

## SUCCESS IS IN THE NUMBERS

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Judith J. Saklad Memorial Award Address  
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I would like to thank the nominating committee and the College for bestowing this honor. I am truly humbled at the notion of joining those who have previously been awarded – I guess the standards are beginning to wane. Brenda tells me I have to accomplish in 10 minutes what we used to do in an hour – so I hope none of you have difficulty with sleep latency! I thought it interesting to look at how people and numbers affect our success.

ONE – seems a good place to start. Someone said – you can measure one's success by looking at the people around them. I cannot begin to tell you the number of individual people that have influenced my career and personal success. There are many clichés about men having a woman behind them – clearly this is the case with my wife Ellen. I owe much of my success to our long and loving relationship. Thank you Ellen – I love you. There are also many individuals who have helped me in my professional development as teachers and mentors. I cannot begin to list each of you individually – many of you are here today – thank you for your guidance and most of all your patience.

What other ONE's are there? It took one person to submit that first grant to NIMH to support psychiatric pharmacy training, to start that first training program, to start that first clinic, to start that first MTM project – So I have to ask who among you will be the first to start something that will dramatically change the direction of pharmaceutical care for our patients?

TWO – yes don't worry, despite going one by one – we will get done in 10 minutes. Parents form the foundation of a child's success. I was incredibly fortunate to have parents that supported my goals. The English politician Harold MacMillan said "No man succeeds without a good woman behind him. Wife or mother - if it is both, he is twice blessed indeed." I'll add that fathers had something to do with it as well. I hope to have instilled in my children – Nathan and David – to reach for your dreams and take those opportunities people place in front of you – you never know where it will take you.

THREE – the number of people reported to be the "grandfather" of psychopharmacy" Glen Stimmel, Lee Evans and Jim Wilson and there are probably others – but let's also be sure to recognize those women that also paved the way for all of us. CPNP will recognize Barbara Wells tomorrow for her lifetime of dedication to psychiatric pharmacy – thank you Barbara and all the other women who have played an important role in our development.

It is amazing to me how young the group of people is that helped form psychiatric pharmacy and how young our membership is – it is a testament to the commitment we all have to our patients and profession.

THIRTY TWO – the number of residency or fellowship programs identified in 1989 in the original BPS petition for recognition of psychopharmacy practice as a specialty. Only about two thirds of the positions were filled back then.

THIRTY FIVE – the number of postdocs that have passed through our training program in Kansas City since I arrived in 1987. There is nothing more rewarding than seeing your trainees make a difference and be successful.

FIFTY SEVEN – the current number of residency positions listed on the CPNP website. Three is the number of postdocs completing fellowship training when I finished in 1987. It is great to see twice the number of people in training per year now relative to 1989 – but I am troubled by the lack of fellowship opportunities – where are the researchers of the future going to come from?

ONE HUNDRED FIVE – the number of original founding members of CPNP. As one of the founding members of this organization – I can tell you it was really personally energizing to be part of a grass roots effort to put psychiatric and neurologic pharmacists on the map. There had been several other attempts to organize the group prior to that meeting in 1997. But those initial 105 – plunked down the cash a little over 13 years ago and made CPNP a reality – it is a testament to how a few can change the landscape in a short period of time. In the words of the great philosopher Jonathan Winters “We couldn’t wait for success, so we went ahead without it” – I am so glad we did.

ONE HUNDRED THIRTY SIX – this was the number of pharmacists identified in the original survey for Board of Pharmaceutical Specialties petition in 1990 that were working with full time clinical responsibilities. It was estimated at the time there were about 800 pharmacists working in mental health institutions. The ASHP Psychopharmacy Special Interest Group (SIG) – which later became a Special Practice Group (SPG) – had a maximum of 288 pharmacists.

SIX HUNDRED TWENTY SEVEN - The current number of board certified psychiatric pharmacists. But still this represents just a minor portion of those practicing in psychiatric pharmacy. Board certification was an important milestone in our development – but what have we done with it in terms of changing practice? I think there is now enough of us to make some difference – but what shall we focus on? What will be the next success?

ONE THOUSAND ONE HUNDRED TWENTY FOUR – the current membership of CPNP. – an eleven fold increase from our founding in 1998 – not bad – but can we keep it going?

EIGHTY MILLION – the number of people in the US this year that will have a mental illness. So the math says that we are spread kinda thin – that’s about 128,000 potential

patients for each Board certified person, or only 71,000 thousand for each CPNP member. Clearly the numbers are not in our favor. Marty Fankhauser asked in her Saklad Award address – Are there enough neuropsychiatric specialists to do all the work? – clearly we have made progress – but we need to continue our growth. Having a record numbers of pharmacists in neuropsychiatric practice, as board certified psychiatric pharmacists, as members of CPNP and in attendance at our annual meeting is more than a good start. The mission of CPNP is to promote excellence in pharmacy practice, education and research to optimize treatment outcomes of individuals affected by psychiatric and neurologic disorders. That is a tall order, especially for this many potential patients. We will need more members and resources to meet that challenge – are you up for that challenge?

ONE – the one thing I have learned having gone through some of the milestones of our development is that one person can make a difference. Think of those individual patients that taught you something or really made a difference in your perspective. Those individual instructors that took a moment to say to you – hey maybe you should consider pursuing psychiatry or neurology. Those individuals that paved the path for the creation of CPNP and Board Certification. Those individuals that were and are still willing to put the personal time and resources into making a difference for our profession and have taken the risk that something new and different can improve patient care.

There are many good ideas presented here at the Annual meeting – take a chance – be one of those individuals that takes just one of those ideas and makes a difference and enhances our success.

The award I receive today is named in memory of one individual – Judith Saklad – who was one of those people who made a difference not only in my life and career – but touched the lives of many people in many ways. She was a role model for us all. Thank you again for the honor.