



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 2014

TABLE OF CONTENTS

First Issue of the CPNP Foundation Newsletter.....	1
Developing a Community Mental Health Pharmacy Directory: Another Example of Chance Favoring Prepared Minds.....	2
The Importance of Having a Valid Will.....	3
Kick-off of the CPNP Foundation Annual Giving Campaign.....	4
Get Excited About the Future of CPNP and the CPNP Foundation.....	5
CPNP Foundation Small Grants Program for Students and Residents.....	6

FIRST ISSUE OF THE CPNP FOUNDATION NEWSLETTER

Drum roll please..... Introducing Kaleidoscope, the new official newsletter of the College of Psychiatric and Neurologic Pharmacists Foundation! Although the Foundation has issued sporadic newsletters in the past, this one is issue 1, volume 1, of the newly designed, quarterly electronic newsletter. The purpose of the newsletter is to keep you up-to-date on the Foundation's plans, accomplishments, and needs, and to provide accountability to our constituents for their generosity and trust. Periodically we will also publish news about CPNP members' professional activities which are exemplary of the mission and vision of the Foundation.

The Foundation Board of Directors welcomes your feedback on the quality and content of this publication and your suggestions for future articles. Please never hesitate to contact a member of the Foundation Board to share your ideas. Foundation Board members are Charlie Caley, Carla Cobb, Judy Curtis, Julie Dopheide, Martie Fankhauser, Joni Fowler, Mathew Fuller, Ann Richards, Melody Ryan, Steve Saklad, Roger Sommi, Glen Stimmel, Barbara Wells, and Brenda Schimenti.

DEVELOPING A COMMUNITY MENTAL HEALTH PHARMACY DIRECTORY: ANOTHER EXAMPLE OF CHANCE FAVORING PREPARED MINDS

*Charles Caley, PharmD, BCPP
CPNP Foundation Past President*

As part of its new strategic plan, the CPNP Foundation has committed to completing a project that has the goal of constructing an online national directory of community mental health pharmacies. This project builds from prior work completed by psychiatric and community pharmacists, and one CPNP Foundation project.

In April 2010 at the CPNP Annual Meeting in San Antonio, Dr. Brandy Singer received our organization's innovative practice award. Dr. Singer's presentation¹ highlighted the efforts that she and her colleagues at 1st Avenue Pharmacy in Spokane, Washington² were making in the area of providing long-acting antipsychotic injections to mental health center outpatients. Additionally, 1st Avenue Pharmacy was also providing metabolic syndrome monitoring and point-of-care white blood cell testing for clozapine patients. Recognition of these services being provided to patients with mental health care needs was a key foundational piece to the concept of the development of a mental health pharmacy directory since it drew attention to the presence of community pharmacies that were primarily serving individuals with chronic mental health conditions.



In December 2012, the CPNP Foundation, along with its partner NAMI, released the results of a national survey of more than 1,000 NAMI members³ about the relationship they had with their community pharmacist. The intent of the survey was to capture the successes of community pharmacy, but to also identify potential opportunities to strengthen community pharmacy services for individuals with mental health conditions. The CPNP Foundation and NAMI believed that conducting the survey was important because approximately one-quarter of the US population struggles with mental health conditions and are faced with a variety of medication related problems, and because the number of psychiatric pharmacists nationally is relatively small. Therefore, in order for individuals with mental health conditions to be optimally served by the profession of pharmacy, it is essential to engage community pharmacists.

In June 2013, Drug Topics published a brief article co-authored by Drs. Ashlee Riggs and David Pope.⁴ The article highlighted some of the findings of the CPNP Foundation / NAMI survey in an effort to reinforce the reality that community pharmacy services may not be adequately reaching individuals with mental health conditions. The authors also pointed out that a separate survey⁴ concluded that community pharmacist were more likely to provide services to patients with asthma than to those with mental illness. This article provided examples of the ways that community pharmacies can serve individuals with mental health conditions such as offering patient education and providing screenings for depression.

The CPNP Foundation has recently made the development of a national directory of community mental health pharmacies a strategic priority. This directory will serve multiple purposes. It will be an opportunity to recognize community pharmacies and pharmacists who specifically deliver services to individuals with mental health conditions. It will be an opportunity for psychiatric pharmacists to begin considering how best to develop stronger working relationships with community pharmacists. And it will also be an opportunity for pharmacists, as a profession and as health care team players, to begin broadening their contributions to improved treatment outcomes for our patients.

References

1. Brandy Singer innovative practice award presentation. <http://cpnp.org/q/2010/am/platform3/onsite.pdf> accessed 14 July 2014.
2. <http://www.1stavenuepharmacy.com> - accessed on 14 July 2014.
3. CPNPF/NAMI Survey Report. <http://cpnp.org/docs/foundation/2012/nami-survey-report.pdf> accessed on 14 July 2014.
4. Riggs A, Pope D. Pharmacy reaches out to patients with mental health issues. *Drug Topics*, June 2013, 28-31.
5. Rickles NM, Dube GL, McCarter A, Olshan JS. Relationship between attitudes toward mental illness and provision of pharmacy services. *J Am Pharm Assoc* (2003). 2010;50(6):704-13. DOI: [10.1331/JAPhA.2010.09042](https://doi.org/10.1331/JAPhA.2010.09042). PubMed PMID: [21071314](https://pubmed.ncbi.nlm.nih.gov/21071314/).

THE IMPORTANCE OF HAVING A VALID WILL

Barbara G. Wells, PharmD, FASHP, FCCP
CPNP Foundation President

My husband and I recently updated our will, and I timidly admit that we were way past due in doing that. We have recently moved to a new state, and we (and our children) are in a much different financial situation than we were when we made our last will. We all should have a valid will to be sure we are doing all that we can to protect our family and to be sure that our assets are distributed in the way we desire after our departure from this life.

Since becoming president of the CPNP Foundation, I have learned of a few CPNP members who have made arrangements in their wills for planned gifts to the Foundation or who have plans to do so, and I expect there are quite a few others of whom I am unaware as yet. I am thrilled to learn of these plans, as I know how important such gifts can be in allowing the Foundation to achieve its goals to advance access to evidence-based care for individuals living with psychiatric and neurologic disorders. If you have made arrangements in your will to leave a gift to the CPNP Foundation, I would very much appreciate your contacting me to let me know about it (bwellspharm@gmail.com). Probably the most important first step in making a major gift during our lifetime or a planned gift after our death is to make a valid will and to be sure that it is regularly reviewed with your attorney and/or financial advisor.

We have all read about notorious court battles fought over the validity of wills, so the language in the will is very important, as is the ritual for signing it. Since each state has its own requirements for a valid will, if you move to another state, you will usually need to have your will redone.

Are you aware that wills often do not control the distribution of all assets? For example, life insurance, pensions, IRAs, and 401(k)s, for which you have already named a beneficiary are distributed directly to the beneficiary upon your death. Also, property owned jointly with rights of survivorship generally goes to the surviving joint owner. If you do not know how your assets are owned and how they will pass to your heirs, your estate could incur additional taxes and administrative costs.

You should give careful consideration to selection of your executor. You should understand the duties and responsibilities of your executor, so you can match these to his or her knowledge, abilities, and general health.

Many people create a living trust in the language of their will. Generally, the more assets you have, the greater the potential benefit from creating a living trust.



If you have minor children, your will should specify a guardian for each child and a custodian for each child's property.

In summary, you need to have a valid will regardless of your age and regardless of the size of your estate. Your will should be prepared (and updated) by your attorney. Based on my own recent experience, I can assure you that it is a painless process and a critical one to be sure that your family, friends, and cherished organizations and charities are benefitted after your lifetime. If you already have a valid will and wish to add a bequest to benefit the CPNP Foundation or any other organization, you and your attorney can make that happen by adding a simple codicil or amendment.

The Foundation Board of Directors will always encourage you to seek appropriate, independent, professional advice and counsel about any gift made to the Foundation. Such a professional can advise you about tax liability, estate planning, and comprehensive investment planning. At the present time, the Foundation generally accepts only cash and stock gifts, but other forms of gifts can be considered on a case-by-case basis.

KICK-OFF OF THE CPNP FOUNDATION ANNUAL GIVING CAMPAIGN

*Barbara G. Wells, PharmD, FASHP, FCCP
CPNP Foundation President*

The CPNP Foundation's 2014 Annual Giving Campaign kicks-off with this inaugural issue of our quarterly newsletter. There are so many ways that we can all contribute to creating a better future for our patients and for psychiatric and neurologic pharmacy. I am asking each CPNP member to make a generous contribution to the CPNP Foundation Annual Fund at this time.

Your Foundation adopted a bold agenda for 2014 through 2016 as spelled out in our new [strategic plan](#). The Foundation envisions a world in which individuals with psychiatric and neurologic disorders receive optimal treatment, live free of stigma, and achieve their full potential. Our new mission focuses on the needs of individuals living with psychiatric and neurologic disorders, their families, and health professionals in general practice settings to further evidence-based treatment. Our core goals center on advancing best treatments and enhancing the efficiency and effectiveness of the Foundation in all of its work. Additionally, the Foundation has committed to provide travel grants for 15 students to help them to attend the 2015 Annual Meeting in Tampa.

The Foundation will build upon their accomplishments of 2012 and 2013 which included, to name only a few, establishing the CMM Network, collaborating with the National Alliance on Mental Illness to identify the strengths and weakness of the relationship between patients with psychiatric disorders and their community pharmacists, and providing travel grants for 15 students to attend the 2014 CPNP annual meeting.

It is readily apparent that the commitment of CPNP members to serve our patients is unwavering, and I believe the Foundation reflects the dedication of the membership. I ask that you step up to support the important work of the Foundation by giving generously. [Make your contribution now](#), so your gift will be recorded for the current fiscal year and will support the important work of the Foundation throughout 2015. On behalf of the entire Foundation Board, thank you in advance for your generosity.



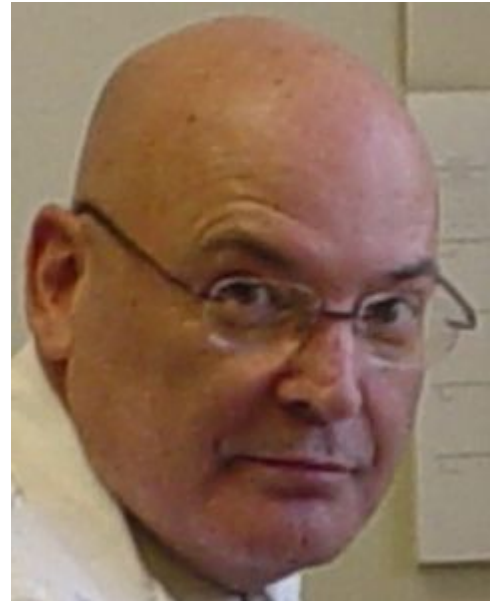
GET EXCITED ABOUT THE FUTURE OF CPNP AND THE CPNP FOUNDATION

*Glen L. Stimmel, PharmD, BCPP
CPNP Foundation Board Member*

2014 was a true defining moment for CPNP and the CPNP Foundation. So why, in the 16 year history of CPNP and the 5 year history of the Foundation, is 2014 such a crucial year? As you have recently read in the May issue of *The CPNP Perspective*, each entity finalized their new Strategic Plans ([CPNP Strategic Plan](#); [CPNP Foundation Strategic Plan](#)). Except for the committee chairs, elected officers and board members who are responsible for implementing the strategic plans, it is probably difficult for most CPNP members to get very excited about strategic planning. But you should be excited. For the first time, there is now a very clear focus, and a separation of purpose, for these two entities that the CPNP membership should understand and appreciate.

In CPNP's first dozen years, a core group of no more than 100 psychiatric pharmacists grew to well over a thousand psychiatric and neurologic pharmacists, dozens of psychiatric pharmacy residency programs, and several hundred student members. The complexity of supporting superb educational programs, recertification for BCPP pharmacists, a network of committees, an exceptional list serve for members, publishing our own online journal, engaging in governmental and professional relations (to name a few), required a re-assessment of CPNP priorities and the related role and purpose of the CPNP Foundation as strategic planning progressed. One key issue that needed to be answered was which activities should reside within CPNP, and which activities belong within the Foundation's purview.

A danger in creating a separate Foundation is that the CPNP membership could view the Foundation as not being an integral part of what CPNP members care about. But it is important to stress that the Foundation is a partner entity of CPNP, was created by CPNP members, and its creation will enable our specialty to achieve even more than what CPNP alone can achieve. CPNP members should care equally about what both CPNP and its Foundation seek to achieve. Reading the new strategic plans of each should reinforce that reality. The strategic plans now provide a clear focus and separation of priority for each. While CPNP's mission focuses more precisely on neuropsychiatric pharmacists and aspiring neuropsychiatric pharmacists, your Foundation seeks to address the needs of our patients as well as health professionals in general practice settings (especially community pharmacists). Thus the mission of CPNP and the mission of the Foundation are different. But every CPNP member should be equally passionate and supportive of both of these different but complementary missions. We all care about the continued development of our specialty colleagues and supporting the creation of new talent within our membership. But we also care equally about our patients, and we should care about sharing our expertise with our general practice pharmacist colleagues who in fact have the most contact with our patients. As you read the CPNP and Foundation strategic plans, do take note of the many initiatives that are directed toward our peers, residents and students, our patients, and our community pharmacy colleagues. It is the hope of the Foundation Board that all CPNP members will recognize the value in supporting YOUR Foundation's initiatives that will primarily benefit our patients. The Foundation Board is extremely grateful to the many CPNP members who have contributed to the Foundation. We hope that with a more clear understanding of the patient-focused Foundation priorities and initiatives, that support will continue and we will be able to encourage other CPNP members to become Foundation supporters as well.



CPNP FOUNDATION SMALL GRANTS PROGRAM FOR STUDENTS AND RESIDENTS

*Carla D. Cobb, PharmD, BCPP
RiverStone Health Clinic
CPNP Foundation Board Member*

The CPNP Foundation is excited to announce a new annual grant program for students and residents. Students and residents interested in psychiatric and neurologic pharmacy, including CPNP student chapters, may apply for a grant starting in the fall of 2015. Grantees will be required to complete a research project in time to present their results as a poster at the CPNP 2016 Annual Meeting at The Broadmoor in Colorado Springs, Colorado. Grants of up to \$1500 each will be awarded to up to three applicants. Projects must focus on stigma and comprehensive medication management as a best practice. An additional \$500 award will be made to the best foundation grant poster presented at the annual meeting. Watch for further announcements in early 2015 as the grant applications process is currently in development. The Foundation is looking forward to the enthusiasm and creativity of students and residents to develop projects that will improve the care of patients with psychiatric and neurologic disorders.

