

# INSIGHT

The Newsletter of the Student Nurses' Association  
of Pennsylvania - MARCH 2019



National Student Nurses' Association

Insight. Inspiration. Ingenuity.

Are you attending the 67th Annual Convention of the National Student Nurses Association? It is being held next week in downtown at the Salt Palace Convention Center in Salt Lake City, Utah from Wednesday, April 3rd through Sunday, April 7th.

Madeline Stadler, SNAP President, will be representing Pennsylvania and would like to know who will be attending so she can let you know about the caucus (meeting) schedule for all SNAP members who are there.

Please click on the following link (both members and faculty advisers) by **Friday, March 29th**, to let us know that you will be attending the convention. We want to make sure to share information regarding our SNAP Caucus schedule and other events that will be happening there:

## **[NSNA Attendance Information](#)**

## **VOLUNTEERS NEEDED!**

The NSNA Annual Convention is in Salt Lake City for 2019 and we are expecting over 3,000 nursing students from around the country attend. Managing a convention of this size requires significant coordination and support of volunteers - just like you!

Volunteers receive a certificate of recognition and a small token of our appreciation that is given at the convention. Your time commitment may be as little as one hour or as many as 6 hours depending on your availability. There are several different Volunteer Convention Teams that offer you opportunities to learn new skills and be recognized for your involvement. Please register for convention prior to signing up.

**Any volunteer that has completed over 6 hours of volunteer service will be put into a drawing for a free Midyear or Convention Registration (not to include NCLEX review).** The sign up can be sent to all schools in your state and individuals can sign up.

**Directions:**

We're using [SignUp.com](https://www.signup.com) (the leading online SignUp and reminder tool) to organize our upcoming SignUps.

**Here's how it works in 3 easy steps:**

- 1) Click this link to see our SignUp on [SignUp.com](https://www.signup.com): [NSNA VOLUNTEER SIGN-UP](https://www.signup.com)
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on [SignUp.com](https://www.signup.com).

*Note: [SignUp.com](https://www.signup.com) does not share your email address with anyone. If you prefer not to use your email address, please contact Trisha Mims([nsna@nsna.org](mailto:nsna@nsna.org)) and she can sign you up manually.*

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# FOR YOUR INFORMATION

## APRIL 2019

- **Deadline** for April INSIGHT: Monday, April 1
- **NSNA 67th Annual Convention:** April 3 - 7 in Salt Lake City, Utah. If you are attending, please complete this information form: [NSNA Convention Attendance](#)
- **University of Scranton** 1st Annual Professional Development Conference, April 14
- **Widener University** 2nd Annual Nursing Dinner, April 25



*The Association of  
Tomorrow's Nursing Leaders*

## MAY 2019

- **Deadline** for May INSIGHT: Wednesday, May 1

## JUNE 2019

- **Deadline** for June INSIGHT: Saturday, June 1
- SNAP Board of Directors Meeting: Saturday, June 8 and Sunday, June 9

9, Harrisburg, PA

## AUGUST 2019

- **Deadline** for August INSIGHT: Thursday, August 1

## SEPTEMBER 2019

- **Deadline** for September INSIGHT: Sunday, September 1
- SNAP Board of Directors Meeting: Saturday, September 14, Harrisburg, PA

## OCTOBER 2019

- **Deadline** for October and Convention INSIGHT: Tuesday, October 1
- **Deadline** for Chapter Constituency Status (determines # of delegates for convention): Tuesday, October 15
- **Deadline** for Proposed Resolutions: Tuesday, October 15
- **Deadline** for Chapter/Individual Awards and Scholarships: Tuesday, October 15
- **Deadline** for SNAP Consent To Serve forms (running for SNAP Board/NEC positions) Wednesday, October 30

## NOVEMBER 2019

- **SNAP 67TH ANNUAL CONVENTION**
  - **NOVEMBER 20 - 23, 2019**
  - **LANCASTER MARRIOTT**

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# SNAP RESOLUTION INSIGHTS

## IN SUPPORT OF INCREASING AWARENESS OF MENTAL HEALTH DISORDERS CO- OCCURRING WITH DRUG ABUSE

*by Fatima Carranza, Pennsylvania State  
University*

The general population often seems to judge those who fall victim to addiction because they do not believe addiction is a disease. Addiction is a disease that alters brain anatomy and therefore changes the physiology of the brain. Victims of addiction often relapse from rehab more than once due to the physiological changes of the brain that the drug of abuse has caused. While anyone can



be impacted by opioid addiction, there are certain predisposing factors that make addiction more likely. Some of these factors include environmental, lack of parental supervision and mental health issues. Victims with pre-existing mental health disorders often already have physiological differences than the general population. Many mental health disorders effect dopamine and serotonin levels in the brain, and most addictive drugs effect the dopamine receptors in the brain. Dopamine is a chemical messenger that plays a major role in the reward system of the brain. In a healthy individual, dopamine is released after eating as a compensatory mechanism, therefore making the individual feel rewarded after eating. The result of that hormone release in the evolutionary aspect is the individual maintaining an adequate nutrition intake.

Certain groups of individuals such as teenagers are at greater risk for drug abuse and addiction. A major contributor to drug use in teenagers is an underdeveloped prefrontal cortex. The underdevelopment of the frontal lobe, which controls our actions and rationales, makes teenagers more likely to take risks, such as experimenting with drugs. The most important way to prevent drug addiction and abuse is to focus on preventing drug use from ever starting. Programs most effective in preventing drug abuse and addiction often focus more on boosting protective factors and reducing risk factors for the individual.

Mental health and drug addiction many of the times are coexisting disorders in those who fall victim to drug abuse. Preexisting mental health disorders often common in those who become addicted to drugs are anxiety, depression and schizophrenia. When treating drug addiction and mental health disorders, both disorders have to be treated in order to prevent the chances of relapse. Addiction and mental health disorders can both be managed successfully. One way to combat addiction and encourage recovery is to promote awareness and education in the fields of all healthcare providers.

With the publication of this resolution, we aim to bring awareness to the importance of mental health screenings in younger children and in primary care practices. Increased consideration of the role mental health plays in substance abuse, will allow for many more effective preventions of drug abuse and addiction.

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**IN SUPPORT OF BRINGING AWARENESS TO  
MEDICALLY SUPERVISED INJECTION  
FACILITIES (SIFs)**



*by Carissa Smith, Widener University*

Right now, we are in the midst of an opioid epidemic that is claiming lives every day. These people are sisters, brothers, moms, dads, aunts, uncles, coworkers, and friends. Synthetic versions of drugs as well as highly potent drugs are not making it any better. In Philadelphia alone, there were more than 1,200 overdose deaths in 2017. It is an issue that nobody has a real solution to yet.

In the midst of this epidemic, there exists what are known as supervised injection facilities (SIFs). These places can also be referred to as supervised consumption facilities and supervised injection sites. SIFs are places where people can legally consume pre-obtained illicit drugs and be provided care if medically necessary. Currently there are over 100 locations throughout the world spanning from Canada to Australia to Europe. The ultimate effect of their existence is fewer deaths by overdose and introduction to treatment options. There has never been a death by overdose in a supervised injection facility, and there are many benefits that positively impact society.

- Reduced mortality due to availability of Naloxone
- Reduction in public injecting
- Increased entry into treatment
- Sterile equipment availability, especially needles
- Reduced risk of HIV and blood borne diseases due
- Reduction in number of needles in environment such as public streets and parks
- Fewer ambulance calls for overdoses - service is more available for other emergencies

One concern regarding SIFs include that it will promote drug initiation and increase drug crime in the areas surrounding the facilities, however, this was not found to be true. Currently, SIFs are not legal in the United States due to federal laws, but many cities have been considering implementing them. There is currently a non-profit trying to establish a SIF in the city of Philadelphia, and the organization is facing a lot of backlash. Although SIFs will remain a controversial topic in the months to come, it is important to ultimately find a way to save lives and work together to find a solution to our nation's growing opioid problem.

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***Dear SNAP Member/Faculty Advisor:***

***I encourage you to submit articles and photos pertinent to other nursing students in Pennsylvania to be included in the next issue of***

***INSIGHT. This is your newsletter and vehicle to let others know what is happening at your school and chapter.***

***Send your articles, pictures, calendar of events, and contact information to [snap@snap-online.org](mailto:snap@snap-online.org). We look forward to hearing from you soon!***

***Sincerely,***

***Connor Cochran, SNAP Secretary Treasurer***

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**QUESTIONS OR CONCERNS? CONTACT CINDY SHINGLER, SNAP EXECUTIVE DIRECTOR, AT (717)671-7110 OR EMAIL:**

**[SNAP@SNAP-ONLINE.ORG](mailto:SNAP@SNAP-ONLINE.ORG)**

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