



# KALEIDOSCOPE

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

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## PRESIDENT'S LETTER: THE ROADMAP TO 2019

*Cynthia Kirkwood, PharmD, BCPP, CPNP*

If your home is similar to mine, there is a package waiting at your doorstep from Amazon nearly every day. One evening this week a thin brown envelope was propped on the ledge of the doorway. When I inquired as to the contents, my husband said, "It is a map." It really was a huge map! In this day and age of Google Maps, MapQuest, and GPS via a smartphone or car dashboard, I thought how novel it was to have a paper copy in hand to plan how to get from here to there.



Cynthia Kirkwood, CPNP Foundation President

This year the CPNP Foundation Board will be mapping a path for the future in even closer collaboration with the CPNP Board, our parent organization. We will be reviewing our current initiatives with a goal of more tightly aligning the CPNP Foundation's mission and vision with CPNP's mission and goals and improving operational efficiencies.

With your help, the Foundation continues to fund travel grants for students to the CPNP Annual Meetings and student/resident research projects. At the Annual Meeting, Mental Health First Aid will again be available to students.

We hope that you will support the #BeThe1To Campaign for suicide awareness and prevention at the Annual Meeting. You can purchase a t-shirt during registration or at the meeting, commit to #BeThe1To by signing the on-site banner, and snap a quick selfie! Feel free to wear your t-shirt proudly during and long after the meeting to share the message.

The Foundation is grateful to you, our supporters, for your continued generosity. If you have any suggestions or recommendations on the future initiatives of the Foundation, please feel free to contact any board member.

## TAKE ACTION AND #BeThe1To SAVE A LIFE

At CPNP 2019, the CPNP Foundation is encouraging all attendees to take action! Psychiatric health care professionals know that mental illness is often associated with suicidal thoughts. One small action can make a huge difference and can ultimately save a life! *BeThe1To*:

1. *ASK* how someone is feeling.
2. *KEEP THEM SAFE* if someone is having thoughts about self-harm.
3. *BE THERE* if someone feels alone.
4. *HELP THEM CONNECT* if someone is feeling withdrawn.
5. *FOLLOW UP* if you have spoken to someone about suicidal thoughts or behaviors.

Together, we can prevent suicide. Learn more at <https://www.bethe1to.com>.

### What Can You Do?

Through powerful words and actions, we can all work together to prevent suicide. Here are a few ways that you can show your commitment to action during CPNP 2019!

1. Attend a pre-meeting workshop: [Suicide Prevention, Assessment, and Management Strategies for Pharmacy Professionals](#) (pharmacists and residents) OR [Mental Health First Aid](#) (students).
2. Show your support by signing the *#BeThe1To* wall at the CPNP Foundation booth!
3. Take a picture in front of the *#BeThe1To* wall and share over social media to encourage others.
4. [Purchase a #BeThe1To t-shirt!](#) Your \$25 purchase supports the CPNP Foundation and NAMI equally. Proudly wear your shirt and encourage others to Ask, Keep Them Safe, Be There, Help Them Connect, and Follow Up. To reserve your size, purchase a t-shirt by the March 7 early registration deadline.
5. [Share the cpnpf.org/savealife page on Facebook and tell everyone to #BeThe1To save a life!](https://www.cpnpf.org/savealife)



Each of us can take action and additionally, bring awareness to simple ways to prevent suicide!

## CPNP FOUNDATION ACTIVITIES AT CPNP 2019 IN SALT LAKE CITY, UT

In addition to our [#BeThe1To Campaign](#), the CPNP Foundation will once again be visible during CPNP's Annual Meeting, recognizing the generous support of our donors and supporting students and residents through various activities.

### Pharmacy Student Registration/Travel Grants

The CPNP Foundation has awarded complimentary registration and partial travel support grants for 20 students to attend CPNP 2019. The Foundation Board strongly believes that it is important to assist students in exploring and growing their interest in the care of individuals with psychiatric, neurologic, and substance use disorders. What better way to gain an understanding of psychiatric pharmacy practice than through attendance at CPNP 2019. Recipients were selected by the CPNP Student Committee and a [press release](#) has been released announcing those awarded a registration/travel grant.

### Defining the Future Research Grant Recipient Posters

In 2018, four *Defining the Future* Research grant applicants were selected to receive funds for their research projects which align with the CPNP Foundation's mission and vision. As a condition of the grant, recipients were required to submit their research for abstract consideration and, if selected, present their research results as a poster at CPNP 2019. We are pleased to announce that all four grant recipients were selected to present their posters, and two of the four grantees are award finalists! Award finalists will present their abstracts during the platform presentations on Monday, April 8, at CPNP 2019. Winners for all categories will be announced during the Poster Session on Monday evening.

- **Destiny Boutain**, Pharmacy Student, Xavier University of Louisiana: Assessing Mental Health Knowledge Amongst HBCU Students
- **Abby MacCauley\***, Pharmacy Student, UNC Eshelman School of Pharmacy: Pharmacist and Pharmacy Student Wellness and Mental Health Analysis
- **Sarah Piccirro**, Pharmacy Student, University of Texas at Austin College of Pharmacy: Incorporating Mental Health First Aid into Pharmacies and Pharmacy Schools: A Description of Methodology and Screening Results
- **Lusi Zhang\*\***, Pharmacy Student, University of Minnesota: Brain-derived Neurotrophic Factor (BDNF) and Cognitive Performance in Patients on Long-term Antipsychotic Treatment

\* CPNP Foundation Strategic Goals Award Finalist

\*\* Research Trainee Award Finalist

The Defining the Future posters will be recognizable during poster sessions with a red sash indicating that they are a **Foundation Grant Recipient**. Additionally, all four grantees will be highlighted at the Foundation booth. We encourage you to visit these poster presenters while attending CPNP 2019. In Fall 2019, the CPNP Foundation will once again be awarding up to four, \$1500 Defining the Future Research Grants. The Foundation will be accepting online applications starting in May (due by August 31).

## THE LEGACY PARTNER'S SOCIETY WELCOMES NEW MEMBER, GENE MAKELA

The CPNP Foundation Legacy Partner's Society is pleased to welcome **Gene Makela, PharmD, BCPP**, as a brand new legacy partner. He joins an exclusive group of donors who have committed a planned gift to the CPNP Foundation. Dr. Makela is the 8<sup>th</sup> legacy partner to join the group.



Gene Makela,  
PharmD, BCPP

When asked about his motivation to make a planned gift, Dr. Makela said, "I want to provide a way to help future CPNP members better help patients with mental illness. Being involved with CPNP made all the difference in my career in psychiatric pharmacy. I cannot state this more enthusiastically. Part of this is because, for most of my years in clinical work, my academic practice site in West Virginia was in a relatively small arena. I was the only psychiatric clinical practitioner at West Virginia University, yet through my involvement with CPNP, I was able to develop a successful residency training program and become involved as a member of the Board of Directors of CPNP. I developed lifelong friendships and colleagues across the country that helped foster my clinical practice and satisfaction with my practice. This never would have happened without CPNP."

Dr. Makela received his B.S. in Pharmacy from the University of Florida in 1976 and his Doctor of Pharmacy degree from the Medical University of South Carolina in 1986. He served as Director of Pharmacy at the Blue Ridge Hospital division of the University of Virginia Hospitals and the Thomas B. Finan Center, State of Maryland Department of Health and Mental Hygiene. Between 1989 and 2009 he was Assistant and Associate Professor of West Virginia University School of Pharmacy. He developed and was training director for the Psychiatric Pharmacy Residency program at the School. He provided training for pharmacy and medical students, psychiatry residents, and PhD candidates. In 2009 he was inducted into the Academy of Excellence in Teaching and Learning at the West Virginia University Health Sciences Center, and in 2017, he was awarded the Judith J. Saklad Memorial Award by CPNP, an award presented annually to a senior psychiatric pharmacy practitioner who has achieved a level of professional distinction and demonstrates a continuing dedication to the practice of psychiatric pharmacy. Dr. Makela recently retired as Clinical Pharmacist Specialist, Mental Health at the Asheville Veterans Affairs Medical Center in Asheville, North Carolina.

He left us with this advice, "The single most important thing one can do is become involved in CPNP. Volunteer. Don't think you don't have the time. The rewards you will receive will far outweigh any time spent. If you can, donate to the Foundation."

Planned gifts allow the Foundation to plan for the future, working towards 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. The Foundation is extremely grateful to all of its donors. To learn more about joining the Legacy Partner's Society by making a bequest, please visit the [How to Contribute](#) page on the CPNP Foundation website.

## STUDENT REGISTRATION AND TRAVEL GRANT RECIPIENTS ANNOUNCED

Thanks to the generous support of the CPNP Foundation, CPNP Past Presidents' Destiny Fund, and [CPNP members](#), twenty (20) students are receiving \$500 in registration and travel support to CPNP 2019. These twenty students were selected by the CPNP Student Committee based on the merits of their applications.

"These students represent our future and the future of psychiatric pharmacy," says CPNP Foundation President Cynthia Kirkwood, PharmD, BCPP. The [CPNP Foundation](#) is pleased to support these student grants providing access to the networking opportunities and educational programming that is so valuable to our development as professionals in the field. We encourage CPNP members to continue [donating](#) to this important effort enabling the Foundation to continue to provide matching grant dollars far into the future."

Congratulations to the twenty grant recipients who will be attending CPNP 2019 in Salt Lake City, Utah:

- Mark Bickley, University of Maryland
- Jessica Bouldin, East Tennessee State University
- Jordan Brooks, University of California, San Francisco
- Kimberly Ann Ehrhard, University of Missouri-Kansas City
- Brittany Galop, University of Kentucky
- David Giang, University of Texas at Austin
- Katelyn Gordon, Butler University
- Marnie Janson, University of Wisconsin-Madison
- Carly Kempf, University of Missouri-Kansas City
- Jackson Kicklighter, High Point University
- Patty Maglalang, University of Minnesota
- Tigran Makunts, University of California, San Diego
- Carolyn O'Donnell, University of Minnesota
- Sarah Piccuiro, University of Texas at Austin
- Zaheera Shabbir, University of Illinois at Chicago
- Andreea Temelie, University of Minnesota
- Casey Tiefenthaler, University of California, San Diego
- Frank Tillman, University of North Carolina at Chapel Hill
- Carolanne Wartman, Purdue University
- Teresa Zhen, Belmont University

## DONORS HELP THE CPNP FOUNDATION REACH 2018 GOAL

We did it! With your help, the CPNP Foundation collected \$41,441 in 2018, surpassing our \$40,000 goal. Thank you to everyone who contributed over the past year.

Money that is donated to the CPNP Foundation is used to assist with the Foundation's core initiatives, including student scholarships to attend the CPNP annual meeting and *Defining the Future* research grants as well as public campaigns surrounding issues in mental health. Foundation activities bring the Foundation one step closer to our mission to enhance the capacity of pharmacy professionals to ensure effective and compassionate treatment of individuals with mental disorders.

Thank you again to everyone who helped us monetarily and to those who helped us spread stigma-free message we communicated in 2018. Your support is very much appreciated, and we hope that you will continue to support the CPNP Foundation in 2019 and beyond.



### 2018 Donors

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## CPNP FOUNDATION BOARD WELCOMES 5 NEW BOARD MEMBERS

The 2019 Foundation Board year is underway, and the Board of Directors has welcomed five new voting members. Effective January 1, 2019, Elayne Ansara, PharmD, BCPS, BCPP, Monica Mathys, PharmD, BCPP, Michael McGuire, PharmD, BCPP, Paul Price, PharmD, BCPP, and Steve Stoner, PharmD, BCPP join the board for three-year terms.



Michael McGuire, PharmD, BCPP  
CPNP Foundation President-Elect  
Associate Professor of Pharmacy Practice  
Belmont University  
Nashville, TN



Paul L. Price, PharmD, BCPP  
Senior Associate Dean; Associate  
Professor of Pharmacy Practice;  
Clinical Pharmacy Specialist Psychiatry  
Creighton University School of Pharmacy  
and Health Professions  
Omaha, NE



Elayne D. Ansara, PharmD, BCPP, BCPS  
Clinical Pharmacy Specialist  
Richard L. Roudebush VAMC  
Indianapolis, IN



Steven C. Stoner, PharmD, BCPP  
Clinical Professor and Chair  
University of Missouri at Kansas City  
School of Pharmacy  
Kansas City, MO



Monica Mathys, PharmD, BCPP  
Associate Professor  
Texas Tech Health Sciences  
Dallas, TX

Drs. Ansara, Mathys, McGuire, Price, and Stoner join the following individuals currently serving on the CPNP Foundation Board:

- Cynthia Kirkwood, PharmD, BCPP, CPNP Foundation President, Professor and Executive Associate Dean for Academic Affairs, Virginia Commonwealth University, Richmond, VA
- Matthew A. Fuller, PharmD, FASHP, BCPS, BCPP, CPNP Foundation Past President, National PBM Clinical Pharmacy Program Manager, VHA Pharmacy Benefits Management Services, Hines, IL
- Deanna Kelly, PharmD, BCPP, CPNP Liaison, Professor, University of Maryland, Baltimore, MD
- Brenda K. Schimenti, CPNP Foundation Secretary, CPNP Executive Director, Lincoln, NE
- Stephen Saklad, PharmD, BCPP, CPNP Foundation Treasurer, Director of Psychiatric Pharmacy Program and Clinical Professor, The University of Texas at Austin College of Pharmacy and San Antonio State Hospital, San Antonio, TX
- Dean Najarian, PharmD, BCPP, Medical Affairs Liaison, Janssen Scientific Affairs, Wrentham, MA
- Carol A. Ott, PharmD, BCPP, Clinical Associate Professor of Pharmacy Practice, Eskenazi Health, Purdue University College of Pharmacy, Indianapolis, IN
- Christopher Thomas, PharmD, BCPP, BCPS, Clinical Pharmacist in Psychiatry, Chillicothe VAMC, Chillicothe, OH

The Foundation would also like to recognize the contributions of outgoing board members Sarah Grady, PharmD, BCPS, BCPP, Gene Makela, PharmD, BCPP, Rex Lott, PharmD, BCPP, and Roger Sommi, PharmD, BCPP, FCCP. Thank you all for your service to the CPNP Foundation!