



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 2018: A Newsletter of the CPNP Foundation

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PRESIDENT'S LETTER: LIVING STIGMAFREE TAKES CENTER STAGE AT CPNP 2018

Cynthia Kirkwood, PharmD, BCPP, CPNP



Was that an awesome Annual Meeting or what?

For those of you who were unable to attend the CPNP 2018 this year, I just have to say that the excitement was palpable. The StigmaFree theme generated much discussion around this important topic and broadened the perspective of all attendees.

Foundation members greeted familiar faces and welcomed new attendees who stopped by to pick up a sticker and to demonstrate their commitment to being StigmaFree by signing the banner. It was terrific to see so many colorful signatures and witness the numerous selfies!

Highlights of Foundation-supported activities by the numbers include:

- 179 individuals supported the StigmaFree Walk to support NAMI
- 63 people (58 students and 5 pharmacists) completed the 8-hour Mental Health First Aid Training before the meeting
- 52 people participated in the NAMI Walk on Wednesday morning in their StigmaFree t-shirts
- 20 attendees participated in the *StigmaFree Me!* Discussion Den
- 20 students attended the meeting with the assistance of Foundation supported Student Travel Grants
- 3 Defining the Future Grant recipients presented research posters
- 1 person received the CPNP Foundation Strategic Goals Award





Through the efforts of donors like you, the Foundation made a donation of \$2,675 to NAMI and CPNP generously made a matching donation. As you can see, the Foundation is working vigorously to connect patients with caring pharmacy professionals. It is heartening to think that there are now 179 StigmaFree t-shirt-wearing people and 63 Mental Health First Aid trained people spreading the word and starting new conversations on how to make life easier for individuals living with mental illness.

Please join me in our ongoing efforts to make a change in our world by supporting the Foundation with a donation (<https://cpnpf.org/pledge>). We can make it happen together!

TIPS TO LIVE BY: BE AWARE-BE STIGMAFREE

Another impactful event at CPNP 2018 was the *StigmaFree Me!* Discussion Den led by CPNP Foundation Board Member Carol Ott and CPNP Member Suzie Harris. This interactive session focused on the underpinnings of stigma with those in attendance offering tips on how to **Be Aware and Be StigmaFree**.

Tip #1: Be Cognizant of How we Learn Stigma

The reality is that we learn stigma from things and people surrounding us every day. Movies, news, our families, and our culture are just a few of the sources that impact each of us and our views of those living with mental illness and addiction. Tip #1 then is to live more consciously with awareness of all of the messaging around us.

Tip #2: Change Your Language to Change the World

How many times in any given week do we hear someone say "crazy", "wacko", "mental?" Tip #2 focuses on the stigmatizing language we use and encourages us all to train ourselves to use person-first language where we don't label by diagnostic criteria or a person's role in treatment. Being conscious and aware should be our mantra as we strive to think and say, "She is living with depression" rather than "She is suffering from depression."

Tip #3: Put Empathy into Action

Discussion facilitators shared statistics that showed that pharmacists, in general, are less comfortable talking to patients about their medications for mental illness compared with medications for cardiovascular diseases and feel very uncomfortable monitoring the medications for mental illness. With information and insight comes empathy and understanding. Increased mental health training in pharmacy schools, engaging in clinical experiences assisting individuals with mental illness, mindfulness, and partnering with NAMI (e.g., "Ending the Silence", "Trauma for Care") are all suggestions for better understanding the perspective and experience of those living with mental illness and addiction.

[Download the Foundation's infographic offering tips on how you can Be StigmaFree](#)

The Power to Be stigmafree

Patients with mental illnesses frequently report discrimination and lack of support from healthcare professionals. Be part of the solution by taking steps to **Be Aware and Be StigmaFree**.

1 BE AWARE OF THE MESSAGES SURROUNDING YOU

We learn stigma from

- Movies
- Newspapers
- Social media
- Culture
- Our families
- School
- Interactions with healthcare professionals

2 CHANGE YOUR LANGUAGE TO CHANGE THE WORLD

Train yourself to use person-first language where you do not label by diagnostic criteria or a person's role in treatment

✓ SAY THIS	✗ NOT THIS
She has schizophrenia	She is schizophrenic
He died by suicide	He committed suicide
She is living with depression	She is suffering from depression
The drug screen is positive for cocaine	The drug screen is dirty

3 PUT EMPATHY INTO ACTION

- Promote mental health first aid training for students, pharmacists, and technicians
- Ensure mental health training in pharmacy schools
- Provide psychiatric medication counseling to improve adherence and reduce inappropriate medication use

cpnp FOUNDATION | **Be Aware. Be StigmaFree.**
Support the CPNP Foundation in our efforts to reduce stigma
Donate at cpnpf.org/pledge

OPTIMIZING PHARMACIST CARE THROUGH MENTAL HEALTH FIRST AID TRAINING

Jerry McKee, PharmD, MS, BCPP

The CPNP Foundation has taken a proactive role on the issue of eliminating stigma around mental health diseases. Clearly evidenced at the recent CPNP Annual Meeting in Indianapolis, the **Stigma Free campaign** outlines that we can (and must) all work together to shift the social and systemic barriers for those living with mental health conditions. Mental illness affects tens of millions of people in the United States each year, and overall, only about half of those affected receive treatment. For patients with mental illness, there are many barriers to care, including lack of access, lack of accurate disease state information, limited financial resources, inadequate transportation, and stigma. Patients with mental illness may be stigmatized, even by healthcare professionals. Such bias can serve as a barrier to patients receiving optimal care, hinder them from realizing their potential, and be detrimental to their sense of well-being. People suffering from mental illnesses perceive the stigma that exists related to their disorders; the discomfort felt by healthcare professionals and the general public in interacting with people with mental illness can be an additional barrier to care. It is essential that everyone, including pharmacists and other healthcare professionals, be aware of any biases they might have toward patients with mental illness and make an effort to inform themselves on these conditions with factual information based on research findings.



As another aspect of the **StigmaFree campaign**, the CPNP Foundation, in collaboration with sponsor Creative Educational Concepts, made a bold move at the recent annual meeting to take steps to eliminate stigma, including sponsoring an inaugural 8 hour Mental Health First Aid (MHFA) training forum, primarily targeting pharmacy student members, to build skills to help those who may be in a mental health crisis or who may be developing a mental illness. CPNP members and certified MHFA Instructors Talia Puzantian, PharmD, BCPP, Tom Smith, PharmD, BCPP, and Jerry McKee, PharmD, MS, BCPP led the forum of sixty-three participants (58 students/5 pharmacists) from across the country. The curriculum is interactive and active learning scenarios are pharmacy-case based. Initial feedback from participants was overwhelmingly positive. Attendees reported that the course was helpful and informative and said the "course has better prepared me for the work that I do professionally."

The workshop was supported and subsidized by the CPNP Foundation and Creative Educational Concepts. Following the event, participants received a certificate of completion from Mental Health First Aid USA acknowledging certification which is valid for 3 years. The National Community Pharmacists Association

(NCPA) has recently made it possible for pharmacists to obtain 8 hours of continuing education credit for participation. More information regarding MHFA may be obtained at <http://www.mentalhealthfirstaid.org/cs/>.

Reducing stigma is an important step in increasing access to, and quality of care for, persons with mental illness, as is equipping healthcare professionals with the tools and language to assist members of our community experiencing mental health symptoms or crises. It is clear that MHFA training can be an important addition to educational programs aimed at optimizing patient care and outcomes as well as increasing the job satisfaction of the community pharmacy healthcare professional.

FOUNDATION-FUNDED PROJECTS SHINE AT CPNP 2018

Each year, the CPNP Foundation supports the Defining the Future grant program which is designed to further the mission and vision of the CPNP Foundation. All three of the 2017 grant recipients had their poster abstracts accepted and were award finalists at the 2018 CPNP Annual Meeting. We followed up with the 2017 recipients to learn more about their experience and how the Defining the Future grant impacted their projects. Click on the title of each project to view the final poster!

Amanda Colistro*, PharmD Student, Midwestern University: [Safe Opioid Prescribing Course Effect on Opioid Overdose Knowledge and Attitude Scales Across Multidisciplinary Students](#)

Our goal was to assess the change in multidisciplinary healthcare student knowledge, attitude, and perceptions related to the opioid epidemic at two academic institutions using the following validated scales: Opioid Overdose Knowledge Scale (OOKS), Opioid Overdose Attitudes Scale (OOAS) and Drugs and Drug Problems Perceptions Questionnaire (DDPPQ). Thanks to the CPNP Foundation, my colleague Morgan Karrels and I were able to conduct our study to first-year students across 6 colleges at two campuses through Midwestern University. Per our results, we concluded that multidisciplinary healthcare students displayed enhanced knowledge of the opioid epidemic and positively influenced attitudes and perceptions related to patients with opioid use disorder. We believe it is important to incorporate education on the opioid epidemic, opioid overdose & naloxone use into the curriculum of all healthcare professionals to advance our practices and aid in combatting the opioid epidemic.

The *Defining the Future Grant* and the *Strategic Goals Award* provided us the opportunity to attend the CPNP 2018 meeting to present our results and reduce the stigma surrounding substance abuse disorders. We took part at the meeting as PS1 students. At the meeting, we had the opportunity to attend several programming events, such as the Mental Health First Aid Certification and the student programming events. We were also able to build invaluable relationships with other members, thereby gaining networking experience. We greatly appreciate



the opportunities presented to us and our project courtesy of the CPNP Foundation and would recommend this experience to any student that has an interest in psychiatric pharmacy.

**2018 CPNP Foundation Strategic Goals Award winner. Amanda's co-investigator, Morgan Karrels (pictured), presented the Award Platform Presentation and accepted the award on behalf of the research team.*

Andrew Naglich, PharmD, VA North Texas Healthcare System: Association of SSRI/ SNRI Treatment with Substance Use Disorder Symptom Severity in Veterans with PTSD**

The CPNP Foundation Defining the Future Grant not only provides financial assistance but also provides investigators with encouragement that their work is of scale and import enough to have gained the support of their peers. Psychiatric pharmacists practicing today recognize and contend with many drug-related problems that remain unstudied or otherwise ignored in published research. These same pharmacists are uniquely positioned to generate empirical evidence and advance the understanding of psychiatric medications and evidence-based psychiatric practice.

The support I received from the grant and from my discussions with foundation members during the poster session has encouraged me to continue pursuing my goal of producing meaningful, pharmacy-based research as I continue my career in psychiatric pharmacy.

***2018 Original Research Award finalist*

Deepika Rao*, Graduate Student, Duquesne University: Community Pharmacist and Substance Abuse Disorders: Attitudes, Knowledge and Practice**

The project aims to identify the attitudes of pharmacists, especially harm reduction strategies and stigma towards patients with substance use disorders (SUD) as well as their knowledge of SUD medications and then relate it to their practice or offering of clinical services like screening and MTM services for these patients. It is a cross-sectional survey of about 1000 community pharmacists from the tri-state area and we hope the study helps to better understand the barriers to practice and help improve the role of the pharmacist in fighting the opioid epidemic as well as SUD in general.

This is my master's thesis project and I am extremely grateful to CPNPF for the Defining the Future grant that made the project possible. The funds were used for my travel expenses to the 2018 conference and to provide an incentive in the form of gift certificates for the responders that I believe has greatly improved the response rate of the survey. I am also thankful for the exposure and the recognition that I received by being a grant recipient and a finalist for the Strategic Goals Award. I hope to continue be an active member of CPNPF and contribute to research in behavioral sciences.

****2018 CPNP Foundation Strategic Goals Award finalist*

Applications are now being accepted for the **2018 Defining the Future** grant program. To be considered, a complete application must be submitted using the Foundation's online application portal by the August 31, 2018 deadline. Grantees will be required to submit their project/research for abstract consideration and, if selected, present their research results as a poster at the **2019 CPNP Annual Meeting** to be held **April 7-10, 2018 at The Grand America Hotel in Salt Lake City, Utah**. Award recipients will be notified by October 1, 2018.

To make a donation to support these grants, please visit cpnpf.org/pledge.

GRANT OPPORTUNITY FOR STUDENTS, RESIDENTS AND FELLOWS NOW OPEN FOR FALL 2018



The CPNP Foundation is excited to announce that the 2018 *Defining the Future* Research Grant cycle has begun! This annual grant program is designated specifically for students, residents, and fellows interested in psychiatric and neurologic pharmacy, and the goals of the proposed project must be consistent with the vision and mission of the Foundation, which can be viewed at cpnpf.org. CPNP Student Chapters are also encouraged to apply and will need to designate one individual to be the point person for the grant.

Up to three grants of \$1500 will be awarded to support the projects of the selected individuals or groups. Recipients will be required to submit their project results as an abstract for poster consideration at the 2019 CPNP Annual Meeting to be held April 7-10, 2019 at The Grand America Hotel in Salt Lake City, Utah.

Grant applications must be submitted through the [online application portal](#) by **11:59 p.m. Central Time, August 31, 2018**. Recipients will be announced October 1, and research abstracts must be submitted to CPNP through the poster submission process, due by the published January 2018 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 applicants' enthusiasm and creativity as we work to define the future and improve the care of patients with psychiatric and neurologic disorders.

Learn more and see past Defining the Future grant recipient projects at cpnpf.org/grants.

STUDENT GRANTS INVEST IN THE FUTURE OF PSYCHIATRIC PHARMACY

Thirty donors, including multiple CPNP Past Presidents, contributed to the registration and travel scholarships awarded to 20 students to attend the 2018 CPNP Annual Meeting in Indianapolis, Indiana. Generous contributions like these support the future of psychiatric pharmacy and show commitment to improving the care of patients living with psychiatric, neurologic, and substance use disorders. The CPNP Foundation thanks all of its donors for their generosity. Many of the student recipients passed along their thanks as well! We have included a few emails and thank you notes below. Please support future student grant awards at <https://cpnpf.org/pledge>.

Sierra Carpenter

Dear CPNP Foundation Members,

I am writing to express my sincere appreciation and gratitude for the CPNP Travel Grant you awarded me. Without that support, I would not have been able to attend the conference and present my poster. CPNP 2018 was one of the greatest conferences I attended thus far and cannot wait to return next year! My goals for attending the conference were met and I couldn't be happier. It was wonderful meeting/networking with fellow pharmacy students, Phi Delta Chi brothers, and attending the various presentations. The poster sessions were wonderful as well! Thank you again for your generosity and support!

Sincerely,
Sierra Carpenter

Thank You
CPNP Foundation!

Robyn Eggert

I want to personally thank you for your generous donation to the student grant program. Because of the financial support you and other donors provided, I have been awarded a student registration grant supporting my attendance at the 2018 CPNP Annual Meeting. I am so grateful for this contribution you made toward my future in psychiatric pharmacy through this great educational opportunity. I am currently a 4th-year student attending the Medical University of South Carolina with the goals of completing a general PGY-1 pharmacy practice residency in which I can further build on by completing a PGY-2 in psychiatry. Therefore, I truly believe attendance and participation at this year's CPNP Annual Meeting is the next step in my progression towards becoming an involved member of the psychiatric pharmacy community. Specifically, I believe the student programming, research topics, and networking opportunities will be of the utmost value to me. As I strive to become a clinician within psychiatric pharmacy, I have made it a point to further my interest in psychiatry by completing an APPE rotation in psychiatry and presenting on multiple occasions about psychiatric topics. I look forward to building on my past experiences by participating in the events included at this meeting.

Charisse Norberte

DEAR CPNP FOUNDATION AND
GENEROUS DONORS,

I WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK EACH AND EVERY ONE OF YOU FOR YOUR HARD WORK, KINDNESS, AND GENEROSITY. AS I REFLECT BACK ON MY EXPERIENCE AT THIS YEAR'S CPNP CONFERENCE, I AM OVERWHELMED WITH FEELINGS OF EXCITEMENT, MOTIVATION AND GRATITUDE. I REMEMBER LOOKING AROUND THE GRAND BALLROOM AND FEELING INSPIRED BY ALL THE PHARMACISTS IN THE ROOM WHO WERE ALL LEADING THEIR CAREERS IN THE SAME FIELD THAT I AM SO PASSIONATE ABOUT. I VOWED TO MYSELF THAT I WOULD TRY TO SEIZE EVERY OPPORTUNITY TO ATTEND EACH CPNP

May 1, 2018

CONFERENCE FROM THERE ON OUT!
MY EXPERIENCE WOULD NOT HAVE BEEN POSSIBLE WITHOUT YOUR HELP. I LOOK FORWARD TO CONTINUE SUPPORTING CPNP AS A RESIDENT AND NEW PHARMACIST. I AM FOREVER HUMBLLED BY YOUR SUPPORT AND I HOPE TO INSPIRE MORE INTEREST IN CPNP IN OTHER STUDENT PHARMACISTS.
THANK YOU ALL AGAIN!

SINCERELY,
CHARISSE NORBERTE

Sundus Awan

I am a fourth-year student at the University of Missouri-Kansas City School of Pharmacy. I want to personally thank you for your donation to the student grant program for the CPNP conference. With the financial support that you and other donors provided, I have been awarded a student registration grant supporting my attendance at CPNP 2018. As a student who is extremely passionate about psychiatry, I am extremely grateful for the contribution you are making toward my future and the future of the psychiatric pharmacy profession through this great educational opportunity. I hope to pursue a PGY2 in psychiatric pharmacy after the completion of a foundational PGY1 starting in June. Going to this conference will allow me the opportunity to learn about issues prevalent in psychiatry and to network with my future fellow colleagues. Our university just recently approved a student chapter for CPNP, so being able to attend the national conference means a lot. Thank you so much!