



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

November 2017: A Newsletter of the CPNP Foundation

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PRESIDENT'S MESSAGE: PASSING THE TORCH AND CONTINUING THE IMPORTANT WORK OF THE CPNP FOUNDATION

Matthew Fuller, PharmD, BCPP, FASHP

The CPNP Foundation envisions a world in which individuals with psychiatric and neurologic disorders receive optimal treatment, live free of stigma, and achieve their full potential. Our mission focuses on enhancing the capacity of pharmacy professionals to provide effective and compassionate treatment of individuals with mental disorders. As supporters of the CPNP Foundation, we know you live this same mantra day after day as you work to ensure patients receive the most effective, safe and compassionate care possible.



*Matthew Fuller,
CPNP Foundation
President*

As we enter our 2017 year-end campaign, the CPNP Foundation is asking you to extend your impact as a psychiatric pharmacist and [make a generous donation](#) to support the work we do to ensure individuals with psychiatric and neurologic disorders receive optimal treatment, live free of stigma, and achieve their full potential.

Here is just a sampling of the impactful work your donation supports:

- Through its [Defining the Future Grant Program](#), the Foundation has once again supported grants to three individuals researching treatment in PTSD, Substance Use Disorder, and Safe Opioid Prescribing. Please read the related article in this edition of the Kaleidoscope and congratulate the individuals who received the awards. Be sure to review their findings at the Annual Meeting in April 2018.
- To further the understanding of stigma and social distancing among community pharmacists as a beginning point to make inroads to decrease stigma among all healthcare providers, the Foundation has collaborated with Dr. Vincent Giannetti and colleagues at the Duquesne University Mylan School of Pharmacy to explore community pharmacists' knowledge of and attitudes toward mental illness and the services they provide. The project has been completed. The findings are pending publication but are described in general on the Foundation website at cpnpf.org/top-initiatives.



In addition, The Mental Health Pharmacy Directory at mentalhealthpharmacies.com currently has over 1,000 pharmacies.

- The Foundation will once again award twenty student grants to attend CPNP 2018 in Indianapolis. We have seen a large upsurge in student chapters on college campuses to over 38 chapters as well as student participation at our Annual Meeting. I am pleased that we are able to "pay it forward" for up and coming clinical pharmacy specialists. Further making an impact on students and reduction of stigma, the Foundation will be offering an 8-hour course at the Annual Meeting that provides participants the chance to become Mental Health First Aid certified.

You will also notice in this newsletter that we have highlighted our newest Legacy Partner, Rex Lott. As you may recall, the Foundation established a bequest program where individuals have the opportunity to leave a legacy that supports the Foundation after your lifetime. We encourage you to consider this as an additional conduit to make a bigger, more lasting impact. There are multiple options when considering a bequest. Feel free to reach out to a Board member for further discussion. We would love to hear from you!

As you can see, the Foundation has been busy working on its strategic goals. While I complete my term as President at the end of this year, I will continue on the Foundation Board as Past President. The Foundation will be in excellent hands with our new President, Cindy Kirkwood. I look forward to continuing our work with Cindy and the Board on furthering our mission and vision. Please consider making a donation to the Foundation for any amount as your budget allows. Your generous gift will get us closer to making our vision a reality. I am truly grateful for your continued support.

LOTT MOTIVATED TO PAY IT FORWARD

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. We are honored to feature CPNP Foundation Legacy Partner **Rex Lott, PharmD, BCPP** in this edition of the Kaleidoscope and to learn more about his career.

Dr. Rex Lott has been an active member of CPNP since 2004 and has served CPNP and the Foundation in many roles, including Foundation Board Member (2016-present), CPNP President (2012-13), BCPP Program Director (2016-present), and CPNP Board Member (2011-2014). He was part of the CPNP Foundation's Founding Circle that launched the CPNP Foundation and continues to be a dedicated supporter of the Foundation's initiatives.

From the beginning...

Dr. Lott was led to pursue psychiatric pharmacy during his PharmD training at University of the Minnesota, an add-on degree after first earning a Bachelor of Pharmacy degree from Washington State University in 1972. He participated in a clinical rotation at Anoka State Hospital (where he would later work) and fell in love with the patients and with the team-based approach used in developing their treatment.



*Rex Lott, PharmD,
BCPP, Foundation
Board Member and
Legacy Partner*

...to Today

In 2016, Dr. Lott retired from Idaho State University College of Pharmacy as a Professor Emeritus after 19 years of service. During his career, he practiced as a consultant pharmacist for long-term care facilities, was responsible for extensive didactic instruction and for providing Introductory and Advanced Pharmacy Practice Experiences for pharmacy students, while providing didactic and clinical instruction of PGY-3 & PGY-4 Psychiatry Residents. Dr. Lott published extensively in the area of neuropsychiatric pharmacotherapy, co-authored the Epilepsy/Seizure Disorders Chapter in *Koda-Kimble & Young's Applied Therapeutics: The Clinical Use of Drugs* from 1980 to 2012, co-authored several peer-reviewed papers concerning antiepileptic drugs and psychotropic medications, and most recently, he was the co-editor and author for a NAPLEX review book, *Capstone Pharmacy Review*.

Why makes the CPNP Foundation Special?

"With my continued involvement with CPNP and the Foundation, I've seen the vision and mission for the Foundation mature and develop. That continues to motivate my wish to donate to the foundation. Psychiatric pharmacy has given me a tremendously rewarding career. I see my donations to the Foundation as a way to pay back psychiatric pharmacy and pay forward for psychiatric pharmacists of the future."

Dr. Lott is invigorated by the Foundation's initiatives and believes they will "improve the care available to people with mental illnesses... make caregivers' jobs easier, and help make life a little less complex for people with mental illnesses."

The CPNP Foundation Board of Directors sincerely thanks Dr. Rex Lott for his ongoing commitment to the Foundation's mission. To join Dr. Lott as a CPNP Foundation donor, visit cpnpf.org/pledge.

CPNP 2018 TO FEATURE MENTAL HEALTH FIRST AID TRAINING FOR STUDENTS THROUGH CPNPF



**MENTAL
HEALTH
FIRST AID**

The CPNP Foundation is pleased to offer Mental Health First Aid training for students in Indianapolis prior to the CPNP Annual Meeting. Mental Health First Aid is an 8-hour course that teaches people how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The course will be offered to students over two days, the afternoon of Saturday, April 21 through Sunday, April 22, 2018 (a.m. only).

The CPNP Foundation is pleased to offer Mental Health First Aid training for students in Indianapolis prior to the CPNP Annual Meeting.

Mental Health First Aid is an 8-hour course that teaches people how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The course will be offered to students over two days:

- Session 1: Saturday, April 21 and will take place from 1:00-6:00 PM
- Session 2: Sunday, April 22 from 8:00-11:15 AM

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.

A registration fee of \$50 for CPNP student members will be required to attend Mental Health First Aid training at CPNP 2018. Following the event, participants will receive a certificate from Mental Health First Aid USA acknowledging the completion of this training.

Registration for Mental Health First Aid is available on the CPNP 2018 [registration form](#). A limited number of spaces are available, so interested students are encouraged to reserve their seats as early as possible.

TWENTY STUDENT REGISTRATION GRANTS TO BE AWARDED FOR CPNP 2018

The CPNP Foundation has announced the continued funding of 20 student registration and travel grants to CPNP 2018 to be held April 22-25 in Indianapolis, IN. Each student recipient will receive a full student registration to the [2018 Annual Meeting](#) (\$175 value) and a \$325 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.

According to CPNP Immediate Past President Chris Thomas, the *"CPNP Past Presidents are so impressed with the 116 students on-site at CPNP 2017 and the amazing growth in student membership, now over 960 student members strong. CPNP Past Presidents feel 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."*

Applications are being [accepted now](#) through **January 17, 2018**. 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 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.

Matthew Fuller, PharmD, BCPP, President of the CPNP Foundation, commented, *"The CPNP Foundation Board of Directors is very grateful to the CPNP membership and to the CPNP Past Presidents for their generous support of these grants. The Foundation Board firmly believes that these grants are critically important to the continuing growth of our discipline and the continuing improvement in the evidence-based care that individuals with psychiatric and neurologic disorders receive."*

2017 DEFINING THE FUTURE GRANT RECIPIENTS ANNOUNCED

The CPNP Foundation is pleased to announce the recipients of the third annual *Defining the Future Research Grant Awards*. There were many applicants who submitted exciting and important project proposals, and we thank everyone who applied. Ultimately, the CPNP Foundation selected three grant recipients.

A requirement of the grant program is that the research project must mirror one of the current interests of the Foundation. The grant selection team felt that the three selected research projects aligned well with topics in psychiatry, neurology, and



substance use disorders. The award recipients are as follows (in alphabetical order):

Amanda Colistro, PharmD student, Northwestern University: Safe Opioid Prescribing Course Effect on Opioid Overdose Knowledge and Attitude Scales Across Multidisciplinary Student

Andrew Naglich, PharmD, VA North Texas Healthcare System: Association of SSRI/ SNRI Treatment with Substance Use Disorder Symptom Severity in Veterans with PTSD

Deepika Rao, Graduate Student, Duquesne University: Community Pharmacist and Substance Abuse Disorders: Attitudes, Knowledge and Practice."

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 *2018 Defining the Future Grant*.

HOLIDAY SHOPPING? SUPPORT CPNPF THROUGH AMAZONSMILE

With the holidays approaching, are you needing to shop for gifts? Black Friday and Cyber Monday are two of the busiest shopping days of the year. If you shop online, consider shopping at smile.amazon.com and increase CPNP Foundation's AmazonSmile donations.



What is AmazonSmile? AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to CPNP Foundation.

This holiday season shop and support CPNP Foundation at the same time!

THANK YOU TO ALL OF OUR DONORS!

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

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