



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 Heagel, 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 pending.**