

Well-being: Moving from a Concept to a Centerpiece of our Culture

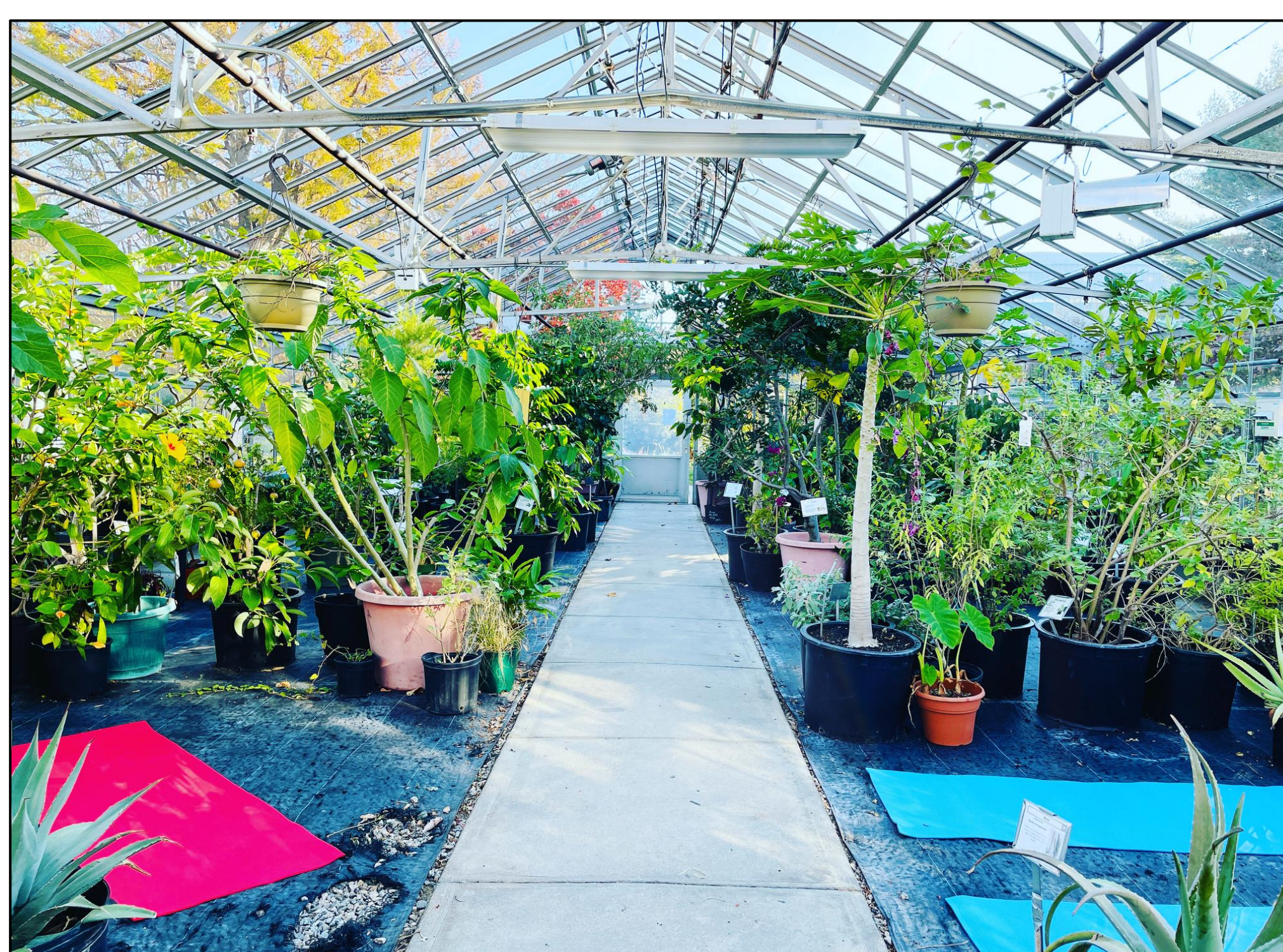
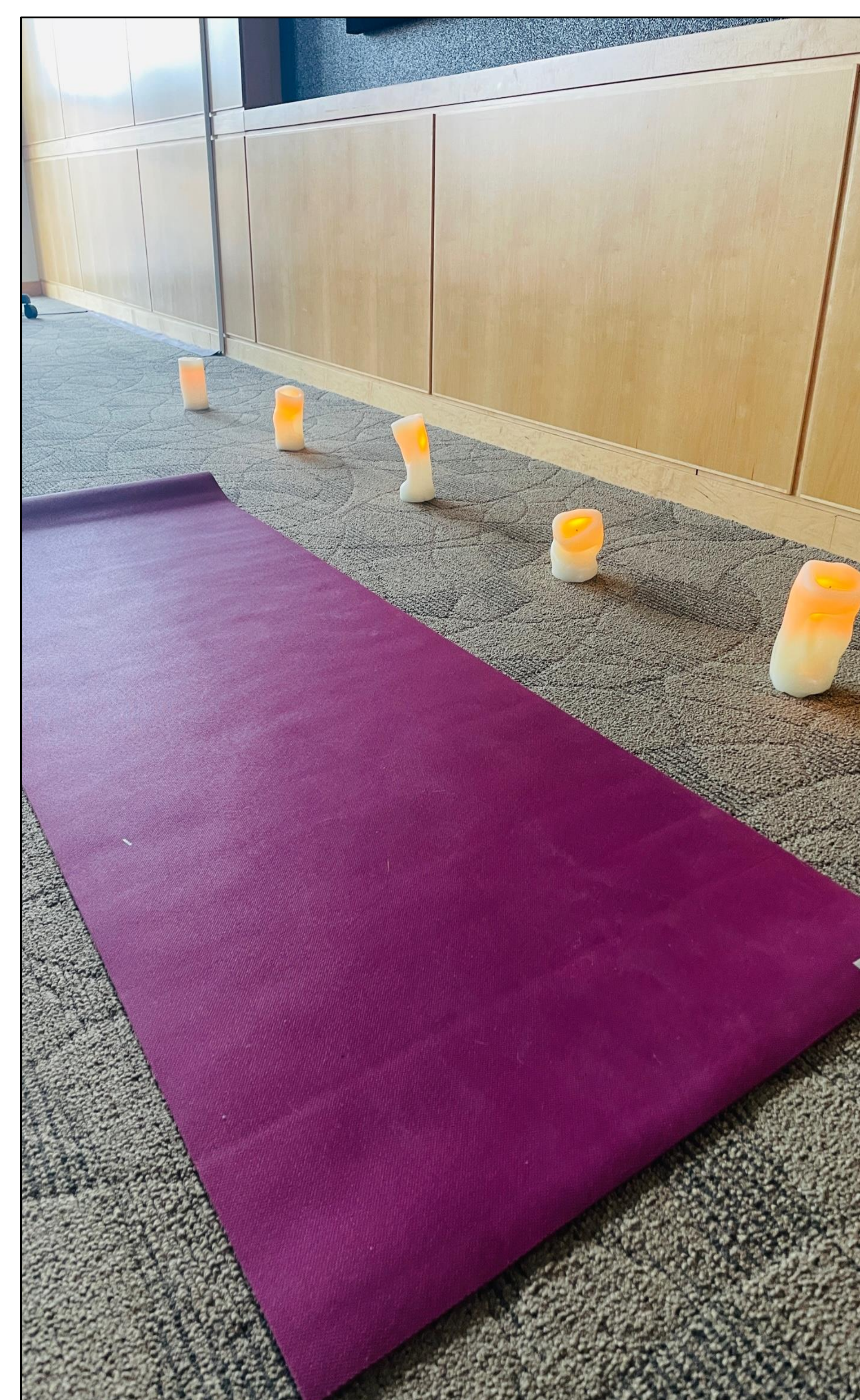
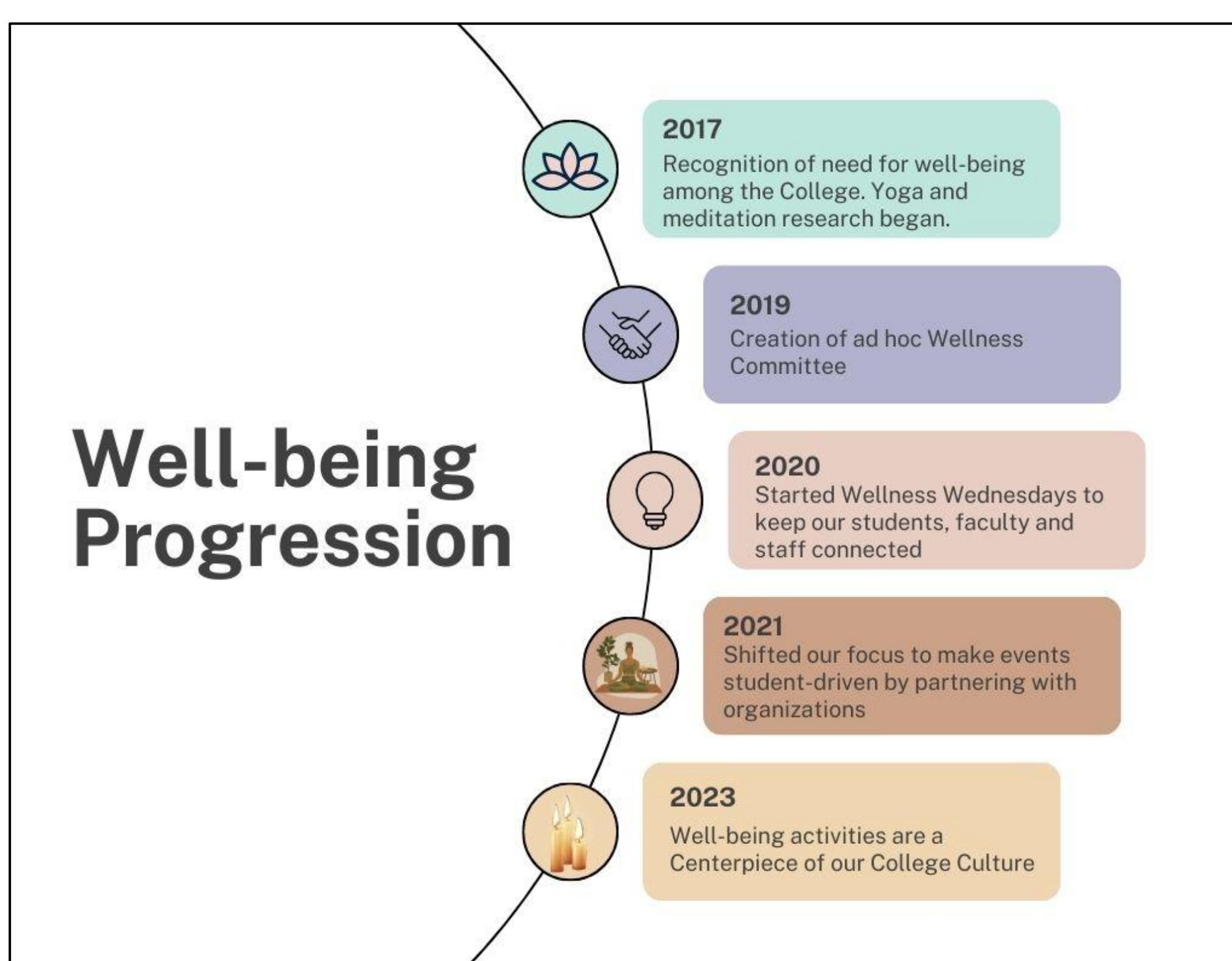
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Objective

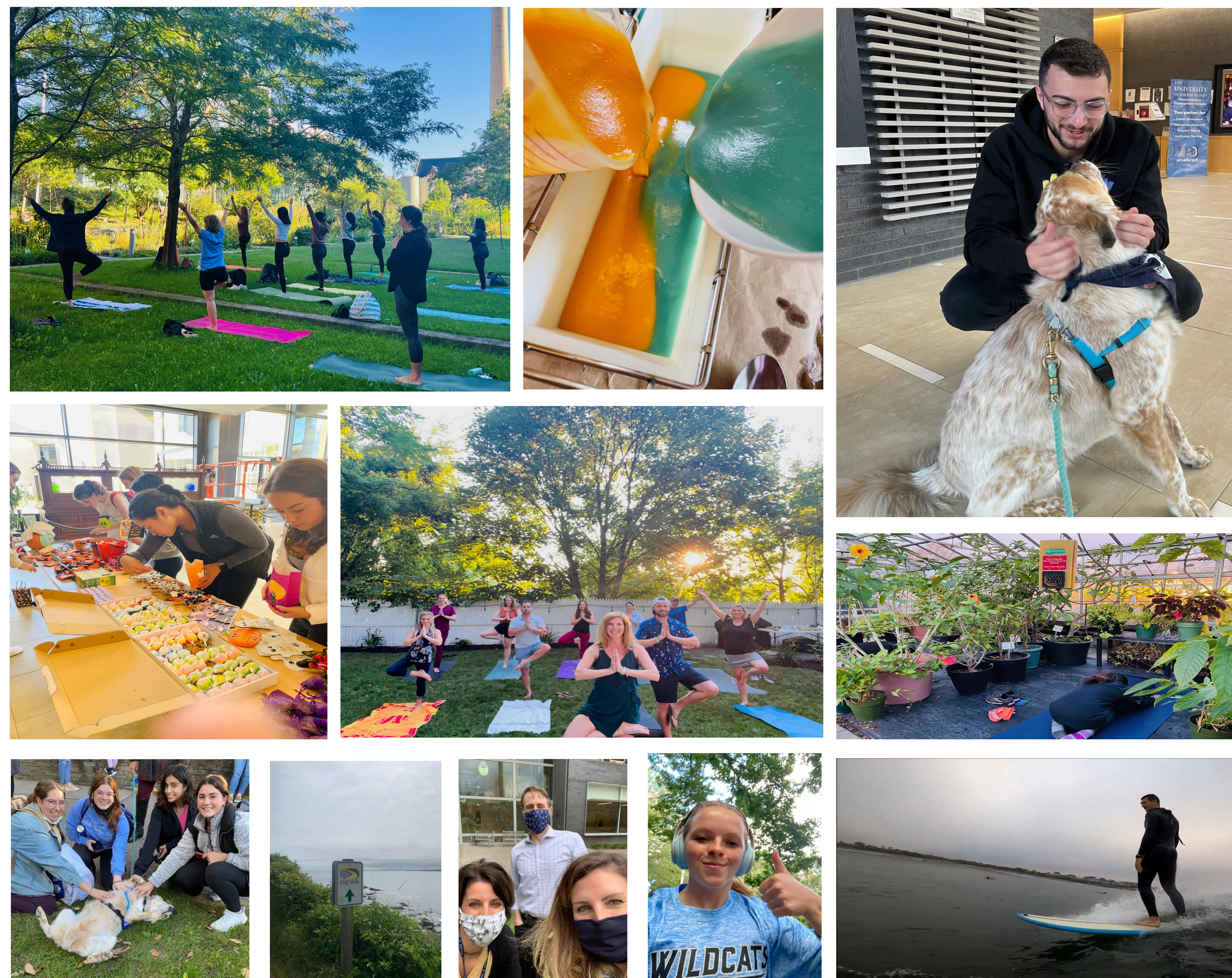
- In 2021, almost 50% of high school students felt persistently sad or hopeless
 - Further, nearly one-third experience poor mental health per the Centers for Disease Control and Prevention (CDC)
- Depression, stress and anxiety are common among health professions students
- The University of Rhode College of Pharmacy (URICOP) prioritizes the well-being of our students, faculty and staff

Methods

- Since 2017, the URICOP has engaged in well-being offerings beginning with yoga and meditation to reduce stress and increase mindfulness
- In 2019, we formed a Wellness Committee chaired by our Well-being Champion with faculty members and student liaisons
- Activities to promote well-being include yoga, meditation, destress with dogs, forest bathing, soap making, music, walking, meal planning, programs in our greenhouses, and more...



(Wonderful) Results



Conclusions

- Our Wellness Committee promotes an inclusive nature to our well-being events for all students, faculty, staff
- Programs extend to our state pharmacy association including pharmacists and technicians throughout Rhode Island
- Well-being has evolved from a “nice to do” to a “must do” throughout our College culture