



# KALEIDOSCOPE

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

AUGUST 2019: A Newsletter of the CPNP Foundation

Vol 6, Issue 3

## TABLE OF CONTENTS

President's Letter: Year-end Campaign Kick-off .....1

CPNP Foundation to Provide Twenty-Five Student Grants for CPNP 2020.....2

Upcoming Deadline for Defining the Future Grant .....2

Shop with AmazonSmile to Support the CPNP Foundation.....3

CPNP Foundation to Support Mental Health First Aid at CPNP 2020 .....3

Legacy Gifts Define Your Life and Display Your Values .....4

Donor Spotlight: Joshua Holland, PharmD, BCPP.....5

### PRESIDENT'S LETTER: YEAR-END CAMPAIGN KICK-OFF

*Cynthia Kirkwood, PharmD, BCPP, CPNP*



*Cynthia Kirkwood,  
CPNP Foundation  
President*

I would venture to say that at this time of year, many of us are joyfully planning a last-minute excursion before the end of summer and/or frantically preparing for new and returning pharmacy students who will hit the door at any minute! Once we have this behind us, we can all settle into a nice routine for the fall.

The Foundation is gearing up for our Year-End Campaign. It was a coincidence that Past-President Gary Levin recently sent an email reminding members of his call during his Judith Saklad Award speech for pharmacist members to either continue or consider making a donation. Thank you for the shout-out, Gary!

This year to date, \$21,207 has been donated by 228 people. We thank all of our donors for their generous support! Our goal for 2019 is to raise \$40,000. Will you help us reach our goal?

Donations can be made [online](#) or by mail using the [donation form](#). Please mail completed forms and donations to:

CPNP Foundation  
8055 O Street, Ste. S113  
Lincoln, NE 68510

The Foundation continues to support student travel awards to the Annual Meeting and research that benefits the care of individuals with mental disorders. With your contribution, we can all make a significant difference in the lives of those to whom we have each dedicated our careers. I hope that you will join me and the other Foundation Board members in contributing to the Foundation today. We invite you to [follow our progress online!](#)



## CPNP FOUNDATION TO PROVIDE TWENTY-FIVE STUDENT GRANTS FOR CPNP 2020

The CPNP Foundation is proud to announce the continued funding of student registration and travel grants to CPNP's annual meeting. Thanks to CPNP Foundation donors, the number of grants available for CPNP 2020 has increased, and the Foundation will provide scholarships for up to 25 students to attend the Annual Meeting April 26-29, 2020 in Dallas, Texas!



CPNP Foundation President Cindy Kirkwood extended her appreciation by saying, "The CPNP Foundation Board of Directors is very grateful to the CPNP members and CPNP Past Presidents who made these grants possible. With your generous support, we can continue to support the next generation of psychiatric pharmacists and grow our discipline. On behalf of the CPNP Foundation, thank you so much!"

The [online application portal](#) is open for applications with the final deadline to submit an application being **January 15, 2020**. To be eligible, applicants 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 must not have previously received this grant. 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 using the [Letter of Recommendation template](#). A full list of [grant criteria](#) can be found online.

The CPNP Student Committee will facilitate the grant selection process after the application deadline, and notifications will be sent by February 12, 2020. Each student recipient will receive a full student registration to the [2020 CPNP Annual Meeting](#) (\$300 value) and a \$200 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 registration and travel grants.

---

### UPCOMING DEADLINE FOR DEFINING THE FUTURE GRANT

Applications are currently being accepted for 2019 ***Defining the Future*** Research Grants! This annual grant program is designated specifically for students, residents, and fellows interested in psychiatric and neurologic pharmacy. Projects and scholarly research pursuits will be considered for the grant, and all submissions must align with the vision and mission of the Foundation, which can be viewed on the [CPNP Foundation website](#). CPNP Student Chapters are also encouraged to apply and will need to designate one individual to be the point person for the grant.

**Grant applications must be submitted through the [online application portal](#) by 11:59 p.m. Central Time, August 31, 2019.**

Up to four 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 2020 CPNP Annual Meeting to be held April 26-29, 2020 at the Hyatt Regency Dallas in Dallas, Texas. A full listing of grant criteria can be found on the CPNP Foundation's [website](#).


## SHOP WITH AMAZONSMILE TO SUPPORT THE CPNP FOUNDATION

The summer has flown by, and many of us are still finishing Back to School shopping. If Back to School shopping is part of your end of summer routine, please consider shopping with Amazon Smile. When you shop at [Amazon Smile](https://www.amazon.com/smile), Amazon donates to the CPNP Foundation.

AmazonSmile is a simple and automatic way for you to support your CPNP Foundation every time you shop, at no cost to you. When you shop at [smile.amazon.com](https://www.smile.amazon.com), you'll find the exact same shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to CPNP Foundation as your favorite charitable organization. This is free money, and every little bit counts!

On your first visit to AmazonSmile ([smile.amazon.com](https://www.smile.amazon.com)), you need to select CPNP Foundation to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://www.smile.amazon.com) will result in a donation.

For back to school, shop and support the CPNP Foundation at the same time!



**Lend your support while gearing up for school**

Shop at [smile.amazon.com](https://www.smile.amazon.com) and Amazon donates.



## CPNP FOUNDATION TO SUPPORT MENTAL HEALTH FIRST AID AT CPNP 2020

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](https://www.mentalhealthfirstaid.org) 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 adopted the program. According to [MentalHealthFirstAid.org](https://www.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 will be offered at the Hyatt Regency Dallas April 25-26, 2020, and registration will open soon. 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 early as possible after registration opens.



## LEGACY GIFTS DEFINE YOUR LIFE AND DISPLAY YOUR VALUES



The CPNP Foundation's bequest program offers a chance to start building your legacy now, whether you're 25, 95, or anywhere in between. By committing to a Legacy Gift, your values are on full display. Although the CPNP Foundation does not receive any money upfront, this action tells your friends, family, and your colleagues that the future of psychiatric pharmacy is important and that you are committed to the profession and to the improvement of patient care. Death is unpredictable, and people are going to remember you for the legacy you built during your life.

Legacy Gifts are often linked with death, and rightly so. These gifts are made after someone passes away and are typically documented in a will, retirement account, or insurance policy. Have you ever thought about the impact a Legacy Gift can make during your life?

The CPNP Foundation's bequest program offers a chance to start building your legacy now, whether you're 25, 95, or anywhere in between. By committing to a Legacy Gift, your values are on full display. Although the CPNP Foundation does not receive any money upfront, this action tells your friends, family, and your colleagues that the future of psychiatric pharmacy is important and that you are committed to the profession and to the improvement of patient care. Death is unpredictable, and people are going to remember you for the legacy you built during your life. We hope these commitments encourage others to contribute financially to our initiatives and help to ensure the future of the Foundation's work.

There are multiple ways to plan ahead for a Legacy Gift:

1. Include a bequest provision in your Will
2. Use your retirement account
3. Use your life insurance

We recommend consulting with a lawyer and a financial representative to determine the best way for you to make a gift. After you have decided how you would like to make your commitment, complete the Foundation's [Bequest Notification Form](#) and return it to the CPNP Foundation via email at [info@cpnpf.org](mailto:info@cpnpf.org) or by mail (CPNP Foundation, 8055 O Street, Ste. S113, Lincoln, NE 68510). This form is not a legal document, and your commitment can be changed at any time.

"I find it very gratifying to know that even in death, I will be supporting the CPNP Foundation, an organization with values aligned very closely with my own, as the Foundation continues to support students and residents, to improve access to care, and to expand availability of resources for patients, caregivers, and pharmacists. There is so much more that needs to be done." – Barbara Wells, a CPNP Foundation Legacy Partner

Thank you to all of our current [Legacy Partners](#), and thank you to everyone who is considering a Legacy Gift. We welcome your questions at [info@cpnpf.org](mailto:info@cpnpf.org).

## DONOR SPOTLIGHT: JOSHUA HOLLAND, PHARM.D, BCPP

The CPNP Foundation enjoys recognizing donors who exemplify the values of the Foundation through their dedication and commitment to meeting the needs of patients living with psychiatric and neurologic disorders and their families. In this issue of Kaleidoscope, we feature **Joshua Holland, PharmD, BCPP**.



*Joshua Holland,  
PharmD, BCPP*

Dr. Holland was a 2011 CPNP Foundation Founding Circle Member and has been a consistent supporter of the Foundation ever since. He is currently a clinical psychiatric pharmacist at CoxHealth and a preceptor for their residency program.

### **What was your first position in psychiatric pharmacy?**

I first started working as a psychiatric pharmacist at CoxHealth in Springfield, Missouri. It is a 70-bed, acute-care psychiatric facility. I have worked at this facility for the past 10 years. I have always enjoyed trying to understand more about how the brain works and why people do the things they do. I had my first exposure to psychiatric pharmacy in class at North Dakota State University. My instructor was Amy Werremeyer, and if you have ever met her, you can understand why I was sold on psychiatric pharmacy as a career.

### **How has CPNP and the CPNP Foundation impacted your career?**

CPNP has been a huge help in providing me education and, more importantly, an opportunity to network with other pharmacists outside my area. I have met some amazing people at the CPNP conferences and found many opportunities to impact the profession. The CPNP Foundation is another great way for me to support the profession currently as well as in the future.

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

CPNP can greatly impact what psychiatric pharmacy care looks like in the future, and I think it is great that the CPNP Foundation sponsors research done by psychiatric pharmacists. It is a shame sometimes when a lack of funding is the main reason for not trying to find better ways to care for patients and support caregivers. The CPNP Foundation through funding is able to eliminate some of that concern and provide healthcare professionals with more information on how to provide better care for those with mental illness.

"I have complete trust that the CPNP Foundation is utilizing my donation in a beneficial way."

### **What prompted you initially to donate to the CPNP Foundation, and what continues to motivate you to support the Foundation?**

For me, when it comes to making charitable contributions, I consider: am I passionate about the cause and do I trust the organization? I have complete trust that the CPNP Foundation is utilizing my donation in a beneficial way. My favorite initiative of the CPNP Foundation is to support students attending the CPNP yearly conference. I like to be a part of helping these students learn more about what we do as psychiatric pharmacists and what CPNP is doing nationally to improve the profession and patient care. I feel like it makes the future of psychiatric pharmacy much stronger.

The CPNP Foundation Board of Directors sincerely thanks Dr. Holland for his ongoing commitment to the Foundation's mission. To join Dr. Holland as a CPNP Foundation donor, visit [cpnpf.org/pledge](http://cpnpf.org/pledge).