



# KALEIDOSCOPE

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

AUGUST 2020: A Newsletter of the CPNP Foundation

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## PRESIDENT'S LETTER: ANNOUNCING THE FOUNDATION'S UPDATED STRATEGIC PLAN

*J. Michael McGuire, PharmD, BCPP*

As I sit writing this CPNP Foundation Newsletter, I am in a surgery waiting room watching a surprise snow in middle Tennessee while my wife is in surgery. I am here as a caregiver rather than as a health care professional. I can't help but think of the health care professionals who are caring for my wife. It reminds me of the importance of the work we all do for those that we care for, many of whom have no family to act as caregivers. I think about the Foundation and our commitment to support our specialty as we care for our patients.



*J. Michael McGuire, CPNP Foundation President*

Well 2020 has certainly been an interesting year so far...I hope the second half is more predictable than the first half. Since my newsletter in February, our country has gone through so much. As I wrote the newsletter in February, I would never have thought that so many of our lives would be turned upside down in so many ways including a virtual CPNP Annual Meeting. Despite all the challenges, the CPNP Foundation (CPNPF) has been hard at work. The Foundation was able to support 825 students attending the Annual Meeting at no registration cost and awarded 4 Defining the Future grants which were all presented at Virtual CPNP 2020 (a list of recipients and their posters is available at <https://cpnfpf.org/grants>). The Foundation was also able to provide support for Dr. Jeffrey Swanson's presentation entitled, "Violence and Mental Illness" and Ms. Bethany Yeiser's presentation entitled, "Full Recovery from Schizophrenia and Homelessness (Patient Perspective)" Furthermore, thanks to the support of many donors, we collected hundreds of supplies for CenterPointe in Lincoln, NE through the Why Care Campaign (<https://cpnp.org/ed/meeting/2020/whycare>).

The Foundation Board of Director's work in 2020 has centered on the strategic planning process which began in 2019. We are happy to announce our new Mission, Vision and Core Purpose:

**Our Mission:** *As the philanthropic arm of CPNP, our mission is to advance the psychiatric pharmacy profession by supporting research, scholarship, and practitioner development.*



The Foundation's mission complements that of our affiliated association, the College of Psychiatric and Neurologic Pharmacists (CPNP), which focuses on serving psychiatric pharmacists and aspiring psychiatric pharmacists and advancing their reach and practice.

**Our Vision:** *A world where individuals with mental health disorders receive optimal care because psychiatric pharmacists are an essential member of the health care team.*

**Core Purpose:** CPNP Foundation initiatives and activities will be guided by the following purpose statement as agreed upon by both the CPNP Board and CPNP Foundation Board. The CPNP Foundation shall support or conduct initiatives which:

1. Demonstrate the value of psychiatric pharmacists
2. Contribute to the development of future leaders in the profession
3. Support new practitioners
4. Support the National Alliance on Mental Illness (NAMI) relationship as well as similar patient advocacy organizations through modest mental health related campaigns and events at CPNP Annual Meetings

The CPNP Foundation Board and the CPNP Board of Directors met on May 29, 2020, to discuss the Foundation goals and strategies for 2020-2023, and both boards jointly agreed on the above statements. CPNP and the CPNP Foundation are seeking to be closely aligned with each other as both are planning for the future. The Foundation has established several subcommittees to work through goals and strategies for 2020-2023, and we look forward to providing you with more details on the work of those subcommittees in the near future.

Like many of you, the COVID-19 pandemic has greatly impacted the finances of the CPNP Foundation. Currently, we have only raised \$1300 for student registration and travel grants for CPNP 2021, down from the \$10,000 raised in 2019. You will see in another newsletter article that although the state of the world is currently volatile, the Board of Directors feels that it is our responsibility to continue fundraising so we can support psychiatric pharmacy in the areas of research, scholarship, and practitioner development. We would appreciate donations in any amount from anyone who is able to give so we can carry out our mission. Thank you for your continued support of the CPNP Foundation through this unprecedented year.

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## **ADJUSTING DURING A PANDEMIC, AND THE NEED FOR POST-COVID CARE: AN INTERVIEW WITH DR. JOAN B. (JONI) FOWLER, PHARM D, BCPP**

Dr. Joan B. (Joni) Fowler, PharmD, BCPP, has been a tremendous supporter of the CPNP Foundation since its inception in 2011, when she joined as a Founding Circle member. Dr. Fowler is President and Owner of Creative Educational Concepts, Inc., and like so many others, she and her business have been affected by the COVID-19 pandemic.



"We had a busy year of educational meetings planned for 2020. After following developments in China in January, we expected some disruption in the spring, but nothing like what we've seen. Live meetings make up 90% of what we do; we've been in the upside down since mid-March. 100% of our 2020 meetings have been converted from in person to virtual and many of our faculty have been under travel restrictions that now extend through 2020. We've been learning new technologies and trying to re-envision our business model, much like health care and most private businesses. In addition to meeting symposia, we've done small chapter meetings, multi-day research

forums, and poster sessions via Zoom or related platforms. Every project takes 2-3x longer to develop. There's much more time spent on the front end developing the educational design and workflow, as well as elevating videoconferencing skills for the faculty. We've not been bored!"

Admiring all this upheaval, her passion for psychiatric pharmacy and mental health care has not wavered. "There will always be a need for caring and competent clinicians in the mental health space," she said. "The post-COVID psyche of our society will need care for anxiety, PTSD, depression, and grief from the many things the pandemic has stolen from us." When asked what advice she has for students, residents, and fellows who are pursuing psychiatric pharmacy, she said, "If you can envision a position that doesn't exist, create one. You don't have to stay on the traditional path. There are many in our group who have identified unconventional revenue streams and created jobs, even whole companies. You may feel uncomfortable at first, but you have a license and marketable skills to fall back on."

As a long-time CPNP member, both CPNP and the CPNP Foundation have impacted her career greatly, even calling CPNP her tribe. "I joined CPNP when there weren't many psychiatric specialists in my state," said Fowler. "I wanted to be able to connect with others in the VA who were providing innovative services. I've always been an "If you can dream it, you can do it," kind of girl. I just needed to find others to brainstorm better ways to provide care, educate my team, and elevate practice. CPNP became my clinical tribe."

Dr. Fowler has a big vision for the CPNP Foundation, and she wants to leave a legacy for all psychiatric pharmacists that come behind her. "Specific initiatives may change, but trainees and early career psychiatric pharmacists can always benefit from the knowledge, wisdom, and resources of more senior members. We must give back," she said.

The CPNP Foundation Board of Directors appreciates Dr. Fowler's commitment to the next generation of psychiatric pharmacists and for her generosity to the Foundation.

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## SUPPORT THE CPNP FOUNDATION'S YEAR-END FUNDRAISING CAMPAIGN

The CPNP Foundation Board of Directors is pleased to kick off the 2020 year end campaign! Although the COVID-19 pandemic has impacted many people personally and financially, the Foundation's continued support to research, scholarship, and practitioner development is more important than ever to the future of psychiatric pharmacy. We hope you will consider joining us in this effort to continue the great work of the CPNP Foundation as your personal situation allows.

Throughout 2020, the CPNP Foundation Board of Directors has focused on the Foundation's strategic plan and better defined the areas that will be supported and expanded through your generous donations.

Research is currently supported through the *Defining the Future* grant program which is available to students, residents, and fellows. This program provides an excellent opportunity for students and residents to gain exposure and to improve the care of patients with psychiatric and neurologic disorders.



Scholarships are provided each year by the CPNP Foundation to students who wish to attend the CPNP Annual Meeting to learn, network, and make connections in psychiatric pharmacy.

Practitioner Development is an area of continued exploration, and we look forward to expanding CPNP Foundation support in this area.

Your donations will assist us in supporting practitioners, patients, and caregivers through CPNP Foundation initiatives. Please consider a donation [online](#) or by mail (CPNP Foundation, 8055 O Street, Ste. S113, Lincoln, NE 68510) before December 31, 2020. We will update you with our progress over the next few months.

To make a pledge for future years, please complete the Future Year Pledges section [online](#)! This will prompt donation reminders but does not lock you in to a financial commitment.

Thank you to all of our donors!

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## RESEARCH AND PROJECT GRANTS AVAILABLE FOR STUDENTS, RESIDENTS, AND FELLOWS CONDUCTING

The CPNP Foundation is currently accepting applications for the 2020 **Defining the Future** Research Grant cycle! 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.



Grant applications must be submitted through the [online application portal](#) by 11:59 p.m. Central Time, August 31, 2020.

Up to four grants of up to \$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 2021 CPNP Annual Meeting to be held April 18-21, 2021 at the Omni Orlando Resort at ChampionsGate in Florida. A full listing of grant criteria can be found on the CPNP Foundation's [website](#).

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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## SOCIAL DISTANCE WITH AMAZONSMILE AND SUPPORT THE CPNP FOUNDATION

This year has been unexpected. The COVID-19 pandemic has disrupted lives, education, and jobs, and we don't know what the future holds. Money may be tight, and we are so thankful that there is a simple and automatic way for you to support your CPNP Foundation every time you shop, at no cost to you. When you shop at [smile.amazon.com](https://smile.amazon.com), you'll find the same shopping experience as Amazon.com, with the bonus that Amazon will donate a portion of the purchase price to CPNP Foundation as your favorite charitable organization. This is free money, and every little bit counts!

On your first visit to AmazonSmile ([smile.amazon.com](https://smile.amazon.com)), you need to select CPNP Foundation to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a donation.



Please keep this in mind for all of your social distancing and back to school purchases. We appreciate your support!



## LEGACY GIFTS DEFINE YOUR LIFE AND DISPLAY YOUR VALUES

The CPNP Foundation's bequest program offers a chance to start building your legacy now, whether you're 25, 95, or anywhere in between. By committing to a Legacy Gift, your values are on full display. Although the CPNP Foundation does not receive any money upfront, this action tells your friends, family, and your colleagues that the future of psychiatric pharmacy is important and that you are committed to the profession and to the improvement of patient care. Death is unpredictable, and people are going to remember you for the legacy you built during your life.

Legacy Gifts are often linked with death, and rightly so. These gifts are made after someone passes away and are typically documented in a will, retirement account, or insurance policy. Have you ever thought about the impact a Legacy Gift can make during your life?

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Legacy Gift, your values are on full display. Although the CPNP Foundation does not receive any money upfront, this action tells your friends, family, and your colleagues that the future of psychiatric pharmacy is important and that you are committed to the profession and to the improvement of patient care. Death is unpredictable, and people are going to remember you for the legacy you built during your life. We hope these commitments encourage others to contribute financially to our initiatives and help to ensure the future of the Foundation's work.

There are multiple ways to plan ahead for a Legacy Gift:

1. Include a bequest provision in your Will
2. Use your retirement account
3. Use your life insurance

We recommend consulting with a lawyer and a financial representative to determine the best way for you to make a gift. After you have decided how you would like to make your commitment, complete the Foundation's [Bequest Notification Form](#) and return it to the CPNP Foundation via email at [info@cpnpf.org](mailto:info@cpnpf.org) or by mail (CPNP Foundation, 8055 O Street, Ste. S113, Lincoln, NE 68510). This form is not a legal document, and your commitment can be changed at any time.

"I find it very gratifying to know that even in death, I will be supporting the CPNP Foundation, an organization with values aligned very closely with my own, as the Foundation continues to support students and residents, to improve access to care, and to expand availability of resources for patients, caregivers, and pharmacists. There is so much more that needs to be done." – Barbara Wells, a CPNP Foundation Legacy Partner

Thank you to all of our current [Legacy Partners](#), and thank you to everyone who is considering a Legacy Gift. We welcome your questions at [info@cpnpf.org](mailto:info@cpnpf.org).