



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 2015: A Newsletter of the CPNP Foundation

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COMMUNITY PHARMACY PROFILE: 1ST AVENUE PHARMACY, SPOKANE, WA

*Barbara G. Wells, PharmD, FASHP, FCCP
CPNP Foundation President*

One of the ways the CPNP Foundation furthers evidence-based treatment for patients with neuropsychiatric disorders is to focus on the needs of these individuals, their families, and health professionals in general practice settings, including community pharmacies. 1st Avenue Pharmacy is an exemplary community pharmacy specializing in serving the mental health community in Spokane, Washington.



Several of the initiatives in the Foundation's strategic plan address the needs of patients, caregivers, and community-based pharmacists to advance best treatments. Examples are initiatives to elevate patient expectations of their pharmacist/pharmacy, helping patients to access community pharmacies focusing on their special needs, promoting best practice guidelines, and providing educational opportunities, tools, and resources for pharmacists in general practice settings. Because of the Foundation's focus on improving the care of neuropsychiatric

patients in the community, we will from time to time provide a description of a pharmacy in the community which is leading the way in advancing evidence-based treatment for patients with psychiatric and neurologic disorders.

In this issue, we feature 1st Avenue Pharmacy, established in 2005 as an independent, community pharmacy specializing in serving the mental health community in Spokane, Washington. The pharmacy is located close to a community mental health center and to public transportation. The owner, Rob Leland, Pharm.D., BCPP, is a pharmacist who saw an opportunity to provide much needed services for individuals he had long enjoyed serving. The pharmacy offers traditional services, as well as specialty packaging, mailing and delivery services, and prescription support for patients in assisted living facilities. The pharmacy accommodates walk-in customers for administration of long-acting antipsychotic injections administered by a pharmacist. Clients are able to come to the pharmacy on their appointment day (not necessarily a specific time) where there is a dedicated pharmacist to provide the injection service. The pharmacy's small-volume hematology analyzer enables measurement of a complete blood count (CBC) with differential in less than 2 minutes using a small volume blood sample from a finger-stick, rather than venipuncture. For clients taking clozapine, this is a much more acceptable method for routine monitoring of CBCs. For these clients, it is convenient to have their other prescriptions synchronized for pick-up on a weekly, bi-weekly, or monthly basis.



Recently a nurse has joined the staff to assist with management of clinical services for residents in assisted living facilities. Soon a remodel of the pharmacy will expand the waiting room and allow further restructure of work flow, allowing pharmacists to be more frontline and proactive in reaching out to patients to address their medication-related needs.

The pharmacy and pharmacy staff have developed a reputation within the mental health community for providing compassionate care to neuropsychiatric patients. They have established a collaborative relationship with mental health professionals including providers and case managers at a local community mental health center. They also work with Washington State University College of Pharmacy and other pharmacy schools and pharmacy technician training programs as a practice site for clinical skills development. Clinical pharmacist, Brandy Singer, PharmD, BCPP, routinely participates in training pharmacy, physician-assistant, occupational therapy, and social work students, and local police department crisis response teams.

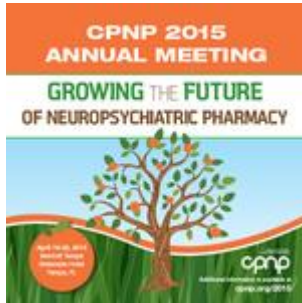
Dr. Singer notes that both job satisfaction and profitability have improved as a result of the enhanced services provided. Enhanced profitability took longer, but over time, the clientele has grown, and programs are now available to compensate pharmacies for administration of long-acting antipsychotic injections.

For the pharmacy staff, job satisfaction derives from regular encounters with the clients. Pharmacy staff show respect for clients and seek to engage them in a way that develops rapport, building client confidence and trust in the information and services provided. "The greatest rewards come from being able to meet clients' specific needs through clinical interactions," says Dr. Singer.

Dr. Singer states, "Probably the biggest challenge is that pharmacists need to be recognized as healthcare providers under Medicare part B and by third party payers in general. When this occurs, compensation can be structured in a way that these clinical services will be available to many more patients."

Dr. Leland recommends that other pharmacists interested in expanding their services to neuropsychiatric patients should aggressively market their specialty services early on. He states, "It is important to like what you do, and the rewards will follow. Prior reputation of the pharmacists, a willingness to go the extra mile to meet individualized needs, and location of the pharmacy are all very important to early success."

CPNP FOUNDATION AT CPNP 2015 ANNUAL MEETING IN TAMPA



At the CPNP 2015 Annual Meeting, the CPNP Foundation will be supporting some activities and programming featuring the patient perspective, promoting a better understanding of stigma as applied to patients with psychiatric and neurologic disorders, and again supporting the NAMI Walk.

Stigma and Psychiatric Disorders: Understanding and Managing Personal Biases

We know that stigma surrounding psychiatric and substance use disorders can prevent individuals from seeking and receiving the care they so desperately need. Unfortunately, even healthcare professionals may exhibit stigma around these common disorders. On Tuesday, April 21 at 10:15 a.m., Dr. Michael Friedman will give a keynote address discussing the prevalence of stigma in healthcare professionals, describing the impact on patients care, and offering strategies to help care providers recognize and manage their own personal biases.

Photo Voice Display

Throughout the Annual Meeting you can view the world through the eyes of your patients by viewing the photographic results of a North Dakota State University research study where individuals taking medication for a mental health condition documented their experience living with the need for medication to manage their illness. Benefit from the shared understanding of their reflections and comments.

CPNP Foundation Walks for NAMI

Join CPNP Foundation on Wednesday morning at 8 a.m. for the eighth annual 5K run/walk benefitting the National Alliance for Mental Illness (NAMI). Your entrance fee is donated directly to NAMI and matched by CPNP. Run, walk or bypass the walk and sleep in, but donate any amount to this wonderful event benefitting NAMI. A t-shirt is provided to the first 150 participants and donors. Whether you are attending the Annual Meeting or not, you can still donate to cpnp.org/register or at cpnpfoundation.org.



Pharmacy Student Travel Grants

Again this year the CPNP Foundation will provide complimentary registration and partial travel support to 15 students to attend the 2015 Annual Meeting. The Foundation Board strongly believes that it is important to assist students in exploring and hopefully growing their interest in the care of individuals with psychiatric and neurologic disorders; and what better way could there be to do that than by providing financial support to attend the CPNP meeting. The recipients of these grants are selected by the CPNP Student Committee.

DONOR PROFILE: CHRIS PAXOS, PHARM.D, BCPP, BCPS, CGP

The CPNP Foundation, from time to time, recognizes donors who exemplify the values of the Foundation as reflected in their sustained support, dedication to evidence-based care, and commitment to meeting the needs of patients living with psychiatric and neurologic disorders and their families. We feature Dr. Chris Paxos in this issue of *Kaleidoscope*. The CPNP Foundation Board of Directors sincerely thanks Dr. Paxos for his commitment to the Foundation's mission.



Dr. Paxos is Associate Professor of Pharmacy Practice at Northeast Ohio Medical University (NEOMED) College of Pharmacy and Assistant Professor of Psychiatry at NEOMED College of Medicine in Rootstown, Ohio. He is also Pharmacotherapy Specialist in Psychiatry at the Akron General Medical Center – an affiliate of the Cleveland Clinic in Akron, Ohio. He accepted this shared faculty position upon completion of his residency training in 2008.

Dr. Paxos was initially drawn to pursue a career in psychiatric pharmacy by observing a family member and friends struggle with mental illness, which he feels left a mark on his character. Additionally, he observed that many pharmacists are limited by their discomfort in providing medication counseling regarding psychotherapeutic medications to patients with psychiatric disorders. He felt that he could make a difference for these patients by becoming a content expert in psychiatric pharmacotherapy. Lastly, he enjoyed studying CNS therapeutics in pharmacy school, and had the good fortune to complete an advanced pharmacy practice experience under the preceptorship of Phil Miller at Flower Hospital in Sylvania, Ohio.

Subsequently, he was selected to do a residency with Dr. Gene Makela at West

Virginia University Hospitals and the West Virginia University School of Pharmacy in Morgantown, WV.

When asked what initially prompted him to donate to the CPNP Foundation, he responded, "I initially was compelled to donate because I felt my contribution would benefit psychopharmacology and mental illness research and education." He elaborated that he continues to support the Foundation "because of the Foundation's progress and accomplishments, and because of the knowledge that my patients are the ones who will benefit."

When discussing the Foundation initiatives which motivate him the most, he shared, "the initiatives pertaining to the advancement of best treatments for those living with psychiatric and neurologic disorders motivate me the most. Some projects, such as a guide detailing the care that should be expected from pharmacies, will be immediately useful for individuals and their families. Similarly, I believe developing resources for our colleagues in general practice settings is an excellent idea which will help those pharmacists provide the best care possible for patients with mental illnesses." Dr. Paxos believes that the Foundation makes the most impact by providing education and resources to patients, families, and pharmacists, and he believes that the Foundation's impact will grow larger over time.

Regarding his support of the Foundation in the future, he states, "Seeing the wonderful work done by the Foundation continues to compel me to make donations each and every year. Plus, you get to call yourself a hippocampus! How cool is that?"

ANNOUNCING THE DEFINING THE FUTURE RESEARCH GRANT PROGRAM FOR STUDENTS AND RESIDENTS

Carla D. Cobb, PharmD, BCPP
CPNP Foundation Board Member

The CPNP Foundation is excited to announce the *Defining the Future Research Grant Program* for students and residents. Grantees will be required to complete a research project in time to present their results as a poster at the CPNP 2016 Annual Meeting at The Broadmoor Hotel in Colorado Springs, Colorado to be held April 17-20, 2016.



Grants of up to \$1500 each will be awarded to up to three applicants. Projects must focus on one of the current interests of the Foundation which are stigma associated with psychiatric and neurologic disorders and comprehensive medication management as a best practice. The Foundation will also sponsor a CPNP Foundation Strategic Goals Award which will award \$500 to the best poster at the annual meeting addressing stigma or comprehensive medication management. Applications for the grant will be submitted online and are due September 1, 2015. The recipients will be announced October 1st. The project abstract must be submitted through the poster submission process, due in early January. Watch CPNP announcements in the coming months for more information. The Foundation is looking forward to the enthusiasm and creativity of students and residents to develop projects that will improve the care of patients with psychiatric and neurologic disorders.

COLLEGE OF PSYCHIATRIC AND NEUROLOGIC PHARMACISTS FOUNDATION ANNOUNCES ELECTION OF NEW BOARD MEMBERS

Barbara G. Wells, PharmD, FASHP, FCCP
CPNP Foundation President

The CPNP Foundation Board of Directors has elected five individuals to serve three-year terms on the Foundation Board. The new Board members are Drs. Matthew A. Fuller, Patrick Finley, Jerry R. McKee, Dean M. Najarian, and Michael Z. Wincor. Dr. Fuller will serve as President Elect, and he will become the Foundation's President on January 1, 2016.

The affiliations of the new Board members are:

- Matthew A. Fuller, PharmD, FASHP, BCPP, BCPS, Clinical Pharmacy Specialist in Psychiatry, Louis Stokes Cleveland Veteran's Administration Medical Center, Cleveland, OH.
- Patrick Finley, PharmD, BCPP, Professor of Clinical Pharmacy, University of California San Francisco School of Pharmacy, San Francisco, CA.
- Jerry R. McKee, PharmD, MS, BCPP, Regional Dean, Wingate University – Hendersonville School of Pharmacy, Hendersonville, NC.
- Dean M. Najarian, PharmD, BCPP, Janssen Scientific Affairs, Medical Science Liaison, Wrentham, MA.
- Michael Z. Wincor, PharmD, BCPP, Associate Professor of Clinical Pharmacy and Associate Dean for Global Initiatives and Technology in the School of Pharmacy, University of Southern California (USC) and Associate Professor of Psychiatry and the Behavioral Sciences in the Keck School of Medicine of USC, Los Angeles, CA.

These individuals and all Foundation Board members commit to support the Foundation and advance its mission by being alert for new opportunities, assisting in capitalizing on those opportunities, providing advice and counsel, facilitating connections and collaborations, and by serving on planning and implementation work groups to advance the purpose, initiatives, and objectives of the Foundation.

Drs. Fuller, Finley, McKee, Najarian, and Wincor join current Board members as follows:

- Charles F. Caley, PharmD, BCPP, Clinical Professor, University of Connecticut School of Pharmacy, Hartford, CT.
- Carla D. Cobb, PharmD, BCPP, Psychiatric Pharmacist, RiverStone Health Clinic, Billings, MT.
- Judy Curtis, PharmD, BCPP, FASHP, Director, Medical Science Liaison, Sunovion, Baltimore, MD.
- Julie A. Dopheide, PharmD, BCPP, Professor of Clinical Pharmacy Psychiatry and the Behavioral Sciences, University of Southern California School of Pharmacy, Los Angeles, CA.
- Ann L. Richards, PharmD, BCPP, Pharmacy Director, San Antonio State Hospital & Texas Department of State Health Services, San Antonio, TX.
- Melody Ryan, PharmD, FCCP, CGP, BCPS, Associate Professor, University of Kentucky College of Pharmacy, Lexington, KY.
- Stephen R. Saklad, PharmD, BCPP, Director of Psychiatric Pharmacy Program, The University of Texas at Austin College of Pharmacy and San Antonio State Hospital, San Antonio, TX.
- Brenda K. Schimenti, Executive Director, College of Psychiatric and Neurologic Pharmacists and College of Psychiatric and Neurologic Pharmacists Foundation, Lincoln, NE.
- Roger W. Sommi, PharmD, BCPP, FCCP, Professor of Pharmacy and Psychiatry, University of Missouri – Kansas City School of Pharmacy, Kansas City, MO.
- Barbara G. Wells, PharmD, FCCP, FASHP, Professor Emeritus and Dean Emeritus, The University of Mississippi School of Pharmacy, Bentonville, AR.



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CPNP Foundation wishes to thank its generous donors for 2014. Log-into the CPNP Foundation [website](#) to join the ranks as a CPNP Foundation donor now.

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