



College of Psychiatric
& Neurologic Pharmacists

student chapter

cpnp

University of Pittsburgh Student Chapter



Who are we?



National Organization

National Vision:

A world where all individuals living with mental illness, including those with substance use and neurologic disorders, receive safe, appropriate and effective treatment.

National Mission:

Our mission is to advance the reach and practice of psychiatric pharmacy and serve as the voice of the specialty.




Chapter Organization in Pitt Pharmacy

- Our chapter abides by our National Organization's vision and mission
- Additionally, we focus on the mental health and wellbeing of students as future healthcare professionals

AKA:

In order to take care of patients, we must take care of ourselves and each other. That is why CPNP is committed to raising awareness, reducing stigma, and fostering a culture that supports mental health and wellness.



Meet our
faculty advisor!



Faculty Advisor - Dr. Tanya Fabian

- Act as a consultant to CPNP Collegiate Chapter members and officers
- Provide continuity to the Chapter's operations from one year to the next
- Be available for advice and ideas on subjects such as fundraising activities, patient care projects, research projects, community outreach etc.
- Participate as a member of CPNP Collegiate Chapter Executive Committee
- Serve as liaison to CPNP National for the CPNP Collegiate Chapter
- Contact info
 - Email: fabiant@upmc.edu
 - Phone: 412-586-9754
 - Office: 1502 Thomas Detre Hall (UPMC Western Psychiatric Hospital)



Meet the
chapter officers!



President - Lauren Snader

- Oversee all officer positions and projects
- Oversee the planning of all chapter events
- Lead Executive Board meetings
- Lead general body meetings and chapter events
- Maintain chapter bylaws
- Communicate with CPNP Nationals
- Contact info
 - Email: las319@pitt.edu
 - Phone: 717-575-3227
 - Available on Facebook as well



President Elect - Emma Stragand

- Oversee planning of events, projects, and all committees
- Assist the president and prepare to lead next year
- Get IPPE approval for events
- Help officiate meetings
- Help maintain/change bylaws
- Brainstorm new event ideas w/ president - please contact me if you want to help or have any ideas!
- Contact Info:
 - Email: ems253@pitt.edu
 - Phone: 412-302-6979

Secretary/Membership - Casey Gudenburr

- Back to School Picnic - make poster and flyers
- Process membership through national website
- Create Facebook & Instagram announcements for events
- Manage photos
- Take meeting minutes for executive board meetings
- Contact Information
 - cag156@pitt.edu
 - 412-719-9708



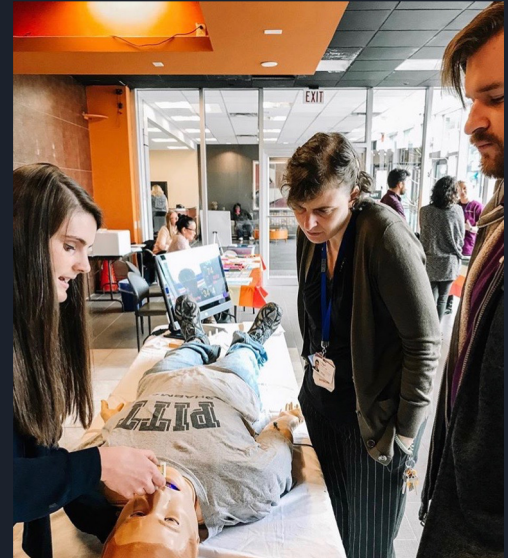


Treasurer - Abby Reigh

- Manage budget
 - Deposit money into budget from fundraisers
 - Track expenses (liability insurance, food for meetings, travel to annual conference, etc.)
- Fundraising
 - Organize fundraisers in the fall and spring semesters
 - Sticker sale
 - White coat pin sale
 - Plan new fundraising events
- Contact Info
 - avr18@pitt.edu
 - 814-505-4169

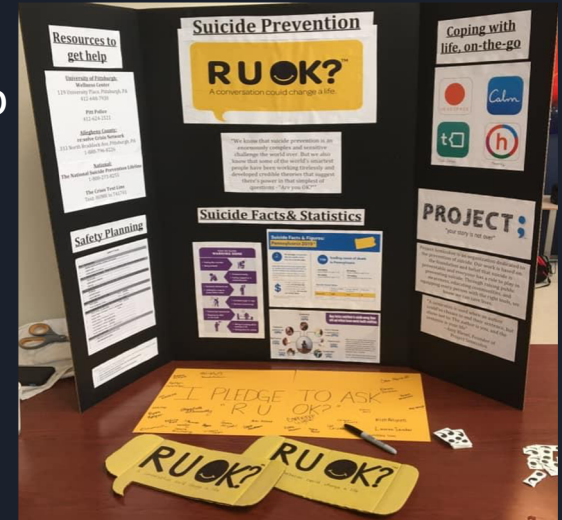
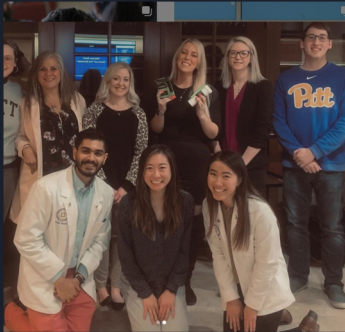
Education and Training - Roisin Sabol

- Organize Naloxone Training Events for students and local hospital staff
- Coordinate Suicide Prevention speaker event with AFSP and additional speaker events in the spring
- Coordinate events with UPMC Western Psychiatric Hospital
 - Psychiatric Pharmacist Panel in the spring
 - Psychiatric Pharmacist Shadowing program
- Contact information
 - Roisin Sabol
 - rms158@pitt.edu
 - 412-925-3995



Community Outreach - Phil Mathew

- Dean's Theme Chair
 - Attend Dean's Theme Meetings
 - Attend Fall and Spring Leadership Retreats
 - Organize Dean's Theme events
- Work closely with the education & training chair
- Contact information:
 - ptm18@pitt.edu
 - 484-345-8369





Research - Christine Sun

- Promote mental health awareness through research
- Project: Mental Health First Aid
 - Offering an 8 hour certification course (broken into sessions)
 - Topics covered:
 - Depression/mood disorders
 - Anxiety disorders
 - Trauma
 - Psychosis
 - Substance Use Disorders
- Contact information:
 - Email: cns59@pitt.edu
 - Phone: (724)816-9745



Care Packages - Markella Cervenak

- Send letters home to parents to place orders
- Order materials to stuff the bags
- Assemble and deliver the packages for students to pick up
- Please let me know if you have any suggestions for what to stuff the bags with :)
- Contact information
 - mrc128@pitt.edu
 - 412-432-8764



Upcoming Events

CPNP Series - September

1) Wellness and Resources

Lecture

- a) Date/Time: 9/9/20 @ 6PM
- b) Location: Zoom
- c) Speaker: Lauren Snader
- d) Will talk about wellness and mental health resources available to Pitt students that many of us may not know about



CPNP Series - September

2) R U OK? Day

- Date/Time: 9/10/20 @ 6PM
- Location: Zoom
- What is RUOK? Day
 - A international campaign to raise awareness about suicide and to pledge to ask someone “R U OK?” and check in on them
 - This year’s theme: “There’s more to say after R U OK?”





Upcoming Events-

September

3) Domestic Violence Lecture

- Date/Time: TBD in September
- Location: Zoom, in collaboration with APhA Women's Health
- Speaker: Dr. Raquel Buranosky

4) Stress Management Lecture (part of series)

- a) Date/Time: Tentative 9/22/20 @ 6PM
- b) Location: Zoom
- c) Speaker: Panel with Mr. Mario Browne
 - i) current Director of Health Sciences Diversity, will be joining the School of Pharmacy as the interim Associate Dean for Diversity
- d) Followed by ASHP video

Upcoming Events- October

Talk Saves Lives presentation

- Date/Time: Wed 10/7/20 @ 6PM
- Location: Zoom
- Speaker: Alyx Mance from the American Foundation for Suicide Prevention

Substance Use Disorder Lecture

- Date/Time: Wed 10/21/20 @ 6PM
- Location: Zoom
- Speaker: Stacie A. Brown



Upcoming Events - November

Naloxone Training Session

- Date/Time: Wed 11/4/20 @ 6PM
- Location: Zoom
- Presentor: Roisin Sabol





CPNP National Conference



2020 Conference

Dallas, Texas → Virtual



- Date: 4/27/20-5/1/2020
- Conference was free for all CPNP members
- Attendees: 15 total
- 2 poster presentations:
 - "Outcomes of a Student-Led Smoking Cessation Program at a Women's Shelter for Victims of Domestic Violence" – Chloe Alibeckoff
 - "Stamping out Stigma with Naloxone Training and Simulation" – Dana Abraham



This year's CPNP Conference!

Save the date!

[Omni Orlando Resort](#) 

April 18-21, 2021

ChampionsGate, FL

The 2021 CPNP Annual Meeting and COVID-19 Crisis

Updated 5/6/2020

CPNP is actively monitoring the COVID-19 pandemic and its implications for the 2021 Annual Meeting to be held April 18-21 in ChampionsGate, FL. CPNP is presently planning to have the in-person meeting in Florida in April 2021 and will revisit and communicate about the status of the meeting in late fall of 2020.



How do I join??



How to register as a member

How to Become a Member of CPNP:

1. Go to cpnp.org
2. Along the top toolbar, hover over “Member Center” and click “Join or Renew”
3. Scroll to the bottom, and click “\$35” to the right of the Student Members

	Trial	Through 6/30/2018	Through 6/30/2019	Through 6/30/2020
Active Members	sign in	\$215	\$400	\$580
Associate Members	sign in	\$215	\$400	\$580
Resident/Fellow	sign in	\$80	N/A	N/A
Student Members	sign in	\$35	N/A	N/A
Affiliate Members	N/A	\$460	\$880	\$1200



How to register cont.

1. Click “**View Cart**”, then “**Checkout**”
2. Create a free account with cpnp.org
 - a. Use your school email to sign up
 - b. Ignore all the boxes that aren’t required, or put N/A if option
 - c. **Organization Name:** The University of Pittsburgh, School of Pharmacy
3. Contrary to prior years, you no longer have to put a sponsor. (If you are new and don’t know what this means, ignore this)
4. **Email confirmation email to cpnppitt@gmail.com**
5. **Deadline to register for membership: Friday, 9/25/20 @ 9pm**



Membership benefits

- Improve career possibilities as a student or resident through networking and presenting research (including works of progress) at the national meeting
- Saved with reduced-rate, 1-year renewable memberships
 - Required to go to national meeting
 - Funding for national meeting - must be presenting
- Obtain up-to-date information, including resource materials and peer input through the CPNP website
 - Online access to CPNP's monthly *Mental Health Clinician* bulletin featuring CPNP news and profession-related articles
- ***Access to our shadowing events each semester! (on hold this Fall due to COVID)***



P1 Representative Position

Roles:

- Advertise CPNP events to the P1 Facebook page
 - Attend Eboard meetings every other week when able
 - Supply info on P1 availability for events
 - Be able to offer ideas for events and fundraising
-
- How to apply: Submit a letter of intent (500 words max) and resume (1 page max)
 - **Deadline: Friday, 9/18/20 @ 9pm to cpnpitt@gmail.com**

- Appointment Process: P1 Representative will be voted on by the current Eboard members. Letters of intent and resumes will not be shared outside of the Eboard.

Notification: All applicants will be notified of their result, whether they are chosen or not. Applicants will be notified on **Tuesday 9/29/20.**

Upcoming Confirmed Dates to Remember for September!!

- 9/9/20 @ 6PM: Wellness and Resources Lecture
- 9/10/20 @ PM: R U OK? Day
- 9/18/20: P1 rep application deadline
- 9/25/20: Membership dues deadline





Final Note

- September is Suicide Prevention Month:
 - Suicide is major public health concern
 - >48,000 people died in the US in 2018 from suicide
 - It is complicated and tragic, but it CAN be preventable
 - Know warning signs, how to get help, and how to talk about suicide and show support to those who may be struggling
- Our FB and IG pages posted about this yesterday with some helpful links for learning more about suicide
 - Follow us at @cpnp_pitt on IG or “CPNP Pitt Chapter” on FB to read our post and get updates about events
- Give support to each other. Start the conversation. Never be afraid to ask for help.



Any Questions??



Thank you!