



# KALEIDOSCOPE

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

NOVEMBER 2016: A Newsletter of the CPNP Foundation

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## HELP US TO ENHANCE THE LIVES OF OTHERS

*Matthew Fuller, PharmD, BCPP, FASHP*



*Matthew Fuller,  
CPNP Foundation  
President*

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. As supporters of the CPNP Foundation, we know you live this same mantra day after day as you work to ensure patients receive the most effective, safe and compassionate care possible.

As we enter our 2016 year-end campaign, the CPNP Foundation is asking you to extend your impact as a psychiatric pharmacist and make a generous donation to support the work we do to ensure individuals with psychiatric and neurologic disorders receive optimal treatment, live free of stigma, and achieve their full potential.

Here is just a sampling of the impactful work your donation supports:

- Through its [Defining the Future Grant Program](#), the Foundation has once again supported grants to four individuals researching ways to understand and dispel stigma associated with mental disorders and help patients receive optimal treatment through medication therapy management. Their findings will be presented at the Annual Meeting in April 2017.
- To further the understanding of stigma and social distancing among community pharmacists as a beginning point to make inroads to decrease stigma among all healthcare providers, the Foundation has collaborated with Dr. Vincent Giannetti and colleagues at the Duquesne University Mylan School of Pharmacy to explore community pharmacists' knowledge of and attitudes toward mental illness and the services they provide. Through this [project](#), barriers to counseling patients and pharmacists' beliefs about patients with mental illness have been evaluated via a comprehensive survey instrument completed by a sample of community pharmacists nationally. The survey has been analyzed and up to two manuscripts are moving forward for publication submission. It is anticipated these results will guide further work by the Foundation in efforts to educate and support our colleagues in the retail sector as our mission focuses not only on the needs of individuals living



with psychiatric and neurologic disorders and their families, but also health professionals in general practice settings.

- The Foundation will once again award twenty student grants to attend CPNP 2017 in Phoenix. We have seen a large upsurge in student chapters on college campuses to over 25 chapters as well as student participation at our Annual Meeting. I am pleased that we are able to "pay it forward" for up and coming clinical pharmacy specialists.
- You will also notice in this newsletter that we have highlighted Legacy Partner Larry Ereshefsky. As you may recall, the Foundation established a bequest program where individuals have the opportunity to leave a legacy that support the Foundation after your lifetime. We encourage this as an additional conduit to make a bigger, more lasting impact.

As you can see, the Foundation has been busy working on its strategic goals, and board members participated in a strategic planning meeting this month. I look forward to working with the Board and our newly elected President-Elect Cindy Kirkwood on furthering our mission and vision. Can you imagine a world in which individuals with psychiatric and neurologic disorders receive optimal treatment, live free of stigma, and achieve their full potential? Your generous gift will get us closer to making this vision a reality. I am sincerely grateful for your continued support.

## DR. LARRY ERESHEFSKY BECOMES A LEGACY PARTNER

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



*Dr. Larry Ereshefsky  
PharmD, BCPP,  
FCCP*

Dr. Larry Ereshefsky has recently become a member of the Legacy Partners Society. He is well known to virtually all members of CPNP and certainly to all members of the CPNP Foundation Board of Directors. He was a founding member of CPNP, and he is a frequent presenter at the CPNP meetings. He served as President of CPNP (2004-2005) and has served on numerous committees to advance our discipline and enable us to better meet the needs of our patients.

The CPNP Foundation established a Bequest Program to offer CPNP members and others an additional mechanism to help advance the Foundation's mission and to leave a legacy that will have impact beyond their lifetime. The Legacy Partners Society was created to recognize and honor those individuals who have established bequests and other planned giving arrangements to leave a lasting legacy. Those participating in the Bequest Program become Legacy Partners within the Foundation.

It was my pleasure and honor to speak recently with Dr. Ereshefsky about his decision to establish a bequest to support the Foundation's mission. Here is what I learned.

Dr. Ereshefsky's primary motivation in setting up the bequest was to 'pay it forward' to our profession, to CPNP, and the Foundation for the gifts and blessings of a successful career. He is particularly interested in the Foundation's goals and objectives that relate to supporting practice research that makes a difference in the lives of our patients. He feels that the Foundation's role in supporting students and residents to attend the CPNP Annual Meeting so they can participate in the meeting and be immersed in our culture is especially important.

Dr. Ereshefsky stated that he is gratified and humbled by witnessing CPNP's growth and seeing the association begin to realize its potential as an agent of change in the care of those with brain disorders. But he also recognizes that we have so much further to go in supporting the profession and improving health outcomes for our patients. He noted that a bequest is a great way to support the long-term goals of the Foundation and CPNP while allowing one the financial flexibility to enjoy the later stages of a career in transition into retirement. The bequest mechanism also allows him to generously support additional worthy causes, such as the Endowment for Excellence in Psychiatric Pharmacy and Clinical Neuroscience at the University of Texas and Life-time Alumnus of the School of Pharmacy, University of Southern California.

For those potentially interested in setting up a bequest, Dr. Ereshefsky mentioned two options to consider as you talk with your attorney or tax/financial advisor. He recommends setting it up to have both a minimum dollar value and an optional percentage of the estate to gift, whichever is the greater amount. This allows you to share your success with others and painlessly give more as circumstance permit. Another option to consider is to specify a certain fixed number of dollars to be gifted upon your death, with a larger bequest (a percentage of the estate) given after the spouse's passing. He also underscored the importance of involving your life partner in the decision to support your profession. He noted that his wife, Elke, who has been his partner in both life and in professional endeavors, fully supports the bequest.

CPNP is dedicated to advancing the reach and practice of psychiatric pharmacists so that they can better meet patient needs. The CPNP Foundation focuses on the needs of individuals living with psychiatric and neurologic disorders, their families, and healthcare professionals in general practice settings. The Foundation works to ensure that our patients receive optimal treatment, live free of stigma, and achieve their full potential. These two organizations work together, taking complementary approaches to further evidence-based treatment of neuropsychiatric patients.

Clearly, Dr. Ereshefsky is passionate about the CPNP Foundation, CPNP, and advancing the health and wellbeing of individuals with psychiatric and neurologic illnesses. Both CPNP and the Foundation are so very fortunate to have Dr. Ereshefsky's vision, intellect, generosity, and passion which have imbued the founding of CPNP and the work of both organizations. Through his generous bequest, he will continue to influence our direction and progress into the future. Thanks, Dr. Ereshefsky, for establishing your generous bequest and for your countless and varied contributions over the years.

## **DEFINING THE FUTURE GRANT RECIPIENTS ANNOUNCED**

The CPNP Foundation is pleased to announce the recipients of the second annual Defining the Future Research Grant Awards. The number of applications grew by 25% and many of the proposals projected outlined exciting and important projects. Ultimately, the CPNP Foundation was able to provide grants to four individuals.

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):

**Andrew Kluemper, PharmD**, of University of Colorado Health & Anschutz and Lowry Internal Medicine Clinics, will conduct a project entitled "Effect of Primary Care Provider Stigma on Appropriate PHQ-9 Administration."

**Jenni-lyn Ladutko, PharmD**, will complete her project entitled "Implementation of a Polypharmacy Clinic in Vulnerable Elders (PAVE Clinic) Within an Integrated Patient Aligned Care Team" at the Veterans Administration Salt Lake City Healthcare System.

**Samantha Themas, PharmD**, of Memorial Outpatient Behavioral Health Center, will research "Effect of Clinical Pharmacy Specialist Intervention on Metabolic Markers in Patients Receiving Long-acting Antipsychotic Injections."

**Tu Vuong**, a PharmD student from University of Southern California, will assess "Incorporating Clinical Pharmacy Service into Depression Management at a Primary Care Clinic."

Defining the Future Grants will be awarded annually. Applications are due late summer, and recipients are announced in early 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 2017 Defining the Future Grant.

## STIGMA RESEARCH PROJECT UPDATE

*Jerry McKee, PharmD, MS, BCPP*



The mission statement of the CPNP Foundation proclaims that "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. Our mission focuses on the needs of individuals living with psychiatric and neurologic disorders, their families, and health professionals in general practice to further evidence-based treatment."

As one step toward realizing our mission, the Foundation has placed a priority upon enhancing our understanding of the issues around stigma and social distancing among community pharmacists as a beginning point to make inroads in decreasing stigma among all healthcare providers. In order to achieve this goal, we are collaborating with Dr. Vincent Giannetti and colleagues at the Duquesne University Mylan School of Pharmacy to explore community pharmacists' knowledge of and attitudes toward mental illness, comfort and confidence in dealing with persons with mental illness, and the services they provide to this population via a comprehensive national survey. The survey results and accompanying interpretive narrative will be the first published research assessing, from a national perspective, the biases of community pharmacists regarding persons with mental illness. This work is intended as a foundation to further encourage pharmacists to keep an open mind and continually educate themselves and others about the truth surrounding mental illnesses, their causes, and their manifestations.

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. Further, identifying ways to minimize these barriers are key to the long-term objective of improving access to care for persons with mental illness. This work is one step to making this a reality.

The Foundation is pleased to announce that the survey results are in, have been aggregated and analyzed, and a corresponding manuscript is in the late stages of development by the CPNP Foundation workgroup and Dr. Gianetti's team, with publication in a top tier journal as the next goal. It is anticipated that the publication of this work will be useful to the Foundation, other researchers, pharmacy educators, and professional pharmacy organizations in developing programs/initiatives to reduce stigma and its consequences among this group of healthcare providers and ideally, improving access to care for our patients.

While results are embargoed during this phase of the manuscript development, the CPNP Foundation workgroup is pleased with the findings and believes this will be a seminal work in the area of assessing pharmacists' perceptions regarding barriers to counseling patients and pharmacists' beliefs about patients with mental illness. Equally important is the discussion regarding mechanisms to overcome these barriers to success. The goal of dissemination of the eventual published manuscript is to improve the comfort and confidence that community pharmacists have in supporting persons with mental illness when they assist them in their practice settings.

## **TWENTY STUDENT REGISTRATION/TRAVEL GRANTS TO BE FUNDED FOR CPNP 2017**

The CPNP Foundation is pleased to announce the funding of 20 student registration/travel grants. Each student recipient will receive a full student registration to the [2017 Annual meeting](#) (\$175 value) and \$325 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 Ray Love, *"The CPNP Past Presidents are extremely impressed with the 80+ students who attended CPNP 2016 on-site. The growth in student attendance at our annual meeting and in student membership is amazing. None of us could have predicted that we would grow to nearly 600 student members. The Past Presidents feel it is critical to support these individuals, their interest in our specialty and their pursuit of careers in psychiatric pharmacy. They are integral to the growth of our specialty and our future ability to serve those living with mental illness."*

Applications for these grants are now being accepted. 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; 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 2016 registration/travel grants have shared the impact these grants have made on their future. A few examples of their comments are shown below:

*"Attending this conference only intensified my love and passion for serving those with mental illness"*  
- Luke Smedley, Purdue University College of Pharmacy, PharmD Candidate 2017

*"The advice and guidance that I received from established CPNP members was truly impactful and helped to reassure that this is the career path I want to follow."* - Joelle Hall, Ohio Northern University, PharmD Candidate 2019

*"The variety of connections I was able to establish through my attendance couldn't have been possible at any other conference." - Derek Yates, PharmD, PGY-1 Ambulatory Care Resident, William S. Middleton Memorial Veterans Hospital, Madison, Wisconsin*

*"The CPNP Annual meeting is an essential step in enriching your education and setting yourself up for future success." - Lauren Woolley, University of Pittsburgh School of Pharmacy, PharmD Candidate 2017*

*"As students, we aspire to do great things. The CPNP foundation is a force of positive energy that attracts and lights the way for those with a similar vision." - Nasar Ansari, ETSU Bill Gatton College of Pharmacy, PharmD Candidate 2017*

*"The meeting offers a truly unique opportunity for students to connect with practicing pharmacists to discuss career interests, receive valuable advice, and create long-lasting connections." - Chelsea Bast, University of Connecticut School of Pharmacy, Pharm.D. Candidate 2017*

*"CPNP was a great opportunity to learn more about psychiatric pharmacy. Attending different talks and the research symposium gave me an opportunity to learn about the roles of psychiatric pharmacists."  
- Carmen Truong, UCSD SKAGGS School of Pharmacy, PharmD Candidate 2017*

Matthew Fuller, President of the CPNP Foundation, commented, "Student attendance at the CPNP Annual Meeting has been impressive. Student chapters on college campuses continue to grow. The Foundation Board firmly believes in these students, the future of CPNP. I am pleased and grateful to the Board, CPNP membership, Past Presidents, and Friends of the Foundation for helping support the student travel grants. It is our hope that these grants stimulate these students to increase their involvement in CPNP and ultimately work to improve the lives of individuals with psychiatric and neurologic disorders."

## 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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With the holidays approaching, are you needing to shop for gifts? Black Friday and Cyber Monday are two of the busiest shopping days of the year. If you shop online, consider shopping at [smile.amazon.com](https://smile.amazon.com) and increase CPNP Foundation's AmazonSmile donations.

What is AmazonSmile? AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile ([smile.amazon.com](https://smile.amazon.com)), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to CPNP Foundation.

This holiday season shop and support CPNP Foundation at the same time!

