



KALEIDOSCOPE

Envisioning a world where individuals with mental health disorders receive optimal care because psychiatric pharmacists are an essential member of the health care team.

JUNE 2023: A Newsletter of the AAPP Foundation

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PRESIDENT'S LETTER: REDUCING STIGMA AND SPURRING FORWARD PSYCHIATRIC PHARMACY

Chris Thomas, AAPP Foundation President



It was so great to see so many colleagues, donors, and Legacy Partners in Atlanta for the AAPP 2023 Annual Meeting. Thank you to everyone who stopped by the Foundation Booth, to everyone who financially supported student registration grants. With your donations, 28 students received financial support to attend what we all know to be the premier national conference on psychiatric pharmacotherapy.

Do you remember your first AAPP Annual Meeting? In the small, albeit growing world of psychiatric pharmacy, the experience is more like a family reunion. Friends, colleagues, residency programs, community groups, and others meet for three and a half days to focus on our profession, our patients, and our "why".

At the 2023 Annual Meeting, the Foundation was especially proud to live the "why" by supporting the "Stories Among Us: Lived Experiences with Mental Illness" session. Moderator Kelly Gable, PharmD, BCPP, Professor and Director of Well-being and Resilience, SIUE School of Pharmacy, Edwardsville, IL, led attendees through an emotional, thought-provoking, and deeply personal session where four individuals shared their personal experiences with mental health. For some of the presenters, it was the first time they bravely shared their story publicly. To round out the session, the AAPP Foundation sponsored a 20' wide by 8' tall display to showcase the additional mental health stories that were shared by AAPP friends, colleagues, and peers. AAPP Foundation is proud to help reduce the stigma surrounding mental illness and to support an opportunity for attendees to share their lived experiences in a safe space.

The AAPP Foundation additionally and proudly sponsored the session, "Understanding the Unique Mental Health Needs of the Refugee Population," presented by Arash Javanbakht, MD, at AAPP 2023 and hosted displays for 5 Foundation grant-funded research posters! Congratulations to our grant recipients and thanks again to the donors that make these grants possible.

We plan to continue to support these impactful kinds of initiatives. To make that happen, we need your support! [Please consider a financial gift](#) to help us continue to put mental health at the forefront of our conversations alongside all of the great work we do as a Foundation and with our partners at AAPP.



Not just looking back but looking forward, AAPP Foundation activities and grants are in full swing. Applications are currently being accepted for [Defining the Future Research Grants](#) (due 8/31) and [Collegiate Chapter Impact Grants](#) (due 9/28). We are also pleased to be part of [The AAPP Outcomes Initiative](#), a large-scale grant program intended to fund research to generate high-quality large sample size (n) data sets that evaluate the impact of integrating psychiatric pharmacists into team-based mental health care in studies with multiple research sites and investigators. The RFP is now live and seeks to fund two high quality multi-site research proposals, each with a maximum budget of \$250,000! We strongly encourage all interested parties to attend the [open question and answer \(Q&A\) session on July 20 at 11AM Central](#).

In addition to multiple grant offerings, we are currently fundraising to support continued student grants for the AAPP 2024 Annual Meeting in Orlando, Florida. Students are incredibly grateful for the support of these grants which provide them with a look into a future as psychiatric pharmacists. We encourage you to [give today](#) to continue to support the future of the profession.

Finally, in the next few months, we will be kicking off our Annual Giving campaign. Any contribution that you can make, whether a [financial donation](#) or simply sharing our posts and messages with others, is appreciated. The Foundation is supporting more high-level initiatives than ever before, and we appreciate your continued support to do so.



Chris Thomas, PharmD, BCPS, BCPP

TWO GRANT PROGRAMS ACCEPTING APPLICATIONS

Two [grant opportunities](#) are now available from the AAPP Foundation, including *Defining the Future Research Grants* (due August 31) open to residents, fellows, and students, and *Collegiate Chapter Impact Grants* (due September 28), open to AAPP Collegiate Chapters.

Defining the Future Research Grants

Award: \$1500 per project (up to 6 grants to be awarded)

Open to: Residents, Fellows, and Students

Deadline: August 31, 2023

About: This [grant program](#) was designed specifically for residents, fellows, and students interested in psychiatric pharmacy. This is an excellent opportunity to receive funding for a research project that will help define the future of psychiatric pharmacy practice and improve care for patients. Applications are due by August 31 and announced by October 3. Recipients must submit their findings as a poster presentation at the AAPP Annual Meeting the following year (Orlando, April 7-10, 2024).



[Learn More](#)

Collegiate Chapter Impact Grants

Award: \$1000-\$6000 (up to 3 grants to be awarded)

Open to: AAPP Collegiate Chapters

Deadline: September 28, 2023

About: [Collegiate Chapter Impact Grants](#) provide a great opportunity for student chapters to receive funding for projects and activities that showcase the value of psychiatric pharmacists at the local level. Grant recipients must submit their findings as a poster presentation at the AAPP Annual Meeting the following year (Orlando, April 7-10, 2024). Projects should meet one or more of the following goals:



- Impact patient care
- Address mental health disparities
- Create awareness of psychiatric pharmacists and their value and contributions as members of the interprofessional treatment team
- Expand interest in psychiatric pharmacy as a career
- Reduce the stigma related to mental health and substance use disorders

[Learn More](#)

Grants like this are only possible because of our donors. To support these two grant programs, please [give online!](#)

DEFINING THE FUTURE RESEARCH POSTERS PRESENTED AT AAPP 2024

Three *Defining the Future* research grant recipients presented posters at the AAPP 2023 Annual Meeting in Atlanta, Georgia! Members of the AAPP Foundation Board of Directors visited grant recipient posters and heard a brief presentation about the project and results. Summaries for each project are included below, and posters can be viewed by clicking each project title link. Congratulations to each grant recipient for successful projects!

Nisha Bhavsar, PharmD, PGY-2 Psychiatric Pharmacy Resident, USC School of Pharmacy: "[The Relationship Between Opioid Overdose Death Rates and Buprenorphine Distribution to Retail Pharmacies in California in 2021](#) "

The study was a retrospective analysis of data from the California Department of Public Health compared to retail drug summary reports. The study's primary objectives were to analyze whether an association exists between opioid overdose death rates and buprenorphine distributed per zip code in California and to describe the demographic data regarding opioid-related deaths in California.

In 2021, there were 7599 opioid-related deaths in California. The study found a significant association between buprenorphine dispensing and opioid-related death, but the significance was lost after adjusting for demographic and socioeconomic characteristics. Certain demographic variables were associated with increased incidence of opioid-related death including male sex, white and non-Latino race, and lower socioeconomic status. Areas of high opioid-related death rates were found to have proportionally more buprenorphine dispensed.

Trisha McHugh, PharmD, PGY-2 Psychiatry Resident, Eskenazi Health: "[Gender Health Client Perceptions of Clinical Psychiatric Pharmacist Interactions: A Convergent Parallel Mixed Method Study](#) "

Gender diverse people commonly encounter barriers in obtaining adequate health care. This population is more likely to die by suicide compared to their non-gender diverse counterparts. The involvement of a psychiatric pharmacist maybe able to change this outcome. The intent of this study was to evaluate the patient perspectives of a clinical psychiatric pharmacist in gender healthcare.

Patients who were gender diverse were engaged in one-on-one interviews and completed a survey about their interaction with the psychiatric pharmacists. The qualitative and quantitative data support the conclusion by the majority of the participants that the pharmacist provided benefits to the patients. The psychiatric pharmacists provided excellent care in the management of this population.

Matthew Nuebel, PharmD, PGY1 Resident, Providence St. Patrick Hospital: "Evaluation of Major Adverse Events and Drug Discontinuation of Clozapine Based on Accordance to an International Adult Titration Guideline"

This project compared clozapine doses and dose titrations in an inpatient adult population (N=43) with guideline-recommended dosing.¹ The weekly cumulative clozapine dose for each patient was compared to the guideline-recommended dose, creating a percent accordance. Fourteen patients experienced adverse drug reactions (ADRs), such as myocarditis or severe sedation. The likelihood of an ADR was found to be inversely related to cumulative dose percent accordance, possibly due to patients deemed likely to experience an ADR receiving smaller clozapine doses. Guideline-recommended laboratory monitoring was low, including clozapine level monitoring and c-reactive protein (CRP) monitoring. The results suggest that future studies with longer durations could more closely analyze clozapine dose titration. This study highlights the important role pharmacists have in using biomarkers (e.g., CRP) to enhance patient safety while taking clozapine.

COLLEGIATE CHAPTER IMPACT GRANT PRESENTATIONS AVAILABLE TO VIEW

Recipient chapters of *Collegiate Chapter Impact Grants* presented their projects and posters at the 2023 AAPP Annual Meeting in Atlanta, Georgia. Representatives from each chapter presented live presentations during the collegiate chapter meeting, and members from the AAPP Foundation Board of Directors were in attendance to hear about these excellent projects! Presentations were recorded and are available to watch [online](#). Congratulations to each of the recipient collegiate chapters on successful projects.

Project: Impact of a Community Immersion Experience on Student Pharmacists' Associated Stigma of Serious Mental Illness

Collegiate Chapter & Primary Author: University of Texas AAPP Collegiate Chapter, Amber Tran

Grant Amount: \$2535

[Poster](#)

The University of Texas College of Pharmacy Collegiate Chapter completed a research project on the "Impact of a Community Immersion Experience on Student Pharmacists' Associated Stigma of Serious Mental Illness." Student investigators included Amber Tran and Saumyaa Patel. Dr. Tawny Smith, Dr. Lindsey Loera and Dr. Samantha Catanzano served as the faculty advisors for the project.

The research team noted how experiential opportunities to interact with patients with serious mental illness are limited for many health professional students. Therefore, they reached out to form a partnership with Austin Clubhouse which is an organization in Austin, Texas that supports the recovery of those experiencing serious

mental illness. UT-AAPP set up volunteer opportunities with Austin Clubhouse in which faculty advisors and chapter members would help facilitate.

The service project involved the development of five different workshops that were delivered at Austin Clubhouse. These workshops included sessions on medication adherence, stress relief, heart health, sleep hygiene, and naloxone rescue education. The UT-AAPP chapter used most of their awarded grant money to buy supplies for each of the workshops. Additionally, the research team wanted to observe whether student attitudes towards mental illness changed for those who participated in the service project. The Opening Minds Scale for Healthcare Providers which is a survey to measure stigma related to mental illness was distributed to all AAPP collegiate members before starting the voluntary workshops at Austin Clubhouse. The same survey was provided again after all the workshops were completed. Student who completed the surveys but did not participate in the workshops were used as the comparator group.

More than 50 members of Austin Clubhouse attended one or more workshops provided by UT-AAPP. A total of 16 collegiate student members volunteered to help with the workshops and 13 of the 16 completed the pre and post surveys. Overall, the student researchers observed positive changes in perceived stigma towards mental illness for those students who participated in the workshops. Because of the project led by Ms. Tran and Patel, the UT-AAPP collegiate chapter was able to fill an educational need for those in their community living with serious mental illness while providing pharmacy students opportunities to work with this population earlier in their professional training.

Project: Assessing the Impact of Culture and Stigma on the Utilization of Mental Health Resources Amongst Health Professions

Collegiate Chapter & Primary Author: University of the Incarnate Word AAPP Collegiate Chapter, Cody Thomas

Grant Amount: \$1000

Poster

Cody Thomas and Viana Salinas, both PharmD candidate representatives from the University of the Incarnate Word Feik School of Pharmacy in San Antonio, presented their AAPP chapter's work on Sunday, April 16 at the AAPP Annual Meeting in Atlanta in conjunction with their faculty advisor, Joshua Knebel, PharmD. The primary objective of the research was to determine utilization and perceived barriers surrounding use of student counseling and mental health services using a voluntary student survey. Students from the schools of pharmacy, osteopathic medicine, physical therapy, nursing, and optometry were surveyed.

Thomas and Salinas recognized their unique population of Hispanic/Latinx health professionals at their school. As a result, they were hoping to examine the effect of stigma and culture specifically on this population's willingness to utilize mental health resources. The results showed an impressive 167 respondents to the survey. Despite the fact that mental health services are physically located on the same campus as the school of nursing, the results showed less survey response and utilization of mental health resources from the schools of nursing and physical therapy.

Overall, the chapter found many opportunities for increased education surrounding the existing resources available for students. Additionally, the group identified a need to have greater incorporation of mental health training and psychiatry curriculum in many of the other health professions schools. The AAPP chapter at the University of Incarnate Word has done a great job with their initial research work, leading to many potential research questions to further examine in the future!

THANK YOU MESSAGES FROM STUDENT GRANT RECIPIENTS

Thanks to our amazing donors, the AAPP Foundation awarded 28 student grants for full, in-person registration to the 2023 AAPP Annual Meeting in Atlanta, Georgia. Recipients were selected based on the merits of their applications and many students passed along their thanks. Please enjoy a sampling of these messages below.

"My name is Audrey Long, and I am a P3 pharmacy student at North Dakota State University, and I want to personally thank you for your donation and support for the student grant program last year. It has been a goal of mine to participate in an AAPP national conference since the start of my P1 year, and because of your financial support, I am finally able to attend. Since the beginning of pharmacy school, I have had a strong interest in psychiatric pharmacy, and it is my goal to someday become a Board Certified Psychiatric Pharmacist and work in a hospital position in which I can have regular interaction with those with mental illnesses and substance used disorders.

The last two years, I have had the wonderful opportunity to conduct psychiatric research with the head of NDSU's Pharmacy Practice Department. I will be presenting my research at this conference, and I am one of the finalists for the AAPP Foundation Strategic Goals Award. I really look forward to discussing my research with individuals who share a passion for helping those with mental illness. I am so grateful for the contribution you are making toward my future by helping me attend this conference. I know it will be a very educational experience that will teach me about psychiatric pharmacists' roles, emerging research in the field, and modern advancements to psychiatric pharmacy care. Thank you so much."

Audrey Long
PharmD Candidate 2024
NDSU School of Pharmacy

"My name is Madison Noble. I am a current P3 at Virginia Commonwealth University School of Pharmacy. This will be my first time attending and presenting a poster, and I am beyond grateful to have been awarded financial support to do so. I received my B.S. in clinical neuroscience from Virginia Tech in 2020, and am continuing my education by pursuing a doctorate of pharmacy at Virginia Commonwealth University. I have always had a passion for this field and am thrilled to be able to learn more about it while at the annual conference. While in pharmacy school, I was elected president of our student chapter of AAPP and now act as a student advisor for our chapter that was established in 2020. Having recently been established, I am also looking forward to networking with other student leaders and gaining new ideas to take home to our chapter. Once again, thank you for your generous donation. I am deeply appreciative of your support."

Madison Noble
PharmD Candidate 2024
Virginia Commonwealth University



"My name is Saumyaa Patel, and I am a 2nd year pharmacy student at The University of Texas at Austin College of Pharmacy. 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 have been an active member of our UT collegiate chapter of AAPP since my P1 year last year, and currently serve as Vice President (and will serve as President next year). I can say with confidence that my involvement with UT-AAPP has turned out to be the most life-changing experience of pharmacy school. As a P2 now, I have already learned so much through my leadership roles within UT-AAPP and met incredibly inspirational individuals. This year, I was honored to receive the opportunity to work with our faculty advisors Drs. Catanzano and Loera to apply for and receive an AAPP Student Chapter Impact Grant. As part of this grant, we are holding a longitudinal series of wellness workshops in collaboration with Austin Clubhouse, which is a non-profit organization serving people living with Serious Mental Illnesses (SMIs).

I am confident that attending AAPP 2023 will allow me to continue exploring the various niches available within psychiatric pharmacy, and to hear about pharmacotherapeutic or legislative areas that current pharmacists believe need increased attention from future pharmacists like myself. I cannot adequately express how excited and grateful I am for your donation and for the opportunity to network with other healthcare professionals who are also equally dedicated to optimizing patient care and expanding access to treatment!"

Saumyaa Patel
PharmD Candidate 2025
The University of Texas at Austin College of Pharmacy

AAPP FOUNDATION SUPPORTS 53 MENTAL HEALTH FIRST AID TRAINEES

The AAPP Foundation was proud to once again provide 100% support for Mental Health First Aid training this past March. 53 participants took part in a virtual course to become Mental Health First Aid certified and will hold the certification for 3 years.

Mental Health First Aid is a nationally-offered course that teaches participants how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The course 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), over 3 million people across the United States have been trained in Mental Health First Aid by over 15,000 instructors.

Following the training, participants will receive a certificate from Mental Health First Aid USA acknowledging certification which is valid for 3 years. For anyone whose Mental Health First Aid certificate has expired, [re-certification is available online](#) for \$29.95 and takes 90 minutes or less.

