



KALEIDOSCOPE

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

NOVEMBER 2019: A Newsletter of the CPNP Foundation

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PRESIDENT'S LETTER: A FINAL FAREWELL

Cynthia Kirkwood, PharmD, BCPP, CPNP

When November hits, so do cooler days and anticipation start to build for the wonderful holidays that are just around the corner. It is a time of anticipation of seeing family and friends, and a time to count the many blessings in our lives.

It is also a time to realize how fortunate we are to have CPNP as an organization that supports our future psychiatric pharmacists and us in our professional endeavors as psychiatric pharmacists as we serve those who are living with psychiatric, neurologic, and/or substance use disorders. CPNP is there for each of us for a quick consult on a difficult clinical case, offering quality recertification training, representing us in coalitions and on the Hill, helping to develop our students through student chapters, serving as a hub for jobs or residency positions, and offering us networking and peer to peer exchange through communities and our annual spring conference.



*Cynthia Kirkwood,
CPNP Foundation
President*

As the philanthropic arm of CPNP, the CPNP Foundation is proud to lend our support, funding trainees and practitioners through student registration/travel grants and research grants and offering and subsidizing the Mental Health First Aid (MHFA) Training at the Annual Meeting. For CPNP 2020, the foundation is pleased to be able to increase the number of student travel grants up to 25 and to offer MHFA for the third consecutive year. Our theme for 2020 is Why Care?, a public message campaign developed by our partners at NAMI. During CPNP 2020 we will be showing how we care by sharing this message and supporting the assembly of toiletry kits to help the Dallas homeless. We, of course, need your help to provide all of these services and ask that you please support the goal to reach the \$40,000!

It has been my distinct privilege to serve as president of the Foundation for the past two years. The members of the Foundation board are a truly dedicated, hard-working group of individuals. I extend my sincere gratitude to staffers Katie Brase for her extraordinary organizational skills and to Brenda Schimenti for her exceptional guidance as our Executive Director. In January 2020, Michael McGuire will become the next CPNP Foundation President.

Remember to think of CPNP Foundation as you consider your end of year giving. Thank you.



TAKE ACTION AND SHOW THAT #CPNPCARES AT CPNP 2020

Care has the power to make a life-changing impact on those affected by mental health conditions. Through our own words and actions, we can shift the social and systemic barriers that prevent people from building better lives. At CPNP 2020, the CPNP Foundation wants all attendees to *show* how #cpnpcares.



Spread the Word

Prior to and at CPNP 2020, the Foundation will be distributing shareable messages and social media campaigns. Share these messages with all of your friends and colleagues to demonstrate how caring can make all of the difference for an individual living with mental illness

Help the Dallas Homeless

The CPNP Foundation is coordinating the assembly of toiletry kits for The Bridge, a multi-service organization that offers basic needs services along with access to physical and behavioral health care for the homeless. Here is how you can show how you care:

- **Donate items for the kits.** From now until April 1, you may purchase items from our Amazon Wishlist to be included in the toiletry kits. After April 1, you may compile items to bring with you in your suitcase to contribute! Items needed include small sizes of shampoo, conditioner, deodorant, toothbrushes (individually wrapped) and toothpaste. From April 26-28, drop off the items at the Foundation tables during CPNP 2020.
- **Donate money to increase the number of kits.** Our goal is to assemble as many kits as possible! The CPNP Foundation will be contributing items for toiletry kits, but we need your help to increase our impact. From now until April 1, money can be donated online. Please add "CPNP 2020 Kits" to the order comments to ensure that the funds are allocated to this project.
- **Write encouraging notes.** We will be adding a note of encouragement to each toiletry kit. Supplies will be available at the Foundation table during CPNP 2020 while they last.
- **Assemble toiletry kits.** Swing by the Foundation tables during CPNP 2020 and assemble a few toiletry kits. An assembly station will be available Sunday, April 26 through Tuesday, April 28. Join us Wednesday, April 29 from 7:00-8:00 AM to assemble all remaining kits that will later be delivered to The Bridge.

Show How You Care

"Why Care?" t-shirts are available for all individuals donating at least \$25. Reserve your size by donating online by the early registration deadline, March 26, 2020. T-shirt sizes requested after March 26 cannot be guaranteed and will be available on a first-come, first-serve basis. Half of all donations will be allocated to the CPNP Foundation to cover costs and the other half will be matched by CPNP and donated to NAMI.

FULLER AND SAKLAD COMBINE FOR 15 YEARS OF SERVICE TO THE CPNP FOUNDATION

The CPNP Foundation [Board of Directors](#) works to advance the Foundation's mission by overseeing initiatives including *Defining the Future* Research Grants, student registration and travel grants, and a campaign at the CPNP Annual Meeting.

Board members Matthew Fuller, BS, PharmD, FASHP, BCPP and Steve Saklad, PharmD, BCPP will be ending their terms on the CPNP Foundation Board at the close of 2019. Along with the other members of the Board, we thank them for their service and dedication to the CPNP Foundation.

At the conclusion of 2019, Matthew will have served a total of nine years on the Foundation Board of Directors including a term as President. Steve will be completing his sixth year of service, including a year as Treasurer. A sincere thank you to each of you for your service and commitment to the psychiatric pharmacy profession through your service on the CPNP Foundation Board.



Matthew Fuller, BS, PharmD, FASHP, BCPP
National PBM Clinical Pharmacy Program Manager
VHA Pharmacy Benefits Management Services

Before joining the Veterans Health Administration (VHA), Dr. Fuller served as Clinical Pharmacy Specialist, Psychiatry at the Louis Stokes Cleveland VAMC in Cleveland, OH. He was also the Director of an ASHP accredited PGY2 Psychiatric Pharmacy Practice Residency Program and mentored many current CPNP members.



Stephen R. Saklad, PharmD, BCPP
Clinical Professor and Director of Psychiatric Pharmacy Program
The University of Texas at Austin, College of Pharmacy, Pharmacotherapy Division

Dr. Saklad joined the faculty of The University of Texas College of Pharmacy and became the first clinical pharmacist hired by the Texas Department of Mental Health and Mental Retardation (now the Texas Department of State Health Services) in 1979. He has provided care in a variety of settings and treatment roles and published many articles.

CPNP 2020 STUDENT GRANT APPLICATIONS DUE JANUARY 15

The CPNP Foundation is proud to announce the continued funding of student registration and travel grants to CPNP's Annual Meeting. Thanks to CPNP Foundation donors, the number of grants available for CPNP 2020 has increased to allow up to 25 students to attend the Annual Meeting April 26-29, 2020 in Dallas, Texas!

The [online application portal](#) is open, and all applications are due January 15, 2020. 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 must not have previously received this grant. A full list of [grant criteria](#) can be found online.

The CPNP Student Committee will facilitate the grant selection process after the application deadline, and notifications will be sent by February 12, 2020. Each student recipient will receive a full student registration to the [2020 CPNP Annual Meeting](#) (\$300 value) and a \$200 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.

[Download the Full Press Release](#)

MENTAL HEALTH FIRST AID TO BE OFFERED IN DALLAS AT CPNP 2020 ANNUAL MEETING

The CPNP Foundation is proud to once again provide financial and logistical support to bring [Mental Health First Aid to the CPNP 2020 Annual Meeting](#). The 8-hour course will be offered over two days, April 25-26, 2020, at the Hyatt Regency Dallas hotel. Attendance is limited to 60 participants.

[Mental Health First Aid](#) is a nationally-offered, 8-hour 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](#), over 1.6 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. Participants with a PharmD will also be able to earn 8 hours of ACPE credit through the National Community Pharmacists Association (NCPA). Mental Health First Aid will be available to participants of all levels, however, individuals who are trained in mental health will find the information to be basic.

A modest registration fee will be required to attend [Mental Health First Aid training at CPNP 2020](#). Registration will be available soon and will conclude when 60 individuals have registered or on March 26, 2020, whichever comes first.

FACEBOOK STUDENT GRANT FUNDRAISER RECAP

Thank you to everyone who donated, liked, commented, and shared our Facebook fundraiser for student grants to CPNP 2020! We raised \$525 which is enough to cover one full grant!

If you do not already follow the [CPNP Foundation on Facebook](#), please take a moment to like our page. We post Foundation news, updates, grant announcements, and more. We truly appreciate your support and hope you will support us in any way that you are able.

SUPPORT THE CPNP FOUNDATION DURING HOLIDAY SHOPPING WITH AMAZONSMILE

The holidays are almost here, and it's time to start shopping! As you shop the sales on Amazon, consider first going to smile.amazon.com and setting the CPNP Foundation as your preferred nonprofit. You'll find the exact same shopping experience as Amazon.com with the added bonus that Amazon Smile will donate a portion of your purchases to the CPNP Foundation.

AmazonSmile is a simple and automatic way for you to support your CPNP Foundation every time you shop, at no cost to you. After you select the CPNP Foundation on smile.amazon.com, Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

As you cross items off your holiday list, support the CPNP Foundation at the same time. Thank you for your continued support!



#1 holiday hack:

When you buy your gifts at smile.amazon.com, Amazon donates.

amazonsmile