



2026 Biennial Conference

MENTAL HEALTH IN A CHANGING WORLD: DISASTER PREPAREDNESS & THE ROLE OF THE PSYCHIATRIC MENTAL HEALTH NURSE

APRIL 17, 2026 8AM- 4PM HOLIDAY INN -- 232 BROADWAY, SARATOGA SPRINGS, NY

***Join us for a special networking gathering Thursday April 16th from 7-9pm (details with registration)**

CONFERENCE AGENDA

7:00 AM – 8:00 AM Registration & Breakfast (Included)

8:00 AM – 8:30 AM *Welcome Remarks - Linda Paradiso DNP, RN, NPP, NEA-BC, APNA NY Chapter President*

KEYNOTE SPEAKER

8:30AM – 9:30 AM Tara Heagele, PhD, RN, FAAN
When Crisis Meets Care: Psychiatric Nursing Preparedness to Reduce Risk and Enhance Recovery

9:30 AM – 10:15 AM Poster Presentations & Break

10:15 AM – 11:45 AM Brooke Finley, PhD, DNP, RN, PMHNP- BC, CARN-AP, APHN-BC
Hot Crisis, Cool Head: How to Maintain a Thinking Mind When Groups are Under Stress and Regress

11:45AM – 12:45 PM LUNCH (Included)

12:45 PM – 1:45 PM Adam Brown, PhD
Expanding Emergency Mental Health Care Capacity: The Role of Nursing-led Task Sharing

1:45 PM – 2:15 PM Poster Presentations & Break

2:15 AM – 3:15 PM Mayer Bellehsen, PhD
Stress First Aid and Disasters: Supporting the Responders

3:15 PM – 3:45 PM Scholarship Recipients Introduction & Poster Awards

3:45 – 4:00 PM Closing Remarks/Evaluations

Register Now:

<https://myaccount.apna.org/i4a/pages/index.cfm?pageID=3330>

**Please submit cancellations in writing to chaptersupport@apna.org by 4/12/26 to receive a 50% refund. Beginning 4/13/26, no refunds will be given.*

Conference Objectives:

Describe the role of the psychiatric–mental health nurse in disaster preparedness and psychiatric first aid, including strategies for rapid assessment, crisis intervention, incident command structure, and community stabilization during large-scale emergencies.

Analyze the emerging phenomenon of chronic anxiety and identify evidence-based interventions and advocacy strategies that psychiatric nurse practitioners can use to support individuals and communities experiencing environmental distress.

Apply principles of Stress First Aid to promote resilience and well-being among caregivers and healthcare providers, recognizing the importance of self-care and organizational support in sustaining the mental health workforce.

REGISTRATION:

Early Bird by March 8, 2026	After March 8, 2026:
Non-Member \$180	Non-Member \$210
APNA Member \$150	APNA Member \$180
Students with ID: \$75	Students with ID: \$75

Discounted rooms available: make your reservations now! Scan QR code or call 518-584-4550



DISCLOSURE AND NURSING CONTINUING PROFESSIONAL DEVELOPMENT (NCPD) INFORMATION: Accreditation of the nursing continuing development activity does not imply endorsement by APNA, ANCC or the APNA New York Chapter of any commercial products displayed in conjunction with this activity. The American Psychiatric Nurses Association is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Criteria for successful completion: Each participant **must attend the full program** and submit an APNA New York Chapter conference evaluation form at the conclusion of the program to receive contact hours certificate. **Partial credit will not be given.**

****ANCC Nursing Continuing Professional Development (NCPD) contact hours**