

## **APNA New Mexico Chapter Psychiatric Mental Health Nursing Virtual Update 2022**

Rates of depression, anxiety, and suicidality in teenagers has increased over the past two years during the Covid pandemic. Psychiatric nurses and nurse practitioners struggle to meet the needs of these adolescents.

Patients of marginalized sexual orientations and gender identities often feel unheard, and unsupported in the psychiatric setting. It is important that psychiatric nurses understand how to comfortably use inclusive language as a respectful element of nursing care.

### **Presenting Speakers & Topics**

**Dr. Jennifer Schneider PhD, PMHNP-BC**  
***Update on Approaches to the Treatment of  
Adolescents with Anxiety and Depression***

Dr. Schneider is the Program Coordinator of, and Assistant Professor at, the Psychiatric Mental Health Nurse Practitioner Program at the University of New Mexico College of Nursing, as well as the owner of Blue Mesa Psychiatry and Counseling Clinic, specializing in treating adolescents and children with anxiety, depression, ADHD, and PTSD.

**Dr. Lindsey Schweiger DNP, PMHNP-BC**  
***Call for Advocacy for Transgender and Non  
Binary-Inclusive Nursing Care***

Dr. Schweiger is the owner of Safe Space Psychiatry in NM, providing inclusive care for patients identifying as sexual and gender minorities.

## **APNA New Mexico Chapter Psychiatric Mental Health Nursing Virtual Update 2022**



## **APNA New Mexico Chapter Conference 2022 (Virtual)**

### ***Psychiatric Mental Health Nursing Virtual Update***

**Saturday, July 16, 2022**  
**8:30am-12:30pm**  
**Mountain Time**

## Disclosure and Nursing Continuing Professional Development (NCPD) Information

The speakers and planning committee members have no conflicts of interest to disclose.

Criteria for successful completion of this activity includes 100% attendance at the entire event and submission of a completed evaluation form.

3 ANCC Nursing Continuing Professional Development contact hours available

Accreditation of the nursing continuing development activity does not imply endorsement by APNA, ANCC or the APNA New Mexico Chapter of any commercial products displayed in conjunction with this activity.

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

## Agenda July 16, 2022

8:30 am – 8:45 AM	Introduction
8:45am – 09:45 AM	Jennifer S. Schneider, PhD, PMHNP-BC
9:45 – 10:00 AM	Break
10:00 am – 11:00 AM	Jennifer S. Schneider, PhD, PMHNP-BC
11:00 – 11:15 AM	Break
11: 15am - 12: 15 PM	Dr. Lindsey Schweiger DNP, PMHNP-BC
12:15 am – 12:30 PM	Summary & Evaluation

### Outcomes

Evaluate the impact of the pandemic on adolescent mental health including social isolation, and increased symptoms of depression and anxiety.

Implement treatments for adolescents with behavioral health symptoms and disorders, directly as health care providers and through referral to local and national resources.

Understand the current state of the science on the use of psychotropic medication in the treatment of depression and anxiety in adolescents.

Understand and apply the concepts of gender-inclusive language to all patients.

**Target Audience:** Registered nurses, nurse practitioners, other psychiatric/mental health providers

## Registration

### Fees

_____ APNA Member	\$60.00
_____ Non-Member	\$80.00
_____ Students	\$25.00

*\*Non-member students will need to use discount code NMSTUDENT2022 at checkout*

**Registration Link:** <https://e-learning.apna.org/products/apna-new-mexico-chapter-conference-2022-virtual-psychiatric-mental-health-nursing-virtual-update>

**Registration Deadline:** July 14, 2022 by 5 PM ET

**Questions Contact:** [chaptersupport@apna.org](mailto:chaptersupport@apna.org)