

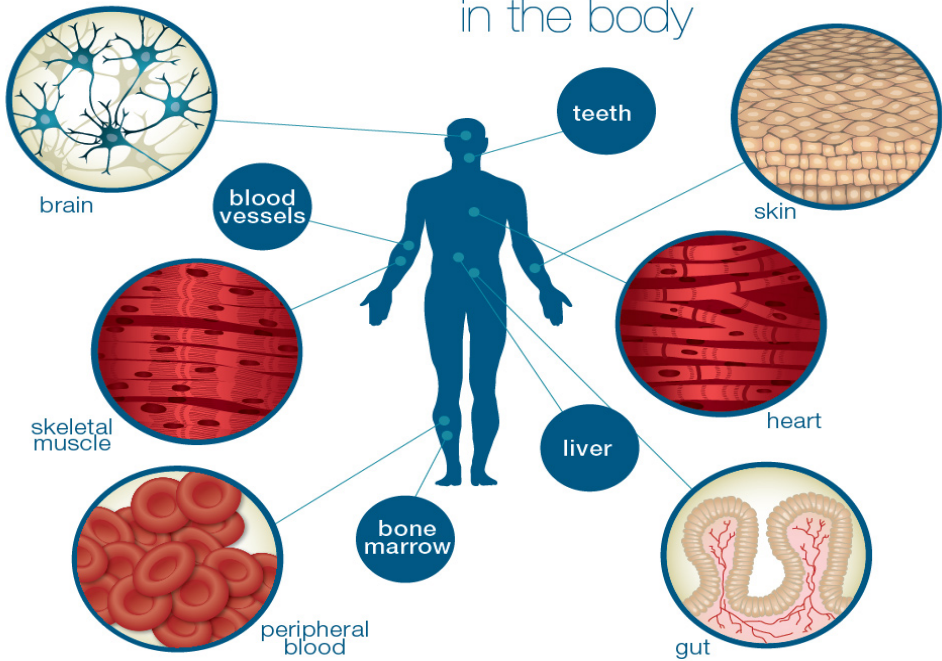
Welcome to the Psychiatric Advanced Practice Group of Houston (PAPN)!

<https://sites.google.com/site/papnhouston/home>

Mind
Matters

February
2015

Locations of **Somatic Stem Cells** in the body



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SAVE THE DATE !

PAPN Educational Conference

May 23, 2015

Methodist Hospital

6565 Fannin Street

Houston, TX 77030

Dunn Tower Conference

Legislative News

March 4, 2015, Wednesday

By David Williams, TNP

We currently have over 100 people registered to attend Legislative Day in Austin on March 4, Wed. My hope is that we exceed that number. The optics of hundreds of nurse practitioners behind their two bill authors shows a strong and vibrant community that is a force to be reckoned with. So please, do what you can to encourage your friends, colleagues and even your patients to attend.

Once you arrive inside the Capitol and proceed through security, TNP staff will meet you, give you your schedule for the day, and will lead you to the press event. After the press event, TNP staff will lead you to the House/Senate galleries and then on to our briefing room

House/Senate Resolution

Earlier this week an NP from McAllen, Texas saved a man's life on an American Air flight from Dallas to McAllen. She will be honored by the Legislature, which will help generate positive PR for us. Your attendance in the House/Senate gallery will allow lawmakers to see just how strong your profession is. A Resolution will be read in her honor in both chambers. What a sight it will be to fill the galleries with a sea of white coats.

Legislative Briefing

After the reading of the Resolution, you will be led to a conference room where TNP staff and lobbyists will update you on the happenings in the legislature as well as a briefing on the APRN legislative agenda. We will also be providing you lunch so don't make plans.

Legislative Meetings

All meetings with legislators will be scheduled by TNP. You will have no more than 3 legislative meetings. At the very least, you will meet with your state representative and state senator. You will have briefing papers and packets prepared for you to deliver to legislators.

Once your meetings have ended, we would like for you to go to return to the conference room where you are asked to fill out a short form sharing your experiences and what follow up is necessary with your particular legislators.

We should finish no later than 4:00 at which point you can go out and enjoy Austin or return to your hometown.

David H. Williams | Public Affairs Director

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Learn more about TNP at <https://www.texasnp.org>

Please contact TNP, HANP or Wanda Hilliard, PAPN, if you can attend Legislative Day in Austin on March 4, 2015! It's ONLY one day and we need you. Kaye and Wanda are driving and need two additional participants. Please email Wanda at Tuchill@sbcglobal.net

Dates to Remember

March 4, 2015	Legislative Day, Austin
March 19	Thursday, PAPN Meeting, TBA
March 22-24	ISPN, Seattle, Contact Linda Barloon if you have an interest in attending.
April 23 – 26	ASAM Conference, Austin, http://www.asam.org
May 23	PAPN Conference, Methodist Hospital
June 11 -14	APNA Psychopharm Conference, Baltimore http://www.apna.org/i4a/pages/index.cfm?pageid=1
Oct 28 – 31	APNA 29 th Annual Conference, FL
Nov 12 – 15	Stahl's NEI Conference, Orlando, FL

Interesting News from Around the World !

World's oldest psychiatric hospital opens new museum

February 21, 2015 3:34 PM

[Relaxnews](#)

The world's oldest psychiatric institution, the Bethlem Royal Hospital outside London, this week opened a new museum and art gallery charting the evolution in the treatment of mental disorders. The original hospital was founded in 1247 in what is now central London and the name spawned the English word "bedlam" meaning chaos and madness. In the 18th century visitors could pay to gawk at the hospital's patients and, three centuries later, stereotypes about mental illness still abound. "The museum is to do with challenging the stigma around mental health and one of the main ways you can do that is actually get people to walk onto the site and realise that this is not a frightening, threatening and dark place," Victoria Northwood, head of the Archives and Museum, told AFP. The bleak period in the history of mental treatment is addressed but not dwelled upon in the museum. Iron and leather shackles used until the mid-19th century to restrain patients are displayed behind a wall of mirrors so they cannot be seen directly. A padded cell is deconstructed and supplemented with audio of a patient describing what it was like to be locked inside. - Not black and white - The exhibition is full of interactive exhibits, including a video where the visitor is challenged to decide whether to commit a young woman, in denial about the dangers of her anorexia, to hospital against her will. The decision is surprisingly difficult and it shows the complexity in diagnosing ailments linked to the brain, which we still know comparatively little. "We are just getting across that this is not a black and white issue. It is not very easy. Human beings aren't very easy," Northwood said. Art features strongly throughout the space, starting with the imposing 17th century statues "Raving Madness" and "Melancholy Madness" by Caius Gabriel Cibber, which used to stand at the entrance to the Bethlem hospital when it was in central London. Also included are paintings by current or former patients, like Dan Duggan's haunting charcoal "Cipher" series of a man's elongated face -- a testament to the 41-year-old's inner turmoil.

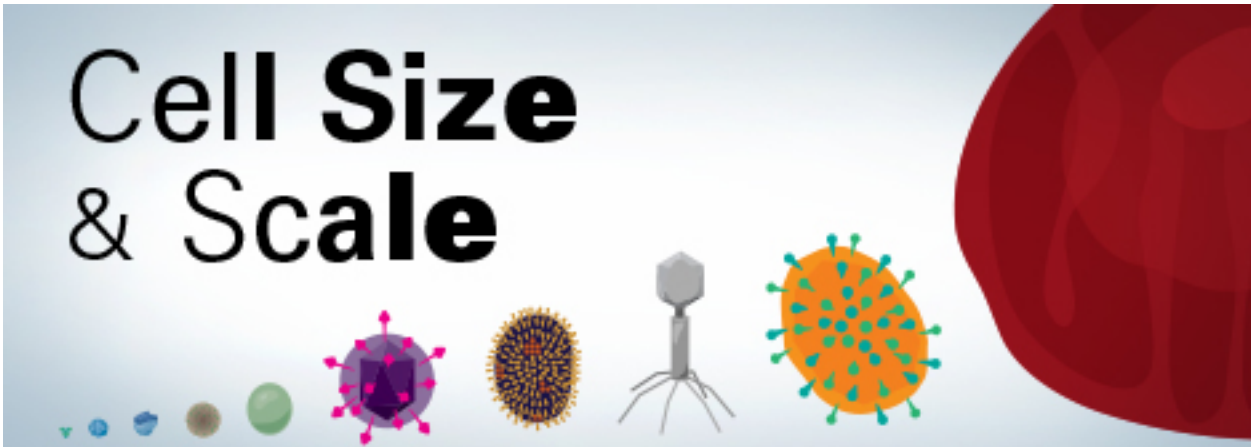
Duggan, who made several suicide attempts and was detained three times under the mental health act including at Bethlem, said art was an instrumental tool in his recovery.

"A lot of the time you spend in hospital, particularly a psychiatric hospital, is very prescribed.

"When you're engaged in a creative process, you're able to be free of all of that for a while and the power is back in your hands to do whatever you want to do," he said.

A very powerful outlet' - Visual artist and dancer Liz Atkin grew up in an alcoholic household. She developed dermatillomania or Compulsive Skin Picking from the age of eight as a way to manage the stress. "I could have ended things in a very different way," said Atkin, now aged 38. Atkin received treatment and works with patients at the anxiety unit of Bethlem, which is now located in spacious grounds about one hour south of London. She said the new museum and gallery is a unique space to encourage healing. "Making artwork isn't a complete cure and I personally don't think that I'm cured, but I think it provides a very powerful outlet for some of those things that are hard to talk about."

Cell Size & Scale



THE HUMAN MICROBIOME



the **F**ight
or **F**light
Response

