

Dr. Jonathan Burgess MD, MPH

Assistant Chief Resident: Education Chief at the University of Vermont Medical Center. His passion is evidence-based lifestyle practices for psychiatric disorders. He authored four book chapters on diet and lifestyle interventions for psychiatric disorders, two of which were commissioned by the American Psychiatric Publishing. He has completed research internships at Stanford School of Medicine and Harvard Medical School. He graduated from the University of Pennsylvania, received a Doctor of Medicine from Geisel School of Medicine at Dartmouth, and a Master of Public Health from Columbia University Mailman School of Public Health.

Dr. Maria Gianan DNP, CNS-MH, ANP

Dr. Gianan received her CNS-MH from Boston College, her ANP from MA-Institute of Health Professionals and her DNP (focus on compassion fatigue) from Regis College, MA. Dr. Gianan has experience as a Parish nurse in the mountains of Tagaytay City, Philippines, and underserved populations, working for the VA. Training in psychiatric nursing, mindfulness, self-reflection, and her DNP, moved her forward in sharing what she found worked to prevent compassion fatigue despite caring for our fragile, but complicated patients.

Dr. Gabrielle Abelard DNP

Dr Gabrielle Abelard is a fellow of the National Academies of Practice, CEO of Abelard Psychotherapy Inc., Community Mental Health Clinic in Massachusetts, providing comprehensive behavioral health services. Dr Abelard is a Clinical Associate Professor, Graduate Program Director at UMASS College of Nursing and the current President of APNA, New England Chapter.

Margaret Chapman PMHCNS-BC

Ms. Chapman received her BSN from Creighton University in 1976, graduated in 1982 from Boston University with her MSN and was certified as a CNS 1983, been providing psychopharmacologic services since 1998 & treating her first case of PANDAS in 1999. She is Medical Advisor and founding member of the New England PANS/PANDAS Association.

Kimberly Winter, Esquire

Kimberly E. Winter, Esq. is a partner in the law firm of McLaughlin, Richards, Biller, Schindel, Winter & Mulcahy, LLP in South Natick, MA where she concentrates her practice in health care law including medical negligence, compliance, and representation of health care providers in front of professional licensing boards. Attorney Winter is also a Registered Nurse with advanced specialty certification. She is a current or former board member of a number of bar associations and a Past President of the Massachusetts Academy of Trial Attorneys.

Dr. Karen Jennings Mathis PHD, PMHNP-BC, FAED

Dr. Jennings Mathis is an Assistant Professor at the College of Nursing University of Rhode Island. She is a PMHNP-BC with over 15 years of clinical experience and a specialty in eating disorders. Jennings Mathis received her B.A. in Psychology from Amherst College, and her M.S. and Ph.D. in Nursing from Boston College. Her scholarly focus is on eating disorders and mental health especially among Black populations. The long-term objective of her program of research is to optimize mental health & whole health through evidence-based interventions at the individual and peer levels with focus on the role of culture in eating behaviors and other maladaptive behaviors.

APNA New England Chapter 2023 Officers

President: Gabrielle Abelard
Past President: Allison Underwood
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APNA & **APNA New England Chapter** **Spring Conference**

PSYCHIATRIC MENTAL HEALTH NURSING: TOOLS FOR CLINICAL PRACTICE

FRIDAY MAY 5th, 2023

8:15 AM to 4:30 PM

at

The Marriott Springfield
2 Boland Way, Springfield, MA
01115

Conference Chairs
Gabrielle Abelard & Bonnie MacGregor
gabelard@gmail.com/bonniemacg@aol.com



CONTINUING NURSING EDUCATION AND DISCLOSURE INFORMATION

DISCLOSURE

The speakers and planning committee members have no relevant financial relationship conflicts of interest with ineligible companies to disclose.

Discussion of off-label uses (using products for a purpose other than that for which it was approved by the Food and Drug Administration) will occur during this presentation.

NURSING CONTINUING PROFESSIONAL DEVELOPMENT

Criteria for successful completion of this activity includes attendance at the entire event and submission of a completed evaluation form. You will receive a CE Certificate for contact hours as you leave the conference. Partial credit is not able to be awarded.

5 ANCC Nursing Continuing Professional Development (NCPD) contact hours available

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

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

AGENDA

8:15 - 9:00	Registration & Coffee
9:00 - 9:15	Conference Welcome
9:15 - 10:15	Keynote Speaker
10:15 - 10:30	Coffee & Vendors
10:30 - 11:30	Session 2
11:30 - 12:00	Poster Sessions/Vendors
12:00 - 12:45	Catered Lunch
1:00 - 2:00	Session 3
2:00 - 3:00	Session 4
3:00 - 3:15	Coffee/Snack/Vendors
3:15 - 4:15	Session 5
4:15 - 4:30	Summary and Evaluations

Our semi-annual membership meeting will follow at a dinner meeting.

Session 1: Dr. Jonathan Burgess MD, MPH

Diet and Nutrition in the Management of Depression

Session 2: Peggy Chapman PMHCNS-BC

PANDAS, Chronic Fatigue and Post Covid Symptoms

Session 3: Dr. Karen Jennings Mathis PhD

Identifying Eating Disorders and Working with Adolescents

Session 4: Dr. Gabrielle Abelard DNP & Kimberly Winter, Esquire

Clinical Practice and Legal Issues that Every Nurse Should Know

Session 5: Dr. Maria Gianan DNP

Compassion Fatigue

REGISTRATION

Member ID (If Applicable)

Name

Address

State

Zip

Phone Number

Email

Select (x)	Category	Rate
	APNA Member	\$140.00
	Early Bird APNA Member	\$125.00
	Nonmember	\$165.00
	Early Bird Nonmember	\$150.00
	APNA Student Member	\$75.00
	Early Bird APNA Student Member	\$50.00
	Retired Member	\$120.00
	Group of 5 or more*	\$120.00

*please email chaptersupport@apna.org to process group registrations.

[EARLY BIRD REGISTRATION ENDS APRIL 7, 2023](#)

Check Payment

Please make checks payable to APNA New England Chapter and mail to:

Chapter Support
APNA
PO Box 70525
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Cancellation Policy

Notification of cancellation must be received in writing to chaptersupport@apna.org by April 7, 2023 for a refund minus a \$15 processing fee.