

# Western Missouri Psychiatric Pharmacy Residency Program

Center for Behavioral  
Medicine  
*Kansas City, MO*

Northwest Missouri  
Psychiatric  
Rehabilitation Center  
*St. Joseph, MO*

Affiliated with the University of Missouri-Kansas City (UMKC) School  
of Pharmacy and Pharmacy Systems, Inc.

<https://pharmacy.umkc.edu/current-students/advising/>



Psychiatric  
Pharmacy PGY-2  
Residency



## Residency Program Mission

To provide a diverse learning environment and structured program which will allow the resident to develop the competencies and proficient skills necessary to become a successful psychiatric pharmacist. Upon completion of this program, the pharmacist will be able to independently provide specialized pharmaceutical care to patients with psychiatric disorders in multi-disciplinary and collaborative settings.

## Program Overview

The joint PGY-2 program at CBM and NMPRC, in affiliation with the UMKC School of Pharmacy and Pharmacy Systems, Inc., has two ASHP accredited positions available for the 12-month period beginning July 1st. As a member of the pharmacy staff, the resident provides pharmaceutical care to Department of Mental Health clients in two state-operated facilities. Residents are active members of multi-disciplinary treatment teams in all settings and work to improve care of the seriously mentally ill. In addition, the residents contribute to improving and enhancing patient care through research and medication use evaluations (MUEs). Off-site rotation opportunities offer a wide range of experience, ensuring the resident is comfortable in a variety of practice settings. The residency training program prepares the clinician for the challenges of providing primary care and consultation in psychiatric pharmacy practice.

## Primary Training Locations

### Center for Behavioral Medicine (CBM)

CBM is a 65 bed mental health facility located in the heart of Kansas City, MO. CBM's services include intermediate/long-term adult inpatient treatment (40 beds) and forensic (incompetent to stand trial) treatment (25 beds). CBM also houses Truman Medical Center's (TMC) two acute inpatient psychiatric units. CBM serves as an accredited site for UMKC Psychiatry and Psychology Residency training programs, affording abundant opportunities for interdisciplinary learning.

### Northwest Missouri Psychiatric Rehabilitation Center (NMPRC)

NMPRC houses a total of 108 long-term and forensic beds which includes 60 inpatients residing on secured wings and 48 inpatients residing in six cottages located on the campus. This long-term rehabilitation center focuses on the rehabilitation of psychiatric forensic patients. While the majority of patients are considered to be in long-term placement, patients are also placed at NMPRC for pretrial evaluations and for assistance regaining competency.

### Truman Medical Center (TMC)

Truman Medical Center Hospital Hill (TMC-HH) is a not-for-profit hospital that serves the Kansas City metropolitan area. TMC-HH, located in downtown Kansas City, MO, is a level one trauma center and serves approximately 100,000 people yearly. With over 200 inpatient beds, TMC-HH is an important fixture in the community serving all who need medical care and is the rotation site for the psychiatry consult-liaison and neurology elective rotations. TMC Behavioral Health houses 50 acute inpatient beds, where the resident gains acute care experience. TMC Recovery Health Services (RHS) provides adult treatment for those individuals living with both substance use disorders and one or more psychiatric conditions. The longitudinal outpatient rotation at TMC-RHS involves providing pharmacy services that include medication education to patients and staff, outpatient consultation services, and outpatient continuity of care services in a collaborative practice setting.

# Meet Our Faculty

## Clinical Preceptors



Lauren Diefenderfer, Pharm.D., BCPP provides clinical pharmacy services to two inpatient units at CBM and serves as the coordinator for APPE student activities. Dr. Diefenderfer is also adjunct clinical faculty with UMKC School of Pharmacy. Dr. Diefenderfer graduated from The Ohio State University, completed her PGY-1 pharmacy residency at Kingsbrook Jewish Medical Center in Brooklyn, NY, and is a previous graduate of our residency program.



Ellie Elliott, Pharm.D., BCPP serves as the Pharmacy Director at CBM and NMPRC. Dr. Elliott is also adjunct clinical faculty for UMKC and University of Kansas (KU) Schools of Pharmacy. She has served on the CPNP Board as Secretary as well as on various committees including the Publications and Online Products Committee, BCPP Question Bank Committee, and Nominations Committee. She assisted in the creation of the CPNP Movement Disorder Training DVD. Dr. Elliott graduated from the University of Nebraska Medical Center and is a previous graduate of our residency program.



Courtney Iuppa, Pharm.D., BCPP provides clinical pharmacy services to the inpatient forensic unit at CBM and serves as the Residency Program Director. Dr. Iuppa is also adjunct clinical faculty with UMKC and KU Schools of Pharmacy and is a team leader for CPNP's Recertification Editorial Board. Dr. Iuppa graduated from UMKC, completed her PGY-1 pharmacy residency at TMC, and is a previous graduate of our residency program.



Shelby Lang, Pharm.D., BCPP serves as a Clinical Manager and provides clinical pharmacy services to inpatients at NMPRC. Dr. Lang is adjunct clinical faculty with the UMKC School of Pharmacy and coordinates pharmacy student activities. Dr. Lang graduated from UMKC School of Pharmacy, completed her PGY-1 pharmacy residency at the VA Central Iowa Health Care System, and is a previous graduate of our residency program. Dr. Lang is continuing her research in readmission rates for patients with schizophrenia spectrum disorders from her PGY-2 residency year with Dr. Leigh Anne Nelson.



Leigh Anne Nelson, Pharm.D., BCPP conducts psychopharmacy research and provides clinical pharmacy services to an inpatient unit at TMC. Dr. Nelson graduated from UMKC and is now a Professor with UMKC School of Pharmacy. She has previously served on the CPNP Board as Secretary and as Chairperson of the BPS Specialty Counsel on Psychiatry Pharmacy. Dr. Nelson is the primary preceptor for the residents' longitudinal IRB-approved research project.



Debbie Sass, R.Ph., BCPP is a clinical pharmacist at NMPRC. She is adjunct clinical faculty with the UMKC School of Pharmacy and provides staffing services as well as clinical pharmacy services to one unit. She graduated from the University of Nebraska Medical Center.

## Research Faculty



Carrie Kriz, MA is a Clinical Research Coordinator. She coordinates both original and pharmaceutical sponsored research at CBM. Ms. Kriz also assists in precepting residents for the research elective experience.



Roger Sommi, Pharm.D., BCPP, FCCP conducts psychopharmacy research and serves as a consultant in difficult management cases throughout the state of Missouri. He graduated from the University of Utah and is Associate Dean of the UMKC School of Pharmacy MU Campus and a Professor with UMKC School of Pharmacy. Dr. Sommi is a founding member and past president of CPNP. In addition, Dr. Sommi was recognized as the 2011 Saklad Award Recipient and is actively involved in Phase 2-4 clinical trials, landmark studies such as the CATIE study, and original research. Dr. Sommi assists with the residents' research projects and the research elective experience.

## Additional Preceptors

Residents will have the opportunity to work with additional preceptors through elective rotations. Off-site, elective rotations allow the resident to experience a wide variety of practice styles and disease states. A full list of off-site preceptors and elective rotations can be found on the following page.

# Rotations & Learning Experiences

Required Experiences	Location	Length	Preceptor
<b>Acute Care Psychiatry</b>			
Inpatient Adult Forensics	CBM Unit 3D	2 months	Courtney Iuppa, Pharm.D., BCPP
Inpatient Adult	TMC-BH	2 months	Leigh Anne Nelson, Pharm.D., BCPP
<b>Extended/Long-Term Care Psychiatry</b>			
Inpatient Adult	CBM Unit 3C	1 month	Lauren Diefenderfer, Pharm.D., BCPP
Inpatient Adult and Forensics	NMPRC	3 months	Shelby Lang, Pharm.D., BCPP and Debbie Sass, R.Ph., BCPP
<b>Longitudinal</b>			
Medication Use Evaluation	CBM & NMPRC	1 month each	Ellie Elliott, Pharm.D., BCPP
Outpatient Psychiatry	TMC-RHS	5 months	Doug Burgess, M.D.
Research Project	CBM, NMPRC, or TMC	12 months	Leigh Anne Nelson, Pharm.D., BCPP or as assigned

Elective Experiences*	Location	Length	Preceptor
Adult Acute Inpatient Care	SLN	1 month	Brett Nelson, R.Ph., BCPP
Adult Extended Inpatient Care	CBM Unit 2B or 3C	1 month	Lauren Diefenderfer, Pharm.D., BCPP
Child & Adolescent Outpatient Care	TMC Canvas	Longitudinal	Physician preceptor varies
Geriatric Psychiatry	TMC-LW	1 month	Pharmacist preceptor may vary
PTSD/Substance Abuse	KCVA	1 month	Keith Anderson, Pharm.D., BCPP
Psychiatry Consult Liaison	NKCH	1 month	Melissa Palmer, Pharm.D., BCPP
Neurology	TMC-HH	1 month	Sean Gratton, M.D.
Telepsychiatry	KCVA	1 month	Michelle Twitty, Pharm.D., BCPP

\*All elective experiences, with the exception of neurology, focus on the psychiatric patient population. Other elective experiences may be arranged based on resident interest and availability of sites. Resident may also select to repeat a required experience as an elective.

CBM: Center for Behavioral Medicine  
 KCVA: Kansas City VA Medical Center  
 NKCH: North Kansas City Hospital  
 NMPRC: Northwest Missouri Psychiatric Rehabilitation Center  
 SLN: St. Luke's North Hospital  
 TMC-BH: Truman Medical Center Behavioral Health  
 TMC Canvas: Truman Medical Center Healing Canvas  
 TMC-LW: Truman Medical Center Lakewood  
 TMC-RHS: Truman Medical Center Recovery Health Services



CBM



NMPRC

## Training & Service

Residents are an integral part of patient care services while in the program. Supervision and direction are provided by the preceptors. However, resident independence is expected and encouraged. Required and elective rotations are described on the previous page.

## Formal Educational Activities

In addition to the individual supervision received during the psychiatric pharmacy residency, classroom experience is also available through the medical residency training program. All classes are conducted by members of the program's clinical teaching staff.

Residents will have the opportunity to further develop their teaching skills throughout the year. Educational responsibilities include didactic and clinical instruction of pharmacy and medical students, nursing students, psychiatry residents, and medical staff. "Psychotropics Made Simple" lectures for medical students, psychopharmacology lectures for psychiatry residents, resident rounds with pharmacy students (APPE), and Case Conference and Grand Rounds presentations to the medical staff are activities in which the residents participate. Additionally, satellite video conferencing for these activities is available to further enhance the educational learning environment between NMPRC and CBM. Other presentations during the year include (but are not limited to) periodic case presentations, journal club presentations, and nursing educational in-services, as well as presenting projects and MUEs to the Pharmacy & Therapeutics Committee.

UMKC School of Pharmacy offers a teaching certificate program that is optional for the pharmacy resident. Classes for this program are held monthly from September through May.

## Research Activities

Residents have the opportunity to participate in ongoing research projects. Residents are required to complete two MUEs as administrative projects and one research project. The resident is required to formulate a research idea, develop a research proposal, obtain IRB approval when necessary, implement the project, and publish results (when possible) in paper, abstract, or poster form. The resident will submit their research project as a poster at the College of Psychiatric and Neurologic Pharmacists (CPNP) meeting and an optional presentation at the Midwest Pharmacy Residents Conference.

## Kansas City

With over 2 million people in the metro, Kansas City is the 30<sup>th</sup> largest metropolitan area in the United States. It spans the Missouri-Kansas border and has a wide variety of urban, suburban, and rural neighborhoods to explore and live in. Kansas City is home to a thriving performing arts community, our own special style of barbeque, multiple professional sports teams, and a rich history. More information on the area can be found at [visitkc.com](http://visitkc.com).



### Top 10 Things To Do In Kansas City:

1. Discover your favorite BBQ restaurant
2. Soak in the art at the free Nelson-Atkins and Kemper Museums
3. Stock up on vegetables at the City Market
4. Watch your favorite team play against the Royals, Chiefs, or Sporting KC
5. Enjoy fine dining and shopping at the Plaza
6. Enjoy the culture at First Fridays in the Crossroads
7. Take a tour of Boulevard Brewing Company or The Roasterie
8. See your favorite performer at the Uptown, Midland, or Sprint Center
9. Enjoy classical music, opera, or ballet at the Kauffman Center
10. Have a night out in the Power & Light District



## Where Are They Now?

Our recent graduates are currently employed in a wide variety of practice settings, including:

- Academia
- Acute Care
- Ambulatory Care
- Industry
- Long Term/Extended Care
- PGY-2 Program Directors
- Pharmacy Directors
- Research

Our recent graduates work across the country in places such as:

- Kaiser Permanente
- Kansas City VA
- Minneapolis VA
- Missouri Department of Mental Health
- Missouri Psychiatric Center
- Parkview Health
- Southern Crescent Behavioral Health
- UAB Hospital
- University of Kansas Hospital
- UNC Wakebrook

## Contact Information

Courtney Iuppa, Pharm.D., BCPP  
Residency Program Director  
Center for Behavioral Medicine  
Pharmacy Department  
1000 E. 24<sup>th</sup> Street  
Kansas City, MO 64108

Phone: (816) 512-7477

Fax : (816) 512-7486

E-mail:

[courtney.iuppa@dmh.mo.gov](mailto:courtney.iuppa@dmh.mo.gov)

<https://pharmacy.umkc.edu/current-students/advising/>

## Stipend & Benefits

- **Salary:** Contact the program director for current stipend (taxable income funded by Pharmacy Systems, Inc [PSI]).
- **Travel:** Certain expenses related to educational travel will be reimbursed by PSI up to a pre-determined amount. For a current amount and what expenses are covered, contact the residency program director. The amount typically covers expenses related to travel, lodging, meals (up to a per-diem amount) and meeting registration for the Midyear Clinical Meeting, CPNP meeting (includes poster), and Midwest Pharmacy Residents Conference.
- **Leave:** The resident may accumulate 1.75 hours per pay period of sick-time and there are 10 days of paid vacation/personal time per year. The resident is allowed up to three paid days exclusively for interviewing toward the end of the residency year. The resident does not have to use vacation days to attend specific educational meetings. State holidays will be observed when the resident is on-site at CBM and NMPRC.
- **Medical Insurance:** The resident may choose to enroll for medical, dental, and vision insurance. Residents are not covered for the first 30 days of employment. See details of coverage in PSI's personnel manual.
- **Benefits:** See details of coverage per PSI's Personnel Manual for Life Insurance, Long-Term Disability Insurance, Workmen's Compensation, and Unemployment Insurance.
- **Adjunct Faculty:** Residents are eligible for a 12-month adjunct clinical faculty appointment with the University of Missouri-Kansas City School of Pharmacy.

## Applications & Qualifications

Applicants should have a Pharm.D. degree, or equivalent experience, with completion of an ASHP-accredited PGY-1 Pharmacy Residency Program and be eligible for licensure in Missouri. Interested individuals must send a completed application and curriculum vitae via PhorCAS. A personal interview will be required of those individuals possessing appropriate qualifications for the position. Further information can be obtained by contacting the program director.