

General Registration:

One Day: \$90 / Two Days: \$175

UMass Faculty, Student and
Preceptor Rate:

One Day: \$45 / Two Days: \$90

Contact Hours (**pending):

May 12 – 7.50; May 13-7.50 = 15.00*

**Contact hours awarded upon completion of activity
evaluation at the end of each day.

To Register For the Conference Go To:

<https://umass.irisregistration.com/site/veterans>

Location:

**UMass Center at Springfield
Tower Square
1500 Main Street, Suite 260
Springfield, MA 01115**

*This continuing nursing education activity was approved by ANA
Massachusetts, an accredited approver by the American Nurses
Credentialing Center's Commission on Accreditation.

For more information regarding contact hours, please email
loriannelyne@nursing.umass.edu

Note: Partially supported by HRSA ANE Grant # 114-1097



Guest Speakers:

Gabrielle P. Abelard, DNP, PMHNP, PMHCNS-BC, RN, BS – Clinical
Assistant Professor and Coordinator for the Psychiatric Nurse Practitioner
Online Program at UMass Amherst College of Nursing.

Colonel (Ret) Jill W. Chambers, CEO of This Able Vet, LLC.

Colonel Sean Collins, PhD, APRN-BC – Assistant Professor at the
University of Massachusetts Medical School – Graduate School of Nursing
and the Diabetes Center of Excellence.

Sara Eichstaedt, MSW, LICSW – Central Western Massachusetts VA
Healthcare System's Military Sexual Trauma Coordinator.

Judith Grupenhoff, HeartConnected Living – Masters of Education in
Counseling Psychology and is a Certified HeartMath® Trainer.

Linda Robinson-Hidas, MS, LicAc, Dipl OM (NCCAOM) - President,
Acupuncture and Oriental Medicine Association of Massachusetts.

Susan Elizabeth Long, MA, LMHC, MBA, RN, MS, PMHNP, CCHP, APRN-BC
– Director/Owner Rested Mind Practice, Masters prepared licensed
therapist as well as a board certified Psychiatric Nurse Practitioner.

Maud Low, RN, MSN, RNC – Clinical Assistant Nursing Professor at the
UMass Amherst College of Nursing.

Lori Anne Lyne, MS, ACNP-BC – Nurse Practitioner and Clinical Placement
Coordinator at UMass Amherst College of Nursing.

James Mahoney, Director of Veteran Services for Holyoke,
Massachusetts.

Gabriel Nutter – Massachusetts Department of Veterans' Services,
Regional Team Leader for the departments SAVE Team.

Alison Myra Ozer, LMT – Licensed Massage Therapist, Shiatsu
Practitioner, Instructor and Member of the American Massage Therapy
Association.

Leigh Paz, OFF/OIF/OND – Transition Patient Advocate, U.S. Department
of Veterans Affairs.

Haley Priest, MEd, LMT, RMT- Licensed Massage Therapist, Reiki
Master, Founder of Pioneer Valley Reiki, and Co-founder Sanctuary
Healing Arts Center.

Ava Puccio, RN, PhD – Assistant Professor of Neurological Surgery Co-
Director Neurotrauma Clinical Trials Center.

Gail Russell, EdD, RN – Professor Emerita, UMass Dartmouth–College of
Nursing.

David Spound, Certified Teacher of Mindfulness Based Stress Reduction.

James Strohecker, CEO of HealthWorld Online.

Lieutenant Commander Sherri A. Wheeler, DNP, BSN, FNP, RN-BC –
Federal Bureau of Prisons (BOP)/Department of Justice (DOJ).

Donna Zucker, RN, PhD, FAAN – Associate Professor at UMass Amherst
College of Nursing.



State of the Art and Science: **Spotlight on Veterans' Health** **An Interprofessional and Holistic Approach to Chronic Health Conditions**



**Integrative Health
Symposium**

May 12th and 13th, 2016



Integrative Health Symposium May 12th and 13th, 2016

This Integrative Health Symposium will bring together a multi-disciplinary team of professionals dedicated to improving the healthcare for veterans and their families. It is highly likely that you will encounter veterans and their families as part of your role as healthcare provider and educator. This program will help you be prepared to meet the unique healthcare and educational needs of military members and their families across all aspects of the deployment cycle. This evidence based symposium will focus on integrative and complementary approaches to providing quality care to veterans and their families.

Objectives: *At the conclusion of this program participants will be able to:*

Recognize veterans in your caseload and identify the specialized healthcare needs of veterans, especially those with multiple chronic conditions.

Describe specific health issues experienced by veterans including: Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Military Sexual Trauma (MST), and other acute and chronic conditions.

Discuss evidence-based complementary and integrative methods for managing and treating identified health care conditions experienced by veterans and others with chronic conditions.

Audience: Nurses, physicians, social workers, other healthcare providers, integrative health practitioners, educators, and students



Thursday, May 12th

- 7:45 - 8:15 AM **Registration & Breakfast**
- 8:15 – 8:30 AM **Opening Remarks and Welcome**
- 8:30 – 9:00 AM **An Introduction to Military Culture and What it Means to Serve – Col. Sean Collins, PhD, APRN-BC**
- 9:00 – 10:00 AM **“Have You Ever Served?” Serving Veterans in Your Community Based Practice - Susan Elizabeth Long, MA, LMHC, MBA, RN, MS, PMHNP, CCHP, APRN-BC**
- 10:00 – 10:15 AM **Morning Break**
- 10:15 – 11:15 AM **Integrative Approaches to Achieving Wellness – James Strohecker, CEO, HealthWorld Online**
- 11:15 – 12:15 PM **Battlemind: Transition from Combat to Community – Gabriel Nutter, Mass. Dept. of Veterans’ Services**
- 12:15 – 1:15 PM **Lunch and Poster Session**
- Labyrinth Walk – Donna Zucker, RN, PhD, FAAN**
- 1:15 – 2:15 PM **Panel Discussion: Veteran’s Health: Access, Finances, Resources and Eligibility – Sean Collins, Leigh Paz and Jim Mahoney**

Concurrent Sessions: Choose 1

- 2:15 – 3:15 PM **The Power of Self Massage; Treating Chronic Orthopedic Conditions – Alison Myra Ozer, LMT**
- 2:15 – 3:15 PM **The Power of Acupuncture – Linda Robinson-Hidas, MS, LicAc, Dipl OM (NCCAOM)**
- 2:15 – 3:15 PM **Empowerment in Lifestyles a Wellness Approach – Lori Anne Lyne, MS, ACNP-BC & Gabrielle P Abelard, DNP, PMHNP, PMHCNS-BC, RN, BS**
- 3:15 – 3:30 PM **Afternoon Break**
- 3:30 – 4:30 PM **“What is your Story?” Reflection in Self Care: Col. (Ret.) Jill W. Chambers, CEO**
- 4:30 – 5:00 PM **Closing Remarks and Summary**
- 5:00 – 6:30 PM **Networking Reception and Poster Session**

Friday, May 13th

- 7:45 - 8:15 AM **Registration & Breakfast**
- 8:15 – 8:30 AM **Opening Remarks and Welcome**
- 8:30 – 9:30 AM **Integrative Health Approach, Building Resiliency – Col. (Ret.) Jill W. Chambers, CEO**
- 9:30 – 10:30 AM **Traumatic Brain Injury – Ava Puccio, RN, PhD**
- 10:30 – 10:45 AM **Morning Break**
- 10:45 – 11:45 AM **Military Sexual Trauma – Sara Eichstaedt, MSW, LICSW**
- 11:45 – 12:45 PM **Lunch and Poster Session**
- Labyrinth Walk – Donna Zucker, RN, PhD, FAAN**
- 12:45 1:45 PM **Panel Discussion: Women’s Health, Family Resiliency – Sean Collins, Gail Russell, Sara Eichstaedt and Sherri Wheeler**

Concurrent Sessions: Choose 1

- 1:45 – 2:30 PM **HeartMath® Tools and Techniques for PTSD and Other Anxiety Disorders - Judith Grupenhoff, M.Ed.**
- 1:45 – 2:30 PM **Self Compassion as a Self Care Approach – Maud Low, RN, MSN, RNC**
- 1:45 – 2:30 PM **Reiki: An Energy Approach to Chronic Pain, Anxiety and Depression Reduction - Haleya Priest, M.Ed., LMT, RMT**
- 2:30 – 2:45 PM **Afternoon Break**
- 2:45 - 3:30 PM **The Power of Interprofessional Collaboration in Managing Veterans’ Health – LCDR Sherri Wheeler, DNP, BSN, FNP, RN-BC**
- 3:30 – 4:30 PM **Mindfulness to a Better Lifestyle – David Spound, M.Ed.**
- 4:30 – 5:00 PM **Closing Remarks and Summary**