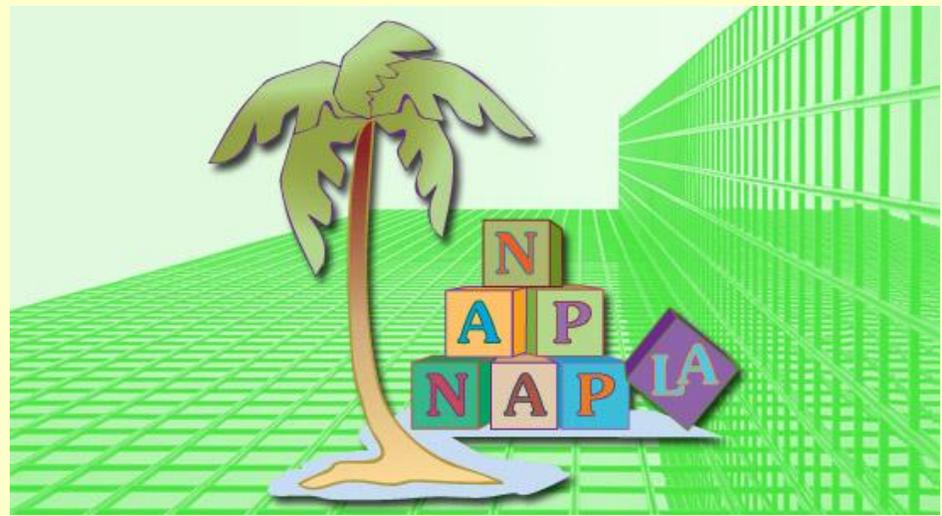


# November 2010

## Newsletter

Editor: Patty Quan



## President's Message

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### NAPNAP-LA Presidents' Update November 2010

Adolescents comprise a growing percentage of the population in the United States. This age group can be challenging to work with and can present with a variety of health issues. According to the Centers for Disease Control and Prevention, the 3 leading causes of death in adolescents 15-19 years of age include: accidents, homicide, and suicide. Approximately 11% of teens do not have health insurance and 6.7% have no usual source of health care. Common issues in this population include: obesity, eating disorders, recreational drug use, pregnancy, sexually transmitted diseases, depression, and other mental health problems.

The Program Committee of NAPNAP-LA decided to dedicate this year's annual conference to adolescent medicine. Please mark your calendar for Saturday, February 12, 2011 at Long Beach Memorial Medical Center and join us for ***Reflections on Teen Health***. You won't want to miss our expert speakers!

**Leo Mascarenhas, MD** will present, "Common Malignancies in the Adolescent – When to Refer." Dr. Mascarenhas is an Associate Professor of Clinical Pediatrics at the University of Southern California Keck School of Medicine and the Director of the Clinical Trials Office in the Childrens Center for Cancer and Blood Diseases at Childrens Hospital Los Angeles. He recently received the inaugural Walter Laug Distinguished Teaching Award which recognizes clinical and research faculty members who promote an exemplary learning environment and nurture the ethical, professional and personal development of Hematology/Oncology fellows at Childrens Hospital Los Angeles. Dr. Mascarenhas' areas of research include: clinical research and developmental therapeutics for bone and soft tissue sarcomas.

**Kynna Wright-Volel, PhD, RN, MSN, MPH, CPNP** will speak on "Obesity in the Teen and Associated Co-Morbidities". Dr. Wright-Volel is an Assistant Professor at the University of California, Los Angeles School of Nursing and also a Robert Wood Johnson Foundation Nurse Faculty Scholar. She also works in the Hematology-Oncology Department at Childrens Hospital Los Angeles as a Pediatric Nurse Practitioner. She recently was awarded

one of five Minority Health Community Trailblazer Awards which recognizes leadership in improving the health of their awardee's respective population, and pioneering contributions that have been outstanding and unique, and whose efforts have "blazed a trail" in the community. Dr. Wright-Volel's research interests include: pediatric chronic health conditions, particularly childhood obesity, racial and ethnic disparities in health, and access and utilization of health care services for children.

**Diane Tanaka, MD** will present two topics: "Teen Contraception" and "Recreational Drug Use". Dr. Tanaka is an Assistant Professor of Pediatrics and the Coordinator of Resident Training in Adolescent Medicine at Childrens Hospital Los Angeles. Her research interests include: contraception and substance abuse.

**Bill Sanders, PhD** will present on Gangs and Teens. Dr. Sanders is an Associate Professor in the School of Criminal Justice and Criminalistics at California State University, Los Angeles. In 2008, Dr. Sanders completed a National Institute on Drug Abuse (NIDA)-funded pilot study exploring health risks, including risk of exposure to HIV and hepatitis C, associated with substance use, violence, and sexual behavior amongst gang-identified youth in Los Angeles. Through this and similar research, Dr. Sanders is promoting a public health agenda for the study and approach towards gang youth. He has also published on drug selling, qualitative research methods and gang intervention. His book on young offenders in London, *Youth Crime and Youth Culture in the Inner City* (2005, Routledge) won the 2006 Scholar's Choice Award from the Society for the Study of Social Problems.

**Bryna Kane, MD**, will present on Dermatology and the Teen. Dr. Kane is an Assistant Clinical Professor of Medicine/Dermatology at both UCLA and UC Irvine. She is the founding partner and co-owner of the Laser Skin Care Center/Dermatology Associates in Long Beach. Dr. Kane has been selected as one of America's Top Physicians/Best Doctors from 1996 to 2008. She has been featured in articles in *Time*, *Newsweek*, *The Los Angeles Times*, and *The Chicago Tribune*, as well as *The California Medical Magazine*, which featured her as a medical hero. Dr. Kane has lectured on several occasions at the NAPNAP-LA Annual conference and is a frequently requested speaker both locally and nationally on her experience and expertise with gang tattoo removal.

The Program Committee is also soliciting the support from a number of vendors. During the lunch hour, we will be presenting Pal of the Year and One of Our Own. We hope you will join us for an exciting day of learning and networking! **Registration flyers will be mailed out at the end of November.** See you there.

Cathy Goodhue, RN, MS, CPNP

NAPNAP-LA Co-President

## Reminder

Please remember to subscribe NAPNAP-LA chapter eGroup. Once subscribed chapter members can post announcements, share resources or connect with local colleagues online.

### Instructions to subscribe to your eGroups:

1. Login to [www.napnap.org](http://www.napnap.org) with your Member ID and password
2. Click on the Community Profile link
3. Click on eGroup link (located in the light blue bar – under the Advocacy tab)
4. Click on My Subscriptions (on the left side bar)
5. Set your notification preferences for each eGroup
6. Click Save

## Member Spotlight



Myra Cleary

Myra received a bachelor's in Nursing from USC, a Master's in Nursing (PNP) from UCLA and is a DNP Candidate at Chatham University. She is married and has an 8 year old son with Asperger Syndrome. Her home town is Oxnard, California but currently lives in Long Beach, California.

Myra works at Harbor-UCLA Medical Center with Pediatric Neurology. She loves working with disabled children and really enjoys the field of neurology. She sees patients in her own headache and epilepsy clinics as well as managing the 3 Neurologists' clinics. But the best part of her job is working collaboratively with her nurse practitioner colleagues. Harbor has a great group of NP's and she is honored to be part of this team.

Myra also is a lieutenant in US Navy Reserve. She really loves this job. She was voted Junior Nurse Corps. Officer of the Quarter in 2005. She has traveled the world on two hospital ships the USNS Mercy and the USNS Comfort. Some countries she has visited on her humanitarian missions are New Guinea, Australia, Chuuk, Guam, Colombia, Panama, and Nicaragua. Her favorite was New Guinea. Her capstone project is increasing medical readiness by helping troops control hypertension.

## Legislative Update – November 2010

By Joana Duran & Demetra Bastas

Legislative Co-Chairs

Hello fellow NANPA members!

The Legislative Committee would like to take this opportunity to introduce our new Legislative Chair-Elect, Demetra Bastas. She is a Family Nurse Practitioner, who is currently practicing and managing a Family Quality Health Clinic (FQHC) satellite site in downtown Long Beach. She strongly believes in advocacy as a way to raise awareness regarding local, state, and national issues, as well as advance the profession of nurse practitioners as Primary Care Providers. Demetra will be working with our current Legislative Chair, Joana Duran, on our advocacy efforts until she takes over this role next year.

With elections quickly approaching, NAPNAP has been hard at work raising awareness regarding state and federal bills affecting children's healthcare and well-being. We would like to focus this newsletter on spotlighting a bill that has recently passed in the state of California. AB 12, otherwise known as California Fostering Connections to Success Act, was introduced by Assembly Member Beall and Speaker Bass, and sponsored by the John Burton Foundation. This bill was inspired by the harsh reality that annually, around 5,000 young people emancipate from California's foster care system. "Emancipation" is defined as reaching the age at which foster care benefits and services are no longer provided. AB 12 reports that "youth who age out of foster care have lower educational achievement and are more likely to experience homelessness, unemployment, unplanned pregnancies, and involvement with the legal system." Despite the evidence that we can positively impact the trajectory of an adolescent's lifespan, federal and California foster care assistance currently stops at age 18 or 19, failing to provide a successful transition into adulthood. Assembly Member Beall and Speaker Bass wrote this bill in an effort to transform the California child welfare system to better serve foster youth struggling to become self-sufficient adults. The bill accomplishes this by (1) providing transitional support to qualifying foster youth and their caregivers until age 21 instead of only 18, and (2) using federal funds to re-enact the California Kinship Guardianship Assistance Program (Kin-GAP) to assist foster children living with relative guardians.

What is amazing about AB 12 is that the changes represent both fiscally and socially responsible improvements to California's foster care system. AB12 not only facilitates a healthier and more successful transition for the foster youth struggling to make a successful transition into adulthood, but also allows the state to utilize available federal funds to lighten its financial burden. Previously, programs like Kin-GAP were

unsustainable, since all costs associated with it were borne by the state of California. With the use of federal funds, California hopes to meet costs currently supported by the state and counties, as well as alleviate the cost burden associated with the decline in unemployment, homelessness, teen pregnancy, public assistance, and homelessness associated with early emancipation.

As Pediatric Nurse Practitioners and Primary Care Providers, we are clearly concerned with the health and development of teenagers, and their transition into adulthood. This bill is of particular interest to those of us who work with chronically ill teens, who experience enough difficulties in transitioning into adulthood as it is, and would significantly benefit from additional assistance between the ages of 18-21. We fully support and applaud the signing of AB12, and look forward to monitoring its effects over the years to come.

In other news, we would like to report that the Legislative Committee is in the final stages of launching the California State Legislative Tracker for legislation concerning children's health and well-being. The tracker will be available through our local chapter website, as well as the national website, and will monitor approximately 40 active bills concerning issues that are of interest to our organization. Please stay tuned for updates on these developments, as we are looking forward to them!

## Committee Updates:

### COMMUNITY OUTREACH

By: Shareemae Salvador & Helen Lau

In a continued effort to raise awareness in mental health with the early adolescent population, NAPNAP will persist in reaching out to middle schools in the Long Beach Unified *School* District this year. Our focus in the upcoming 2010-2011 school year will include educating parents and/or school faculty with the KySS presentation. Resources for parents and teachers will be available at the presentation. Our next presentations will be as follows:

November 13, 2010 at 830am at Peary Middle School- 1415 W Gardena Blvd Gardena, CA 90247

January 25, 2011 at 6pm at Newcomb Academy- 3351 Val Verde, *Long Beach*, CA 90808

March 15, 2011 at 7pm at Stanford Middle School - 5871 E Los Arcos St, Long Beach, CA 90815-2198

If you are interested in joining the Community Outreach Committee, can come to the event, or have ideas for Community Outreach, please contact Helen Lau at [helenlau01@hotmail.com](mailto:helenlau01@hotmail.com) or Shareemae Salvador at [Sharee\\_salvador@yahoo.com](mailto:Sharee_salvador@yahoo.com)

**TREASURE'S REPORT**

DATE: Activities from 6/19/10 to 09/30/10

**BALANCE ON SEPTEMBER 30<sup>TH</sup> 2010**

<b>CHECKING</b>	\$6,541.65
CD #1	\$14,967.82
CD #2	\$12,610.11
<b>TOTAL</b>	<b>\$34,119.58</b>
<b>INCOME</b>	
<i>CATEGORY</i>	<i>AMOUNT</i>
National Membership Credit (7/28)	\$485.00
Interest (07/30)	\$0.04
National membership Credit (8/26)	\$610.00
Interest (08/31)	\$0.04
Fundraiser Donation from The Pampered Chef(8/26)	\$17.55
Kyss Project from National NAPNAP (8/26)	\$500.00
National Membership Credit (09/29)	\$445.00
Interest (09/30)	\$0.04
<b>TOTAL</b>	<b>\$2,057.67</b>
<b>EXPENSES</b>	
<i>CATEGORY</i>	<i>AMOUNT</i>
CANP Membership paid to Joana Duran (07/06)	\$250.00
VSB Quicken paid to Hermina Honda (7/19)	\$12.99
Tax Audit paid to Brian Williams (9/1)	\$200.00
Matisse Catering paid to Lynn Messenger (9/3)	\$500.00
2010 Scholarship paid to Marianne Miller (9/24)	\$500.00
<b>TOTAL</b>	<b>\$1,462.99</b>

Submitted by

Liza Jia

Treasurer

## PROGRAM

By: Cathy Goodhue & Debbie Harris

The program committee is gearing up for another exciting annual conference. Please save the date on your calendar; Saturday, February 12, 2011, at Long Beach Memorial Medical Center. Please see the president's message for more information.

## Membership

Vira Wu

There are currently 181 members in LA NAPNAP. As you all know, since Summer of 2009, NAPNAP members no longer can join local chapter without joining National, these unification not only save members money, but also make us all stronger as NPs in this Nation.

One of the LA NAPNAP's many goals is to improve our communication with our members through email, newsletter, conferences, dinner presentations etc to bring you the latest update on legislations, clinical practice and other health care reform news. Please do update your email address, phone numbers or address on the national web site with any new changes by log on to [www.napnpa.org](http://www.napnpa.org)

If you know of any new NPs, students, colleagues would like to join National NAPNAP, please encourage them to log on to [www.napnpa.org](http://www.napnpa.org) and chose LA as their local chapter.

Please feel free to email me at [penanghigh@yahoo.com](mailto:penanghigh@yahoo.com) if you have any questions or suggestions about membership. Thank you and have a great Holidays.

