



# 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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## THE ANNUAL FUND CAMPAIGN: CREATING A BETTER FUTURE FOR PATIENTS WITH NEUROPSYCHIATRIC DISORDERS

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

Be a part of extending the reach of psychiatric and neurologic pharmacy. By making a generous contribution to the CPNP Foundation Annual Fund Campaign, you will help patients with psychiatric and neurologic disorders have greater access to evidence-based care.



*Barbara G. Wells,  
PharmD, FASHP,  
FCCP*

I am continuously inspired by the commitment and passion of CPNP members to better serve their individual patients and also large populations of patients who live with neuropsychiatric illness. At CPNP Annual Meetings, in Board meetings, and in committee and task force meetings, the discussions always center on how to better meet the many challenging and often complex needs of our patients and how to place them at the center of the patient care decision making process.

The Foundation’s 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. With your support, Foundation Board members have made great progress on the initiatives and action plans described in our 2014-2016 Strategic Plan. We have completed a resource entitled “What You Should Expect from Your Pharmacist: A Guide for Patients and Families.” This resource elevates the expectations of patients and caregivers about what they should expect of their pharmacists. In addition, the Mental Health Pharmacy Directory ([mentalhealthpharmacies.com](http://mentalhealthpharmacies.com)) has launched and is currently recruiting pharmacies to join the directory. The search feature will be live by the end of this year. We also launched the Defining the Future Research Grant Program and awarded 4 grants totaling \$5,375 to residents and students. In 2015 and 2016, the Foundation is partnering with colleagues at Duquesne University Mylan School of Pharmacy to conduct research to help us to better understand stigma toward mental illness as it manifests in community



pharmacies. At the 2015 Annual Meeting, the Foundation supported programing entitled “Stigma and Psychiatric Disorders: Understanding and Managing Personal Biases.” That program is now available to all CPNP members for ACPE credit through December in [CPNP University](#) (without charge) and will permanently reside on the Foundation website under [Initiatives](#) as a resource for all healthcare practitioners. With the help of the Past Presidents' Destiny Fund, the Foundation will once again be providing partial support to 20 students to attend the [2016 Annual Meeting](#) in Colorado Springs. In 2016, we will focus on developing education and training opportunities, tools, and resources for generalist pharmacists to help them to better meet the needs of their patients with neuropsychiatric disorders and to reduce stigma.

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. We must all pull together and work as a cohesive team to achieve this lofty vision. The Foundation Board is asking all CPNP members and supporters to step up and give generously to support the vision and strategic initiatives. Your gift truly can assist us in creating a better tomorrow for our patients, their families, and caregivers – a world where the stigma of mental illness is replaced with understanding and compassion. You can visit [cpnpf.org/pledge](http://cpnpf.org/pledge) to make your donation or pledge online or print off a donation form to complete and return by mail.

Please make your contribution now, so your gift will be recorded for the current fiscal year and will support the important work of the Foundation in 2016. I am sincerely grateful for your continued support.

## CPNP FOUNDATION ROLLS OUT NEW WEB SITE

*Matthew A. Fuller, PharmD, FASHP, BCPS, BCPP*  
*CPNP Foundation President-Elect*

One of the four core goals of the CPNP Foundation’s strategic plan is to establish ongoing, accessible communication to raise awareness and promote engagement. One of the ways this is being accomplished is via this quarterly newsletter, the *Kaleidoscope*. Another critically important way to improve communication is to roll out a new web site with social media interconnectivity.



*Matthew A. Fuller,  
 PharmD, FASHP,  
 BCPS, BCPP*

We are proud to announce that the new web site is now live at [cpnpf.org](http://cpnpf.org), with the help of CPNP Foundation staff and volunteers.

Although we continue to expand our efforts on an ongoing basis, the web site focuses on key details: organizational information (“About Us”), our initiatives, resources for patients and caregivers, news and upcoming events, and how to contribute.

**About Us:** This page outlines our vision and mission, lets the reader view and read about the Board of Directors, and our Strategic Plan. I encourage you to familiarize yourself with Board members and feel free to contact them with questions or concerns. Please take some time and review the strategic plan. The Foundation has accomplished many of its goals and will be conducting a strategic planning meeting early next year to create a bold new plan for 2016 through 2018.

**News & Events:** This page provides the latest newsletter and press releases, including the most recent announcement regarding the Career Achievement Award. Glen Stimmel will be the recipient of the 2016 Career Achievement Award which will be presented at CPNP’s Annual Meeting in Colorado Springs.

**How to Contribute:** This page helps people contribute in different ways. To recognize contributors, it lists the founding members of the Foundation, lifetime contributors, 2015 donors and makes it very easy for you to make your 2015 contribution to help the Foundation to extend the reach of psychiatric and neurologic pharmacy.

**Initiatives:** This page allows you to access a wealth of information about the most recent work of the Foundation. We are working on initiatives to help community pharmacists to better meet the needs of patients with neuropsychiatric disorders. Our mental health pharmacy directory is set to go live this year! You will see that the Defining the Future Research Grant Program is in full swing, with four research grants awarded to students and residents. You will be able to see the results of their work at the Annual Meeting. The Foundation understands that our future leaders will come from our pool of student members, and thus our support of student travel grants is very important. The Foundation will provide travel grants for the third consecutive year to help students to attend the CPNP annual meeting. We welcome your input on our current initiatives and would like to hear about initiatives that you feel are important for us to pursue in the future.

**Patients & Caregivers:** This page highlights a new guide for patients with psychiatric disorders and their families: "What You Should Expect from Your Pharmacist." We will collaborate with other organizations to achieve broad distribution of this guide with the goal to elevate patient expectations of their community pharmacist. Check it out, and let us know what you think.

Finally, you can support the continued efforts of the CPNP Foundation by clicking "**Donate Now**" on any page of the web site and either make a pledge or a donation. To make things easier, you can also log in with LinkedIn or Facebook. We are asking CPNP members and supporters to make their donation at this time so their gifts will be recorded for the current fiscal year and can support the important work of the Foundation throughout 2016.

Even if you cannot donate today, please visit the new [web site](#) and follow us on your favorite social networks using the buttons at the very bottom of the page.

The Foundation Board welcomes your feedback on our new web site. We will be working to continuously improve it, and your input is vital. Thanks for your many efforts to support CPNP and the CPNP Foundation.

## **"WHAT YOU SHOULD EXPECT FROM YOUR PHARMACIST - A GUIDE FOR PATIENTS AND FAMILIES" NOW AVAILABLE**

*Michael Z. Wincor, PharmD, BCPP  
Member, CPNP Foundation*



*Michael Z. Wincor,  
PharmD, BCPP*

The CPNP Foundation Board is pleased to announce the completion and availability of the *What You Should Expect from Your Pharmacist - A Guide for Patients and Families*. The origins of this Guide date back to the Foundation's research led by Glen L. Stimmel, PharmD and Charlie Caley, PharmD, BCPP which was conducted in 2012. That project, entitled "Characterizing the Relationship between Individuals with Mental Health Conditions and Community Pharmacists," was done in collaboration with the National Alliance on Mental Illness (NAMI).

The results documented many positive contributions of community pharmacists and also identified opportunities for these pharmacists to assist those living with neuropsychiatric conditions to achieve better clinical outcomes. Individuals without a strong therapeutic relationship with their community pharmacist often miss the opportunity to benefit from the professional services that pharmacists can offer. Foundation members believe that this problem is compounded by patients' lack of understanding about what level of services they should expect from their pharmacist. Consequently, the Guide is designed to describe for individuals with psychiatric and neurologic disorders and their families and caregivers what they should expect from their pharmacies and pharmacists. It is designed to be concise, but comprehensive, with easy to understand guidelines accompanied by related graphics.

The guide was initially developed by a Foundation Board workgroup consisting of Martie Fankhauser (lead), Glen Stimmel, and Brandy Singer, and completed by a subsequent workgroup consisting of members Michael Wincor (lead), Patrick Finley, Brandy Singer, and Glen Stimmel (consultant), with substantial assistance from CPNP staff members Brenda Schimenti and Kelly Riley and from the other members of the Foundation Board. As part of the development process, drafts of the Guide were shared with NAMI, the American Pharmacists Association Foundation, and the National Community Pharmacists Association for input and feedback.

The Guide suggests to patients and families that pharmacists should:

- Treat them with respect.
- Provide a private and confidential setting to discuss their medications with them.
- Establish an ongoing professional relationship with them.
- Teach them how to use prescription and over the counter medications, vitamins, and supplements.
- Provide them information about the benefits and potential side effects of their medications.
- Answer their questions about medications, insurance benefits, and other health concerns.
- Help them to understand information in medication handouts and online resources.
- Explain the reasons for taking their medications as prescribed or recommended.
- Work with other health care professionals to solve potential or real concerns regarding their medications.
- Work with them on an ongoing basis to re-evaluate their medication needs based on treatment response.

The CPNP Foundation Board encourages all CPNP members to utilize the Guide and to share it with patients, families, caregivers, and other health professionals involved in the care of patients with psychiatric and neurologic disorders.

The Guide can be accessed on the Foundation's new website at [cpnpf.org](http://cpnpf.org) and also from the Mental Health Pharmacy Directory website ([mentalhealthpharmacies.com](http://mentalhealthpharmacies.com)) under Patients and Families. The Foundation will work collaboratively with advocacy groups to ensure that individuals with neuropsychiatric disorders and their families have access to the Guide.

## MENTAL HEALTH PHARMACY DIRECTORY GOING LIVE!

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

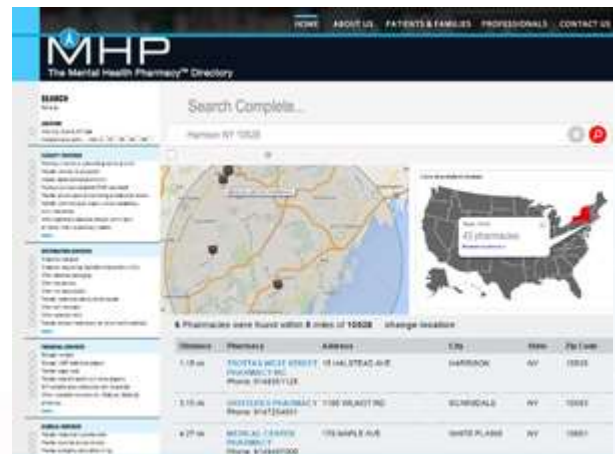
During the past 18 months, the CPNP Foundation has been working on developing a new website dedicated to recognizing mental health pharmacies in the United States. With the generous support of Otsuka and the efforts of our website development partners, GuideMark Health, we will be launching a website with a searchable directory in early-to-mid December. A static version exists now and can be seen at "[mentalhealthpharmacies.com](http://mentalhealthpharmacies.com)". This website is intended to be used by consumers, advocacy groups, pharmacists and other health care practitioners, psychiatry organizations and legislators.



*Charles Caley,  
PharmD, BCPP*

The origins of the website are based in a project completed by the CPNP Foundation in 2012. That project, led by Glen Stimmel, was a collaborative effort with the National Alliance on Mental Illness (NAMI; [nami.org](http://nami.org)) which culminated in a web-based survey completed by more than 1,000 NAMI members regarding their experiences with community pharmacists. In the survey report entitled "Characterizing the relationship between individuals with mental health conditions and community pharmacists", many positive contributions that community pharmacists were making while serving individuals with mental health conditions were acknowledged. In addition, new opportunities to help individuals living with mental health conditions achieve better treatment outcomes from their medications were identified. One important conclusion of the survey focused on individuals who do not receive the level of pharmacist services needed to optimize their medication outcomes. In such instances, those individuals should consider changing their community pharmacy to one that can fully meet their medication needs. Mental health pharmacies should be among the community pharmacies these individuals consider.

The first step being taken by the CPNP Foundation has been to identify community pharmacies that are dedicated to serving the mental health community. During this long process, approximately 300 mental health pharmacies have been identified—many of these are Genoa pharmacies ([genoa-gol.com](http://genoa-gol.com)). Some of the other pharmacies identified include: the outpatient pharmacies at the Mental Health Center of Denver, First Avenue Pharmacy in Spokane, WA, Fairview Pharmacy in Minneapolis, Barney's Pharmacy in Augusta, GA, North Rock Pharmacy in Oklahoma City, Halls Pharmacy in Fort Worth, TX, Sellersville Pharmacy in Sellersville, PA, and Strong Ties Pharmacy in Rochester, NY.



During this process, we also spoke with several pharmacist representatives of these pharmacies to help us get a better sense of their practice. In addition to these discussions, we made several site visits to see these pharmacies in action. Through this process, we have been able to develop a definition of what a mental health pharmacy is. Presently, those pharmacies that were identified have been invited to complete an online survey (embedded in the website) that will provide the necessary information to make the website a searchable directory, and help future users of the directory understand the services that specific pharmacy's offer. In the coming year, the CPNP Foundation plans to increase the number of mental health pharmacies listed in the directory and to expand the amount of resource information available on the website.

The CPNP Foundation believes that individuals with mental health conditions should expect to engage a community pharmacist when needed, in order to best understand their medications and how to get the greatest benefit from them. During this process, the individual should be treated with respect and in a professional manner, and any discussions centered around medications should be performed in complete privacy. It is important to acknowledge that individuals with mental health conditions are free to use any community pharmacy (or mail order pharmacy) to obtain their prescription medications. However, the realities of high prescription volumes and busy, non-private environments makes it difficult for many individuals to access the knowledge, skill and support of community pharmacists. The CPNP Foundation believes that being able to access pharmacists in mental health pharmacies can provide an important option to individuals who may not be getting the most out of their medications.

## DEFINING THE FUTURE GRANT RECIPIENTS ANNOUNCED

*Carla D. Cobb, PharmD, BCPP*  
*Member, CPNP Foundation*

The CPNP Foundation is pleased to announce the recipients of the first annual ***Defining the Future Grant Awards***. Many applications were received outlining exciting and important projects. Although we had planned to make three awards, there were four applications that stood out, and we were able to provide grants to all four!



*Carla Cobb, PharmD,  
 BCPP*

A requirement of the grant program is that the research project must mirror one of the current interests of the Foundation which include: 1) stigma associated with psychiatric and neurologic disorders, and 2) Comprehensive Medication Management (CMM) as a best practice. The four research grants awarded cover both of these interests with research topics in psychiatry, neurology, and substance use disorders. The award recipients are as follows (in alphabetical order):

Lauren Heath, PharmD, of the University of Colorado Lowry and Anschutz Internal Medicine Clinics will research "The Influence of Patient Stigma on Depression Remission."

Carroline Lobo, MS, from Duquesne University will assess "Stigma in Adults with Fibromyalgia Syndrome (FMS) and Migraine: A Comparative Analysis of Perceptions of Invalidation."

Courtney Slough, PharmD, will complete her project entitled "Comprehensive Medication Management (CMM) Provided to Veterans in an Outpatient Traumatic Brain Injury Clinic" at the WG Hefner Veterans Affairs Medical Center in Salisbury, NC.

Natalie Valentino, PharmD, of Salt Lake City VA Health Care System will conduct a project entitled "Assessment of Rationale in Refusal of Take-Home Naloxone by Veterans at Risk for Opioid Overdose in the Primary Care Setting."

As a condition of the grant, recipients are required to submit their research for abstract consideration and, if selected, present their research results as a poster at the CPNP 2016 Annual Meeting, April 17-20, at The Broadmoor in Colorado Springs, CO.

The Foundation would like to thank the review committee including Matthew Fuller, PharmD, BCPS, BCPP; Steven Saklad, PharmD, BCPP; Melody Ryan PharmD, BCPP; and Carla Cobb, PharmD, BCPP for their time in reviewing the applications, selecting the award recipients, and providing feedback to the applicants who did not receive an award.

**Defining the Future Grants** will be awarded annually. Applications are due late summer, and recipients are announced the first of October. Pharmacy students, residents, and fellows are eligible to apply. Now is the time to start thinking about your research project and planning to submit it for consideration for a **2016 Defining the Future Grant**.

## LIVING WITH MY MEDICATION – THE PHOTO VOICE PROJECT

*Charles Caley, PharmD, BCPP*

*CPNP Foundation Past President*

The CPNP Foundation values the perspectives of individuals living with mental illness, as their perceptions enhance our understanding of their needs and struggles. At nearly every CPNP annual meeting, the Foundation has sponsored unique patient-focused events or programming to allow attendees to learn about patients' personal experiences living with mental illness. In this issue of *Kaleidoscope* we bring you the final installment of the Photo Voice Project – see image below with caption.



*Charles Caley,  
PharmD, BCPP*

CPNP member Amy Werremeyer, PharmD, and her colleagues Gina Aalgaard Kelly, PhD, and Elizabeth Skoy, PharmD, at North Dakota State University spent much of the past 3 years conducting the "Photo Voice Project," to better understand the experiences and perspectives of patients surrounding taking their medication. This project received funding from District 5 of the National Association of Boards of Pharmacy and the American Association of Colleges of Pharmacy. As part of the study, patients were provided disposable cameras and instructions to construct a photographic display representing their life with medications. Then they were interviewed, both individually and in groups, to acquire additional information about the images captured with their cameras. Dr. Werremeyer and colleagues have learned that when a medication has not been given a meaning to the patient, then it is irrelevant to them, and they are less committed to adhering to the prescribed regimen. She adds, "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 their goals. The participants in our studies who had made those connections seemed to be the ones who took their medications most faithfully." She concludes, "Patients have so much wisdom about their experiences and what they need in order to successfully manage their illnesses. We need to ask them about those experiences in order to deliver optimal care."



*Amy Werremeyer,  
PharmD*

The CPNP Foundation is grateful to Dr. Werremeyer and her research team for sharing their images and findings with us. We are eager to learn about other projects and activities that psychiatric pharmacists are actively engaged in that allows us to have a better understanding of the perspectives of individuals living with mental illness. If you know of any on-going projects with this goal, please contact the CPNP Foundation to tell us about it.



"Scale Wars, a picture of our scale with my daily med box...Shows my weight gain as a side effect. [With] one medication, I gained 70 pounds, which was a lot to gain...Certain meds can slow down your appetite and I felt like I could never get full and I would eat a lot. I would get so tired and then I would want to sleep and so that didn't help... Some people just blame you that you are just eating too much, but they could encourage you to do more [and] educate you about eating healthy. I think that is why some people just give up on some meds, I know I did...I looked [the weight gain side effect] up on my own, no one really told me."

### CPNP FOUNDATION LIFETIME DONORS

CPNP Foundation wishes to thank its generous donors for their cumulative giving in these start-up years for the CPNP Foundation. Log into the CPNP Foundation [website](#) to join the ranks as a CPNP Foundation donor.

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