

CONFERENCE DESCRIPTION:

A mix of topics intended to keep mental health professionals updated on integrative and self-care techniques.

LEARNING OUTCOMES:

1. The learner will be more aware of the impacts of positive mind set and self-care through application process.
2. Understand the concept of mindfulness and impact on for one personally and professionally.
3. Understand vagus nerve and regulating techniques to reset the nervous system.

Speakers:

Jacque Williams, MSN, RN, NC-BC

Dr. Jawed Bharwani, MD

Dandelion Davenport, RYT 200

APNA Nebraska Chapter Board Members

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MEMBERS-AT-LARGE:

Jacque Williams, MSN, RN, NC-BC

Monica Boomgaarn, MSN, RN

<https://www.apna.org/chapters/nebraska-chapter/>

If you are interested in attending a meeting or in becoming involved contact
chaptersupport@apna.org

If you are interested in becoming a member of APNA or to view our continuing education, please visit our website at
<http://www.apna.org>



**American Psychiatric Nurses
Association and APNA
Nebraska Chapter present**

*Harmony Hub: Inspiring a
Stress-Resistant
Community*

Being held in-person and virtually

**Immanuel Medical Center
6901 N 72nd St.
Omaha, NE 68122**

**April 19, 2024
8:30 am – 12:30 pm CST**

DISCLOSURE

The speakers and planning committee members have no relevant financial relationship with ineligible companies to disclose. Off label uses will not be discussed during the presentations.

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.

NURSING CONTINUING PROFESSIONAL DEVELOPMENT (NCPD)

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

3.5 ANCC NCPD contact hours available

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

For virtual attendees

** In order to receive contact hours, you must: attend to the entire live virtual conference and complete all required online components. Once you have completed the evaluation and honor statement, your nursing continuing professional development certificate will be generated online and available for immediate printing. Credit cannot be earned unless all components of the program are completed. No partial credit can be awarded.*

You must complete the evaluation no later than *Friday, May 3, 2024* in order to earn your nursing continuing professional development contact hours and certificate.

ACTIVITY AGENDA

0730-0845	Registration and Continental Breakfast Welcome and Introductions
0845-0945	Jacque Williams, MSN, RN, NC-BC Self-Care
0945 – 1000	Break and Booth Interaction
1000 – 1130	Jawed Bharwani, MD Mindfulness
1130 – 1230	Dandi Davenport, RYT 200 Polyvagal Theory and Sound Bath Demonstration
1230	APNA Conference Summary and/or Updates and Evaluations

REGISTRATION INFORMATION

Regular Registration

In-Person / Virtual

APNA Members:	\$35
Non-Members:	\$45
APNA Student Member:	\$15
Student Non-Member:	\$20

To register for the in-person option:

https://my.apna.org/eventapi_router?event=a1Y8Y00000Hago7

To register for the virtual option:

<https://e-learning.apna.org/products/apna-nebraska-chapter-conference-2024-virtual-option-harmony-hub-inspiring-a-stress-resistant-community>

Cancellation Policy: The cancellation deadline is **April 12, 2024**. All fees will be refunded except a \$20 administrative fee. Cancellations must be submitted in writing to chaptersupport@apna.org. There will be no refunds after the deadline. To receive contact hours for this event, you must attend the entire event and submit a completed evaluation form.