First Mental Health Day a Success

Left - Shalina Madireddy from Columbus Public Health connects a patient with community services.

Thirty-three percent of our patients suffer from depression, 20% from anxiety, and 10% live with bipolar disorder. To better meet their needs, the Charitable Pharmacy hosted its first Mental Health Awareness Day on June 23rd, with participation from five community providers including Mental Health America; Southeast Inc. Healthcare Services; Columbus Public Health; North Community Counseling Centers; and the Alcohol, Drug and Mental Health Board of Franklin County.

The event was a success, with a majority of patients indicating that they would be very likely or likely to use and share the information they received at the event, talk with their doctor about the information, and return to the Charitable Pharmacy for a similar event. Participating agencies provided help with depression, nutrition, and support groups for caregivers.

The project provided Charitable Pharmacy staff with increased insight about our patient population and their mental health needs and allowed us to connect with other providers in the community. The event was made possible by a generous grant from the John Charles Sharon Fund of the Columbus Foundation.

Pharmacy Welcomes New Residents

We are thrilled to welcome two new pharmacy residents to the Charitable Pharmacy. These pharmacists come to us...
after graduation for a one-year commitment, 60% of which is spent in direct patient care. They also teach at The Ohio State University College of Pharmacy and conduct major research projects.

Marilee Clemons (above right) comes to us from Shenandoah University in Virginia. She was attracted to The Ohio State University pharmacy residency program based on its prestige as the third such program accredited in the country. Clemons is glad to be working with our patients. "I feel like I'm making a difference," she said. "Everyone here is such a tight family and I'm really seeing the impact you can make on someone's life."

Deanna Ruble comes from the rural farming community of New Vienna. "Growing up in an area with a large underserved population, a service-based career was always on my mind," Ruble explained. "I want to be an agent of change in community pharmacy. This residency allows me to combine my passion for the underserved and for pharmacy in order to grow professionally and help others to grow."

Osteopathic Heritage Foundation Helps Serve Senior Patients

Charitable Pharmacy patients over the age of 60 years totaled over 30% or 501 of the 1,605 new and requalified patients for 2015, and enrollment of new patients 60 and older continues to grow.

The complexity of seniors' medication regimens frequently requires a comprehensive medication review, creation of an action plan to improve the effectiveness and efficiency of their medication regimen, and consultation with their physicians. Sometimes, the prescribed medication is not available and we work closely with physicians to explore other treatment options. A new grant from the Osteopathic Heritage Foundation will support expansion of services and optimization of medication for senior patients, helping them to change behaviors for better health.

"The Osteopathic Heritage Foundation is proud to partner with the Charitable Pharmacy of Central Ohio as part of the foundation's Healthy Aging Initiative," said Susan Beaudry, Director of Programs for the foundation.