Thoughts From the American Psychiatric Nursing Association Health Policy Summit
Geraldine S. Pearson

Implementation of Rocking Chair Therapy for Veterans in Residential Substance Use Disorder Treatment
Rene' L. Cross, Justin White, Jaclyn Engelsher, and Stephen S. O'Connor

Green Care as Psychosocial Intervention for Depressive Symptoms: What Might Be the Key Ingredients?
Rebecca E. Salomon, Alison D. Salomon, and Linda S. Beeber

 Integrative Review of Mobile Phone Contacts and Medication Adherence in Severe Mental Illness
Cordellia E. Bright

Sleep Habits, Sleep Problems, Sleep Hygiene, and Their Associations With Mental Health Problems Among Adolescents
Jinwen Zhang, Zhiwei Xu, Kena Zhao, Ting Chen, Xiuxia Ye, Zhifei Shen, Zengjiang Wu, Jun Zhang, Xiaoming Shen, and Shenghui Li

Experiences and Attitudes Among Psychiatric Mental Health Advanced Practice Nurses in the Use of Telemental Health: Results of an Online Survey
Martha B. Baird, Lucinda Whitney, and Cassie E. Caedo

Editor: Geraldine S. Pearson, PHD, PMH-CNS, FAAN

Journal of the American Psychiatric Nurses Association (JAPNA) is a peer reviewed journal designed to inform psychiatric nurses about important clinical and useful psychiatric care developments.

The American Psychiatric Nurses Association (APNA) was founded in 1986. In the ensuing 26 years, APNA has grown to be the largest professional membership organization committed to the specialty practice of psychiatric-mental health (PMH) nursing and wellness promotion, prevention of mental health problems, and the care and treatment of persons with psychiatric disorders.

Society Affiliation: American Psychiatric Nurses Association (APNA)

Readership profile: JAPNA readers consist of all members of the American Psychiatric Nurses Association plus individual psychiatric nurse subscribers. The readership consists of 65% advance practice nurses, including Nurse Practitioners with prescriptive authority and Clinical Nurse Specialists, who have prescriptive authority in 37 of 50 states in psychiatric mental health nursing.

Print
Circulation: 11,100
Frequency: 6 times per year

Print distribution
North America: 98%
Asia: 1%
Europe: 1%

Online
journals.sagepub.com/home/ap

Cover and preferred position rates (non-cancelable)
Inside Front Cover ............................................................ Earned B&W rate + 35%
Inside Back Cover ............................................................ Earned B&W rate + 25%
Back Cover ........................................................................ Earned B&W rate + 50%
Facing Table of Contents ................................................... Earned B&W rate + 30%
Facing First Text Page ........................................................ Earned B&W rate + 25%
Other Specified Positions .................................................... Earned B&W rate + 15%

Rates based on total units earned during a 12-month period. Space purchased by a parent company and subsidiaries may be combined for an earned rate. Post-publication rate changes will not be accepted. Changes in frequency must be applied to future insertions.

Other Promotional Opportunities
- Belly band
- Cover tip
- Inserts
- Outserts (product samples, brochures)
- Reprints
- Supplements
- Special Sections
- Custom Publications

Event opportunity:
APNA 33rd Annual Conference,
October 2-5, 2019, New Orleans, LA
Online Advertising

Digital advertising solutions:
- A: 728x90 Leaderboard (pictured) top of page ad position for immediate exposure
- B: 300x250 Banner Ad (pictured) middle right of page to engage the most invested users
- C: Either 300x250 banner ad (pictured), 160x600 skyscraper, or 300x600 expandable skyscraper
  Lower middle, right of page

Digital ad upgrades:
- Rich media: include active images or text
- Expandability: upgrade any ads to expand over or push down content
- Video: upgrade any ads with embedded video for greater engagement
- Form/lead capture: upgrade any ads with a contact information form for lead capture

Other digital solutions:
- Webinars: a custom digital event package that includes promotion and event hosting
- eTOC alerts: Leaderboard ad sponsorship of new issue email alerts sent to subscribers
- Content gateways: custom package to host your content and SAGE content in one place
- Sponsored digital editions: options include single article, full issue, or custom article compilations

Policy and Guidelines

Trim size: 8.125 x 10.875
Binding: Perfect Bind
All advertising is subject to APNA approval.
Ad dimensions are listed in inches.
All live copy should be no closer than 1/4" from trim.

<table>
<thead>
<tr>
<th>Non-Bleed</th>
<th>Bleed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full page</td>
<td>7.625 x 10.375</td>
</tr>
<tr>
<td>1/2 page vertical</td>
<td>3.5 x 10.375</td>
</tr>
<tr>
<td>1/2 page horizontal</td>
<td>7.5 x 5</td>
</tr>
<tr>
<td>1/4 page vertical</td>
<td>3.5 x 5</td>
</tr>
</tbody>
</table>

REQUIREMENTS FOR ELECTRONIC DELIVERY

General Instructions
A High Resolution Press-Ready PDF is required for all electronic ad submissions. All fonts must be embedded. Minimum required image resolution is 300 dpi for color or grayscale images and 900-1200 dpi for line art (1-bit) images. All color files must be created and submitted to publisher in CMYK color mode. Publisher will convert ads submitted in RGB but is not responsible for color reproduction on these ads. 2-color ads (standard) must be provided as black plus 100% cyan, magenta, or yellow.

Image Size/Crop
Digital art files should be cropped to remove non-printing borders. Art should be created or scaled to the size intended for print. Image orientation should be the same as intended for print. For ads that are intended to run off the page, a 1/8” minimum bleed is required on all sides.

Proof Instructions
Color Ads An identifiable SWOP-certified proof (Specifications Web Offset Publications—www.swop.org) must be supplied with the final digital file. If a SWOP-certified proof is not supplied, then the publisher cannot guarantee correct reproduction of color. Any omissions or color deviation from a submitted proof, other than a SWOP-compliant proof, will not warrant compensation to the advertiser.

B&W Ads A hard-copy proof the same size as the digital art must be supplied with the final digital file.

File Submission Instructions
Please supply files on one of the following media: CD-ROM or e-mail. If e-mailing artwork, then send the proof in a separate package in the mail.

JAPNA INSERTS
Tipped-in Inserts:
All bind-in cards and inserts are jogged to the head. All bind-in cards and inserts must have 1/8” trim beyond the crop mark area of the Head, Foot, Gutter, and Face of the advertisement. Perforations must be 3/8” from gutter. All live copy should be no closer than ¼” from the trim.
For inserts, 70# coated stock is the minimum weight and 110# coated stock is the maximum.

DIGITAL ADVERTISING DISCLAIMER:
Advertising materials must be submitted in a file format acceptable to SAGE. All advertising materials will be subject to SAGE’s approval prior to printing. Any digital advertising orders for which acceptable production-ready advertising materials are not received by SAGE within eight (8) days after the flight date, the order will be subject to cancellation, and in such event Advertiser will be responsible for the full payment amount of the order.

Other digital solutions:
- Webinars: a custom digital event package that includes promotion and event hosting
- eTOC alerts: Leaderboard ad sponsorship of new issue email alerts sent to subscribers
- Content gateways: custom package to host your content and SAGE content in one place
- Sponsored digital editions: options include single article, full issue, or custom article compilations

FOR DISPLAY AND CLASSIFIED ADVERTISING
Mac McKay
SAGE Publications
2455 Teller Road
Thousand Oaks, CA 91320 USA
Phone: (805) 490-7420
Fax: (805) 375-5282
E-mail: mac.mckay@sagepub.com

FOR ARTWORK DELIVERY
Wendy Worman
SAGE Publications
2455 Teller Road
Thousand Oaks, CA 91320 USA
Phone: (805) 410-7635
Fax: (805) 410-7009
E-mail: advertising@sagepub.com

PRE-PRINTED INSERTS
(list journal name, issue # and quantity on boxes/skid)
Ship To:
Mary Heiliger
CSR
Sheridan Press
450 Fame Avenue
Hanover, PA 17331 USA
Phone: (800) 635-7181 ext. 8145

FOR REPRINT AND SUPPLEMENT SALES
Barbara Eisenberg
SAGE Publications
2455 Teller Road
Thousand Oaks, CA 91320 USA
Phone: (805) 410-7763
Fax: (805) 410-7009
E-mail: reprint@sagepub.com