

# NASP Presents:

## Optimizing Mental Health Management in Specialty Pharmacy

### Description:

The National Association of Specialty Pharmacy (NASP) presents *Optimizing Mental Health Management in Specialty Pharmacy*, an immersive learning virtual workshop designed to provide practical, case-based education on the integration of mental health services into specialty pharmacy practice. Through expert-led discussions and real-world patient scenarios, participants will explore the impact of mental health conditions on specialty patient populations, including challenges related to medication access, adherence, safety, and impact on health outcomes. The program examines ethical considerations, stigma, and emerging treatment areas while equipping learners with strategies for identifying mental health concerns, supporting patients and caregivers, and fostering effective communication. Attendees will gain actionable insights and best practices to help specialty pharmacies better address the complexities of chronic disease management and mental health.

### Date/Time:

Friday, July 31, 2026, 11 AM – 2:40 PM EST

**Location:** will be conducted via Zoom. See registration confirmation for joining instructions.

**Type of Activity:** Knowledge

**CE:** 3.0 contact hours (0.3 CEUs)

**ACPE UAN (pharmacist and pharmacy technician):**

0016-9999-26-049-L01-P

0016-9999-26-049-L01-T

**CNE:** 3.0 CNE credits

### Target Audience:

Pharmacists, Pharmacy Technicians, and Nurses

### Registration fee:

**Pharmacists and Nurses** \$75 members/\$125 non-members

**Pharmacy Technicians** \$30 members/\$65 non-members

Please visit <https://learn.naspnet.org> to participate in this activity.

## Speakers:



**Kayla Janbakhsh, PharmD,  
BCPP**  
*Clinical Pharmacy Specialist  
for Mental Health  
Lexington Veteran Affairs  
Healthcare System*



**Emily Eastman, PharmD,  
MBA, CSP**  
*Associate Director, Centralized  
Specialty Pharmacy Services  
University of Kentucky  
Specialty Pharmacy and  
Infusion Services*



**Lindsey Sheehan, PharmD,  
MPA, MBA**  
*Associate Director, Specialty  
Pharmacy Clinical and  
Pharmacy Collaborations  
University of Kentucky  
Specialty Pharmacy and  
Infusion Services*



**Rachel Hempel Rhudy, PsyD,  
HSP**  
*Suicide Prevention  
Coordinator  
Department of Veterans Affairs*

<b>AGENDA</b>	
<b>TIME (Central Time)</b>	<b>SESSION NAME</b>
<b>11 AM—11:10 AM</b>	<b>Welcome and Overview</b>
<b>11:10 AM—12:10 PM</b>	<p><b>Enhancing Patient Care: Addressing Mental Health in Specialty Pharmacy</b>  <i>Kayla Janbakhsh, PharmD, BCPP</i></p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> <li>• Describe the prevalence and clinical impact of common mental health disorders among patients receiving specialty pharmacy therapies.</li> <li>• Identify high-risk disease states, medications, and treatment scenarios in specialty pharmacy that are associated with increased risk of mental health conditions.</li> <li>• Explain the role of specialty pharmacy professionals in screening for mental health concerns and the impact of barriers such as access, affordability, and limited training.</li> </ul>
<b>12:10 PM—12:20 PM</b>	<b>Q&amp;A/Break</b>
<b>12:20 PM—1:20 PM</b>	<p><b>Navigating Ethical Challenges and Stigma with Specialty Medications in the Mental Health Landscape</b>  <i>Emily Eastman, PharmD, MBA, CSP and Lindsey Sheehan, PharmD, MPA, MBA</i></p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> <li>• Describe ethical considerations related to the use of specialty medications with mental health implications or abuse potential.</li> <li>• Identify common sources of stigma associated with select specialty therapies and their potential impact on patient access and care.</li> <li>• Summarize emerging specialty pharmacy treatment areas related to mental health, including long-acting injectables, ketamine-based therapies, and management of neuropsychiatric symptoms.</li> </ul>
<b>1:20 PM—1:30 PM</b>	<b>Q&amp;A/Break</b>
<b>1:30 PM—2:30 PM</b>	<p><b>Empowering Minds: Comprehensive Patient Education and Support for Mental Health in Specialty Pharmacy</b>  <i>Rachel Hempel Rhudy, PsyD, HSP</i></p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> <li>• Outline key principles of effective, unbiased communication strategies when discussing mental health with specialty pharmacy patients.</li> <li>• Describe patient-centered education and support strategies, including the role of caregivers, community resources, and interdisciplinary care in optimizing mental health outcomes.</li> <li>• Identify strategies for routine mental health screening and resulting referral pathways.</li> </ul>
<b>2:30 PM—2:40 PM</b>	<b>Closing &amp; Key Takeaways</b>

### **Disclosures:**

Speakers, planning committee members, and reviewers have no relevant financial conflicts of interest in relation to this activity to disclose.



### **Continuing Pharmacy Education Statement:**



The UIC Retzky College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The non-accredited cosponsor for this activity is the National Association of Specialty Pharmacy (NASP). This activity has been approved for pharmacists and pharmacy technicians. This activity has been assigned ACPE Universal Activity numbers 0016-9999-26-049-L01-P and 0016-9999-

26-049-L01-T for 3.0 contact hours (0.3 CEUs). Attendance at the entire knowledge-based activity, completion of the evaluation, and submission of NABP eProfile ID and MMDD are prerequisites for receiving continuing pharmacy education credit(s) at each session. All ACPE credit awarded to participants must be uploaded to CPE Monitor™ within 30 days of the activity date. Pharmacists and pharmacy technicians are required to provide their e-Profile ID and date of birth (MMDD) at the time of the activity. Please contact [pharmce@uic.edu](mailto:pharmce@uic.edu) if you do not see activity information listed within 30 days. For more information and to set up your e-Profile visit: [www.MyCPEmonitor.net](http://www.MyCPEmonitor.net).

### **Continuing Nursing Education Statement:**

 UI Health |  UIHealth is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

In regard to successful completion and contact hours being awarded 3.0 Continuing Nursing Education contact hours will be awarded to participants who attend the entire duration of the activity and complete the online evaluation following the activity.

### **How to earn credit:**

Participants must attend all sessions to receive CE or CNE credit. No partial credit will be given. After attending the event, participants must complete the evaluation. Pharmacist and Pharmacy Technician CE credit will be automatically uploaded to CPE Monitor™ upon successful completion of all requirements and nurses will receive their certificate of completion via email.

### **Provider Contact Information:**

For general information or to ask a question, please e-mail [pharmce@uic.edu](mailto:pharmce@uic.edu). Copyright © 2026 – The Board of Trustees of the University of Illinois. All rights reserved. Reproduction in whole or in part without permission is prohibited. [Privacy Policy](#).

### **NASP Disclaimer:**

The Specialty Pharmacy Certification Board (SPCB) develops and oversees certification programs for specialty pharmacists and licensed pharmacists who work in a capacity related to specialty pharmacy and meet the eligibility requirements in the candidate handbook, implements policies and procedures for these certification programs, and oversees the development of the certification examination(s). The SPCB retains autonomy over all certification program policies and decisions. It is important to note that, as the CSP's governing board, the SPCB does not accredit, approve, endorse, or recommend any education or training programs and/or products designed or intended to prepare candidates for certification. SPCB has no involvement in the development or delivery of such programs or products.



## Optimizing Mental Health Management in Specialty Pharmacy

### Date:

Friday, July 31, 2026

### Purpose:

To educate nurses on mental health management in specialty pharmacy and the impact of mental health on medication access, adherence, safety, and patient outcomes in specialty populations.

### Target Audience:

Nurses

### What you will learn:

- Describe the prevalence and clinical impact of common mental health disorders among patients receiving specialty pharmacy therapies
- Identify high-risk disease states, medications, and treatment scenarios in specialty pharmacy that are associated with increased risk of mental health conditions
- Explain the role of specialty pharmacy professionals in screening for mental health concerns and the impact of barriers such as access, affordability, and limited training
- Describe ethical considerations related to the use of specialty medications with mental health implications or abuse potential
- Identify common sources of stigma associated with select specialty therapies and their potential impact on patient access and care
- Summarize emerging specialty pharmacy treatment areas related to mental health, including long-acting injectables, ketamine-based therapies, and management of neuropsychiatric symptoms
- Outline key principles of effective, unbiased communication strategies when discussing mental health with specialty pharmacy patients
- Describe patient-centered education and support strategies, including the role of caregivers, community resources, and interdisciplinary care in optimizing mental health outcomes
- Identify strategies for routine mental health screening and resulting referral pathways

**3.0 CNE contact hour(s) will be awarded to participants who attend the entire activity, complete the post-test, and submit an activity evaluation.**

Please visit <https://learn.naspnet.org> for more information and to register. The program will be conducted via Zoom. See registration confirmation for joining instructions.



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