



KALEIDOSCOPE

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

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KICK-OFF OF THE 2015 CPNP FOUNDATION ANNUAL GIVING CAMPAIGN

Barbara G. Wells, PharmD, FASHP, FCCP



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The CPNP Foundation’s 2015 Annual Giving Campaign kicks-off with this issue of *Kaleidoscope*. 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 has embraced a bold agenda as spelled out in our [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 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 registration/travel grants for 20 students to help them attend the 2016 Annual Meeting in Colorado Springs.

The Foundation continues to build upon their previous accomplishments which included, to name only a few, establishing the CMM Network which evolved into the Patient Care Practice Management Community, 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, supporting educational sessions and other events at the CPNP annual meetings, establishing the Defining the Future Grant Program to support research of Students and Residents, implementing the *Kaleidoscope* quarterly newsletter, and providing travel grants for 15 students to attend the 2014 and 2015 CPNP annual meetings.

In 2015/2016, the Foundation will develop a guide for individuals with psychiatric and neurologic disorders and their families describing the care that should be expected from their community pharmacist and also complete development of the Mental Health Pharmacy Directory, an online searchable database of pharmacies in the community which focus on the needs of patients with psychiatric illness. In addition, for pharmacists in general practice settings, the Foundation will promote best practice guidelines for serving individuals living with psychiatric and neurologic disorders as well as tools and resources designed to improve their communication skills, competence, and ability to reduce stigma. Very importantly, the Foundation will conduct research in collaboration with Dr. Vincent Giannetti and his research team at Duquesne University School of Pharmacy to help us to better understand and address the stigma our patients are confronted with in community pharmacy settings. We anxiously anticipate going online with a new website with social media interconnectivity in the fall.

Clearly, the Foundation has a bold agenda for the coming year. It is readily apparent that the commitment of CPNP members to serve our patients is unwavering, and I believe the Foundation is a reflection of 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 work of the Foundation throughout 2016. On behalf of the entire Foundation Board, thank you in advance for your generosity.

DONOR PROFILE: MICHELLE RICHARD, PHARM D



*Michelle Richard,
PharmD*

CPNP Foundation enjoys recognizing 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 Dr. Michelle Richard. The CPNP Foundation Board of Directors sincerely thanks Dr. Richard for her ongoing commitment to the Foundation's mission.

Dr. Richard earned her Doctor of Pharmacy degree from the University of Oklahoma College of Pharmacy. She completed both her PGY-1 Pharmacy Practice Residency (with a psychiatric pharmacy focus) and PGY-2 Psychiatric Pharmacy Practice Residency at the Salem Veterans Affairs Medical Center in Salem, Virginia.

Dr. Richard is a clinical pharmacist at the Gulf Coast Regional Care Organization Health Home Program in Mobile, Alabama. She provides care for patients in the Alabama Medicaid Patient First Health Home program by performing medication reconciliation and review, managing medications through transitions of care, and coordinating services between multiple providers and members of the healthcare team. She works primarily with patients with mental health and substance abuse diagnoses. She is an advanced pharmacy practice experience preceptor for Auburn University College of Pharmacy.

When asked what led her to pursue neuropsychiatric pharmacy as a career, she explained that while in pharmacy school, she took electives in mental health and substance abuse because she had some interest in the topics from her prior career as a speech pathologist. She said, "Dr. Nancy Brahm, who later became my mentor, taught these courses, and she encouraged my interest and got me involved with CPNP."

When asked about what initially prompted her to donate to the CPNP Foundation, she responded, “I believe that patients with mental illness do not receive the same access to and the same quality of treatment as patients with medical illnesses. They need advocates to speak on their behalf. As a society we need to learn to treat mental illnesses like other medical illnesses and provide the same quality of care without the stigma which hinders access to appropriate treatment. I believe the CPNP Foundation is in a unique position to make positive changes to improve the quality of life and treatment for those with mental illness.”

Dr. Richard is most interested in the Foundation initiatives which were developed to directly target patients and generalist practitioners to advance best treatments, such as the guide for patients and caregivers describing the care that should be expected from their pharmacist, the directory of community pharmacies that focus on the specialized needs of patients with psychiatric disorders, and best practice guidelines for community pharmacists serving individuals living with psychiatric and neurologic disorders.

In summing up her thoughts about the Foundation, Dr. Richard said, “I believe the Foundation’s work can lead to a reduction in stigma and a better quality of life for those with mental illness while expanding the pharmacist’s role in treatment of these patients. I am unable to support all the causes and charities I would like to support, so I choose the ones I feel have the potential to make a significant difference. The Foundation has been at the top of that list for last several years.”

CHALLENGES AND OPPORTUNITIES FOR COMMUNITY PHARMACISTS WORKING WITH PEOPLE WITH PSYCHIATRIC DISORDERS – A COMMUNITY SURVEY

Jerry McKee, PharmD, MS, BCPP

Carla Cobb, PharmD, BCPP



*Jerry McKee,
PharmD, MS, BCPP*

Pharmacists in the community are an integral and vital component of the mental health care system for patients and their caregivers. For patients with psychiatric and neurologic illness, there are many barriers to accessing optimal care, including (to name a few) lack of information, limited financial resources, inadequate transportation, and stigma. To further our understanding of stigma and social distancing among community pharmacists, the Foundation is collaborating with Dr. Vincent Giannetti and colleagues at Duquesne University to explore community pharmacists’ knowledge of and attitudes toward mental illness and the services they provide.



*Carla Cobb, PharmD,
BCPP*

It is well known that people with mental illnesses and certain neurologic disorders are treated differently than those without these disorders, even by healthcare professionals. These biases can serve as barriers to patients receiving optimal care, can hinder them from realizing their potential, and can be detrimental to their sense of well-being. It is essential that everyone, including healthcare professionals, think about their own biases and make certain that our preconceived notions are in sync with research findings. For several years, the Foundation has supported programming and projects at the CPNP Annual Meetings which have brought the patient’s perspectives on their illness and their treatment to the forefront. In many cases these projects and presentations have shined a light on stigma.

In a related effort, the CPNP Foundation, in collaboration with the National Alliance on Mental Illness, conducted an online survey of individuals with mental health conditions or family members about their interactions with their community pharmacists. Over 1,000 individuals responded to the survey with 65 percent of respondents being individuals with a mental health condition. Eighty percent of all respondents reported that they exclusively used a community pharmacy to fill their prescriptions for mental health medications. It is clear from the survey that many respondents and their families valued their relationship with their pharmacist. Responses revealed several opportunities for improvement, such as more access to pharmacists, more privacy, better professional relationship-building, and increased monitoring for effectiveness and safety of mental health medications. These relationships between pharmacists and patients, built on trust and respect, are ones that the Foundation hopes to grow with their work in the area of better understanding stigma and efforts aimed at stigma reduction.

Stigma Research Project

To further our understanding of stigma and social distancing among community pharmacists, the Foundation is collaborating with Dr. Vincent Giannetti and colleagues, Drs. Kamal and Covvey, at the Duquesne University Mylan School of Pharmacy, Division of Clinical, Social, and Administrative Sciences to explore community pharmacists' knowledge of and attitudes toward mental illness and the services they provide. Dr. Giannetti is a licensed psychologist, and he and his colleagues have experience in survey, database, and interventional studies and have published in the areas of pharmacoconomics, adherence, health economics, and mental health and substance abuse. In this study, barriers to counseling patients and pharmacists' beliefs about patients with mental illness will be evaluated via a comprehensive survey completed by a national sample of community pharmacists. The objectives of this work are to assess the baseline knowledge and attitudes regarding mental illness among community pharmacists. These findings will be useful to the Foundation, other researchers, and professional pharmacy organizations in developing programs and initiatives to reduce stigma and its consequences as experienced by those with mental illness in their interactions with community pharmacists.

The findings of this research will be the first published data assessing biases of community pharmacists toward patients with mental illness. This work is intended to encourage pharmacists to keep an open mind and continuously educate themselves and others about mental illnesses, its causes, manifestations, and treatment. By reaching out to patients to learn about their personal experiences in living with these illnesses, and by working with students, residents, pharmacists, and other healthcare professionals to better understand their knowledge and attitudes toward mental illness, fear and discomfort among providers can be addressed, hopefully ultimately improving quality of care and patient outcomes.

NAMI AND CPNP FOUNDATION PARTNERSHIP: A WIN FOR PATIENTS AND CAREGIVERS

Brenda Schimenti, CPNP and CPNP Foundation Executive Director

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. The collaboration of CPNP, the CPNP Foundation, and NAMI is a partnership that is making a difference for patients and caregivers.

CPNP Founding members Gene Makela and Charlie Caley introduced NAMI and CPNP in the early 2000's, and a partnership was born. A partnership that also involves the CPNP Foundation with its complementary mission of furthering and providing patient access to evidence-based treatment.

History aside, the results of this partnership are impressive. Simply put....

NAMI + CPNP + CPNP Foundation = Progress

And this is what progress looks like:

1. **Informed Consumers and Caregivers:** NAMI has a long-standing history of providing up-to-date, accurate and non-biased information on psychotropic medications. Through a partnership with CPNP, NAMI has taken steps to make sure this information is expertly reviewed. The medication information we provide is written by CPNP members serving on the Medication Fact Sheet Editorial Board. It is written for individuals with mental illness and their families to help them access and be knowledgeable about their medications.
2. **Educated Consumers and Caregivers:** Each year CPNP members/Foundation donors participate in the NAMI National Conference attended by thousands of patients and caregivers. Members answer medication questions at the Ask the Psychiatric Pharmacist booth, provide workshops on topics related to adherence, side-effects, and other important topics, and demonstrate to patients and caregivers the value the pharmacist brings to the treatment team. This year CPNP members Karen Moeller, PharmD, BCPP, and Brantley Underwood, PharmD, MBA, presented a workshop entitled "Technology and Medications: Making Technology a Snap to Enhance Medication Outcomes." Drs. Moeller and Underwood addressed how to evaluate the reliability and accuracy of websites and mobile applications, how to review websites and mobile applications to obtain information on medications and adherence, and how to recognize security and safety issues when sharing personal data on websites and mobile applications.
3. **Research and Awareness:** In 2012 the CPNP Foundation, in collaboration with NAMI, conducted an online survey of individuals with mental health conditions or family members about their interactions with their community pharmacists. Over 1,000 individuals responded to the survey, with 65 percent of respondents being individuals with a mental health condition. Eighty percent of all respondents reported that they exclusively used a community pharmacy to fill their prescriptions for mental health medications. Responses revealed several opportunities for improvement in the areas of access to pharmacists, privacy, professional relationship-building, and increased monitoring for effectiveness and safety of mental health medications. The survey report suggested key directions for Foundation efforts, such as development of a mental health community pharmacy directory and a stigma survey, both to be conducted in the fall of 2015.
4. **Fundraising:** The CPNP Foundation conducts a NAMI Walk/Run fundraiser at each CPNP Annual Meeting. This NAMI Walk is unique in that it is the only NAMI Walk conducted in conjunction with a national association meeting. To date, attendees and CPNP have provided over \$35,000 to NAMI to support consumer and caregiver education.

Chuck Harman, long-time National Director of Strategic Alliances and Development for NAMI, who has helped foster and further this partnership every step of the way, had the following to share about the partnership:

“We are extremely grateful to CPNP and the CPNP Foundation for its many years of service to NAMI. CPNP members are regarded as trusted professionals who combine exemplary clinical knowledge and skills with compassion and understanding. CPNP and its members have always gone the “extra mile” for NAMI. Our collaboration with CPNP is one of the most meaningful partnerships that we have, and one that has made a significant difference in the lives of people living with mental illness and their families.”

NAMI + CPNP + CPNP Foundation = A Partnership that Makes a Difference

LIVING WITH MY MEDICATION – THE PHOTO VOICE PROJECT

Charles Caley, PharmD, BCPP
CPNP Foundation Past President



Charles Caley,
PharmD, BCPP

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. Amy Werremeyer, PharmD, and her colleagues share an additional image from their research to better understand the medication related experiences of patients with mental illness.

CPNP Foundation recently learned of the important work of CPNP member Amy Werremeyer, PharmD, 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 three 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 disposable cameras and instructions to individuals with mental illness so that they can construct a photographic display representative of their life with medications.



Amy Werremeyer,
PharmD

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. She 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.”

In an effort to continue to emphasize the perspectives of individuals living with mental illness, Kaleidoscope shared one of the photos from this research project in the last issue, and features an additional photographic image in this issue. We will share a third photo in the November issue.



“[This is] just showing, the process you have to go through and because of my diabetes and [the] condition I’m in all the different depression and anxiety [medications] I’m on now and if I would have taken care of myself and taken my medication and exercised, I would be healthy and I wouldn’t need ¾ of these medications.”

CPNP FOUNDATION FUNDS 20 STUDENT REGISTRATION/TRAVEL GRANTS FOR 2016 CPNP ANNUAL MEETING

The CPNP Foundation is pleased to announce the funding of 20 student registration/travel grants, five more awards than in 2015! Each student recipient will receive a full student registration to the [2016 Annual meeting](#) (\$165 value) and \$335 travel stipend. This increase is possible because of the generous support of CPNP [members](#) and the [CPNP Past Presidents](#)’ who have recently created the Destiny Fund within the Foundation specifically to support student registration/travel grants.

According to CPNP Immediate Past President Steve Burghart, *“The CPNP Past Presidents are so impressed with the 80+ students on-site at CPNP 2015 and the amazing growth in student membership, now nearly 600 student members strong. They feel it is critical to support these individuals in pursuing careers in psychiatric pharmacy so that we can continue to grow our profession and continue our impact on the future of those living with mental illness.”*

Applications for these grants will be accepted in the fall of 2015. To be eligible, a student applicant must be a full-time pharmacy student in pursuit of her/his first professional pharmacy degree, and an active student member of CPNP in good standing. Students applying for a registration/travel grant must complete an online application and provide a current curriculum vitae or résumé; a personal essay of no more than 500 words describing the applicant’s interest in CPNP and psychiatric pharmacy, including objectives for attending the meeting; and one letter of recommendation from either a clinical pharmacy practitioner or faculty member.

Recipients of the 2015 registration/travel grants have shared the impact these grants have made on their future. A few examples of their comments are shown below:

"I enjoyed the meeting tremendously. It opened my eyes to the vast world of neurological and psychiatric pharmacy, and I am so glad I attended. I want to go back every year! I enjoyed hearing the various treatment updates and hot topics in psych pharmacy, and it gave me some things to keep in mind as I enter my residency. Many of the different session topics interested me, and I found it hard at times to pick which sessions to attend during the overlapping slots. The student programming was engaging and informative. The general programming as well as the focus group lunch enabled me to meet many other students who are interested in psych pharmacy, and I look forward to staying in touch with them."

"The trip definitely exposed me to a variety of career paths which I previously hadn't thought about that much. Psychiatry is a therapeutic area which I am most drawn to, and learning about how this could be applied to the pharmaceutical industry (say in an MSL role), was something that interested me. Overall, I would say that it made me more interested in going into a role that involves psychiatry and psychiatric pharmacy."

"As a third year student interested in psychiatric pharmacy, I had an excellent experience at the annual meeting. I was honored to have received the grant, and it made my attendance much more feasible. As president of our newly found student chapter, my attendance was required, and our status as a new organization provided us minimal funding by our school to be used for conference reimbursement. My main goal for the meeting was to network with residency programs. I utilized my time to meet with numerous directors, preceptors, and residents. In retrospect, this opportunity exceeded my expectations. I spent the remainder of my time during those three days attending the programming. I enjoyed the student programming--especially the keynote speaker. Presenting a poster at this conference was also very worthwhile--this is something I am recommending to students who plan on participating in the conference in the future. Attending the meeting further fueled my interest and motivation to pursue a career in this field."

"Out of the 3 meeting's I've attended, I can hands down say this year's meeting was the most fascinating in terms of content, location, and networking abilities. One of the reasons I feel students in our chapter at UConn continue to show strong attendance is the fact that the meetings are small enough to be able to network on a smaller less intimidating scale, while having enough organized content to be relatable and clinically applicable. I remember the students and I discussing the presentations over dinner, and we all agreed compared to other pharmacy organizations (APhA, ASHP) content was well researched (presenters) and focused enough to not be redundant and bland. This is also due to the fact that psychiatric pharmacy is a very focused field. I enjoyed the addition of the resident track, and the continual implementation of feedback from years prior. From a student president perspective, I've never seen such desire for students to attend the talks as I did this year."

Barbara Wells, President of the CPNP Foundation, commented, "The CPNP Foundation Board of Directors is very grateful to the CPNP membership and to the CPNP Past Presidents for their generous support of these grants. The Foundation Board firmly believes that these grants are critically important to the continuing growth of our discipline and the continuing improvement in the evidence-based care that individuals with psychiatric and neurologic disorders receive."