

Elevating Excellence: PMHNPs Gather to Lead, Learn, and Inspire

By Louise Gabriele, DNP, PMHNP-BC



The Society of Psychiatric Advanced Practice Nurses (SPAPN) hosted its 2025 Spring Conference: *Pearls for Psychiatric Management* at Felician University's Rutherford campus. This dynamic, full-day event brought together leading voices in psychiatric practice and education, offering valuable insights, practical updates, and peer connection for attendees.

The morning began with a compelling keynote on catatonia—offering current treatment strategies and real-world case insights from Olivia Gibson Delaney, MD. Attendees then explored a complex youth case involving autism spectrum disorder and multiple comorbidities, led by Shavar Chase, DNP, PMHNP-BC, sparking thoughtful conversation about challenges in care coordination.

After a midday break attendees networked and explored the latest offerings from industry partners, the afternoon sessions shifted focus to the future—examining the growing role of Artificial Intelligence (AI) in healthcare and education with Casandra Gabriele, MS, and unpacking essential billing and telehealth updates with Dr. Marcel Kaganovskaya DNP, FNP, PMHNP.

A pharmacology presentation by Olivia Belenky, PharmD rounded out

the clinical content, offering insights into stimulants and ensuring attendees obtained pharmacology CEUs! And of course, timely knowledge. Dr. Belenky reviewed the latest evidence-based pharmacologic interventions for psychiatric conditions, with a focus on prescribing trends, safety considerations, and getting prior authorizations.

The day concluded with SPAPN's annual business meeting, reaffirming the organization's ongoing commitment to advocacy, professional development, and excellence in psychiatric practice led by our president, Dr Kaganovskaya. Updates on our progress toward achieving Full Practice Authority were shared, inspiring a thoughtful and engaging discussion. He reported that more than 5,000 "ONE CLICK" emails have been sent to Senate President Scutari, Speaker Coughlin, and legislators across the state—a powerful example of what we can accomplish together. We encouraged everyone to take one more step: pick up the phone and call their local state representatives. A personal call can go a long way in showing support for Bills S1983 and A944, which are essential to moving Full Practice Authority forward in New Jersey. Every voice truly matters. It's time to bring

NJ into the 21st century and modernize healthcare.

The event was more than a day of education—it was a meaningful reminder of SPAPN's commitment to supporting PMHNPs and the individuals living with mental health challenges.

A special thank you goes to the SPAPN Education Committee for their planning and hard work in bringing this event to life. The committee is already looking forward to what's next and hopes you'll join us in continuing this important work on October 25, 2025 at Felician University, Rutherford, NJ.

Louise Gabriele, PMHNP-BC, provided behind-the-scenes leadership. Her dedication and attention to detail helped ensure a seamless and meaningful experience for all attendees. ■



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