



Los Angeles Chapter

President's Note: Cheryl Deters RN, MSN, PNP

Greetings to everyone!

This starts my year as your President of the NAPNAP-LA chapter. I must say that it offers many challenges. There are some very big shoes to fill and I hope that I will continue the excellence of service that the past presidents have set as a standard.

My focus this year will be on mental health in the pediatric population. For over 6 years, I have been the primary health-care provider to a continually changing group of severely emotionally disturbed children who reside in a residential treatment center. What I have learned from these children has challenged me professionally, personally, emotionally and every other possible way. I hope to increase our awareness of this ongoing and growing issue in pediatric care.

Our LA chapter continues to be one of the largest chapters in the United States. This offers us the challenge of meeting the needs of our over 130

members. But we can only meet your needs if we know what they are! So please contact any board member and let us know how we can help, what ideas you have. Your suggestions are important. If you are interested in helping out on a committee, we would love to link you to the right person. I encourage everyone to look at our wonderful web site www.lanapnap.org. There is lots of information on there.

Sadly, I announce the end of the Southwest Conference which had been held for twenty years. Increasing costs along with a decrease in full registrations keeps us from continuing the conference. The combined hard work of the San Diego, Orange County and LA chapters is appreciated by all who attended past conferences.

On the other hand, Mary Whitten has coordinated an exploratory group from the NAPNAP chapters throughout all of California and Arizona, looking at the possibility of a statewide conference in the future. We also will continue our

excellent Spring Conference this upcoming year. And we are looking at holding more of the educational dinner meetings.

Lastly, look in this newsletter for a new section we will be starting up called KUDOS. I feel it is important to recognize the accomplishments of our members both professionally and personally. It is just one way of connecting with each other. See how you can contribute to this!

So, I hope you all are thriving in your work. I hope to meet more of our members at our educational meetings or at conferences. I am proud of the work I do and as we all should feel. PNPs are just awesome!!!



Newsletter Editor:
Nancy Ann Yap, RN,
MSN, PNP

Special points of interest:

- ☺ 2007— 2008 NAPNAP-LA Board
- ☺ Legislation Update
- ☺ Mental Health Update
- ☺ "KUDOS"

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Past President '06—'07: Mary Whitten RN, MSN, PNP

I hope this finds you all having a relaxing summer! I know that I am loving the down time. The office is quieter and the kiddos much less sick. Last winter was quite the ride, and I am glad to see it end. Dare I hope that next winter will be better?

I would like to encourage you all to stay active in your PNP role. Many current legislative happenings will affect how we care for our patients in the future. Keep your focus. Be active with our NAPNAP-LA board. It is an amazing experience to impact children's and their families. Looking forward to working with you all!

President-Elect '08—'09: Denise Alejandro RN, MSN, PNP

Greetings to all NAPNAP-LA members! Thank you for your support and electing me as your President-Elect for 2007-2008. I would like to take this opportunity in this month's newsletter to introduce myself.

I am originally from Kaneohe, Oahu, Hawaii and moved to Southern California in 1998 to attend the University of Southern California, where I received my BSN. I began my nursing career as a pediatric intensive care nurse at Mattel Children's Hospital at UCLA. I then pursued my MSN at UCLA in 2003. In 2005, I completed the Pediatric Nurse Practitioner and Clinical Nurse Specialist (CNS) program. I became a member of NAPNAP-LA when I was a graduate student at UCLA. As a student member, I was fortunate to receive a complimentary registration to attend the 2005 NAPNAP National Conference in Phoenix, Arizona, and from there, I was inspired to become involved with the board of NAPNAP-LA. I have been an active member on the board since 2005, serving as Scholarship Chair for two years. I currently work as a PNP at Harbor-UCLA at the K.I.D.S (Kids in Dependency System) Clinic, a foster care hub, and the Child Abuse Crisis Center. Prior to this position, I served as the Pediatric CNS at Harbor-UCLA. I am also an active member of the Gamma Pi Chapter of Alpha Tau Delta, the National Fraternity for Professional Nurses, serving as President for two years. In my spare time, I enjoy scrapbooking, playing the violin, and hula dancing.

As your future 2008-2009 President, I hope to focus on health care for foster care children, child abuse prevention, mentoring students in all levels of nursing, and promoting student involvement in NAPNAP-LA. I am excited and looking forward to the challenges ahead as I am mentored by Cheryl Deters, this year's President, and Mary Whitten, Past-President. I hope to follow in their footsteps as notable leaders and gain valuable experience. As a "newbie", any advice you can give me is always welcome. Can't wait to meet you at the next NAPNAP-LA event!

All the best,
Denise Alejandro

NAPNAP-LA 2007—2008 Board

BOARD:

- President: Cheryl Deters cdeters@msn.com
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- Community Outreach: Victoria Winter vwflint@aol.com
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Legislation Update: Shannan Stephenson RN, MSN, PNP

As one of LA NAPNAP's new legislative chairs, I thought I'd share with you a simple way that I discovered of how to be proactive without interfering too much with our busy schedules. Very possibly many of you out there are familiar with the NAPNAP national office's website, and what I have discovered will be old news to you. But for those of you who don't know, like I didn't, you might be pleasantly surprised at how easy it is to speak up for the legislation that is of interest to you. Taking action is only a few clicks away!

Go to napnap.org

- ⇒ Go to Advocacy tab
- ⇒ Click on Legislative Action Center
- ⇒ Click on Issues and Legislation
- ⇒ Click on the legislation of interest
- ⇒ Enter your zip code into the space next to Take Action Now
- ⇒ Compose a message and choose from the appropriate listed recipients
- ⇒ Enter your information
- ⇒ Press send!

Voila! Action taken.

The following is an array of current federal and state legislation of interest:

Bill	Title/Description	Sponsor (#cosponsors)	Latest Major Action	NAPNAPs Position
S. 1572 H.R. 2073	<u>Child Health Care Crisis Relief Act of 2007</u> : A bill to increase the number of well trained mental health service professionals (including those based in schools) providing clinical mental health care to children and adolescents, and for other purposes	Sen Jeff Bingaman (12)	Introduced 6/7/2007 Referred to Senate Committee Status: Read twice and referred to Committee on Health, Education, Labor and Pensions	
H.R. 1367	<u>Paul Wellstone Mental Health and Addiction Equity Act</u> : Requires equity in the provision of health and substance-related disorder benefits under group health plans	House Patrick Kennedy (256)	Introduced 6/6/07 Read twice and referred to the committee on Health, Education, Labor, and Pensions	Support
S. 558	<u>Mental Health Parity Act of 2007</u> : Provides parity between health insurance coverage of mental health benefits and benefits for medical and surgical services.	Sen Pete Dominici (54)	4/11/07 report filed by the Committee on Health Education, Labor and Pensions	Support
S. 600	<u>School Health Clinic Establishment Act</u> : Provides grants for the establishment of school based health clinics and provides funding for infrastructure and salaries.	Sen Gordon Smith (16)	2/14/07 Referred to the Committee on Health, Education, Labor and Pensions	Support

Legislation Update cont'd

Bill	Title/Description	Sponsor (#cosponsors)	Latest Major Action	NAPNAPs Position
S. 401	<u>Keep Children Covered Act of 2007</u> : To eliminate funding shortfalls for SCHIP for fiscal year 2007	Sen John Rockefeller (18)	1/25/07 referred to the Committee on Finance	Support
S. 95 H.R. 1111	<u>Kids Come First Act of 2007</u> : To amend titles XIX and XXI of the Social Security Act to ensure that every uninsured child in America has health insurance coverage, and for other purposes	Sen John Kerry (7) House Henry Waxman	6/5/07 House of Education and Labor: Referred to the Subcommittee on Health, Education, Labor and Pensions	Support
S. 60 H. 2464	<u>The Wakefield Act: Improving Emergency Care for Children</u> : To amend the Public Health Service Act to provide means for continued improvement in emergency medical services for children	Sen Daniel Inouye (5) House Jim Matheson (21)	5/23/07 Referred to the House Committee on Energy and Commerce	Support
A.B. 1436	Defines nurse practitioners scope of practice for the state of California	Hernandez and Nielo	5/31/07 Referred to the Committee on Business and Professions	
A.B. 423	Requires health plans and health insurers to provide mental health and substance abuse coverage under the same terms and restrictions as other medical conditions	Beall	6/28/07 referred to the senate Committee on Appropriations	
S. 1893 HR. 3162	SCHIP Reauthorization		Approved by House and Senate	



Committee Updates:

- **Membership:** For more information, contact Suzanne Lee @ suzanne_j_lee@yahoo.com or Diane Ito @ keestak@yahoo.com.
- **Medical Missions:** Our next Tijuana Medical Mission Trip is on **Saturday, September 29**. This trip's theme will be Women's Health, as per the clinic's request; however, every age will be seen. In addition to medical providers and personnel, face painters, hair cutters, and anyone with other applicable talents are all invited to attend. Please contact me at Mariela.C.Nava@kp.org for more information and if you are interested in going. This is a one-day trip.
- **Spring Conference 2008:** Spring conference will be either at the end of February or beginning of March 2008. More info to come! Please contact Cathy Goodhue @ cgoodhue@chla.usc.edu for questions.
- **Awards Dinner:** Next year's dinner will be in May or June.
- **Community Outreach:** For more information, contact Victoria Winter @ ywflint@aol.com.
- **Scholarship:** I am currently employed at Harbor UCLA Medical Center as a Pediatric NP in the dept of Neurology, and as a part time lecturer at Pacific College LVN program. I graduated with my undergrad degree at University of Southern California class of 1997, and Master's at UCLA class of 2005. My plans as scholarship chair are to reach all the PNP Universities in the Southern California area, and to highly publicize our NAPNAP scholarship awards. I would like to see a diverse and interesting group of applicants. For more information, contact Myra Cleary @ myracpnp@gmail.com.

Job Opportunities:

- **CHLA Surgical Admitting:** Per Diem NP responsible for pre-anesthesia evaluations and pre-op sedation. For more information, contact Leticia Boutros RN, MSN, CPNP @ lboutros@chla.usc.edu.
- **CSULA:** Part-time position for PNP interested in NP education at CSULA. Conduct clinical seminar and perform some site visiting for 10 week Fall quarter for pediatric rotation in NP program. Further opportunities available after Fall quarter. Please contact Cynthia Hughes at chughes2@calstatela.edu for further information.

Mental Health Information: Cheryl Deters RN, MSN, PNP

Mental health issues in children are a serious problem. One in ten children and adolescents suffer from mental illness severe enough to cause some level of impairment; yet, in any given year, it is estimated that fewer than one in five of these children receives needed treatment (U.S. Department of Health and Human Services 2001. Surgeon General Releases a National Action Agenda on Children's Mental Health). Mental health issues in children encompass mental health, emotional and behavioral disorders.

As PNPs, we need to be aware of the challenges in addressing the collective mental health issues in children. It affects children of all ages, even infancy. There is a need for identification and screening in all age groups. Proper referral and a team approach are needed for the best outcomes. And be aware that there is still a social stigma attached to the families and children and with "mental" health issues.

PNPs are well placed in the healthcare industry to address many of these challenges. We are aware of appropriate developmental stages as well as cultural differences in child care. With our emphasis on the entire family, we are well adept at seeing beyond just the presenting problem. PNPs are trusted and many times families will disclose information that may not have been previously shared. And PNPs often work with underserved populations who have limited access to mental health services.

Our national organization, NAPNAP, has a special interest group (SIG) on just this topic. Go to the web page at www.napnap.org and look for the SIG on Early Childhood Mental Health (ECMH). Below is some information recently sent out by the ECMH SIG.

Behavior problems that emerge in early childhood can become enduring by third grade, and predict poor adolescent outcomes such as dropping out of school, unemployment, relying on public assistance, and lifelong debilitating mental and emotional illness.

Untreated mental illness in young children interferes with crucial emotional, cognitive and physical development. Pottick, N. (2002). Answers to Key Policy Questions, Institute for Health, Health Care Policy and Aging Research. Rutgers.

Childhood traumatic stress leads to physical differences in brain structures related to memory and planning: smaller brain volume, larger fluid-filled cavities, less connective matter. *DeBellis & Putnam, 1994; DeBellis, et al., 1999 a & b.*

Criteria for diagnosis can be found in the DSM IV-TR and the DC: 0-3R, Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood.

I would strongly encourage all PNPs to obtain the following references which include screening tools.

The KySS Guide to Child and Adolescent Mental Health Screening, Early Intervention and Health Promotion. (Available through NAPNAP at www.napnap.org)

Bright Futures Mental Health Practice Guide (Available in printable pdf. format at www.brightfutures.org)

"One in ten children and adolescents suffer from mental illness severe enough to cause some level of impairment."

KUDOS: Cheryl Deters RN, MSN, PNP

This section is to acknowledge both the professional and personal happenings of our members. Email me with happenings and I'll make sure that it gets in the next newsletter. I am sharing a few happenings about myself and a couple of our other members. I am sure that you all know something about a member or about yourself that deserves recognition. Here is your chance to share.

Cheryl Deters -

Professionally: Over the past year, I have spoke at several venues for school nurses on the issues of self mutilation/cutting, mental health disorders in children and psychopharmacology.

Personally: I am a great auntie for the 6th, 7th, and 8th time! My niece gave birth to healthy triplets about 2 weeks ago. All were over 4 pounds and 16inches. All went home from the hospital on day 3! I look forward to holding them all as soon as I can get back to the east coast.

Did you all know that our very own **Melissa Reider-Demer** and **Cathy Goodhue** coordinated an Outreach to Iraq? They collected and shipped over 400 pounds of medical books! Melissa mentioned it was quite a sight at the post office when they arrived with all the books.

And speaking of **Melissa Reider-Demer**; after serving as secretary at the national level she continues on several committees at the national level. These include Nomination committee, Awards committee, Standards of Practice, and Professional issues. Besides this, she is also part of a national NAPNAP group who are addressing the PNP role in retail based clinics.

I recently heard from past President (2005 - 2006), **Judy Cobos**, who has moved to Arizona. She is still unpacking boxes in their new home, looking forward to participating in the Arizona NAPNAP chapter and hopes to meet up with us again at conferences or during a visit to California.

And, in our next newsletter, I expect we should be hearing all about our current past President, **Mary Whitten**, who is expecting the arrival on her first grandchild. Hey, any of us who know Mary know she isn't really old enough to be a grandmother, is she?

So now you have an idea of what we are looking for in this section. Hope to hear all about your experiences. Send your contributions to cdeters@msn.com.



FYI:



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NAPNAP-Los Angeles:

Our Mission is directed toward the future in caring for the health and wellness of our children and providing support for the dedicated Pediatric Nurse Practitioners who care for children in a variety of settings.

Goals

- ◆ *Provide leadership at the local level to promote professional development and respond to the needs of our membership*
- ◆ *Provide a forum for clinically relevant continuing education programs*
- ◆ *Facilitate a proactive voice and representation in legislative and health policy issues affecting Pediatric Nurse Practitioners*
- ◆ *Promote collaboration with other professional nursing and health care organizations to address critical practice issues*
- ◆ *Encourage and support Pediatric Nurse Practitioner students through scholarship, research grants and mentorship*

NAPNAP-LA Rewards Program

Don't forget to join National NAPNAP!!
When you join National NAPNAP, please write NAPNAP-LA in the upper right hand corner of the application. When you join, NAPNAP-LA gets credit towards annual fees, fees for chapter CE programs and registrations at the annual conference.

Benefits:

- **Subscription to the Journal of Pediatric Health Care**
- **Networking Opportunities**
- **Conference Discounts and MORE!**

NAPNAP-LA

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