



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 2024: A Newsletter of the AAPP Foundation

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PRESIDENT'S LETTER: ACTIVITIES, AWARDS, AND A FANTASTIC ANNUAL MEETING

By Mary Borovicka, PharmD, BCPP
2024-2025 AAPP Foundation President



Greetings!

What an exciting time we had at the 2024 AAPP Annual Meeting in Orlando, Florida! Three and a half days filled with 24+ contact hours of ACPE accredited programming, 40 speakers, industry-sponsored programs, poster sessions, forums, community meetings, and member-driven idea exchanges provided AAPP members the cutting-edge knowledge to help them continue to advance the practice of psychiatric pharmacy and focus on patient care. I was thrilled to meet so many new members as well as spend time with many colleagues, donors, and Legacy Partners.

The AAPP Foundation had a significant presence throughout the 2024 Annual Meeting. The Foundation proudly sponsored the session titled "Living Through Loss – Navigating Loss by Suicide as a Clinician-Survivor" presented by Dr. Julie Cerel. This session focused on reducing stigma and promoting healing through sharing stories of patient suicide loss. The Foundation also prioritized YOU and your wellbeing through various Wellbeing Activities. The Quiet/Reflection Room was a peaceful place for rest and reflection. The Creativity Room provided beads and other art supplies to create friendship bracelets and Unity Walk posters. And lastly, many supporters got up early on the last day of the meeting with their Unity Walk posters in-hand and enjoyed the 6:30 a.m. Unity Walk.

The AAPP Foundation continued to support Registration and Travel Grants for Pharm.D. students and 19 students were able to attend this year's Annual Meeting thanks to the generous support of our donors. The students are so grateful for the support of these grants as they explore and learn about becoming a psychiatric pharmacist. The Foundation also supported the Strategic Goals Award. This year's recipient was Dr. Joseph Cusimano and his project was titled "Development and Validation of an Instrument to Assess Patient Experience of Pharmacist-led Patient Medication Education Groups." *Additionally*, the AAPP Foundation also supports the Defining the Future Research Grant and the Collegiate Chapter Impact Grant. Applications are now being accepted for these programs. Grant submissions are due August 29, 2024, for Defining the Future and September 30, 2024, for the Collegiate Chapter Impact Grants.

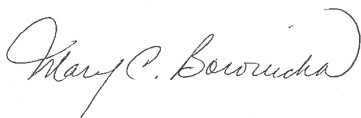


Please see [AAPP Foundation | aapp.org](https://aapp.org) for more information about these exciting opportunities!

The Foundation was very pleased to be part of the first AAPP Outcomes Initiative Grant, which was awarded at the Annual Meeting in Orlando. The winning project title is "Psychiatric pharmacist management of cardiometabolic risk for adults with serious mental illness in outpatient safety-net mental health clinics in San Francisco." Congratulations to the primary investigator and co-investigators Esti Iturralde, Ph.D., Anne Rosenthal MD, and Hannah Van Ochten, Pharm.D. of Kaiser Permanente Northern California Division of Research!

Thank you to all who stopped by the Foundation Booth and made a donation! The Foundation Board enjoyed visiting with you and because of your generosity, the Foundation can continue its mission to advance the psychiatric pharmacy profession by supporting research, scholarship, and practitioner development. In the next few months, we will be kicking off our Annual Giving campaign. Your financial donation is critical to help support the many AAPP Foundation initiatives. Any contribution that you can make is appreciated!

Mary Borovicka, PharmD, BCPP



President, AAPP Foundation Board of Directors

GRANT GUIDANCE VIDEO SERIES NOW AVAILABLE

Research grants are a primary pillar of our mission to advance psychiatric pharmacy, and the AAPP Foundation, with help from our generous donors, is proud to have funded 42 research and project grants over the past 9 years.

Taking on a research grant can be a daunting task, especially if the applicant is a trainee and new to the grant arena. The AAPP Foundation partnered with former AAPP Foundation Board of Directors member Carol Ott, PharmD, MPH, BCPP, to develop a [video series](#) to assist future research grant applicants. These videos reference AAPP Foundation grant programs but the themes are applicable to many research grant offerings from other organizations as well.

Topics include:

1. Selecting a Research Topic
2. Preparing a Grant Budget and Project Timeline
3. Research Methods and Evaluation Strategy
4. How to Fill Out a Grant Application
5. Grant Maintenance
6. Preparing a Grant Report



We hope prospective grant applicants will find this video series to be valuable. Please pass this along to students, residents, fellows, new practitioners, or anyone else that you think may find value.

AAPP FOUNDATION SPONSORS WELLBEING ACTIVITIES AT AAPP 2024

The AAPP Foundation Board of Directors was thrilled to see so many attendees take advantage of Foundation-sponsored activities at the 2024 AAPP Annual Meeting! From friendship bracelets to photo opportunities, activities had a wellbeing theme to combat burnout and promote togetherness.



Friendship Bracelet Supplies in the Creativity Room

"You Are Enough" Sign, Made by an Attendee



Participants at the Mental Health Unity Walk

Attendees Pose at the Photo Booth

COLLEGIATE CHAPTER IMPACT GRANT PRESENTATIONS AVAILABLE TO VIEW

Recipient chapters of *Collegiate Chapter Impact Grants* presented their projects and posters at the 2024 AAPP Annual Meeting in Orlando, Florida. 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: Analyzing the Mental Health of Pharmacy Students Before and After the Use of a Relaxation Room

Collegiate Chapter & Primary Author: Duquesne University AAPP Collegiate Chapter, Elise Hreha

Grant Amount: \$1500

[Poster](#)

The Duquesne University School of Pharmacy's American Association of Psychiatric Pharmacists (AAPP) student chapter was awarded a Collegiate Chapter Impact Grant by the AAPP Foundation (AAPPF). They completed a project entitled, "Analyzing the Mental Health of Pharmacy Students Before and After the Use of a Relaxation Room." The chapter first offered a relaxation space in 2022 and ramped up services in 2023 following AAPPF grant funding. During finals week, a relaxation room was created with the aim of promoting relaxation through the use of free food, fidget toys, and mental health resources. Relaxation among students was tracked before and after utilization of the relaxation space using a self-rated sticker chart. An anonymous survey was sent to students afterwards. A total of 49 students completed the chart. Feelings of relaxation increased in P1, P2, and P3 students following use of the relaxation room, with the most pronounced effects in P3 students. The Duquesne chapter plans to continue offering a relaxation space for pharmacy students during each finals week. Future plans include making additional resources available in the relaxation space in an effort to provide more individualized experiences. (By Chris Paxos)

Project: Unveiling Stigma in Healthcare: An Exploration of Student Pharmacists', Nurses' and Physicians' Attitudes Towards Mental Illness

Collegiate Chapter & Primary Author: East Tennessee State University AAPP Collegiate Chapter, Colton Jones

Grant Amount: \$1400

[Poster](#)

The East Tennessee State University (ETSU) Gatton College of Pharmacy's American Association of Psychiatric Pharmacists (AAPP) student chapter was awarded a Collegiate Chapter Impact Grant by the AAPP Foundation (AAPPF). They completed and presented their study entitled, "Unveiling Stigma in Healthcare: An Exploration of Provider Attitudes Towards Mental Illness" at the 2024 Annual AAPP meeting in ChampionsGate, Florida. The aim of the chapter's study was to assess the prevalence of stigma towards individuals with mental and behavioral disorders among healthcare professional students (i.e., pharmacy, medicine, nursing, occupational therapy) and determine the need for anti-stigma intervention programs through the collection of quantitative data via a cross-sectional survey. Using the Opening Minds Stigma Scale for Health Care Providers as their primary instrument for data collection, the chapter recruited 83 participants, with the majority of participants coming from the pharmacy (n=50) and nursing (n=23) professions at ETSU. Elements of stigma were present in each professional student group, with pharmacy students having the least stigma, although there were no statistically significant differences in mental illness stigma between the groups. Participation in the survey was low for some professional students,

including medicine and occupational therapy, therefore the investigators suggested additional data would be helpful in making broader comparisons among healthcare professional students at their college. Based on the identification of stigma within each healthcare professional student group, the investigators plan to design interventions aimed at addressing stigma towards individuals with mental and behavioral health disorders. These interventions may include hosting seminars and lunch and learns across the colleges to enhance education on combating stigma.

Project: Pharmacy Students Advancing Mental Health Equity in an Underserved Racial/Ethnic Community
Collegiate Chapter & Primary Author: The Ohio State University AAPP Collegiate Chapter, Amaal Ahmed
Grant Amount: \$1175

Poster

The Ohio State University's American Association of Psychiatric Pharmacists (AAPP) student chapter was awarded a Collegiate Chapter Impact Grant by the AAPP Foundation (AAPPF). They completed a project entitled, "Pharmacy Students Advancing Mental Health Equity in an Underserved Racial/Ethnic Community." The learning objectives include addressing mental health disparities, improving access to culturally sensitive mental health support, destigmatizing mental health and substance use disorders through training and education, and empowering students to lead as mental health advocates. A cross-sectional study with a six-hour educational training program covering mental health first aid, suicide prevention, harm reduction, and naloxone training for Somali-identifying college students. Two surveys (pre-survey and post-survey) were administered using Qualtrics to measure knowledge and attitudes before and after the program. Pre-survey results showed initial knowledge and attitudes, while post-survey results showed 100% improvement in knowledge and positive shifts in attitudes towards mental health. Low participation on the program day due to time conflicts, social stigma, and cultural influences. Only 3 out of 20 recruited participants attended. Despite the small sample size, the program showed a positive increase in knowledge and attitudes towards mental health among participants.

LIVING THROUGH LOSS SESSION SUPPORTED BY KIM TALLIAN BEQUEST MAKES AN IMPACT

The session *Living Through Loss - Navigating Loss by Suicide as a Clinician-Survivor*, presented by Dr. Julie Cerel and partially supported by the estate bequest of Kim Tallian, Kim Tallian, PharmD, BCPP, FASHP, FCCP, FCSHP, APH, left attendees feeling moved and understood.

"This was a beautiful talk- powerful, informative, compassionate, and thoughtful. Thank you for sharing a difficult topic in a way that left me feeling curious, validated, and not alone."

Dr. Cerel's session combined research, empathy, and real stories from AAPP members who have experienced suicide loss. Participants gave the following feedback:



"Such a powerful talk. Really appreciated the balance of sharing experience, beautiful storytelling, and practical tips/resources."

" A very impactful talk regarding clinician survivors post-suicide. I appreciated learning about how to manage these events and postvention strategies."

"Very poignant talk. Appreciate all the peers who shared their lived experiences."

The recording and slides for this session are posted [online](#) for all AAPP 2024 registrants. We are thankful to Dr. Tallian's estate for helping to bring this session to fruition. Kim, who passed away in January of 2023, gave so much of herself in her lifetime and her bequest allows her memory to live on.

Kim was an Advanced Practice Specialist in Psychiatry at Scripps Mercy Hospital (SMH) and PGY-2 Psychiatric Pharmacy Residency Program Director. Prior to SMH, she was a psychiatric pharmacist at UC San Diego Health and also served on the UC San Diego Pharmacy Team as a leader of medication safety. Dr. Tallian was committed to AAPP as a long-time, consistent member. She was a speaker for AAPP as well as a long-time author of the Neurologic Disorders chapter of the Psychiatric Pharmacotherapy Review Course. She served as a member of the Government Affairs Committee and as co-author of an AAPP supported journal article entitled *[Social Determinants of Health in People Living with Psychiatric Disorders: The Role of Pharmacists](#)*. Dr. Tallian was also a friend of the AAPP Foundation supporting initiatives as a Neuron level donor.

DEFINING THE FUTURE RESEARCH POSTERS PRESENTED AT AAPP 2024

Three *Defining the Future* research grant recipients presented posters at the AAPP 2024 Annual Meeting in Orlando, Florida! 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!



Andrew Chantha Hean, PharmD, PGY2 Psychiatric Pharmacy Resident, UC San Diego Health: "[Evaluation of pharmacy resident burnout and career satisfaction based on residency staffing model](#)"

Dr. Andrew Hean who is a current PGY2 resident with University of California San Diego Health was a recipient of an AAPP Foundation 2023 Defining the Future Research grant for his ongoing project entitled, "Evaluation of Pharmacy Resident Burnout and Career Satisfaction Based on Residency Staffing Model". His research team includes Dr. Jamie Kneebusch, Dr. Casey Tiefenthaler, and Dr. Kelly Lee.

The purpose of Dr. Hean's project was to determine if work burnout measured by Maslach Burnout Inventory for Medical Personnel differed based on a resident's weekend staffing requirements. Additionally, Dr. Hean's research observed whether career satisfaction was associated with high or low weekend staffing requirements. Data were collected by surveys sent out to all pharmacy residents in the state of California. Survey respondents were

classified into three research arms based on the amount of weekend staffing requirements: (1) no weekend staffing, (2) low intensity staffing, and (2) high intensity staffing.

After analyzing the survey data for residents who reported worsening of burnout symptoms from baseline to 6 months into their residency training, a higher worsening of emotional exhaustion was observed in those who reported low intensity staffing compared to those who reported high intensity staffing. In regards to career satisfaction, the study showed no statistical differences among the three staffing groups.

Paige Dorve-Lewis, PharmD, PGY-2 Psychiatric Pharmacy Resident, UPMC Western Psychiatric Hospital: "Overdose Prevention Strategies in High-Risk Youth Populations; Impact of Pharmacist Intervention and Interprofessional Collaboration"

The study evaluated strategies to address prescription overdose in teenagers in Pennsylvania. The intervention educated providers about drug disposal methods and the investigators utilized funds from the foundation to pay for drug disposal boxes. The investigators evaluated knowledge of drug disposal methods before and after their study and found an overall increase in knowledge about drug disposal methods in their post-survey. This was a PGY2 project that was a follow-up to the PGY1 project which just evaluated overdose rates.

Lusi Zhang, PharmD, MHI, PhD Student, University of Minnesota College of Pharmacy, Department of Experimental and Clinical Pharmacology (ECP): "Establishing a Database to Examine the Real-World Impact of Psychiatric Pharmacogenomic Testing in a Large Health System"

Pharmacogenomics (PGx) offers significant potential to advance precision prescribing. However, integrating PGx data into electronic health records (EHR) and clinical workflows remains challenging. Relevance of testing to current treatments and whether existing PGx results are effectively utilized in real-world clinical settings have not been clarified. Therefore, the objective of this project was to develop an EHR-based research database to determine the real-world impact of psychiatric PGx testing.

A comprehensive search was conducted on a large health system's EHR data from 2012 to 2023 through the institute's Best Practices Integrated Informatics Core with data extracted and analyzed within a secure data shelter. PGx-related terms identified test result PDF files. Results were all scanned PDFs requiring manual data extraction. PGx test results were stored as scanned PDFs, requiring informatics approaches for identification in the EHR and manual extraction of genotype results. One in 10 patients evaluated had results potentially impactful for current psychiatric medications highlighting the clinical relevance of testing.

THANK YOU MESSAGES FROM STUDENT GRANT RECIPIENTS

Thanks to our amazing donors, the AAPP Foundation awarded 19 student grants for full, in-person registration to the 2024 AAPP Annual Meeting in Orlando, Florida. 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 Nilmari Miranda Merced, and I want to personally thank you for your donation and support for the student grant program last year. With the financial support that you and other donors provided, I have been awarded a student registration grant supporting my attendance at AAPP 2024. I am grateful to for the contribution you are making toward my future and the future of the psychiatric pharmacy profession through this great educational opportunity.

Nilmari Miranda-Merced
2024 PharmD Candidate
Massachusetts College of Pharmacy and Health Sciences

My name is Nicholas Meyers and I wanted to personally thank you for your support of the student grant program. I have been fortunate enough to be awarded a student registration grant for this year's AAPP national conference! Generous donors such as yourselves continue to provide amazing educational opportunities for students like myself. I hope to see you both there and get the chance to thank each of you in person!

Nicholas Meyers
2025 PharmD Candidate
University of Arizona College of Pharmacy - Tucson