



# KALEIDOSCOPE

Envisioning a world in which individuals with psychiatric and neurologic disorders receive optimal treatment, live free of stigma, and achieve their full potential

JUNE 2019: A Newsletter of the CPNP Foundation

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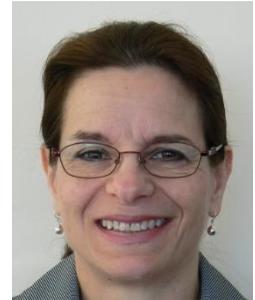
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## PRESIDENT'S LETTER: TREMENDOUS SUPPORT IN SALT LAKE CITY

*Cynthia Kirkwood, PharmD, BCPP, CPNP*

The Foundation Board members enjoyed greeting both familiar and new faces at the CPNP Annual Meeting in beautiful Salt Lake City! We had a tremendous response to the **BeThe1To SAVE A LIFE** campaign to prevent suicide. There was a constant stream of people taking photos at the **BeThe1To** signature wall, and we especially appreciated all the students and faculty advisors who stopped by to chat. Members purchased an amazing 180 shirts which, with a matching donation from CPNP, allowed us to deliver a \$4,500 donation to NAMI.



*Cynthia Kirkwood, CPNP Foundation President*

As a reminder, **BeThe1To** is an action-forward, life-saving campaign and everyone should be empowered to:

### **Ask, Keep Them Safe, Be There, Help Them Connect, Follow Up**

Again, this year the Foundation sponsored Mental Health First Aid training with 58 individuals completing the 8-hour workshop during the Annual Meeting. These students and pharmacists are now well equipped to provide effective care at their practice sites! Through your generosity, the Foundation supported 20 pharmacy students with a travel grant to attend the Annual Meeting. Contributions from CPNP Past Presidents through the Destiny Fund supported the innovative research of three trainees who presented their results during one of the poster sessions.

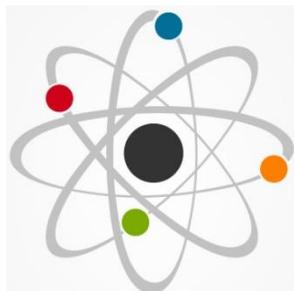
In an important step for our future, the Foundation Board met on-site with members of the CPNP Board and had a productive discussion on our path forward as a foundation. We continue to work towards a shared mission and vision - please stay tuned for more information.

As always, we appreciate all the support of the Past Presidents to the Destiny Fund, our Legacy Partners who have made a planned gift, and the members' support for student travel grants along with other generous donations to the Foundation. It is only with your help that we can fulfill our mission to provide compassionate treatment of individuals with mental disorders.

Please consider a [donation to the Foundation](#).



## GRANT OPPORTUNITY FOR STUDENTS, RESIDENTS, AND FELLOWS CONDUCTING PROJECTS OR RESEARCH



The CPNP Foundation is excited to announce that the 2019 ***Defining the Future*** Research Grant cycle has begun! This annual grant program is designated specifically for students, residents, and fellows interested in psychiatric and neurologic pharmacy. Projects and scholarly research pursuits will be considered for the grant, and all submissions must align with the vision and mission of the Foundation, which can be viewed at [cpnpf.org](http://cpnpf.org). CPNP Student Chapters are also encouraged to apply and will need to designate one individual to be the point person for the grant.

Up to four grants of \$1500 will be awarded to support the projects of the selected individuals or groups. Recipients will be required to submit their project results as an abstract for poster consideration at the 2020 CPNP Annual Meeting to be held April 26-29, 2020 at the Hyatt Regency Dallas in Dallas, Texas. A full listing of grant criteria can be found on the CPNP Foundation's [website](http://cpnpf.org).

**Grant applications must be submitted through the [online application portal](#) by 11:59 p.m. Central Time, August 31, 2019.**

This is an excellent opportunity for students and residents to gain exposure and to improve the care of patients with psychiatric and neurologic disorders. The Foundation is looking forward to experiencing applicants' enthusiasm and creativity as we work to define the future of psychiatric pharmacy!

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## STUDENT GRANTS INVEST IN THE FUTURE OF PSYCHIATRIC PHARMACY

We are thrilled to share that 29 donors, including multiple CPNP Past Presidents, contributed to the registration and travel scholarships awarded to 20 students to attend the 2019 CPNP Annual Meeting in Salt Lake City, Utah. Generous contributions like these support the future of psychiatric pharmacy and show commitment to improving the care of patients living with psychiatric, neurologic, and substance use disorders. The CPNP Foundation thanks all of its donors for their generosity. Many of the student recipients passed along their thanks as well! We have included a few emails and thank you notes below. Please support future student grant awards at <https://cpnpf.org/pledge>.

### **Frank Tillman, University of North Carolina PharmD Candidate, 2019**

I hope that you are doing well. My name is Frank and I am a current fourth year pharmacy student attending the UNC Eshelman School of Pharmacy. I wanted to personally thank you for your generosity as a donor to the student grant program through CPNP. Without the support of patrons such as yourself, many students would not have the ability to expand upon their network and attend CPNP. I am extremely grateful for your contribution toward my future through this amazing educational opportunity. Thank you once again!

**Katelyn Gordon, Butler University**  
**PharmD with Psychology Minor Candidate, 2021**

My name is Kate and I am the President for the College of Psychiatric and Neurologic Pharmacists at Butler University. Due to your generous financial support, I have been awarded a student registration grant to attend CPNP 2019!

My pursuit for a career in psychiatric pharmacy stems from my interest in psychology and drive for stimulating mental health conversations on campus. This passion led me to help establish CPNP at Butler University 2 years ago. I have been wanting to attend this conference to connect with other students and learn how to grow this organization on our campus. I am also looking forward to meeting with individuals like yourself that will provide greater insight to growing this specialty. If you will be attending the conference this year, I would love to meet and thank you again in person!

Again, I am deeply grateful to you for supporting students like myself to pursue opportunities within psychiatric pharmacy. I am so excited to see how this conference will continue to develop my interest in psychiatric pharmacy! Your financial investment is furthering the impact of future psychiatric pharmacists through this unique educational opportunity.

**Teresa Zhen, Belmont University**  
**PharmD Candidate, 2020**

My name is Teresa Zhen and I am writing to personally thank you for your generosity and support to fund the student registration and travel grants to CPNP Annual. I valued this opportunity so much that I mirrored your efforts by organizing enough fundraisers this year to create my own chapter's CPNP Annual Registration Grant at Belmont University, College of Pharmacy.

Receiving this grant is such a privilege. I will use it to further advance my knowledge in psychiatric and neurologic pharmacy to offer optimal care to patients, while breaking the stigma against mental illness. It was my first time attending CPNP Annual last year. The speakers were inspiring and informative. The individuals I had the pleasure of meeting were extremely supportive and influential. I look forward to another great experience at CPNP Annual this year!

**Patty Maglalang, University of Minnesota**  
**PharmD Candidate, Class of 2021**

I'm Patty Maglalang, a second year pharmacy student from the University of Minnesota College of Pharmacy, and I want to personally thank you for your donation to the student grant program last year. With the financial support that you and other donors provided, I have been awarded a student registration grant supporting my attendance at CPNP 2019.

In the future, I hope to have an integrated career that would allow me to conduct clinical research in psychiatry and neurology, have direct patient care interactions, and teach student pharmacists. I believe that attending the CPNP meeting will be important to my professional development as I plan to pursue an academic career with a focus on neuropsychiatric pharmacotherapy. I am grateful to the contribution you are making toward my future and the future of the psychiatric and neurologic pharmacy profession through this great educational opportunity. I am excited to attend this conference and have the opportunity to network and interact with students and professionals who share similar professional goals and visions as me.

## DONOR SPOTLIGHT: ANN RICHARDS, PHARM D, BCPP

CPNP Foundation enjoys featuring donors who exemplify the values of the Foundation through their dedication to evidence-based care, commitment to meeting the needs of patients living with psychiatric and neurologic disorders and their families, and through their sustained support. In this issue of Kaleidoscope, we feature Ann Richards, PharmD, BCPP who was a Founding Member of CPNP (1998), a CPNP Past President (2009-2010), and a Founding Circle member of the CPNP Foundation (2011). The CPNP Foundation Board of Directors thanks Dr. Richards for her dedication to psychiatric pharmacy which she continues to sustain even in her retirement years. We caught up with Dr. Richards about her career and the impact that CPNP and the CPNP Foundation had on her career and life.



*Ann Richards  
PharmD, BCPP*

### **Dr. Richards, what led you to pursue psychiatric pharmacy?**

"While obtaining my PharmD at the University of Nebraska Medical Center College of Pharmacy, my first clinical rotation was in psychiatric pharmacy at the VA in Omaha, NE with Dr. Sam Shillcutt. Dr. Shillcutt was highly respected on the unit and was able to incorporate the neurobiology of disease into the clinical setting. Observing him in this setting showed me career potential in psychiatric pharmacy. During this rotation, I had an opportunity to visit a facility with dedicated units for the treatment of individuals with Huntington Chorea. Due to unexpected schedule changes by the College of Pharmacy, I was able to complete an elective in psychiatric pharmacy with Dr. Jim Wilson at the Nebraska Psychiatric Institute. This allowed me to work under a clinician that was passionate about the care of patients with mental illness. Through persistence, I was allowed to complete a third rotation in psychiatric pharmacy at the VA Day Hospital. This setting allowed me to see a clinician's impact on patient lives."

### **What was your first position in psychiatric pharmacy?**

"After my residency, my first position was with The University of Texas College of Pharmacy. After residency, I married and moved to the San Antonio area and was very fortunate to have Dr. Larry Ereshefsky create a part-time position that was based at the San Antonio State Hospital. I was very fortunate to work closely with Larry Ereshefsky, Steve Saklad, and Michael Jann."

### **How did CPNP and the CPNP Foundation impact your career?**

"Both CPNP and CPNPF allowed me the opportunity to serve in a leadership position and learn the nuances of running an organization. I was able to take these global skills and apply them to my leadership position as the Pharmacy Director for the Texas Department of Mental Health and Mental Retardation which has since evolved into Texas Health and Human Services Commission Health and Specialty Care System. CPNP has served as a valuable resource over the years, whether it is the listserv, their useful tools, or continuing education for maintaining board certification. The networking opportunities are unlimited and have provided me with contacts throughout the country who face similar problems as state hospitals."

### **Which CPNP Foundation initiative most motivates you?**

"As a student, it was a challenge to have the financial resources to attend national meetings. Therefore, the student support is my primary motivator. Seeing a high number of students at the CPNP Annual Meeting is exciting. Their enthusiasm, dedication to caring for patients, and their desire to do the right thing, tells me that the psychopharmacy services we provide will continue to have a major impact on patient lives."

## What prompted you initially to donate to the CPNP Foundation, and what continues to motivate you to support the Foundation, given all of the other charitable organizations and pharmacy-related Foundations in existence?

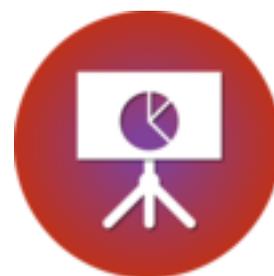
"The idea of improving care for our patients was my initial motivation to donate to the Foundation. Improving skills of local community pharmacists who then can provide additional care to individuals with mental disorders to not only improve care but, in some ways, decreases stigma associated with mental illness is another strong motivator."

To become a CPNP Foundation donor, give online at <https://cpnpf.org/pledge>.

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## DEFINING THE FUTURE RECIPIENTS RECAP THEIR EXPERIENCES

Each year, the CPNP Foundation presents the Defining the Future grant program, and we are pleased to share that all four of the 2018 grant recipients had their poster abstracts accepted for the 2019 CPNP Annual Meeting. We followed up with the 2018 grant recipients to learn more about their experience and how the *Defining the Future* grant impacted their projects. Click on the title of each project to view the final poster!



### **Destiny Boutain, 2020 PharmD Candidate, Xavier University of Louisiana: [Assessing Mental Health Knowledge Amongst HBCU Students](#)**

The study aims to investigate whether poor perception or knowledge are barriers to utilization of mental health resources on an HBCU campus. Despite documented disparities in mental health treatment in African Americans and Hispanic populations, there is a paucity of literature devoted to the opinions and knowledge of mental illness in HBCUs. This study established baseline knowledge and utilization of resources at an HBCU, in order to more effectively promote and develop mental health interventions for students. Because of The CPNP Foundation Defining the Future Grant, we were able to implement a successful project at our HBCU. We are so grateful for CPNPF and their continuous support on our journey. Our funds provided us transportation to the 2019 Annual Meeting in Salt Lake City where we were able to present our research and network with other amazing professionals. With this opportunity, we are pleased to continue on the road to becoming successful pharmacists and thrilled to provide meaningful contributions to the profession. Again, thank you to the CPNP Foundation for everything!

### **Abby MacCauley\*, 2019 PharmD Candidate, UNC Eshelman School of Pharmacy: [Pharmacist and Pharmacy Student Wellness and Mental Health Analysis](#)**

The goal of our project was to examine wellness among pharmacists and pharmacy students as comprehensively as possible. We did this by creating a survey that assessed three domains of wellness: mental health, physical health, and personal health. We administered the survey to all actively licensed pharmacists in the state of North Carolina and to all students enrolled in a PharmD curriculum at 12 schools of pharmacy across the United States.

The CPNP Foundation's Defining the Future Grant allowed us to offer incentives for survey participation as well as assisted with poster printing costs. The grant also assisted with travel costs for attending the CPNP

Annual Meeting in Salt Lake City so that we could present our preliminary results. Our survey found that there was a high risk for burnout among both pharmacists and students, and a trend toward higher rates of mental health disorders such as depression and anxiety among students. We plan to continue our analysis of these survey results so that we can provide better insight into schools and employers regarding where proactive measures might be most beneficial in supporting pharmacists and students. Thanks to the CPNP Foundation, we were able to communicate these results in a variety of professional settings and to exchange ideas about how to optimize wellness within our profession.

**Sarah Piccuiro, 2022 PharmD Candidate, University of Texas at Austin College of Pharmacy: [Incorporating Mental Health First Aid into Pharmacies and Pharmacy Schools: A Description of Methodology and Screening Results](#)**

Receiving the CPNP Foundation Defining the Future Research Grant has been an incredible experience. Beyond providing financial support, this grant allowed our research team to explore the important role of pharmacists in addressing mental health. Our goal was to outline the process of implementing pharmacist-led mental health screenings in a university-affiliated community pharmacy and to measure the impact of these services. Through our research, we initiated many important conversations within the University of Texas at Austin about the ability of community pharmacists to provide vital support to patients experiencing a mental health crisis. The highlight of the experience was presenting our poster at the CPNP Annual meeting and speaking with leaders in the field of psychiatric pharmacy. I would encourage anyone with a passion for psychiatric pharmacy and an interest in research to apply for the CPNP Foundation Defining the Future Research Grant.

**Lusi Zhang\*\*, 2020 PharmD Candidate, University of Minnesota: [BDNF Val66Met Polymorphisms, Antidepressant Use, and Cognitive Performance: A Moderation Analysis in Patients with Psychotic Disorders](#)**

Cognitive impairment directly relates to functional outcomes in patients with psychosis, including psychosocial skills and vocational attainment. Our study was designed to investigate the relationship among brain-derived neurotrophic factor (BDNF), psychotropic medication use, and cognitive performance within patients with psychotic disorders. We believe that it would provide valuable information on identifying a biomarker for severe cognitive impairment and clarifying cognitive implication of psychotropic medications.

I feel so grateful to the CPNP Foundation for awarding me The *Defining the Future Grant*. It has highly promoted my research project and sponsored my participation at CPNP 2019 where I presented my results as a *Research Trainee Award* finalist. As a first-year attendee, the support and recognition I received from this grant provided me great encouragement and opportunities to attend several programming events and gain networking experiences within the CPNP community. My experience with the CPNP Foundation has strongly motivated me to maintain my dedication to translational research in psychiatric pharmacy. I would highly recommend this program to any students, residents, and fellows who are passionate about research in behavioral health and psychiatry.

\* CPNP Foundation Strategic Goals Award Runner-up

\*\* Research Trainee Award Runner-up

## MENTAL ILLNESS, COMMUNITY PHARMACISTS, AND A NATIONAL MOVEMENT TOWARDS ACCESSING MENTAL HEALTH FIRST AID TRAINING



*Jerry McKee  
PharmD, MS,  
BCPP*

Jerry McKee – PharmD, MS, BCPP  
Clinical Pharmacy Specialist-Psychiatry  
BalladHealth-Woodbridge Psychiatric Hospital

For pharmacists looking to make a difference in patient's lives, Mental Health First Aid, administered by the National Council's trained facilitators, or similar training can be the foundation of a new direction in their clinical practice. Board certified pharmacists are encouraged to support and participate in this movement, as mental illness and substance use disorders are seen in all specialty and non-specialty practice settings. This national training initiative has the potential to be an important step in making inroads regarding improving pharmacists' comfort and confidence in serving persons dealing with a mental illness, and correspondingly, improving access to much needed care for this population. This training can literally be a life-saving endeavor. [Read the full article here.](#)

## MENTAL HEALTH FIRST AID GRADUATES 58 PARTICIPANTS AT CPNP 2019

Once again, the CPNP Foundation sponsored Mental Health First Aid at the CPNP Annual Meeting. This national, accredited, 8-hour program teaches participants how to help someone who is developing a mental health problem or experiencing a mental health crisis.

Certified instructors and CPNP members, Jerry McKee, PharmD, MS, BCPP and Azita Alipour, PharmD, BCPP, BCGP taught the course over two days before CPNP 2019 with 42 students and 16 non-students in attendance. Participants learned about and practiced crisis and non-crisis first aid for traumatic events, acute psychosis, withdrawal, and overdose. Following the event, participants received a certificate of completion from Mental Health First Aid USA acknowledging certification which is valid for 3 years. The National Community Pharmacists Association (NCPA) also provided 8 hours of continuing education credit for pharmacist participants.



Mental Health First Aid is gaining in popularity and reputation. Walgreens [recently announced](#) that it will partner with the American Pharmacists Association and the National Council for Behavioral Health to create an online version of the Mental Health First Aid program for their employees. Leaders believe this program will help Walgreens pharmacists and other employees help customers and coworkers in crisis.

The Foundation is thrilled to support and subsidize this life-saving important program through an offering at the CPNP Annual Meetings.