



# 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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## YOUR PATH TO BECOMING A FOUNDATION LEGACY PARTNER

*Matthew Fuller, PharmD, BCPP, FASHP*



*Matthew Fuller,  
CPNP Foundation  
President*

In the last edition of the Kaleidoscope, CPNP Foundation Past President Dr Barbara Wells announced the debut of the Foundation’s Bequest Program which provides a conduit to provide a planned gift to the Foundation.

A planned gift allows you the opportunity to provide a gift from your estate to an organization whose values align with those you lived during your lifetime. These gifts help secure the future of the Foundation. A brochure entitled "Planned Giving to Achieve Your Philanthropic Goals" outlines the benefits of planned giving and why giving to the CPNP Foundation matters.

Individuals who provide a bequest to support the Foundation automatically become members of the Legacy Partners Society. We are pleased to recognize three Legacy Partners:

- Larry and Elke Ereshefsky Family Trust
- Joan B. Fowler, PharmD, BCPP
- Barbara G. and Richard M. Wells

If you have an interest in or have already included the CPNP Foundation in your estate plan, please complete the newly created [Bequest Notification Form](#) so that we have information on your gift and can follow-up with you accordingly.

We have recently posted a link to provide you with more information on how to give. Visit [Leave A Legacy](#), a public awareness campaign designed to inspire people like you to make a charitable bequest. This site provides general information on estates, types of bequests, some sample language, and allows you to view a Public Service Announcement about leaving a legacy.

The members of the Foundation Board of Directors encourage you to seek professional advice as to the best way to create your bequest plan and start your journey to becoming a Foundation Legacy Partner.

## GRANT OPPORTUNITY FOR STUDENTS, RESIDENTS AND FELLOWS

The CPNP Foundation is excited to offer the Defining the Future Research Grants, an annual grant opportunity for students and residents/fellows interested in psychiatric and neurologic pharmacy, including those who are members of CPNP student chapters. With this grant program, the Foundation is able to provide financial support to future pharmacists who are paving the way in defining the future and improving the care of patients with psychiatric and neurologic disorders.

Eligible grant applications shall feature research mirroring the interests identified by the Foundation. For 2016 this is: 1) stigma associated with psychiatric disorders or 2) comprehensive medication management as a best practice.

The Foundation will award up to three grants with those accepted receiving grant monies of \$1,500 to fund the research outlined in their grant application. Grant recipients must agree to submit their results as a poster abstract at CPNP 2017 to be held at the Phoenix Convention Center in Phoenix, Arizona, April 23-26, 2017.

Grant applications must be submitted through the online application process **by 11:59 p.m. Central Time, August 31, 2016**; recipients will be announced October 1. Research abstracts must be submitted to CPNP through the poster submission process, due by the published January 2017 deadline. Watch for CPNP announcements in the coming months for more information on the abstract submission process and timeline.

This is an excellent opportunity for students and residents to gain exposure and network with professionals in the field regarding research that will improve the care of patients with psychiatric and neurologic disorders. The Foundation is looking forward to experiencing your enthusiasm and creativity as exhibited through your research grant application

## 2015 DEFINING THE FUTURE GRANTS RECIPIENTS PRESENT THEIR WORK IN COLORADO SPRINGS

Jerry McKee, PharmD, MS, BCPP



*Jerry McKee, CPNP  
Foundation Board  
Member*

The CPNP Foundation supports the Defining the Future grant program which is designed specifically for students/CPNP student chapters, residents, and fellows interested in psychiatric and neurologic pharmacy. This grant program provides an excellent, ongoing opportunity to receive funding for a research project that will help define the future of psychiatric pharmacy practice and improve the care of patients with psychiatric and neurologic disorders. The Kaleidoscope reached out to the four, first-ever Defining the Future grant recipients to learn more about their projects, their experience at the recent Annual Meeting, and what they learned from participating in the grant process.

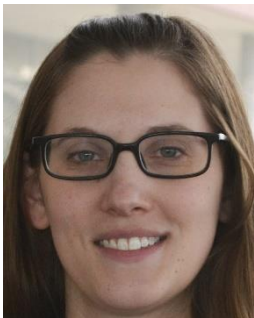


**Caroline Lobo - Department of Health Policy and Management, Graduate School of Public Health- University of Pittsburgh, Mylan –Duquesne University School of Pharmacy-Pittsburgh, Pennsylvania**

Stigma in Adults with Fibromyalgia Syndrome: A Comparative Analysis of Perceptions of Invalidation

*Our study found that people who reported having fibromyalgia experienced lesser understanding of their pain condition from people in their environment (spouses/partners, family, medical professionals, people at work, and people in social services) as compared to those who reported having migraines. This can be possibly attributed to relatively better acceptance of migraine as a pain condition as opposed to fibromyalgia.*

*This program has given me the experience of grantsmanship, which will be helpful as I pursue my career further in health outcomes and policy research. The Foundation should encourage participation of more student researchers in other allied sciences like psychiatric health policy/outcomes research as a means to broaden the student resource pool.*



**Lauren Heath- University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences-Aurora, Colorado**

Influence of Patient Stigma on Depression Remission

*Our work is still in progress. We aim to characterize different forms of stigma in patients with depression treated in primary care. Preliminary findings of stigma prevalence indicate that 40% of the population believe that having depression carries social stigma. This information may aid future studies in examining stigma as a barrier to effective treatment in this population.*

*I'm very thankful I had the opportunity to attend the CPNP meeting for the first time this year. Compared to other pharmacy meetings I have attended, I was particularly struck by the strong sense of community and the opportunities to network in many different settings (i.e., during poster sessions, small group discussions, and more).*

*Participating in the grant program provided me with initial practical experience writing a grant and leading the research process. Through these experiences, I learned the importance of perseverance through the obstacles inherent in research. It has also given me a better understanding of both the number of steps involved and the number of people needed to execute a project.*





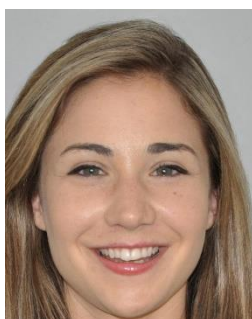
**Natalie Valentino (Foundation Strategic Goals Award Winner) - VA Salt Lake City Health Care System-Salt Lake City, Utah**

*Assessment of rationale in refusal of take-home naloxone by Veterans at risk for opioid overdose in the primary care setting*

*Of the few patients who refused naloxone kits, the majority simply disagreed that they were an appropriate candidate for overdose education and naloxone distribution, despite them having multiple risk factors for accidental overdose, including dose, concomitant benzodiazepine use, and compromising medical and psychiatric conditions.*

*This was my second annual meeting and I will continue to attend every year that I am able. I choose to continue to attend because of the networking opportunities as well as the ability to share ideas and obtain feedback from other practitioners and facilities about the programs and initiatives we are trying to implement at our facility.*

*This grant program taught me the importance of seeking answers through scientific research and then sharing findings through poster presentation or publication. This project came about after I asked my research question to my mentors, who encouraged me to actually evaluate the role that stigma played in why patients in primary care refused take-home naloxone kits and to apply for the research grant. Sharing my findings and obtaining feedback at the CPNP Annual Meeting proved to be an invaluable experience and I am grateful for the opportunity.*



**Courtney Slough - W. G. (Bill) Hefner VA Medical Center- Salisbury NC**

*Comprehensive medication management (CMM) provided to veterans in an outpatient traumatic brain injury (TBI) clinic at a Veteran Affairs Medical Center*

*The Defining the Future Grant inspired me to incorporate Comprehensive Medication Management (CMM) into my practice. After determining the benefits of CMM, I applied and was awarded an additional research grant to provide CMM for patients following a psychiatric inpatient hospitalization. The Defining the Future Grant was a critical step for my clinical and research development.*

*Although I was nervous about it, I submitted my residency paper to the Mental Health Clinician. I was thrilled when it was accepted with revisions. The reviewers offered constructive feedback and my paper improved immensely after implementing the revisions. It was a great learning experience and I encourage other residents to submit their research.*

Applications are now being accepted for the **2016 Defining the Future** grant program. To be considered, the complete application must be submitted using the Foundation online application process by the August 31, 2016 deadline. Grantees will be required to obtain IRB approval prior to starting their project. Grantees will also be required to submit their research for abstract consideration and, if selected, present their research results as a poster at the 2017 CPNP Annual Meeting to be held April 23-26 at the Phoenix Convention Center in Phoenix, Arizona. Award recipients will be notified by October 1, 2016.

## WHY I GIVE TO THE CPNP FOUNDATION



*Justin Ellison,  
PharmD, BCPP*

CPNP Foundation enjoys featuring and thanking 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. Justin Ellison** who has been a Foundation donor since his years as a resident.

**Justin Ellison, PharmD, BCPP**, is a Clinical Pharmacy Specialist in Mental Health at the Hyannis Community Based Outpatient Clinic (CBOC) of the Providence Veterans Affairs Medical Center. He earned his doctorate of pharmacy from the University of Rhode Island and went on to complete a PGY1 Pharmacy Practice Residency at Stony Brook University Medical Center and a PGY2 Psychiatric Pharmacy Residency at the Providence Veterans Affairs Medical Center. In his current position as a Clinical

Pharmacy Specialist in Mental Health, Dr. Ellison has worked to develop a medication management clinic to improve access to mental health services for Veterans in the Hyannis Community Based Outpatient Clinic (CBOC) as well as a video telehealth clinic to expand psychiatric pharmacy services to other CBOCs in the area. He also serves as a preceptor for PGY1 Pharmacy Practice & PGY2 Psychiatric Pharmacy Residency programs.

### What led you to pursue a career in psychiatric pharmacy?

I was exposed to the stigma facing the mental health population at an early age. My mother worked as a program manager for an assisted living facility and I recall spending a lot of time with some of the people there. One in particular stood out. He was kind, funny, and always had a big smile and new joke for me when I came in, but his family rarely, if ever, came to visit. When I questioned why, my mother explained that the people there had illnesses that could affect their brain and sometimes their families didn't understand or were frightened by that. I remember being upset and outraged that my friend was viewed and treated differently just because he had an illness. That feeling stuck with me throughout my training. I was truly lucky to have incredible mentors, such as Dr. Robert L. Dufresne, whose guidance and encouragement inspired me to get connected with CPNP early and pursue a career in providing empathetic care and advocating for this underserved population.

### What prompted you to donate to the CPNP Foundation?

CPNP has been a consistently supportive community throughout my training and now practice as a psychiatric pharmacist. I wanted to begin to give back to support the programs that I've witnessed first-hand and inspire students interested in pursuing a career in psychiatric pharmacy.

## Which CPNP Foundation initiative most motivates you?

All of the CPNP Foundation initiatives align with my values on improving care and access to patients with mental illness (i.e. the Health Pharmacy directory), reducing stigma (i.e. Stigma Research Project), and student development. I couldn't have been more proud to see a former student of mine, Dr. Natalie Valentino, win the Foundation's Strategic Goals Award at this year's Annual meeting, so I may be a little biased towards that initiative. However, I believe the Defining the Future research grants and travel grants have such a huge impact on getting new members and students engaged in research and CPNP Foundation's mission early on in their careers. These Foundation initiatives serve to support the next generation of members who will continue to expand the role of psychiatric pharmacists and improve the quality of care for our patients.

## How do you envision the CPNP Foundation making a difference in your life and/or the lives of patients and caregivers?

The CPNP Foundation has a commitment to reducing stigma associated with mental illness and improving the quality of life of our patients and their caregivers. The initiatives prioritized by the Foundation embody the essence of why I chose to get into this field. In my mind, there is no more appropriate and deserving organization whose mission mirrors my own views for the future of psychiatric pharmacy and the patients we serve.

## CPNP FOUNDATION ACTIVE AT CPNP 2016 IN COLORADO SPRINGS

Each year the CPNP Foundation seeks to feature their success in achieving their mission at the CPNP Annual Meeting. Despite Winter Storm Vexo, the Foundation was able to shine a light on stigma and bring the patient/caregiver perspective to the meeting.

### Career Achievement Award



On Tuesday, April 19, the CPNP Foundation presented its second Career Achievement Award to Dr. Glen Stimmel, PharmD. The Career Achievement Award recognizes a CPNP member whose career has demonstrated sustained excellence in psychiatric or neurologic pharmacy and the profession of pharmacy. It is one of the highest honors recognizing outstanding, sustained contributions that advance and expand psychiatric or neurologic pharmacy. For more information, read the full [press release](#) and/or listen to Dr. Stimmel's spot-on acceptance speech [here](#).

### Defining the Future Research Grants



The first recipients of the Defining the Future Research Grant Program for Students and Residents were recognized at CPNP 2016. For more information on the grant recipients, read the article "Defining the Future Grants Recipients Present Their Work in Colorado Springs" in this issue of Kaleidoscope. Defining the Future is an annual grant program offers a competitive selection process from which the Foundation selects up to three research projects to fund up to \$1500 each. Funded projects must address stigma associated with psychiatric or neurologic disorders or comprehensive medication management as a best practice. For more information about current 2016 grant opportunities, visit the Foundation's website at [cpnpf.org/grants](http://cpnpf.org/grants).

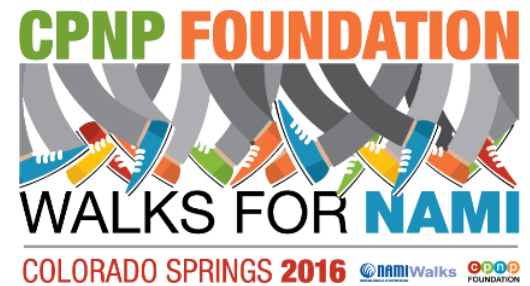


## Strategic Goals Award

CPNP 2016 was the first year the Foundation offered the CPNP Foundation Strategic Goals Award. To be eligible for this award, the researcher's abstract must address stigma associated with psychiatric disorders or comprehensive medication management as a best practice. The Foundation is pleased to announce that **Natalie Valentino, PharmD**, was both a Defining the Future Research Grant recipient and the winner of the 2016 CPNP Foundation Strategic Goals Award. Dr. Valentino's poster can be viewed [here](#).

## CPNP Foundation Walks for NAMI

The CPNP Foundation partnered with CPNP to sponsor the 9<sup>th</sup> 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 91 individuals contributed to the important work of NAMI for a total of \$1,900 in donations which was matched by CPNP for a total donation of \$3800.



## Pharmacy Student Travel Grants

Again this year the CPNP Foundation provided complimentary registration and/or partial travel support to a record 21 students to attend CPNP 2016. 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 included:

- Nasar Ansari
- Chelsea Bast
- Brittney Dewey
- Joelle Hall
- Tiffany Harrison
- Rachel Jackson
- Jini John
- Estelle Kim
- Ashley Mittereder
- Lindsey Sandler
- Daniel Schroedl
- Megan Skelly
- Luke Smedley
- Ryan Starr
- Caitlyn Thiboutot
- Carmen Truong
- Sinziana Ungureanu
- Gabrielle Vaz
- Bruce Williams
- Lauren Woolley
- Derek Yates