

Caring for Children Together



NAPNAP-LA



2017-2018 NAPNAP-LA Presidents' Message

**NAPNAP-LA
2017-2018
Co-Presidents
Andrea Tizano, CPNP
Siem la, CPNP**

**September 2017
Volume 6, Issue 1**

Inside this issue:

Presidents' Message	1
Community Outreach	2
Annual Conference	2
Member Spotlight	3
Chapter Events	3
Legislative News	4

Hello, NAPNAP-LA Members!

As NAPNAP-LA Co-Presidents for 2017-2018, we look forward to the year ahead! NAPNAP-LA hopes to engage the membership in new ways, to become a source of information and advocacy for the evolving legislative landscape, and to promote the growth of our organization. With over 2,800 Advanced Practice Nurses in the Los Angeles area (Bureau of Labor Statistics, 2017), NAPNAP-LA is better positioned and prepared in the upcoming year to advocate for children, families and the communities whom we serve!

Here are some suggestions to make sure that you are taking full advantage of all the membership benefits available:

- Be sure to check out our events calendar on the website (<http://www.lanapnap.org>) and follow us on Facebook.
- Review up-to-date information about legislative issues, job postings, past newsletters, preceptor opportunities, and events. To post information on the website, please email us at la.napnap@gmail.com.
- Participate in mentorship opportunities by becoming preceptors for NP students or mentors for fellow members.
- Participate in our community outreach projects such as "Raising a Healthy Tween-Ager."
- Network and socialize while keeping up-to-date with current clinical best practice and earning CEUs at our regional and national conferences.
- Volunteer as a board member to strengthen leadership skills, broaden your impact as a pediatric nursing professional and contribute to the growth of NAPNAP-LA and the role of the pediatric nurse practitioner.

We will also continue to strive to provide our members with a variety of professional development, networking, and social events. We hope to have more members join us for future events! Upcoming educational opportunities include online health policy educational mini-sessions and our annual regional conference April 21, 2018, co-sponsored by Children's Hospital of Los Angeles (CHLA). We also hope you will be able to attend the 39th Annual NAPNAP National Conference being held in Chicago from March 18-22, 2018!

Lastly, we want to hear from our members in order to make sure we are meeting your needs. Please share any suggestions, comments, thoughts, or issues you would like to address concerning our organization. We look forward to a fun and successful year, "Caring for Children Together!"

NAPNAP-LA Moving Ahead:

Follow NAPNAP-LA on Facebook and Twitter

Save the date for the NAPNAP-LA & CHLA Regional Conference April 21, 2018

**NAPNAP-LA Chapter Awards and Scholarship
Application Deadline March 1st, 2018!**

NAPNAP-LA Community Outreach

Shannan Stephenson, RN, MSN, CPNP, PMHS
Siem Ia, RN, MS, CPNP
Community Outreach Co-Chairs

NAPNAP-LA, in collaboration with NAPNAP National, continues to offer the parent brochure to accompany the interactive presentation, "Raising a Healthy Tweenager." This informational brochure is available for free to NAPNAP-LA members! The brochure includes topics such as healthy development of early adolescents, warning signs of a problem, bullying, and effective parenting skills that help to increase a child's resilience. The brochures are now available in English, Spanish, Chinese, and Vietnamese. To obtain copies of the brochure for your office, please contact NAPNAP-LA or Daniela Weitzman (dweitzman@napnap.org) at the NAPNAP national office. The English brochure is also available on the NAPNAP LA Chapter website for download (www.lanapnap.org/outreach). In addition, NAPNAP-LA's Community Outreach Committee will host a "Tweenager" presentation for parents of middle school students at The Children's Clinic in Long Beach. Check the website for more event information.

For all of you who love PNPs, NAPNAP-LA has all sizes of last year's popular T-shirts for sale! Support your local professional organization and promote the pediatric nurse practitioner role by ordering a tee-shirt for only \$20! To order tee-shirts, volunteer or if you have an idea for a community outreach project, please contact Siem Ia at siemia@ucla.edu or (626) 757-5684.



Shannan Stephenson and Siem Ia

SIGNS OF A PROBLEM
If your tween is doing any of the following for **two weeks or more**:

- Worry or anxiety
- Sadness or loss of interest in hobbies
- Defiance or aggression
- Low self-esteem
- Sudden changes in eating patterns

Other warning signs:

- Fighting
- Cruelty to animals
- Talking about death or suicide
- Refusal to go to school may indicate a problem with bullying

HOW TO HELP AND GET HELP

- Talk with your child about your concerns
- Talk to your tween's teacher, the school counselor, your child's doctor or nurse practitioner, and/or a local mental health agency
- Call 211 to find local mental health services

What if My Child Mentions Suicide?

- Take it seriously and talk with your child
- Ask if your child has a plan
- If your child has a plan, talk to a health professional **IMMEDIATELY!**
- You can reach a health professional by:
 - Suicide Hotline:
 - 1-800-273-TALK (8255)
 - 24/7 Mental Health Hotline:
 - 1-800-854-7771
 - Go to the nearest Emergency Room

PARENT AND CHILD RESOURCES

www.kidhealth.org
www.brightfutures.org
www.fr-frmapact.org
www.healthychildren.org
www.stopbullying.gov
<http://www.cafedkids.com/kids-rules-for-online-safety/>

Helping Your Child Through Early Adolescence by the U.S. Department of Education
 How to Take the Grrrrr Out of Anger (Laugh & Learn) by Elizabeth Verdick
 Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens by Laura S. Kastner
 How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber

Pediatric Nurse Practitioner
 The Leader in Pediatric Education for Nurse Practitioners
 Developmental-Behavioral and Mental Health
 Special Interest Group (DBMH SIG)

Raising A Healthy Tween-Ager

Caring for Children Together

NAPNAP-LA and CHLA 2018 Regional Conference Update Catherine Goodhue, CPNP, and Debbie Harris, CPNP NAPNAP-LA Program Committee Co-Chairs

MARK YOUR CALENDAR FOR SATURDAY, APRIL 21, 2018!!! NAPNAP-LA and the Nurse Practitioners at Children's Hospital Los Angeles (CHLA) are co-sponsoring our Annual Regional Conference. Thanks to all who attended the Regional Conference in April 2017 and suggested various topics and speakers. We are confirming all of the speakers and are excited that ALL of the speakers are Nurse Practitioners! If you want to be part of the Program Committee, please email Cat Goodhue or Deb Harris (cgoodhue@chla.usc.edu or dharris@chla.usc.edu).

We will be mailing out the registration flyer in early March and the form will also be emailed to all NAPNAP-LA members as well as being posted on our website, www.lanapnap.org. The event will take place between 7:30 a.m.–4:45 p.m. in the John Stauffer Conference Room at Children's Hospital Los Angeles. Six CEUs, parking, breakfast, and lunch will be available to conference attendees. We will also be awarding our PNP Student Scholarship, Colleague of the Year, and Outstanding NP of the Year awards during the Networking Lunch.



Debbie Harris and Cat Goodhue

NAPNAP-LA Chapter Events 2017



NAPNAP-LA Member Spotlight



Mallory Fossa, RN, MSN, CPNP

Mallory Fossa, RN, MSN, CPNP is a PNP at Children's Hospital of Los Angeles, working in pediatric palliative care for the past two years. Prior to relocating to Los Angeles, Mallory was living and working in Connecticut while finishing her MSN at New York University. As an RN, Mallory spent the first seven years of her professional nursing career caring for pediatric patients in an Intensive Care Unit setting. Mallory joined the NAPNAP-LA Board last year as the Legislative Co-Chair, helping to keep NAPNAP-LA members informed about legislation and practice issues affecting our membership. When Mallory is not caring for pediatric patients and their families she loves hiking, going to the beach, working out, and playing with her dog, Sophie. She also enjoys gardening, baking, and knitting. Welcome to Los Angeles, Mallory!



NAPNAP-LA Legislative Update

Sarah Green, RN, MSN, CPNP-AC
Mallory Fossa, RN, MSN, CPNP
Legislative Co-Chairs 2016-2018

There is a daily influx of news regarding legislation impacting children's healthcare -- including the Affordable Care Act and CHIP (to name a few). Although speaking as a voice for our patients is important, too few nurses are involved in health policy advocacy.

Nurses have been ranked #1 as the most trusted profession for 15 straight years. Pediatric nurse practitioners have a versatile skill set that includes being trustworthy, knowledgeable, good communicators, and influential. PNP's are able to implement the skills used to provide high quality patient care in order to influence policy and effect change beyond the bedside.

The following barriers to engaging in policy advocacy have been identified:

- Limited opportunities to engage in policy advocacy
- Misconceptions about advocacy
- Lack of knowledge about the legislative process and how policy is developed and implemented
- Varying priorities among nursing specialties and organizations

It is essential to understand the barriers to PNP engagement in the advocacy and legislative process. PNP's can use their skill set to have both direct and indirect influence.

- **Direct policy involvement** includes engaging in activities directly with people making policy decisions. Examples include: making calls and visits to legislators and being involved in policy development.
- **Indirect policy involvement** includes influencing public and media perceptions about issues. Examples include editorial letters explaining positions on issues, writing petitions, and attending events including rallies.

The key components of advocacy include building relationships with policy makers, building coalitions through advocacy groups, professional organizations, and policy summits, and creating a message for key issues that is clear and concise.

NAPNAP provides a platform for PNP's to have a voice and to become involved in health policy advocacy. Opportunities include:

- Monthly NAPNAP policy conference calls
- National NAPNAP Lobby Day in Washington, D.C- November 2017
- Annual NAPNAP conference

I encourage every NAPNAP LA member to make a personal investment in health policy advocacy. Make your voice heard on behalf of patients and families. Please reach out to our legislative chairs through NAPNAP LA for additional opportunities to become involved.

Links:

- <https://www.napnap.org/advocacy-center>
- <https://www.napnap.org/child-health-policy-learning-collaborative> (Monthly health policy conference call, first Wednesday of every month at 5pm PST September-May), open to ALL NAPNAP member).
- <http://canpweb.org/advocacy/legislative-news-and-information>



**NAPNAP-LA Board members (L to R): C. Goodhue; W. Miyares;
L. Messenger; S. Stephenson; V. Torres; S. Ia; M. Fossa; A. Tizano**

Lanapnap.org

"Caring for Children Together"

**"The soul is healed
by being with
children."**

Fyodor Dostoyevsky