NABP/AACP
District IV Grant

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Brief Overview

- **Who:** Pharmacy student organizations at District IV Colleges of Pharmacy.

- **What:** Up to $3,000 of grant money to fund community-based projects demonstrating a collaborative effort between student organizations and community partners, with an aim to advance public health.

- **When:** The application window is open from August to the assigned due date (based upon District IV meeting schedule), with the awardee announced in December. That awardee agrees to present the results of their project.

- **Where:** At the following NABP District IV Meeting.

- **Why:** To facilitate community engagement and wellness within District IV, and to provide pharmacy students with experience in applying for and managing a grant funded program.

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2023/2024 Grant Program Focus: Women's Health

- Access to reproductive healthcare for women has become more difficult to obtain for many populations due to changes in practitioner accessibility, legal barriers, and difficult logistics. Pharmacists are increasingly filling these needs.

- Maternal mortality in the United States has consistently risen from 2018 – 2021 and lags behind other developed countries. Review shows that 84% of all pregnancy related deaths in the U.S. are preventable, and half of them occur more than seven days after the patient leaves the hospital.

- Women face differences in disease state incidence and progression for many conditions, but often receive evidence-based care developed largely based on male patient subjects.

https://www.mayo.edu/research/centers-programs/womens-health-research-center/overview
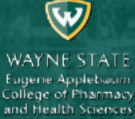
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2023/2024 Grant Program

	Timeline
August 2023	Grant Program posted on https://www.district4nabp-aacp.org/
September 7, 2023	Grant Announcement/Application period begins
November 21, 2023	Applications due to Grant Administrator (rades@purdue.edu)
November 22 – December 8, 2023	Application review with NABP/AACP District IV Board
December 11, 2023	Grant awardees announced
January 1, 2024	Project/Activity period begins
January 15, 2024	Funds forwarded to awardee
April 30, 2024	Mid-Project Report due
August 15, 2024	Project/Activity period ends
August 31, 2024	Final Project Report due, final financial report due
TBD	Student representatives present at NABP/AACP District IV Meeting

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#ATimeToTalk:
A Strategy to Destigmatize Depression in a
Community Pharmacy Setting

NABP/AACP District IV Future Pharmacists Award

Shannon Habba, PharmD Candidate 2025
Lorden Kassab, PharmD Candidate 2024

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NABP/AACP District IV Future Pharmacists Award Overview

| Student-led | Measurable | Sustainable | Promote public health | Support mental health |

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Mental Health in the United States and the Impact of Community Pharmacists

1 in 5 adults

have diagnosed depression[1]

1 death every 11 minutes

by suicide[2]

1 in 6 adults

fill at least one prescription for a psychiatric medication[3]

9 out of 10 adults

live within 5 miles of a pharmacy[4]

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Community Partners

External

Meijer Pharmacy

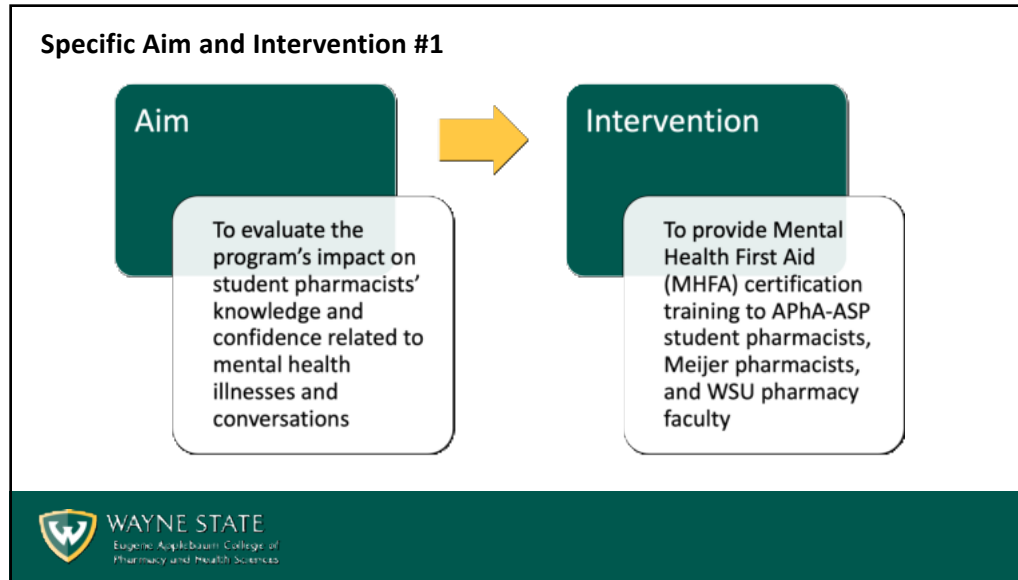Wayne State University (WSU) Counseling and Psychological Services (CAPS)

Internal

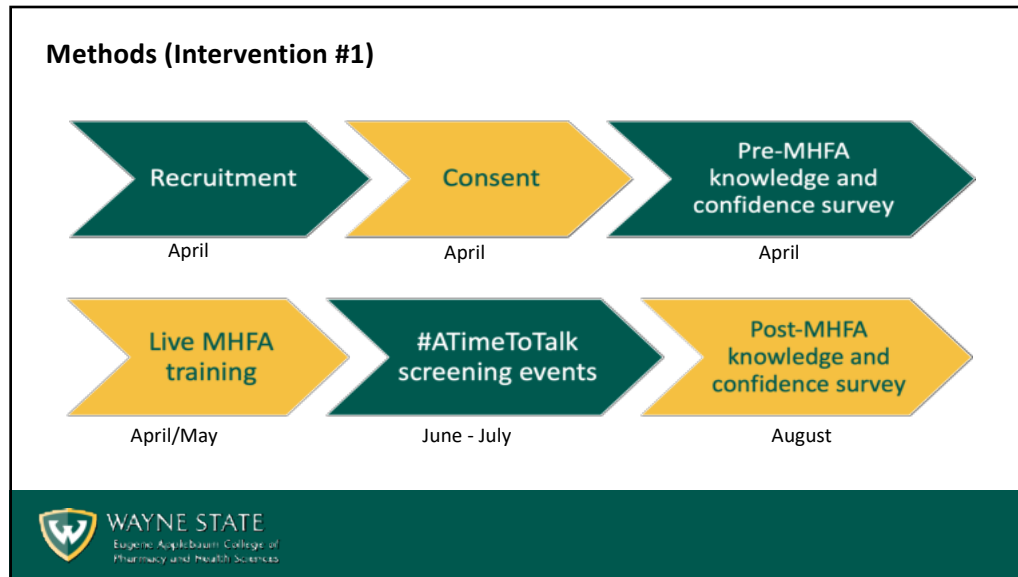American Pharmacists Association – Academy of Student Pharmacists (APhA-ASP)
Wayne State University chapter

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Specific Aim and Intervention #1

Aim → **Intervention**

To evaluate the program's impact on student pharmacists' knowledge and confidence related to mental health illnesses and conversations

To provide Mental Health First Aid (MHFA) certification training to APhA-ASP student pharmacists, Meijer pharmacists, and WSU pharmacy faculty

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Methods (Intervention #1)

Recruitment → Consent → Pre-MHFA knowledge and confidence survey

April — April — April

Live MHFA training → #ATimeToTalk screening events → Post-MHFA knowledge and confidence survey

April/May — June - July — August

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Variables Collected (Intervention #1)

- Contact information

- Baseline knowledge of mental illness
  - 16 statements
  - Agree/disagree

- Baseline confidence when navigating mental health conversations
  - 8 questions
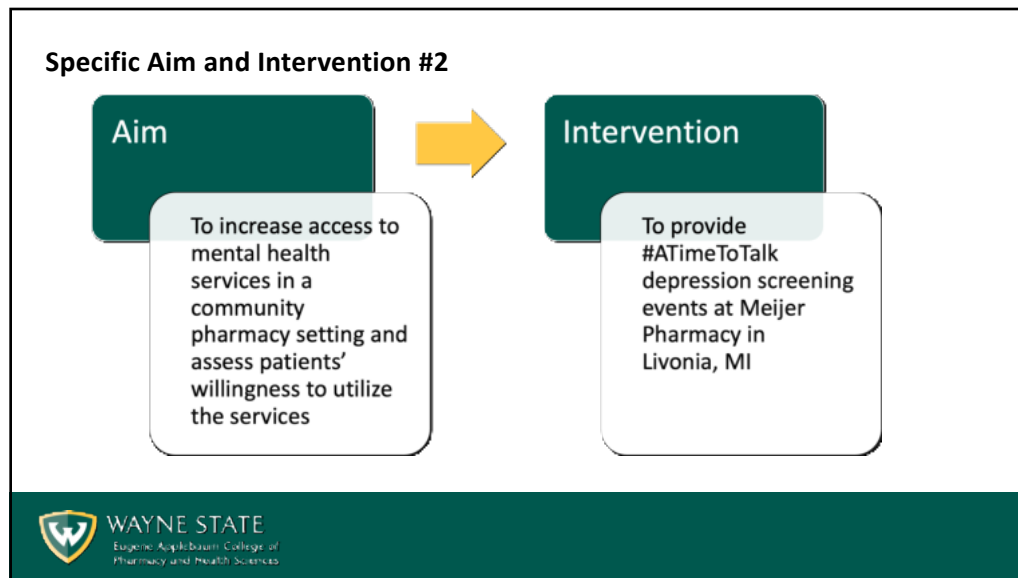 - 5-point Likert scale (very unconfident – very confident)

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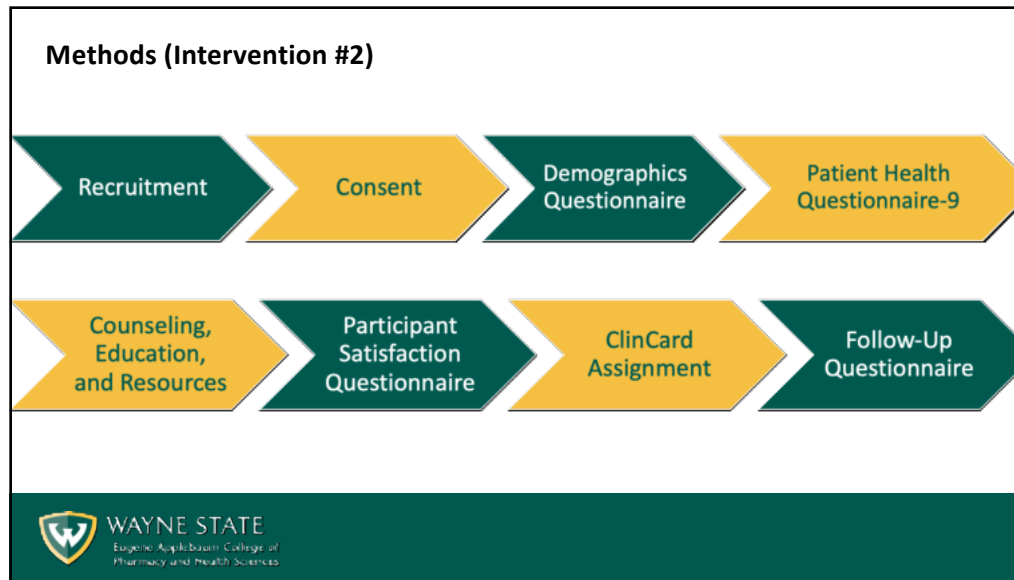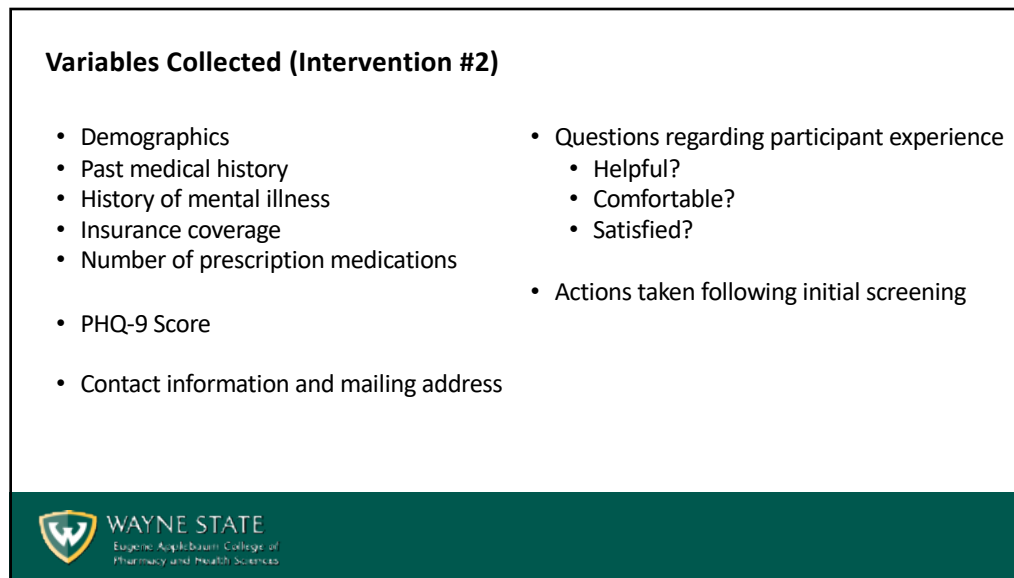Eugene Applebaum College of
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MHFA Training Components

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MHFA Training

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Specific Aim and Intervention #2

Aim		Intervention
To increase access to mental health services in a community pharmacy setting and assess patients' willingness to utilize the services	→	To provide #ATimeToTalk depression screening events at Meijer Pharmacy in Livonia, MI

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Methods (Intervention #2)

Recruitment → Consent → Demographics Questionnaire → Patient Health Questionnaire-9

Counseling, Education, and Resources → Participant Satisfaction Questionnaire → ClinCard Assignment → Follow-Up Questionnaire

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Variables Collected (Intervention #2)

- Demographics
- Past medical history
- History of mental illness
- Insurance coverage
- Number of prescription medications

- PHQ-9 Score

- Contact information and mailing address

- Questions regarding participant experience
  - Helpful?
  - Comfortable?
  - Satisfied?

- Actions taken following initial screening

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#ATimeToTalk Screening Event Logistics

Preparation
- Personnel training
- Resource development
- Volunteer scheduling

Implementation
- 12 screening events from June – July
- 4 – 5 hour shifts
- 3 students + 1 preceptor per shift
- Site set up/take down

Evaluation
- Workflow modifications
- Progress monitoring
- Impact reflection

BUDGET

- Travel and Lodging 28%
- ClinCards 57%
- MHFA Training Lunch 10%
- Materials 5%

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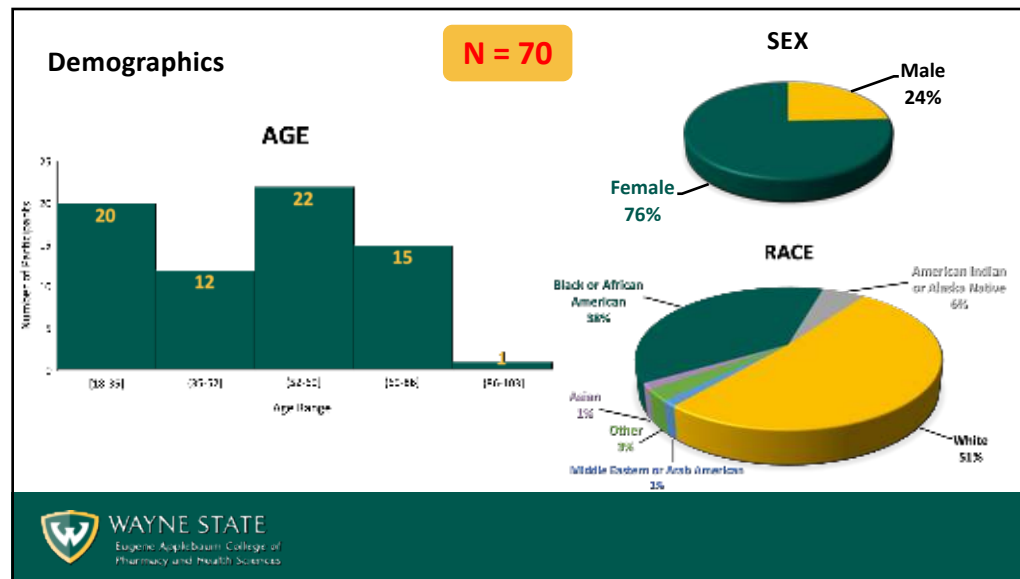Pharmacy and Health Sciences

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#ATimeToTalk Events

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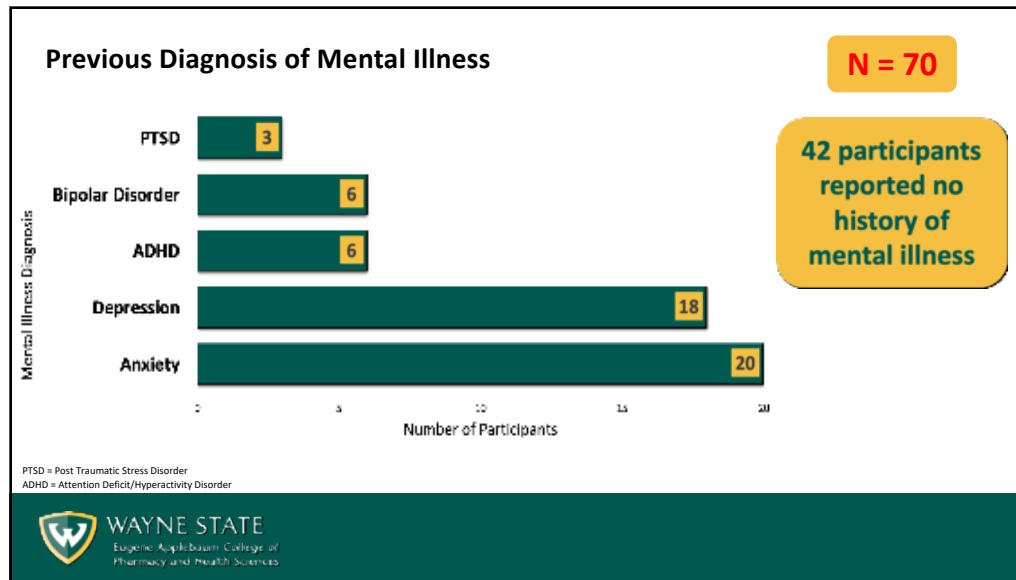Eugene Applebaum College of
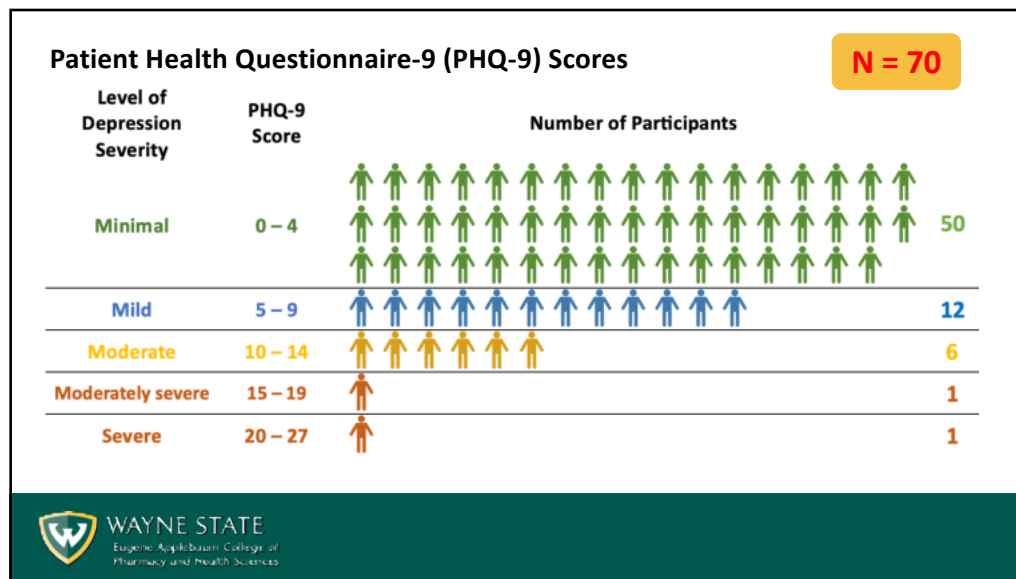Pharmacy and Health Sciences

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#ATimeToTalk Events

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Demographics

N = 70

AGE

20
12
22
15
1

SEX

Male
24%

Female
76%

RACE

Black or African
American

American Indian
or Alaska Native

Asian
1%

Other

Middle Eastern or Arab American

White

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Previous Diagnosis of Mental Illness

N = 70

42 participants reported no history of mental illness

Mental Illness Diagnosis	Number of Participants
PTSD	3
Bipolar Disorder	6
ADHD	6
Depression	18
Anxiety	20

PTSD = Post Traumatic Stress Disorder
ADHD = Attention Deficit/Hyperactivity Disorder
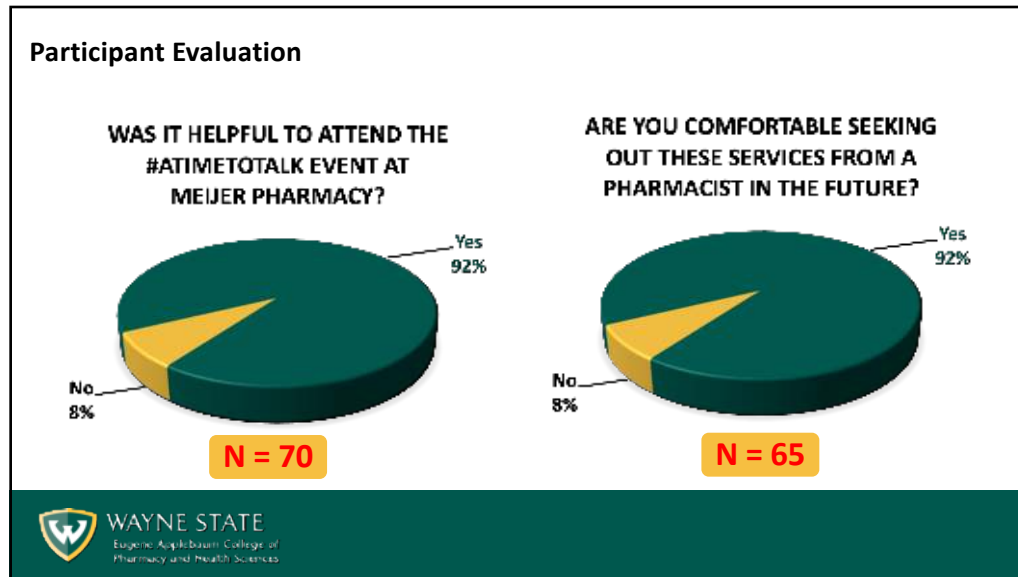
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Patient Health Questionnaire-9 (PHQ-9) Scores

N = 70

Level of Depression Severity	PHQ-9 Score	Number of Participants
Minimal	0 – 4	50
Mild	5 – 9	12
Moderate	10 – 14	6
Moderately severe	15 – 19	1
Severe	20 – 27	1

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Participant Follow-Up

93% follow-up
(n = 65/70)

28 participants
reported no
actions were
necessary

Action	Number of Participants
Attended a support group	1
Utilized the mental health hotline	2
Sought additional care from a provider	11
Helped a friend or family member	16
Read the educational materials	35

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Participant Evaluation

WAS IT HELPFUL TO ATTEND THE
#ATIMETOTALK EVENT AT
MEIJER PHARMACY?

Yes 92%
No 8%

N = 70

ARE YOU COMFORTABLE SEEKING
OUT THESE SERVICES FROM A
PHARMACIST IN THE FUTURE?

Yes 92%
No 8%

N = 65

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Conclusions

- #ATimeToTalk depression screening events were successful in recruiting participants and increasing access to mental health services in a community pharmacy setting

- Participants found #ATimeToTalk depression screening events helpful and are comfortable seeking out these services from a pharmacist in the future

- Community pharmacists can play a key role providing mental health care services

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Lessons Learned

Expect delays	Corporations and compliance
Ask the "right" questions	Leverage *available* resources

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Future Directions

#ATimeToTalk Project

- MHFA Training
  - Student Data Analysis
  - Implementation Into WSU Extra-Curriculum
- Screening Events
  - WSU APhA-ASP Community Outreach Events
- Deliverables
  - Abstract/Poster Presentations
  - APhA-ASP Innovative Programming Award
  - Systematic Review
  - Full Manuscript
  - Mi3COP Mental Health Initiative

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References

[1] National, state-level, and county-level prevalence estimates of adults aged ≥18 years self-reporting a lifetime diagnosis of Depression - United States, 2020. Centers for Disease Control and Prevention. June 15, 2023. Accessed August 18, 2023. https://www.cdc.gov/mmwr/volumes/72/wr/mm7224a1.htm#:~:text=During%202020%2C%20approximately%20one%20in,adults%20with%20lower%20education%20levels.

[2] Facts about suicide. Centers for Disease Control and Prevention. May 8, 2023. Accessed August 22, 2023. https://www.cdc.gov/suicide/facts/index.html.

[3] Catherine H. Moore PC 2019 SUMS of PBDP. The role of the community pharmacist in Mental Health. U.S. Pharmacist – The Leading Journal in Pharmacy. November 15, 2018. Accessed August 19, 2023. https://www.uspharmacist.com/article/the-role-of-the-community-pharmacist-in-mental-health.

[4] Pharmacists are untapped resource for reducing health disparities. Pharmacy Times. Accessed August 22, 2023. https://www.pharmacytimes.com/view/pharmacists-are-untapped-resource-for-reducing-health-disparities.

Appendix

- Pharmacy Student Consent Form
- Meijer Customer Consent Form
- Crisis Protocol

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Acknowledgements

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It's a #ATimeToTalk About Mental Health!

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