

Newsletter

August/ September 2023



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1

### Membership and it's Privileges



#### Join NBNPA Today!

The benefits of becoming a paid member of NBNPA includes:

**Full access to NBNPA website** 

https://nbnpa.enpnetwork.com/

**Professional networking opportunities** 

\$10 discount on AANP individual full membership dues

Legislative updates

**Continuing education opportunities** 

Clinical/professional practice updates

Attend free monthly sponsored meetings in Houston surrounding areas

A fee of \$20.00/ per person for non-members (you will be allowed to attend ONLY

one meeting)

\*\* Membership is non refundable

#### NBNPA needs Committee Members! Let's Get Active!

If interested, please send an email of interest to nbnpas@gmail.com.

Please list a committee of interest in the subject line.

**Scholarship Committee-** assist with organization of our annual scholarship fund raising activities and annual national scholarship gala

**Membership Committee**- assist with membership recruitment and retention strategies, schedule social networking events

**Education Committee-** to assist with education planning events, ideas and our annual national educational conference

Fundraising Committee- Assist with securing funds for community outreach, scholarship and educational sponsorships

**Community Service**-assist with developing and mobilizing community service programs/events, develop yearly calendar

Finance and Auditing Committe-assist treasurer with recording payments

Public Relations - assisting with picture collection for posting and storage for archives

Hospitality Committee- to handle deaths of family members, birthdays

**Global Initiative Committee**- committee members will assist with the facilitation of proposal application, review, grant writing and research

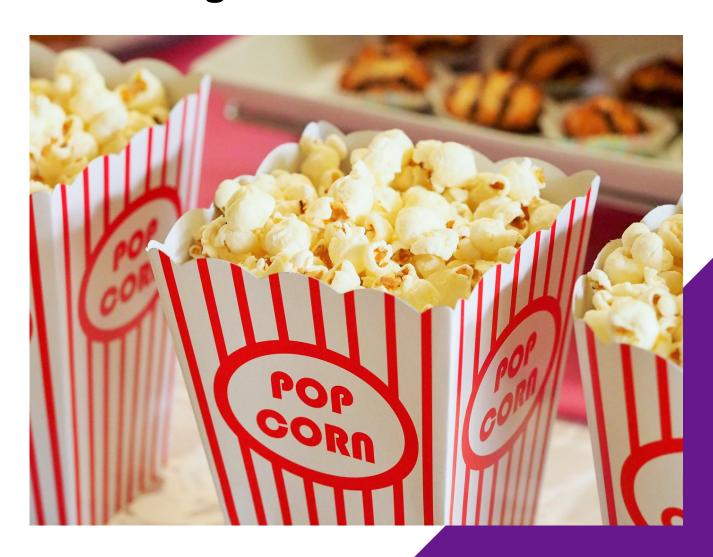
**Publication Committee**- committee members will assist with the facilitation of publication

### Raising Funds!!! 03

Congratulations to everyone participating in our inaugural Popcorn sale.

We raised \$4179.50

Get ready for next year, because our goal is to double this.



Clinical Updates!

04

### National Suicide Prevention Week 9/10-9/16

### #RealConvo Guide

### If Someone Tells You They're Thinking about Suicide

Here are some ways you can respond.



Let them know you're listening.

First of all, reassure them you hear what they're saying, and that you're taking them seriously.



Show your support and encourage them to keep *talking*.

In your own way, make sure they know you're there with them, and that you care. Let them know you want to hear more about how they're feeling, and what they're going through. Listen actively by expressing curiosity and interest in the details.



Ask them about changes in their life and how they are coping.

Find out how long it's been that the person has been feeling this way, and any changes it's caused in their life.



Be direct if you suspect they're thinking about suicide.

If you think someone's thinking about suicide, trust your gut and ask them directly. Research shows it will not put the idea in their head, or push them into action. Often, they'll be relieved someone cares enough to hear about their experience with suicidal thoughts.

What can you say if they tell you they're thinking about taking their own life?

Stay calm – just because someone is having thoughts of suicide, it doesn't mean they're in immediate danger. Take the time to calmly listen and engage with what they have to say, reassure them that help is available and they are loved, and that these feelings are a signal that it's time to talk to a mental health professional.

How to suggest they could benefit from professional help and help them connect.

Remind them you are happy to support them by having this conversation but that you aren't a mental health professional, and that speaking to mental health professionals can help any of us process any challenges we're facing. Offer to help them connect in whatever way you're comfortable with. You can offer to speak with their primary care provider as a gentle next step.

Not everyone is ready to ask for professional help right away.

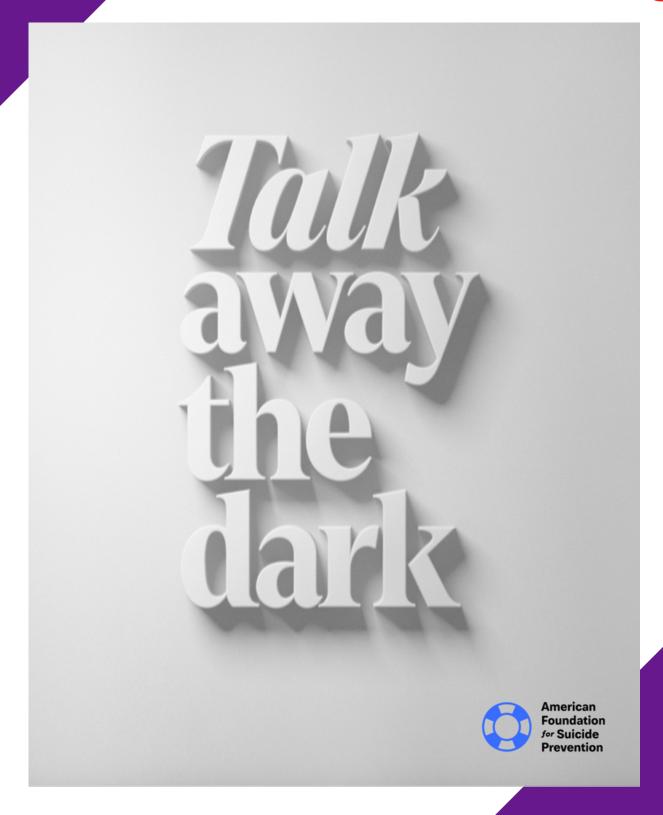
If someone you know is struggling refuses your suggestion of professional help (and if they aren't in immediate danger), be patient and don't push too hard. Remind them if they aren't ready to go in and meet with someone in person, there are other options.

When the conversation's winding down...

End the conversation by reiterating that you are so glad for the chance to connect on this deeper level. Remind them that we all have challenges at times, and that you'll continue to be there for them. If they're in immediate danger:

- **Stay with them**
- ♦ Help them remove lethal means
- ♦ Call the 988 Suicide & Crisis Lifeline
- ♦ Text TALK to 741741 for the Crisis Text Line
- Encourage them to seek help or to contact their doctor or therapist

**Clinical Updates!** 



For more information go to <a href="https://afsp.org/national-suicide-prevention-week/">https://afsp.org/national-suicide-prevention-week/</a>

10 September Meeting



Please Join us for our September Meeting TBA



## 12 Help Wanted

The Scholarship Committee host virtual meetings weekly to plan the 2023 Scholarship Gala.



If you are interested in assisting with the planning of the next conference, please email NBNPAS@gmail.com with your contact information,

**Subject line: 2023 Scholarship Committee.** 

Everyone has something to offer!

### 13

### Stay Ready!

#### Order your NBNPA paraphernalia

nbnpas@gmail.com.



Bling T-shits \$35
NBNPA Conference shirts \$25
NBNPA Cardigan \$100

### 14





AANP National Conference in New Orleans, June 20-25th.

Our President, Dr. Crystal Thibodeaux-Woodfork and Historian, Brittany Felder Collins repesented to the fullest.









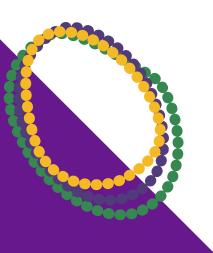


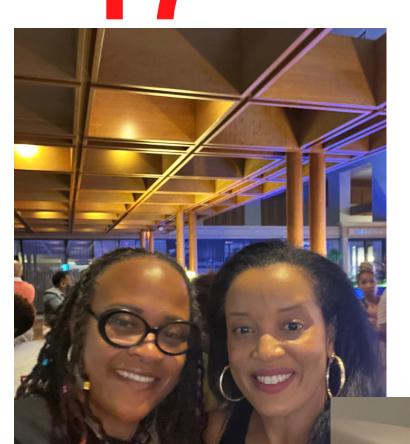
## 16



















### Graduates Stand up!

# Congratulations to our recent graduates!

Keilah Ford DNP, FNP-C, PMHNP-BC

Tracy Hicks DNP, APRN, FNP-BC, PMHNP-BC, CARN-AP, FIAAN, FAANP

Tracy Wilson DNP, MBe, MSN.Ed., RN, FNP-C

# Big things Happening!

Congratulations to Dr. Lutrica Harrison for her upcoming installation as the TNP Association's secretary.



Congratulations to Dr. Tracy Wilson for being elected as AANP's State Liasion



## Promote your Buisness

Are you ready to take you or your company to the next level? Promote your Business by becoming a Educational Conference/ Scholarship Gala Sponsor.

By sponsoring the conference, you not only promote your brand or company, but you also show your support for graduate education among African American Nurses. Help advertise your company by supporting our 2023 conference.

Go to the link below to review the different sponsorship <a href="https://s3.amazonaws.com/enp-network-asseps/production/files/id/276/priginal/2022\_Scholarship\_Sponsorship\_Packet\_revised.pdf?1663733004">https://s3.amazonaws.com/enp-network-asseps/production/files/id/276/priginal/2022\_Scholarship\_Sponsorship\_Packet\_revised.pdf?1663733004</a>

