



# KALEIDOSCOPE

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

MAY 2015: A Newsletter of the CPNP Foundation

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## ANNOUNCING THE DEFINING THE FUTURE RESEARCH GRANT PROGRAM



The CPNP Foundation is excited to announce the Defining the Future Research Grant program, an annual grant for students and residents interested in conducting psychiatric or neurologic pharmacy research, including those who are members of CPNP student chapters. With this grant program, the Foundation seeks to support and encourage residents and students who will ultimately define the

future within our discipline.

Applications are being solicited for projects matching the Foundation's interest areas. For 2015 the proposed research should address: 1) stigma associated with psychiatric or neurologic disorders or 2) comprehensive medication management as a best practice.

Up to three applications will be funded annually. Those funded will each receive up to a \$1500 award. Awardees are required to submit their results as a poster at the CPNP 2016 Annual Meeting at The Broadmoor in Colorado Springs, Colorado, to be held April 17 - 20, 2016.

Grant applications must be submitted through an online application process by 11:59 p.m. Central Time, August 31, 2015; awardees will be announced October 1. Awardees must submit their abstracts to CPNP by the January 2016 deadline through the poster submission portal available no later than November 2015.

This is an excellent opportunity for students and residents to work with experienced professionals to improve research knowledge, skills, and abilities. The Foundation Board is very pleased to be able to support the scholarly development of students and residents as they strive to improve the care of patients living with psychiatric and neurologic disorders.

**DONOR PROFILE: LAGENIA BAILEY, PHARM.D, BCPP, RYT-500**

CPNP Foundation, from time to time, recognizes donors who exemplify the values of the Foundation as reflected in their sustained support, dedication to evidence-based care, and commitment to meeting the needs of patients living with psychiatric and neurologic disorders and their families. We feature Dr. LaGenia Bailey in this issue of Kaleidoscope. The CPNP Foundation Board of Directors sincerely thanks Dr. Bailey for her ongoing commitment to the Foundation's mission.

Dr. Bailey is Director – Medical Science Liaison – Great Lakes Region, Clinical Development and Medical Affairs, Sunovion Pharmaceuticals, Inc. She has held this position for two years. Her first position in neuropsychiatric pharmacy was as a faculty member at University of Illinois College of Pharmacy where she was promoted to the rank of Clinical Associate Professor. Her practice site was the Jesse Brown VA in Chicago, where she worked in both inpatient and outpatient psychiatry, Coordinated the Treatment Resistant Schizophrenia Program, Research Program, Movement Disorders Clinic, and Psychopharm Consultation and Liaison Team. She also taught in the Psychiatric Pharmacy Residency Program at University of Illinois College of Pharmacy.

When asked what led her to pursue neuropsychiatric pharmacy as a career, she responded that as a student she particularly enjoyed medicinal chemistry, pharmacology, and interacting with patients and their families. Good progress was being made at the time in development of new psychotherapeutic agents. She stated, "I really wanted to make a difference and to ensure the proper utilization of medications in the treatment of serious mental illnesses. As a clinical practitioner, my impact was in a small number of patients, whereas in industry, I cover all the psychiatric practitioners in 5 states, and address medical information questions and research and development issues. I find these interactions very rewarding."

She stated she was also motivated to pursue neuropsychiatric pharmacy to try to ensure that other families did not have to suffer as her family did. Dr. Bailey expanded, "My brother received a diagnosis of paranoid schizophrenia when I was 14 years old, and he was 24. He died at the age of 28 in a state hospital. I remember how much he suffered and how my family suffered along with him. Two cousins also have a diagnosis of schizophrenia. One is doing very well on his medication. We are two years apart and grew up together. It is wonderful to have him text me jokes and be able to see him holding a teaching job and volunteering at the local food pantry. The new medicines make a difference. I'm glad to have been a part of his recovery both as family support and helping to bring new medicines to market and ensure their proper utilization."

When asked about what initially prompted her to donate to the CPNP Foundation, she responded, "The members of CPNP are family to me. It is amazing to walk into a room at a professional meeting and see people you've known for 30 years. It is always a pleasure to be part of this wonderful group of pharmacists. Initially, Judy Curtis, now my colleague at Sunovion, called me and said that she would like me to make a donation. The vision statement of the Foundation is 'The CPNP Foundation envisions a world in which individuals with psychiatric and neurologic disorders receive optimal treatment, live free of stigma, and achieve their full potential.' When I first read that statement, my internal response was, "Nuff said. I knew these were likeminded souls. The Foundation has a commitment to focus on the needs of the patients and families we serve. It allows the CPNP members to walk the talk and make a larger difference than they otherwise could." She explained that she continues to support the Foundation because, "Donations are important in giving back to those we serve. I have been fortunate in my life, and I like to share the abundance."

In my mind it is the right thing to do. I support the CPNP Foundation, the National Alliance for Mental Illness, the Depression and Bipolar Support Alliance, the Pranic Healing Foundation, and other organizations in my community. As organizations, all of these groups support our mission as health care providers and bring a level of integrity to our mission – the mission to reduce the suffering of those who live with, struggle with, and recover from mental illness."

Dr. Bailey concluded her interview in saying, "I live by a motto 'Enjoy Life-Live Bold-Be of Love.' CPNP Foundation embodies these concepts and commits to enhancing the lives of others. Thank you so much for the opportunity to support such a great organization."

## **CPNP FOUNDATION ACTIVITIES AT CPNP 2015 IN TAMPA**

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



Each year the CPNP Foundation seeks to feature their progress on new initiatives at the CPNP Annual Meeting, while also attempting to shine a light on stigma and bring the patient/caregiver perspective to the meeting. The Foundation Board commends and congratulates CPNP staff and the Annual Meeting Program Committee for planning an excellent meeting which had record attendance.

### **Stigma and Psychiatric Disorders**

The Foundation was pleased to co-sponsor with CPNP an enlightening presentation by Michael Friedman, PhD, MS, entitled "Stigma and Psychiatric Disorders: Understanding and Managing Personal Biases." This presentation was well attended and helped attendees to evaluate their own preconceptions which might serve as a barrier to optimal treatment. See the article by Dr. Carla Cobb in this issue of Kaleidoscope for more detail on this outstanding presentation.

### **Community Mental Health Pharmacy Directory**

Posters on display at CPNP 2015 rolled out the new Community Mental Health Pharmacy Directory, a searchable web-based national directory of community pharmacies which focus on the special needs of individuals living with psychiatric disorders. The website, which is under development, will identify specific services each of these pharmacies provide to meet patient needs. The Foundation is partnering with Otsuka to develop this much needed website which will be up and running in the summer of 2015. This initiative is driven by the Foundation's desire to increase access to needed services, improve clinical outcomes, and recognize pharmacists and pharmacies in the community that are going above and beyond to provide exceptional care to individuals with psychiatric disorders. For more information about this creative initiative, refer to Dr. Charles Caley's article in this issue of Kaleidoscope.



## Defining the Future Grants

The Defining the Future Research Grant Program for Students and Residents was officially rolled out at CPNP 2015. Through a competitive selection process, the Foundation will fund up to three grants of up to \$1500 each. Funded projects must address stigma associated with psychiatric or neurologic disorders or comprehensive medication management as a best practice. Applications for these grants will be submitted online and are due by August 31, 2015. Recipients will be announced October 1st, and recipients must submit their findings as a poster at the CPNP 2016 to be held at The Broadmoor in Colorado Springs from April 17-20. For more information about this funding opportunity, see the article in this issue of Kaleidoscope.

## CPNP Foundation Walks for NAMI



The CPNP Foundation partnered with CPNP to sponsor the 8th Annual 5K Run/Walk benefitting the National Alliance on Mental Illness (NAMI). All entrance fees and donations to this event were matched by CPNP. A total of 114 individuals contributed to the important work of NAMI for a total of \$2,340 in donations which was matched by CPNP. Wednesday morning of the Annual meeting, a check in the amount of \$4,680 was presented to Mr. Chuck Harman, National Director, Strategic Alliances and Development for NAMI. The 9th Annual 5K Run/Walk for NAMI will be held April 20, 2016 at the Broadmoor Hotel in Colorado Springs, Colorado during CPNP 2016. Be sure to make plans to participate.

## Pharmacy Student Travel Grants

Again this year the CPNP Foundation provided complimentary registration and partial travel support to 15 students to attend CPNP 2015. The Foundation Board is committed to assisting students to explore their interests in the care of individuals with psychiatric and neurologic disorders. The grant recipients were selected by the CPNP Student Committee. Recipients were:

Kevin Bozyski	Christopher Oprica
Abigail Buchman	Jacob Peters
Rebeca Campbell	Joann Maithy Phan
Marie-Claire Desrosiers	Ellen Schafer
Christina Dorman	Megan Shell
Matthew Fischer	Brigitte Stolz
Caroline Kim	Natalie Valentino
Zachary McCormack	

## FOUNDATION PROJECT UPDATE: THE MENTAL HEALTH PHARMACY DIRECTORY

*Charles Caley, PharmD, BCPP*

*CPNP Foundation Past President*



For approximately one year, the CPNP Foundation has been engaged in development of a website that will serve as a national directory of community pharmacies which have a mission to serve the mental health population. This project is a natural extension of the earlier Walgreens-funded survey which was a joint research effort between the CPNP Foundation and the National Alliance on Mental Illness. This website directory project has been generously supported by Otsuka and also involves our website development partners at GuideMark Health. The website is scheduled to launch during the summer of 2015.

During the discovery phase of the project, we had the opportunity to talk with many community-based pharmacists providing care to patients living with mental illness. For example, the February 2015 edition of Kaleidoscope highlighted the work of Dr. Brandy Singer at 1st Avenue Pharmacy in Spokane. Additionally, we have had discussions with: several representatives from Genoa, a company which operates pharmacies embedded within mental health centers as well as Susan Hahn, PharmD, BCPP who is the director of pharmacy programs at the Mental Health Center of Denver, Ashlee Riggs, PharmD who is the owner of Barney's Pharmacy in Augusta, GA located adjacent to Serenity Behavioral Health, and Kerry Klajbor, RPh, MS, BCPP who is the pharmacy manager at Strong Ties Pharmacy in Rochester, NY. When our website goes live, these and many other pharmacies in the directory will be searchable by their location and by the services they offer to patients.

A key finding from the CPNP Foundation–NAMI survey was that although many patients had very good or excellent experiences with their community pharmacists, some did not because, for example, the pharmacy did not offer private counseling areas or was too busy for the patient to even approach the pharmacist. The CPNP Foundation believes that patients should have consistent access to community pharmacies and pharmacists who can offer private and empathic care, and if certain locations cannot offer this, then patients should consider finding a pharmacy that does.

We believe that a national directory of mental health pharmacies will serve multiple purposes. First and foremost, it will be a valuable resource for patients and providers who are searching for a community pharmacy with a mission to meet their individualized needs. Second, it will present an opportunity for psychiatric pharmacists to begin to consider how to develop stronger working relationships with community pharmacists, so that as a profession and as health care team players, they can coordinate and broaden their contributions to improved treatment outcomes. Third, it will be an opportunity for the CPNP Foundation to recognize community pharmacies and pharmacists who deliver the critical pharmacy care services that individuals living with mental illness require.

## LIVING WITH MY MEDICATION – THE PHOTO VOICE PROJECT

*Charles Caley, PharmD, BCPP*

*CPNP Foundation Past President*

The CPNP Foundation and CPNP value the contributions and perspectives of individuals living with mental illness, as they inform our empathic understanding of their needs and struggles. CPNP member Amy Werremeyer, PharmD and her colleagues Gina Aalgaard Kelly, PhD and Elizabeth Skoy, PharmD at North Dakota State University have spent much of the last 3 years conducting research to better understand the medication related experiences of patients with mental illness.

Art events have included the Many Faces of Mental Illness Mask exhibit, 2006, Baltimore and the Art Awakenings Exhibit, 2014, Scottsdale. Lastly, keynote addresses have focused on this patient focused perspective. These include Dr. Nancy Andreason's "Creative Genius" presentation, 2008, Phoenix and Elyn Saks, JD presentation about her life with schizophrenia and the "Center Cannot Hold," 2009, Jacksonville, the Terry Wise, JD presentation "Inside the Suicidal Mind," 2010, San Antonio, and finally the Michael Friedman, PhD presentation "Stigma and Psychiatric Disorders: Understanding and Managing Personal Biases," 2015, Tampa. These events are among the most memorable components of the Annual Meetings because of the unique insights and revelations they provide.

In an effort to continue to emphasize the perspectives of individuals living with mental illness, the CPNP Foundation recently learned of the important work of CPNP member Amy Werremeyer and her colleagues Gina Aalgaard Kelly, PhD and Elizabeth Skoy, PharmD at North Dakota State University. Dr. Werremeyer's group has spent much of the past 3 years conducting research to better understand the medication related experiences of patients with mental illness. This work, the "Photo Voice Project," received funding from District 5 of the National Association of Boards of Pharmacy and the American Association of Colleges of Pharmacy.

The research group provides individuals living with mental illness disposable cameras and instructions to construct a photographic display of their life with medications. Participants typically take two months to complete their task. Following the assignment, participants are interviewed, both individually and in groups, to acquire additional information about the images captured with their cameras. To date, the group has worked with 27 patients. Dr. Werremeyer states, "Much of what we learned was that if the medication has not been given a meaning (to the patient), then the medication was irrelevant to them, i.e., they could take it or leave it." She continues, "I think it's got to be part of our job as pharmacists to help patients connect their medication with a meaning...to help them understand how the medication can allow them to achieve what they want. The participants in our studies who had made those connections seemed to be the ones who took their medications most faithfully."

Dr. Werremeyer's work underscores the importance of pharmacists developing a therapeutic alliance with their patients. Achieving this important patient care goal allows the pharmacist greater opportunity to engage in honest discussions about the connections that patients have, or do not have, with their medications. Dr. Werremeyer concludes, "Patients have so much wisdom about their experiences and what they need to successfully manage their illnesses. We need to ask them about those experiences in order to deliver optimal care."



Kaleidoscope will feature an additional photographic image from this research in each of the next two issues.



"Meds are expensive...[after] I was laid off [from work] I [did] not fill my prescriptions...[since] I am not putting any money into the family...I did not want to take anything out."

## STIGMA AND PSYCHIATRIC DISORDERS: MANAGING PERSONAL BIASES

*Carla D. Cobb, PharmD, BCPP*

*CPNP Foundation Board Member*



Everyone has personal biases. Think about your own biases: Coke versus Pepsi, Ford versus Chevy, or your political leanings. These are long-held, firm beliefs, often formed in childhood. Personal biases around people with mental illnesses or substance use disorders was the topic of a presentation by Dr. Michael Friedman, at the CPNP Foundation-sponsored presentation at CPNP 2015.



Now examine your own beliefs on more substantial topics such as race, gender, or sexual preference. You are likely to come up with some feelings that are unavoidable even though you may have worked to overcome them in your interactions with others.

The same thought and effort must be applied when thinking about personal biases around people with mental illnesses or substance use disorders. This was the topic of a presentation by psychologist, Dr. Michael Friedman, at the CPNP Foundation-sponsored presentation in April 2015 at CPNP 2015. Dr. Friedman, a clinical psychologist in New York City, presented some startling evidence that shows that patients with these conditions are treated differently than those without, even by healthcare professionals. Patients have been told to "snap out" of depression or "just relax" during a panic attack. Some individuals may be compassionate toward alcoholics but less so with intravenous drug users. There are pharmacists who refuse to dispense syringes to intravenous drug users. We know that there is a procedural bias that prevents patients with opioid dependence from receiving methadone or suboxone due to the strict regulations placed upon the medications. A survey of 1737 adults found that people with schizophrenia or substance use disorders were considered more dangerous and unpredictable than people with depression.<sup>1</sup> Another survey showed that 36% of 111 community pharmacists were annoyed with, rather than sympathetic to patients with addiction.<sup>2</sup>

It's important to think about our own biases with these patients. Do you refer to patients using derogatory terms or treat them differently? Are your beliefs about the causes of these disorders consistent with research? Do you think that certain individuals are beyond hope or help? Do you minimize or disregard their treatment preferences over your own?

How can we overcome our biases? Be curious, not critical, about your own beliefs. Keep an open mind and educate yourself and others about the truth surrounding these illnesses, their causes, and manifestations. Reach out to patients to learn about their personal experiences living with these illnesses. Work with students, residents, and other healthcare professionals to expose them to patients with these disorders, to reduce their discomfort or fear when they encounter these patients in their future practice settings. Be willing to advocate on behalf of people suffering from these disorders to reduce the stigma.

Doing so will help to improve the social isolation and poor access to care and proper treatment that patients with mental illness or substance use disorders often experience.

The CPNP Foundation is committed to bringing programming and projects to the CPNP Annual Meetings which emphasize patients' perspectives and reduce stigma and other barriers to appropriate care of patients with neuropsychiatric illnesses.

<sup>1</sup>Crisp A, Gelder M, Rix S, et al. Stigmatisation of people with mental illnesses. *British Journal of Psychiatry* 2000;177:4-7.

<sup>2</sup>Tomko J, Gianetti V. Knowledge, attitudes, and professional practices versus personal beliefs of pharmacists regarding chemically dependent patients. *The Mental Health Clinician* 2013;3:302-8.