



KALEIDOSCOPE

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

FEBRUARY 2021: A Newsletter of the CPNP Foundation

Vol 8, Issue 1

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PRESIDENT'S MESSAGE: KICKING OFF 2021 AND CELEBRATING 10 YEARS OF THE CPNP FOUNDATION



J. Michael McGuire, CPNP Foundation President

The CPNP Foundation is celebrating its 10-year anniversary in 2021! Ninety founding donors funded the CPNP Foundation in 2011, and since then, the Foundation has grown and matured. The CPNP Foundation Board of Directors has just wrapped up a significant strategic planning process that is setting the table for the next 10 years and beyond. Already the Foundation is supporting

more research, scholarship, and practitioner development than ever before. Be on the lookout for activities throughout the year that will celebrate our 10-year anniversary.

Traditions continue such as the CPNP Foundation's involvement in the CPNP Annual Meeting. We just launched our [Shining Light on Mental Illness](#) campaign where we will literally be shining a light on mental illness. With a \$100 donation, donors receive a branded light box on which they can create and share their own messages. Share your messages on social media and tune into CPNP 2021 to see the creative and motivational messages. More details can be found on the [Shining Light page](#).

The Foundation is also supporting student attendance at CPNP 2021 with 25 student registration grants, and new in 2021, financial support of resident registrations with \$50 registration savings. New also in 2021 is the Foundation-supported facilitation training workshop. With 2 sessions completed, Foundation Board member and attendee, Elayne Ansara noted "This is FANTASTIC!" I think she is enjoying this pilot program! We can't wait to share the results and feedback with you as we look to expand our footprint in the area of leadership training. Lastly, the Foundation will be hosting trivia nights for fundraising and networking at CPNP 2021. Watch your email for more details and plan to sign up a team to participate in the fun.

Founding Circle donor, Joni Fowler, PharmD, BCPP recently provided another generous donation in support of grant awards to projects focused on improving the quality of or access to psychiatric pharmacy care during the COVID-19 pandemic. Congratulations to the three principle investigator's whose projects were awarded grants: **Samantha Vogel, PharmD, BCPP**, Clinical Assistant Professor, Behavioral Health Pharmacist, UT Austin College of Pharmacy,



Andrew Michael Williams, PharmD BCPP BCGP, Senior Clinical Pharmacist, Behavioral Health Pharmacies, Riverside University Health System, and **P. Brittany Vickery**, PharmD, BCPS, BCPP, Associate Professor Wingate University School of Pharmacy, The Free Clinics. We look forward to seeing their results at the 2022 CPNP Annual Meeting. Thank you to Joni for her donation and to all the applicants for your work to enhance psychiatric pharmacy during the COVID-19 pandemic!

To close, the Foundation set a stretch goal of raising \$50,000 in our 2020 year end campaign. While we did not quite meet our goal, we did exceed our past fundraising totals coming in at nearly \$44,0000. Thank you to all the donors to the Foundation. We continue to be grateful for your support and we are excited about a very bright future for the CPNP Foundation.

DONATE TODAY TO SUPPORT #SHININGLIGHTONMENTALILLNESS

This year, the CPNP Foundation celebrates 10 years of supporting psychiatric pharmacists and advocating for optimal, stigma-free care for people living with mental illness. We are so thankful for all of the individuals who have supported the Foundation and for all CPNP members who are working to improve patient lives and minds every day. The Foundation is kicking off the next decade by #ShiningLightOnMentalIllness.

Donate Today to Support #ShiningLightOnMentalIllness!

During CPNP 2021 and Mental Health Awareness month (May 2021), the goal is to light up social media with messages focused on optimal care for those living with mental illness.

This CPNP Foundation campaign will literally help to shine a light on your messages in a big way with your very own light box! [Make a \\$100* or greater donation to the CPNP Foundation by March 26, 2021](#) and receive** a branded light box arriving just in time for CPNP 2021. Have fun creating your messages while #ShiningLightOnMentalIllness with an assortment of emojis and letters. Share your messages broadly and tune into CPNP 2021 and see the creative messages integrated throughout CPNP 2021.

[Donate Now!](#)

Shine Your Light Using Social Media

After you donate to the CPNP Foundation (\$100+ by 3/26/2020), you will receive a light box in mid April 2021. Create your own unique messaging, shining light on mental illness and stigma-free treatment.

Post a picture of your lightbox and message on social media (Facebook, twitter, Instagram, etc.) as shown. Repeat again and again with concentration on CPNP 2021 scheduled from April 19-23. And don't forget to use the hashtag of #ShiningLightOnMentalIllness.

Get creative and post throughout CPNP 2021!



We look forward to #ShiningLightonMentalIllness during CPNP 2021. Please join us!

**The value of the light box is \$35. This portion of your donation is not deductible for tax purposes.*

***Light boxes will be mailed to the recipient's home address in their CPNP profile unless otherwise specified in the order comments.*

CPNP FOUNDATION SUPPORTING TRIVIA AND FACILITATION WORKSHOP ATTENDANCE FOR CPNP 2021

The CPNP Foundation takes an active role at CPNP Annual Meeting each year, and this year is no different! In addition to the Shining Light Campaign, the Foundation is supporting fun and networking with 4 trivia nights. Additionally, CPNP Foundation is supporting CPNP in piloting a leadership training workshop on facilitating effective meetings.



During CPNP 2021, the Foundation is sponsoring trivia nightly from Monday, April 19-Thursday, April 22. Participants can play individually or in groups, and no pre-registration is required. Nightly themes have been selected and include: General Knowledge (Monday), Television and Film (Tuesday), Math, Science, Geography, History (Wednesday), and Sports, Celebrities, and Music (Thursday). We look forward to helping to maintain connections with colleagues by sponsoring these fun-filled evenings where you can test your knowledge.

The [facilitation workshop](#) is a 10-week learning and practice activity that was jump-started several weeks ago. Participants applied to attend, and all 18 were accepted to the workshop. Learners will be facilitating the Daily Debriefs at CPNP 2021 as a means to practice their new-found skills and provide an enriched experience to CPNP 2021 attendees. Facilitation trainees include:

- Azita Alipour, PharmD, BCPP, BCGP
- Elayne D. Ansara, PharmD, BCPP, BCPS
- Jennifer Bean, PharmD, BCPP, BCPS
- Gregory T. Bogart, PharmD, BCPP
- Austin R. Campbell, PharmD, BCPP
- Julie L. Cunningham, PharmD, BCPP
- Amber R. Douglass, PharmD, BCPS, BCPP
- Beth M. Hall, PharmD, BCPP
- M. Lindsey Hedgepeth Kennedy, PharmD, BCPP, BCPS
- Stacy Miller, PharmD, BCPP
- Stephanie Nichols, PharmD, BCPP, BCPS, FCCP
- Kirby Rhodes, PharmD, BCPP
- Richard J. Silvia, PharmD, BCPP
- Rosana Steavenson, PharmD, BCPS, BCPP
- Kimberly B. Tallian, PharmD, BCPP, FASHP, FCCP
- Autumn Walkerly, PharmD, BCPS
- Amy Werremeyer, PharmD, BCPP
- Kara R. Wong, PharmD, BCPP

**Take advantage of
these CPNP Foundation
supported activities at
CPNP 2021 by
registering now at
cpnp.org/register.**

DEFINING THE FUTURE RECIPIENTS TO PRESENT POSTERS DURING CPNP 2021

Congratulations to the five *Defining the Future* grant recipients who have had abstracts accepted for the CPNP 2021 Annual Meeting! Researchers will present their posters at a scientific poster session on Monday, April 23. The abstracts for these grant-funded projects are below.

Madilyn Eberle, Pharmacy Student, Purdue University College of Pharmacy: "Assessing the Need for Trans-inclusive Education Amongst Practicing Community Pharmacists"

Gender diverse people represent a marginalized population who routinely encounter challenges obtaining adequate healthcare. For the purpose of this study, gender diversity is described as gender identities that demonstrate a diversity of expression beyond the female or male binary framework, including transgender, transexual, and gender nonconforming persons. The profession of pharmacy is uniquely positioned to provide members of the gender diverse community with equitable healthcare experiences. Currently, pharmacists may feel unprepared to provide care to these patients. This state-specific needs assessment explores: 1) the frequency of community pharmacists in Indiana who have received formal training in providing gender diverse care to the transgender, transsexual, and gender nonconforming community, 2) interest in such training programs, 3) and preferred delivery format for such training programs.

Zach Krauss, Pharmacy Student, Cedarville University School of Pharmacy: "Analyzing the Effect Art Therapy Interventions and Wellness Programs Have on Graduate Pharmacy Students' Mental Health"

Healthcare professionals are burdened with high rates of mental health concerns. Healthcare students, including pharmacy, face mental health challenges and high levels of perceived stress during their training. As a result of COVID-19 and the effect of the global pandemic, there is a critical need to address mental health concerns and increased stress.

Limited research has demonstrated that low-cost interventions such as exercise classes and encouraging emails help enhance a culture of well-being. Furthermore, resilience and wellness efforts have been successfully integrated using hybrid platforms, including in-person and online modalities. Given the nature of the COVID-19 pandemic, there is an added challenge of students being unable to participate in in-person activities, which have been the backbone of many resilience and wellness initiatives.

Despite stronger efforts to support student resilience and wellness, there is a paucity of literature regarding the implementation of hybrid resilience and wellness efforts to support students' mental health and well-being.

Anthony Reeves, PharmD, Pharmacotherapy Fellow, Larkin University, College of Pharmacy: "Psychiatric Drug-nutrient Interactions of Vitamin D: A Retrospective Study"

Vitamin D is an essential micronutrient which undergoes cytochrome P450 (CYP)-mediated metabolism. 1,25(OH)₂D₃ (calcitriol) is the active form of vitamin D₃ which is known to regulate calcium concentrations, the immune system, and parathyroid hormone levels. Calcitriol is hepatically inactivated through hydroxylation reactions which is catalyzed by CYP3A4 enzyme. There are limited data regarding interactions between vitamin D and psychiatric drugs (i.e., antidepressants, antipsychotics, anticonvulsants). Psychiatric drugs can either induce or inhibit hepatic CYP3A4 functions, leading to possible altered levels of calcitriol. We hypothesize that patients on psychiatric medications will have altered vitamin D levels due to plausible drug-nutrient interactions.

Aaron Salwan, PharmD, MPH, PGY2 Psychiatric Pharmacy Resident, Rutgers, the State University of New Jersey Monmouth Medical Center: "Perceptions and Efficacy of Brexanolone for the Treatment of Postpartum Depression: A Mixed Methods Analysis"

Brexanolone (BRX) has demonstrated short-term efficacy for the treatment of postpartum depression (PPD). Postpartum depression is linked to infanticide and maternal suicide, and current treatment often fails to adequately control depressive symptoms. Brexanolone is an aqueous form of the steroid allopregnanolone and is thought to improve depressive symptoms after childbirth by modulating neuronal excitability through positive allosteric modulation of the GABA type-A receptor. As 40% of women experience their first episode of depression during the postpartum period, and untreated PPD increases the risk of depression 6-fold later in life, investigating the utilization of BRX is warranted.

Andreea Temelie, PharmD, PGY2 Psychiatric Pharmacy Resident, UPMC Western Psychiatric Hospital: "Deprescribing in Older Adults during Inpatient Psychiatric Hospitalization: Impact of Pharmacist Intervention and Interprofessional Collaboration"

Polypharmacy has been linked to several poor outcomes in geriatric patients, including increased skilled nursing facility placement, hospitalization, adverse drug events, morbidity, and mortality. While numerous studies have explored medication burden and deprescribing in older adults within the community settings, data in the inpatient psychiatric setting has been limited. Our retrospective review of 151 patients ≥ 65 years old discharged from an inpatient geriatric psychiatry unit from January 2019 to June 2019 discovered consistent increases in medication burden across various diagnoses and age subgroups. This prospective study seeks to assess whether pharmacist intervention and interprofessional collaboration can reduce medication burden in patients 65 years or older admitted to an inpatient psychiatric hospital.

COVID-19 CARE GRANTS AWARDED

The CPNP Foundation is pleased to announce the selection of three recipients for **COVID-19 Care Grant Awards** that totaled \$11,700. The CPNP Foundation Board of Directors was encouraged by all of the submissions focused on improving the quality of or access to psychiatric pharmacy care during the COVID-19 pandemic. Thank you to everyone who applied and congratulations to the three principle investigators!

The following projects were selected to receive grants (in alphabetical order):

Enhancing Psychiatric Care in the COVID Era through Pharmacy-Based Long-Acting Injectable Delivery

- **Principle Investigator:** Samantha Vogel, PharmD, BCPP, Clinical Assistant Professor, Behavioral Health Pharmacist, UT Austin College of Pharmacy
- **Grant Amount:** \$5,000

Implementation of a Psychiatric Pharmacist driven Mental Health COVID-19 Continuation of Care Clinic

- **Principle Investigator:** Andrew Michael Williams, PharmD BCPP BCGP, Senior Clinical Pharmacist, Behavioral Health Pharmacies, Riverside University Health System



- **Grant Amount:** \$3,000

Increasing Access to Psychiatric Care During a Global Pandemic through Clinical Pharmacist Practitioner Telehealth Services

- **Principle Investigator:** P. Brittany Vickery, PharmD, BCPS, BCPP, Associate Professor Wingate University School of Pharmacy, The Free Clinics
- **Grant Amount:** \$3,700

COVID-19 Care Grants are the result of generous gift from donor Joni Fowler, PharmD, BCPP. The goal of the grant program is to fund research that will help define the future of psychiatric pharmacy practice and improve the care of patients with psychiatric and neurologic disorders during the COVID-19 pandemic. Grant recipients will present their findings during the 2022 College of Psychiatric and Neurologic Pharmacists (CPNP) Annual Meeting that will take place April 24-27, 2022 in San Antonio, Texas. Project posters will be posted online at cpnpf.org/grants/covid when they become available.

STUDENT CPNP 2021 REGISTRATION GRANTS AWARDED

Thanks to the generous support of the [CPNP Foundation](#), [CPNP Past Presidents' Destiny Fund](#), and [CPNP members](#), twenty five (25) students are receiving complimentary registrations to attend CPNP 2021. Grant recipients were selected by the CPNP Student Committee based on the merits of their applications.

"The CPNP Foundation is proud to support students by providing access to the education and networking opportunities available at the CPNP Annual Meeting," said CPNP Foundation President J. Michael McGuire, PharmD, BCPP. "These students represent the future of psychiatric pharmacy, and we hope these grants help them along the way."

[CPNP Foundation](#) supporters are encouraged to continue [donating](#) to this important grant program. To ensure the donation is designated for this purpose, please add "student grants" in the order comment. Congratulations to the twenty five grant recipients who will be attending CPNP 2021:

- Breanna Bean, Massachusetts College of Pharmacy and Health Sciences
- Nisha Bhavsar, Rutgers University
- Jessica Bird, University of Texas
- Jackie Brogie, Wingate University
- Lay Brown, Washington State University
- Alyssa Butterfield, University of Minnesota
- Mehak Dawood, University of North Texas Health Science Center
- Miranda Haislip, University of North Carolina
- Sara Handkins, High Point University
- Victoria Hunt, University of Georgia
- Stephanie Kenney, University of North Carolina
- Zach Krauss, Cedarville University
- Hanna Lefebo, University of Maryland
- Sydney McEachern, University of North Carolina
- Asia Mian, Medical College of Wisconsin
- Lara Nasser, Massachusetts College of Pharmacy and Health Sciences

- Stephen Parker, Samford University
- Shruti Patel, Rutgers University
- Alivia Price, Samford University
- Molly Schmidt, Medical College of Wisconsin
- Alexis Shook, University of North Carolina
- Keira Strong, Binghamton University
- Natai Thomas, Presbyterian College
- Nathan Weller, Butler University
- Kelley White, University of Texas

THANK YOU, 2020 DONORS, FOR SUPPORTING CPNPF

With the COVID-19 pandemic in full swing, 2020 was a tough year for many people. Even with the world going through so many changes and restrictions, 171 people supported the CPNP Foundation with their donations, and we are incredibly thankful. Thank you to everyone who contributed over the past year.

Money that is donated to the CPNP Foundation is used to support our mission of advancing the psychiatric pharmacy profession through [research](#), [scholarship](#), and practitioner development. Thank you again to everyone who helped us monetarily to continue this important work. Your support is very much appreciated, and we hope that you will continue to support the CPNP Foundation in 2021 and beyond.

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