



SCHOOL OF PHARMACY
UNIVERSITY of WASHINGTON

A Collaborative, Integrated Approach to Supporting Student Wellness and Success

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On behalf of Pharmacist Provider Series Faculty^a and Advising & Student Success Team Members^b

BACKGROUND

The University of Washington School of Pharmacy engages student pharmacists in wellness, self-care, and success initiatives through curricular and co-curricular offerings and direct partnerships between students, faculty, staff, and campus partners.

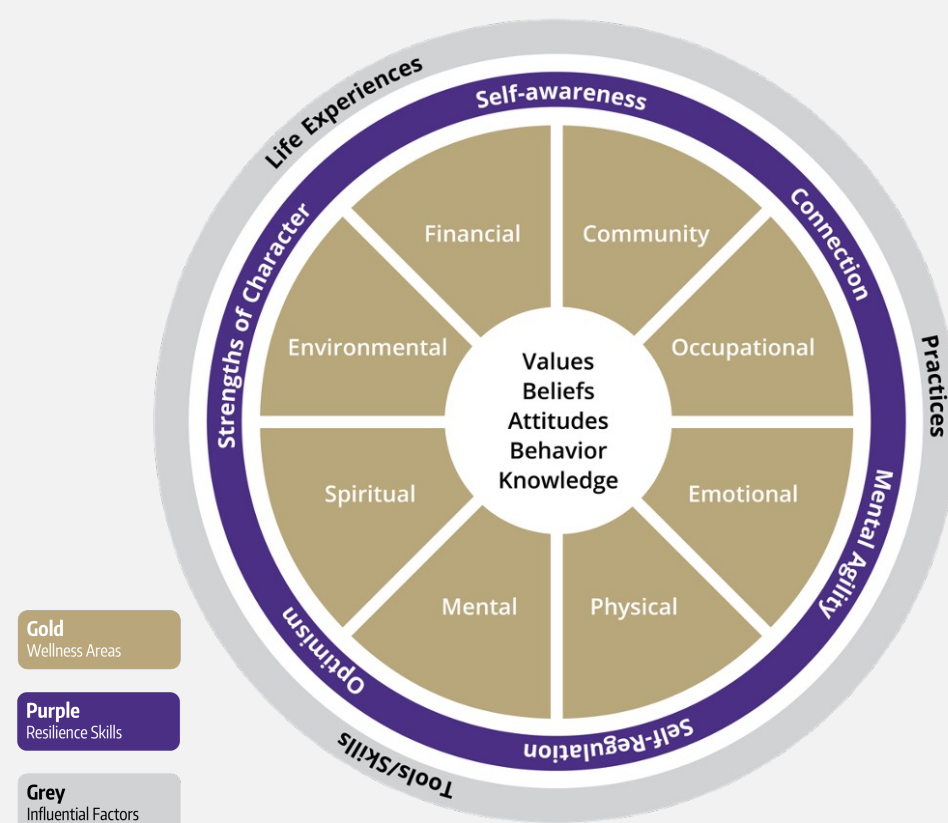


Figure 1. Pharmacist Provider Series Wellness Wheel Framework^{1,2}

SUPPORTING
#HUSKYPHARMACIST
WELLNESS

PHARMACIST PROVIDER SERIES

LONGITUDINAL COURSE SERIES

The Pharmacist Provider Series (PPS) is a longitudinal skills and experiential core course series that spans the pre-APPE curriculum. The series includes identity development and intentional development of skills across multiple threads and domains to prepare student pharmacists for practice, including a specific thread devoted to wellness.

WELLNESS THREAD

PPS includes a Wellness Thread component each quarter that emphasizes the importance of wellness and self-care for students while in school and in practice. This thread encourages exploration of and consistent participation in self-care practices and emphasizes different aspects of wellness (see Figure 1) each quarter.

STUDENT ENGAGEMENT

Student pharmacists self-select from a list of activities during the first two years of the series with vision planning and volunteer hours required in the third year. They also reflect on their development in this area through annual continuous professional development plans and during one-on-one meetings with faculty, which serve as an additional opportunity to identify student concerns.

HEALTH SCIENCES LIAISON & COUNSELOR

CAMPUS PARTNERSHIPS

The School of Pharmacy partners with the UW Counseling Center, School of Public Health, and School of Dentistry to employ a licensed mental health counselor as a Health Sciences Liaison & Counselor to support student mental health and wellness.

SERVICES OFFERED

The Health Sciences Liaison & Counselor offers one-on-one student counseling sessions, twice weekly drop-in hours for students, wellness-focused workshops for students and faculty, and faculty and staff consultations on student concerns.

STUDENT PARTNERSHIPS

Student leaders regularly collaborate with the Health Sciences Liaison & Counselor and other staff to present quarterly De-Stress Fests, visits from therapy dogs, and other activities aimed to promote student, faculty, and staff wellness.

OFFICE OF PROFESSIONAL PHARMACY EDUCATION

ACADEMIC ADVISING

All student pharmacists are assigned a professional staff academic advisor who is available for consultation on academic and personal concerns. Advisors also proactively reach out at least once per quarter to remind student pharmacists of available resources and special events.

EARLY ALERTS & INTERVENTIONS

Faculty, staff, and students have access to a confidential form to report concerns and observations regarding student wellness and success. Reports are reviewed and triaged by the Director of Advising & Student Success. Faculty are also prompted to report student concerns twice per quarter, after midterm and final exams.

ACADEMIC SUCCESS COACHING

Student pharmacists experiencing academic challenges are offered one-on-one support and outreach from faculty and staff to help identify support resources. The School of Pharmacy is also partnering with the School of Medicine to engage a professional Academic Success Coach to provide additional support.

¹Substance Abuse and Mental Health Services Administration (SAMHSA). Learn the eight dimensions of wellness. 2016. <http://www.samhsa.gov/wellness-initiative>

²University of Pennsylvania Positive Psychology Center. Resilience skill set. 2023. <https://ppc.sas.upenn.edu/resilience-programs/resilience-skill-set>

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