NAME AS IT APPEARS ON CARD:

CARDHOLDER'S SIGNATURE:

Email Scanned Form (credit card payment only): 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