



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 2018: A Newsletter of the CPNP Foundation

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PRESIDENT'S LETTER: A TIME FOR GRATITUDE

Cynthia Kirkwood, PharmD, BCPP, CPNP

If you are like me, I am eagerly anticipating the holidays that lie ahead. I have many things to be grateful for in both my personal life and my professional life. Gratitude comes from the Latin word *gratus* that Wikipedia defines as "a feeling of appreciation felt by and/or similar positive response shown by the recipient of kindness, gifts, help, favors, or other types of generosity, towards the giver of such gifts." This emotion instills a positivity within individuals who practice mindfulness by consciously identifying what they are grateful for daily. I can honestly say that I am grateful for the opportunity to be a member of CPNP, an organization that has played a significant role in my own professional development.



Cynthia Kirkwood, CPNP Foundation President

The CPNP Foundation Board is very grateful for the dedication of all the CPNP members who have contributed close to \$28,000 to advance the mission of expanding access to compassionate care of individuals with mental disorders. Your donations support pharmacy student travel, cutting-edge research, and Mental Health First Aid training for trainees. These are the next generation of practitioners who will care for patients.

The CPNP Foundation is seeking to meet its \$40,000 year-end fundraising goal to support this important, ongoing work and asking for your continued support with a generous donation during our year-end fundraising campaign. Act now by donating online. Thank you in advance for your support!

JULIE DOPHEIDE JOINS THE LEGACY PARTNER'S SOCIETY

The CPNP Foundation is pleased to announced that **Julie Dopheide, PharmD, BCPP, FASHP**, has joined the Legacy Partner's Society! The Legacy Partner Society is an exclusive group of donors who have committed a bequest to the CPNP Foundation. These gifts allow the Foundation to plan for the future, working towards a world where individuals living with mental illness, their caregivers, and their health care team, work jointly with pharmacy professionals



to ensure effective and compassionate treatment. The addition of Dr. Dopheide rounds out the Legacy Partner group to 10 individuals.



Julie Dopheide,
PharmD, BCPP,
FASHP

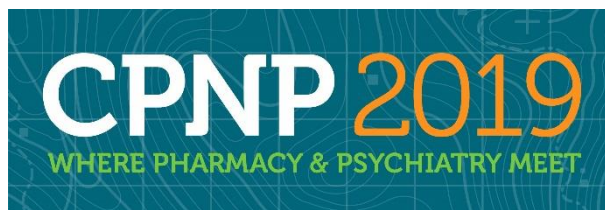
Dr. Dopheide has been with the University of Southern California (USC) for 30 years and currently serves in multiple capacities. She is Professor of Clinical Pharmacy and holds a joint appointment in Psychiatry and the Behavioral Sciences at USC's Keck School of Medicine in Los Angeles. Dr. Dopheide has over 50 publications in peer-reviewed journals, professional publications, and textbooks, she is a nationally and internationally recognized expert in psychiatric pharmacy, particularly child and adolescent psychopharmacology, sleep medicine and mood disorders, and she currently serves on the Psychiatric Specialty Council for the Board of Pharmacy Specialties.

The CPNP Foundation Board would like to thank Dr. Dopheide for her generous commitment to the Foundation. To learn more about joining the Legacy Partner's Society by making a bequest, please visit the [How to Contribute](#) page on the CPNP Foundation website.

TWENTY STUDENT SCHOLARSHIPS AVAILABLE FOR CPNP 2019

The CPNP Foundation is once again offering up to 20 scholarships for pharmacy school students to attend the upcoming CPNP Annual Meeting, April 7-10, 2019, in Salt Lake City, Utah. Each student recipient will receive a full student registration to the [2019 Annual Meeting](#) (\$215 value) and a \$285 travel stipend. These grants are possible because of the generous support of [CPNP members and the CPNP Past Presidents' Destiny Fund](#), which specifically supports student scholarships.

Over the past three years, student attendance at the CPNP Annual Meeting has grown from 81 attendees in 2015 to 136 attendees in 2018. The CPNP Foundation is thrilled that students are increasingly showing an interest in psychiatric pharmacy and recognize the continued importance of these scholarships. According to CPNP Foundation President, Cindy Kirkwood, *"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. We are pleased to once again offer student scholarships to the CPNP Annual Meeting where there are so many opportunities for student programming and involvement."*



Applications are currently being accepted in the [online application portal](#), and the deadline to apply is **Monday, January 7, 2019**. To be eligible, a student applicant must be a full-time pharmacy student in pursuit of her/his first professional pharmacy degree, a paid student member of CPNP in good standing, and they must not have previously received this grant. Students applying for a registration/travel scholarship 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.

CPNP FOUNDATION TO SUPPORT MENTAL HEALTH FIRST AID PRE-MEETING WORKSHOP

The CPNP Foundation is proud to once again support the Mental Health First Aid Pre-Meeting Workshop at the CPNP Annual Meeting. [Mental Health First Aid](#) is an 8-hour course that teaches participants how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

Mental Health First Aid was first created in Australia in 2001 by Betty Kitchener, a nurse specializing in health education, and Anthony Jorm, a mental health literacy professor. The United States is just one of the many countries that have adapted the program. According to [MentalHealthFirstAid.org](#), today, over 1 million people across the United States have been trained in Mental Health First Aid by over 11,800 instructors.

Mental Health First Aid is available to all participants but due to its more basic level, is recommended for pharmacy students. Mental Health First Aid will be offered at The Grand America Hotel in Salt Lake City, Utah, over two days:

- Session 1: Saturday, April 6, 1:00-6:00 PM
- Session 2: Sunday, April 22, 8:00-11:15 AM

A registration fee of \$50 for trainees (students and residents) and \$150 for non-trainees is required to attend Mental Health First Aid training at CPNP 2019. Following the event, participants will receive a certificate from Mental Health First Aid USA acknowledging certification which is valid for 3 years. A limited number of spaces are available, so interested individuals should reserve their seat by [registering for the Mental health First Aid Pre-Meeting Workshop](#) as early as possible.

More information about the [pre-meeting workshop options available at CPNP 2019](#), including the suicide assessment, prevention and documentation workshop designed for residents and pharmacists, can be found online.



Photo: Mental Health First Aid participants at CPNP 2018 in Indianapolis, IN

2018 DEFINING THE FUTURE GRANT RECIPIENTS ANNOUNCED

The CPNP Foundation recently announced the recipients of the third annual ***Defining the Future Research Grant Awards***. With nearly double the amount of applications from 2017, the CPNP Foundation was incredibly encouraged by all of the people who are working to improve the lives of people living with mental disorders and their caregivers. Thank you to everyone who applied and is doing this important research!

A requirement of the ***Defining the Future*** grant program is that the research project must mirror the mission and vision of the CPNP Foundation. The grant selection team felt that four research projects stood out and aligned well with topics in psychiatry, neurology, and substance use disorders. After a meticulous evaluation process, the CPNP Foundation selected four grant recipients. The award recipients are as follows (in alphabetical order):

- **Destiny Boutain**, Pharmacy Student, Xavier University of Louisiana: Assessing Mental Health Knowledge Amongst HBCU Students
- **Abby MacCauley**, Pharmacy Student, UNC Eshelman School of Pharmacy: Pharmacist and Pharmacy Student Wellness and Mental Health Analysis
- **Sarah Piccuiro**, Pharmacy Student, University of Texas at Austin College of Pharmacy: Incorporating Mental Health First Aid into Pharmacies and Pharmacy Schools: A Description of Methodology and Screening Results
- **Lusi Zhang**, Pharmacy Student, University of Minnesota: Brain-derived Neurotrophic Factor (BDNF) and Cognitive Performance in Patients on Long-term Antipsychotic Treatment

Defining the Future Grants are 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 ***2019 Defining the Future Grant***.

SUPPORT THE CPNP FOUNDATION DURING HOLIDAY SHOPPING WITH AMAZONSMILE

The holidays are almost here and Cyber Monday is looming. As you shop the sales on Amazon, consider first going to smile.amazon.com and setting the CPNP Foundation as your preferred nonprofit. You'll find the exact same shopping experience as Amazon.com with the added bonus that Amazon Smile will donate a portion of your purchases to the CPNP Foundation. This is free money, and every little bit counts!

AmazonSmile is a simple and automatic way for you to support your CPNP Foundation every time you shop, at no cost to you. After you select the CPNP Foundation on smile.amazon.com, Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

As you cross items off your holiday list, support the CPNP Foundation at the same time. Thank you for your continued support!

THANK YOU, FOUNDATION DONORS!

CPNP Foundation wishes to thank its generous donors for their cumulative giving to the CPNP Foundation. To become a donor, please visit the CPNP Foundation website and [make a donation](#) today!

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