



# KALEIDOSCOPE

The CPNP Foundation envisions 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

May 2017: A Newsletter of the CPNP Foundation

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## PRESIDENT'S MESSAGE: DONORS, LEGACY PARTNERS GATHER AT CPNP ANNUAL MEETING

*Matthew Fuller, PharmD, BCPP, FASHP*

The CPNP Foundation Board met in November 2016 to develop a new three-year strategic plan. Our primary goal was to establish core strategies while being mindful of our current resources. The strategic planning meeting was deemed a success with the development of a new strategic plan, including a new mission and vision statements, along with core strategies for 2017-2019. I am excited to share it with you!



*Matthew Fuller,  
CPNP Foundation  
President*

It was great to see many of you at CPNP 2017 in Phoenix. I hope you had the opportunity to learn through the many various CE offerings, network with colleagues, connect with old friends and meet some of the new CPNP members and first time attendees. Maybe you even had some time to unwind and relax a little too. I always enjoy the meeting and this one was no exception.

Speaking of new members and first time attendees; did you know that the Foundation's mission is: to enhance the capacity of pharmacy professionals to provide effective and compassionate treatment of individuals with mental disorders? One of the ways that the Foundation works toward its mission is by supporting research scholarships and student travel grants. What a wonderful opportunity for researchers and students! The recipients are always appreciative of these grants made possible through the support we receive through your generous donations.

Another way to support the Foundation is by making a bequest. Have you considered one? It's an easy process that I am happy to talk to you about.

On my flight back home from the meeting I was reading an article in the Encore section of the Wall Street Journal entitled "When good money habits turn against you" by Meir Statman. The article talks about how we spend years developing habits working toward saving for a fulfilling life and retirement. Unfortunately these habits may become impediments when it is time to spend money. While the article cites eight habits that "turn against you," I would like to focus on one that is germane to this article. It is titled "It is better to give with a warm hand than with a cold one." This section talks about the belief that many people think



the time to make a bequest is when you die. This is often out of habit but also may be from a fear of running out of money. Unfortunately this belief/habit deprives individuals the joy of giving while they are alive!



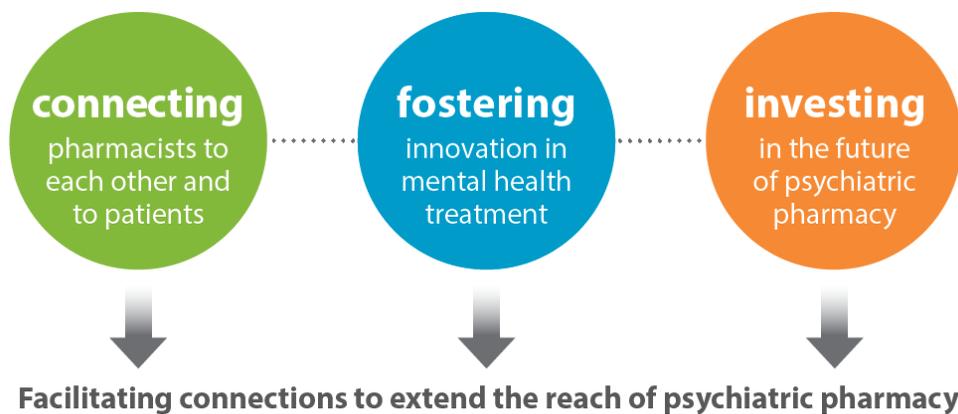
The individuals who have established a bequest to the CPNP Foundation were honored by a special breakfast at the Phoenix Convention Center Innovation Kitchen hosted by Executive Chef Masood Shizmohammadi and his assistant during the Annual meeting.

Don't wait. Consider a bequest now. Enjoy the beauty of giving by following the example of the CPNP members who have paved the way.

*Pictured Left to Right: Joni Fowler, Cindy Kirkwood, Matthew Fuller, LaGenia Bailey, Barbara Wells, and Richard Wells. Legacy Partners Larry and Elke Ereshefsky were not able to join us for this event.*

### CPNP FOUNDATION IMPACT SEEN AT CPNP 2017 IN PHOENIX

Each year the CPNP Foundation seeks to feature their success and advance their mission at the CPNP Annual Meeting. This year, the Foundation shared three ways we are working to enhance the capacity of pharmacy professionals to ensure effective and compassionate treatment of individuals with mental disorders as illustrated in the graphic below.



#### **Defining the Future Research Grants**

The recipients of the **Defining the Future** Research Grant Program for Students and Residents were recognized at CPNP 2017, and each recipient presented a poster at the event. For more information on the grant recipients' experience, read the article "Defining the Future Grants Recipients Present Their Research" in this issue of Kaleidoscope.

**Defining the Future** is an annual grant program offering a competitive selection process from which the Foundation selects up to three research projects to fund up to \$1500 each. Funded projects must be in line with the Foundation's current initiatives. For more information about current 2017 grant opportunities, visit the Foundation's website at [cpnpf.org/grants](http://cpnpf.org/grants).

### Strategic Goals Award

CPNP 2017 was the second year the Foundation offered the CPNP Foundation Strategic Goals Award. To be eligible for this award, the researcher's abstract must have addressed stigma associated with psychiatric disorders or comprehensive medication management as a best practice. The Foundation is pleased to announce that **Jenni Ladutko, PharmD**, was both a Defining the Future Research Grant recipient and the winner of the 2017 CPNP Foundation Strategic Goals Award. Dr. Ladutko's poster entitled *Implementation of a polypharmacy clinic in vulnerable elders (PAVE clinic) within integrated patient aligned care teams (PACT) in Primary Care* can be viewed at [cpnpf.org/grants](http://cpnpf.org/grants).

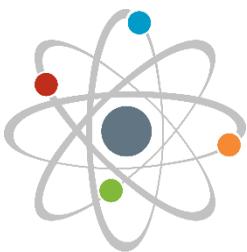


### Pharmacy Student Travel Grants

The CPNP Foundation is committed to assisting students with exploring their interests in the care of individuals with psychiatric and neurologic disorders. Again this year the CPNP Foundation provided complimentary registration and/or partial travel support to 20 students to attend CPNP 2017. The grant recipients were selected by the CPNP Student Committee. Recipients included:

- Lyndsay Albert, Ohio Northern University Raabe College of Pharmacy
- Pinhui Chen, University of Texas at Austin College of Pharmacy
- Demi Cole, Roseman University of Health Sciences College of Pharmacy
- Charlie Dorflinger, Northeast Ohio Medical University College of Pharmacy
- Jessica Foag, University of Minnesota College of Pharmacy—Twin Cities
- Eric Friestrom, University of Wisconsin School of Pharmacy—Madison
- Annie Hu, University of California San Diego Skaggs School of Pharmacy
- Stephanie Jean, University of North Carolina at Chapel Hill Eshelman School of Pharmacy
- Jessica Keels, Presbyterian College School of Pharmacy
- Amber Marshall, University of Southern California School of Pharmacy
- Joseph Martin, University of Maryland School of Pharmacy
- Rachel Neal, Purdue College of Pharmacy
- Julie Nguyen, University of California San Francisco School of Pharmacy
- Heather Porter, Pacific University School of Pharmacy
- Taylor Riedley, East Tennessee State University College of Pharmacy
- Danielle Small, Pacific University School of Pharmacy
- Kyle Troksa, University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences
- Megan Vaden, Harding University College of Pharmacy
- Kaitlyn Victor, University at Buffalo School of Pharmacy and Pharmaceutical Sciences
- Jennifer Weaver, East Tennessee State University College of Pharmacy

### GRANT OPPORTUNITY FOR STUDENTS, RESIDENTS AND FELLOWS NOW OPEN



The CPNP Foundation is excited to announce that the 2017 *Defining the Future* Research Grant cycle is open! This is an annual grant for students and residents/fellows interested in psychiatric and neurologic pharmacy, including those who are members of CPNP student chapters. With this grant program, the Foundation is able to provide financial support to future pharmacists who are paving the way in defining the future and improving the care of patients with psychiatric and neurologic disorders.

The goals of the proposed research project must be consistent with the vision and mission of the Foundation, which can be viewed at [cpnpf.org](http://cpnpf.org).

Up to three grants will be awarded. Grant recipients receive grant monies of \$1500 to fund their research outlined in their grant application and will be required to submit their results as a poster abstract at CPNP 2018 to be held at the JW Marriott in Indianapolis, Indiana from April 22-25, 2018.

Grant applications must be submitted through the online application process **by 11:59 p.m. Central Time, August 31, 2017**. 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 your enthusiasm and creativity as exhibited through your research and poster abstract.

### WHY I GIVE: ANDREA KELLY WINTERSWYK, PHARM.D, BCPS

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 **Andrea Kelly Winterswyk, PharmD, BCPS**.



*[Pictured Left: Dr. Andrea Kelly Winterswyk, PharmD, BCPS poses for a photo with keynote speaker Mr. Kevin Hines at the 2017 CPNP Annual Meeting that took place in Phoenix last month.]*

Dr. Winterswyk is a Post-Graduate Year 2 (PGY2) Psychiatric Pharmacy Resident at the Boise Veterans Affairs Medical Center where she has focused her efforts to design and pilot the first PGY2 psychiatric pharmacy residency in Idaho. After completing her B.S. in Health Sciences at Boise State University in 2010, she graduated from Idaho State University (ISU) with her Doctor of Pharmacy degree in 2015. Highlights in her early career include being the co-recipient of the 2014 ISPA Student-of-the-Year Award, the 2015 Division of Health Sciences Graduates of Distinction Award for Outstanding Leadership, and receiving the Wolters-Kluwer Award of Excellence in Clinical Communication prior to graduation. In 2016, she completed both her PGY1 Pharmacy Residency at the Boise VA as well as her ISU Teaching Certification. Last year, she was awarded the designation of 2016 Walmart Scholar by the American Association of Colleges of Pharmacy for her work in creation of a Leadership and Advocacy pharmacy elective with another resident .

In her future role, Andrea will continue to specialize in both complex pain management and primary care/specialty mental health, treating patients for chronic disease states via clinic and telehealth pharmacy services. She has become Board Certified in Pharmacotherapy, and plans to sit for the Board Certification in Psychiatric Pharmacy in the Spring of 2018 pending residency completion.

## What led you to pursue psychiatric pharmacy?

I became interested in psychiatric pharmacy after completion of my undergraduate degree at Boise State. I received a letter in the mail with a jumble of words scribbled on the front and back of the envelope surrounding my name and address. It had return address stickers sealing the back flap of the envelope shut, multiple styles with the same name. Inside were pamphlets from bus routes, city tours, and lost cat flyers, all with hand-written notes on the back for websites and scholarships (i.e., Bill and Melinda Gates Foundation, Oprah Winfrey, national job-finding resources), different causes I should consider supporting, advice on financial investments, and a note expressing congratulations on my graduation. I was amazed at the contents of this envelope. After investigation, I discovered this sender was one of my Great Aunts, whom I had not met previously.

My Grandmother informed me that my Great Aunt was diagnosed with schizophrenia. She was living alone in a big city, and had done so for many years. Sometimes she would write the family, call my Grandmother, but sometimes she would go for years without contact. From that point forward, I was captivated by psychiatry and the processes in the brain that could create these fascinating letters. I knew I wanted to be a clinical pharmacist, but was unsure of what specialty until receiving the first letter (and many letters thereafter). Upon gaining entrance to pharmacy school, I was able to meet Dr. Rex Lott. His passion for psychiatric pharmacy was both inspiring and contagious! He has supported me through my entire pharmacy career and I am so grateful for his mentorship."

## Why do you donate to the CPNP Foundation?

"Donating to the CPNP Foundation was a natural choice, and one I will continue to support. One of the beautiful details of the Foundation's strategic plan includes the continued search for projects to enhance care for individuals with mental health conditions. By donating to the Foundation, I am able to help support efforts to create meaningful and effective initiatives reflective of the changing horizon of healthcare needs, resulting in increased quality of care and improved patient outcomes. The mission and vision of the Foundation epitomize the ideals I would like to see in a mental health pharmacy organization. By focusing on connecting compassionate services and providers with patients, as well as supporting future innovation and involvement through grants and scholarships, the Foundation is able to use my donation to accomplish goals beyond what I could imagine doing alone, or within another pharmacy organization."

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*"Donating to the CPNP Foundation was a natural choice, and one I will continue to support."*

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Dr. Winterswyk mentioned *The Defining the Future* grant program is the most personally motivating initiative within the Foundation at this time. She said, "Support from the Foundation grant allows for project growth where implementation may have been restricted financially, cultivating new research data into the body of literature for psychiatric and neurologic pharmacy practice. It is great to see the outcomes presented by the innovative trainees at the CPNP meeting each year."

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

## STIGMA RESEARCH PROJECT SUBMITTED FOR PUBLICATION

By Charles Caley, PharmD, BCPP



At the CPNP Annual meeting in Phoenix, the results of the CPNP Foundation stigma survey were presented by Dr. Vince Giannetti and Dr. Khalid Kamal. This stigma research project involved developing an original, 101-item survey for community pharmacists which focused on their provision of pharmacy services and their comparative opinions about working with patients who have mental illness.

*[Pictured Left to Right: Poster presenters Jordan Covvey and Vincent Giannetti]*

The comparative opinions section of the survey measured pharmacists' attitudes, perceptions and beliefs about patients diagnosed with a mental illness. Information about pharmacist demographics, knowledge and practice characteristics were also collected. A brief summary of the findings are provided below:

- Pharmacists report overall willingness and interest to provide services for patients with mental illness, but comparatively lower comfort and confidence in their abilities.
- Survey respondents with personal experience with mental illness was associated with higher scores across all four domains of service provision, lower levels of stigma and more positive attitudes.
- Pharmacists rated confidence and comfort as being low when needing to ask patients about their therapeutic goals, as well as when speaking with physician's about the patient's medication. Of interest is the key finding from the 2012 CPNPF/NAMI survey was that identified 75% of NAMI member respondents (n = 1,031) reporting that they did not receive medication effectiveness monitoring assistance from their community pharmacist.
- This study identified prevalent stigma among the surveyed sample of community pharmacists. These results are consistent with the findings of previous researchers. Thus, an opportunity exists to reduce the level of stigma in community pharmacy.

Two separate manuscripts have been prepared to describe the results of this survey, the first manuscript presents the survey data and the second manuscript analyzes the survey data to determine relationships between service provision and comparative opinions regarding mental illness. These manuscripts will be submitted to Psychiatric Services for review.

Members of the CPNP Foundation who participated in this project include: Barbara Wells, Dean Najarian, Jerry McKee. Collaborators from Duquesne University include: Vince Gianetti, Khalid Kamal, Jordan Covvey, Tyler Dunn, and Pratyusha Vadagam.

The two posters presented at the CPNP Annual Meeting may be found online at [cpnpf.org/top-initiatives](http://cpnpf.org/top-initiatives).

## SCHOLARSHIPS AVAILABLE FOR MENTAL HEALTH FIRST AID (MHFA) INSTRUCTOR TRAINING!

Pharmacists passionate about mental health are encouraged to apply for one of three scholarships for Mental Health First Aid (MHFA) instructor training. The National Community Pharmacists Association (NCPA) is working with MHFA-USA to promote community pharmacy team members' involvement in mental health first aid and is looking for pharmacists to lead the effort.

These scholarships, supported by the Community Pharmacy Foundation (CPF), cover the \$2,000 tuition for the training and include a stipend for travel expenses.

More information and the application can be found [here](#). The application deadline is June 16<sup>th</sup> so don't delay!

Contact Kevin Day, PharmD at [kevin.day@ncpanet.org](mailto:kevin.day@ncpanet.org) for more information.

## FOUNDATION-FUNDED RESEARCH SHOWCASES INNOVATION AND IMPACT AT CPNP 2017

Annually, the CPNP Foundation supports the Defining the Future grant program which is designed specifically for students/CPNP student chapters, residents, and fellows interested in psychiatric and neurologic pharmacy. This grant program provides an excellent, ongoing opportunity to receive funding to support innovative and cutting-edge research that will impact the care of patients into the future.

Read on as our 2016-17 Defining the Future grant recipients share more about their projects, their experience at CPNP 2017 in Phoenix, Arizona, and what they learned from participating in the grant process.

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### Andrew Kluemper, PharmD, University of Colorado Health & Anschutz and Lowry Internal Medicine Clinics, "[Effect of Primary Care Provider Stigma on Appropriate PHQ-9 Administration](#)."



*Our study focused on the impact of provider stigma on depression management practices, specifically, PHQ-9 administration rates. We are still collecting data surrounding this relationship and hope to have results in July. So far, our preliminary survey results indicate that stigma varies among provider subgroups and that the "social distance" stigma domain likely plays less of a role in stigma related to depression versus mental illness as a whole.*

*From this experience, I learned the importance of persevering through obstacles and staying curious. This opportunity greatly improved my writing skills, provided me with additional leadership experience, and has advanced my interest in both research and academia. Of course, I wouldn't be here without the help of my amazing mentors, as well as my outstanding research team. I am so grateful for the opportunity to perform meaningful research that has taught me a variety of skills! Thank you to my research team, mentors, and the CPNP Foundation for this privilege!*

**Jenni Ladutko, PharmD, Veterans Administration Salt Lake City Healthcare System, "Implementation of a Polypharmacy Clinic in Vulnerable Elders (PAVE Clinic) Within an Integrated Patient Aligned Care Team."**



*With the support of CPNPF, I have been able to integrate a polypharmacy clinic within primary care to provide comprehensive medication management to our elderly Veterans. The Defining the Future Grant and the Strategic Goals award have inspired me to critically identify the need for services and to continue developing programs to address potential gaps in care.*

*This is my first year working with CPNP, and I value the efforts to encourage students and residents to engage in research to improve patient care. I have gained invaluable experiences through submitting an abstract, the peer review process, and then presenting the findings via a platform and poster presentation. I hope to continue to be an active member of CPNP and work to continue to provide high quality care to patients with mental health and neurologic disorders.*

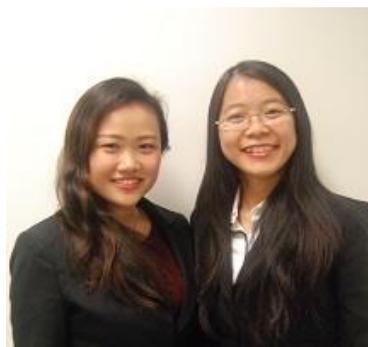
**Samantha Themas, PharmD, Memorial Outpatient Behavioral Health Center, "Effect of Clinical Pharmacy Specialist Intervention on Metabolic Markers in Patients Receiving Long-acting Antipsychotic Injections."**



*Our project is still in progress but we have observed favorable trends in metabolic parameters and recidivism rates following implementation of the clinical pharmacist specialist coordinated long acting therapy clinic. We anticipate the benefits of pharmacist intervention to continue to become more prominent as our study progresses.*

*As a Defining the Future Grant recipient, I learned how to overcome barriers and implement a multidisciplinary clinic to improve health outcomes in patients with serious mental illness. I also had the opportunity to enhance my clinical skills and practice as a well-rounded clinician. I would encourage any resident interested in pursuing a clinical position in psychiatric pharmacy to apply for this grant in the future.*

**Tu Vuong, PharmD student from University of Southern California, "Incorporating Clinical Pharmacy Service into Depression Management at a Primary Care Clinic."**



*Our project's goal is to implement clinical pharmacy into interdisciplinary depression care for rheumatoid arthritis (RA) patients at a clinic. Literature research and our preliminary chart reviews showed that RA patients were likely to develop depression due to the high percentage of women in RA population and their chronic pain. Our implementation will improve quality of care in the clinic setting and may aid the treatment of physical function for RA patients. Our work is still in progress, and we will present updated data at CPNP 2018.*

*As third year pharmacy students, my partner, Hao Dieu, and I were nervous but thrilled when we received CPNP Foundation grant and became one of the platform presentation award finalists. At the conference, we were thankful for networking opportunities during*

*the student programs, small group discussions and mentorship program. Also, we received constructive feedback from different experienced practitioners about our implementation project.*

*We really appreciate the generosity from CPNP Foundation in supporting our research. The project is one of our most challenging yet fulfilling experiences during pharmacy school. This gives us opportunities to think outside the box, improve our presentation skills and sharpen our problem-solving ability.*

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Applications are now being accepted for the **2017 Defining the Future** grant program. To be considered, the complete application must be submitted using the Foundation online application process by the August 31, 2017 deadline. Grantees will be required to obtain IRB approval prior to starting their project. Grantees will also be required to submit their research for abstract consideration and, if selected, present their research results as a poster at the **2018 CPNP Annual Meeting** to be held **April 22-25 at the JW Marriott in Indianapolis, Indiana**. Award recipients will be notified by October 1, 2016.

To make a donation to support these grants, please visit [cpnpf.org/pledge](http://cpnpf.org/pledge).