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Title: *Implementation of Mental Health Awareness Services at SIUE School of Pharmacy*

Abstract

Background:

Mental health management is one facet that is often overlooked in daily life. Poor mental health management, even when physically healthy, can harm healthcare professionals and students by leading to burnout. Burnout not only negatively affects providers, but also the patients they oversee. In order to avoid burnout associated with workload and stress, services can be provided to reduce stress and teach healthy coping methods to better manage stressful environments.

Methods:

A new mental health initiative was started by the SIUE School of Pharmacy in order to provide additional mental health resources for students. These services included 1 hour sessions of activities hosted by student organizations along with a calendar that promoted mental health challenges and other community events in the southern Illinois and St. Louis area. The participants were surveyed at the end of the fall semester to ascertain the initial efficacy of the initiative.

Results:

A total of 32 respondents took the survey, comprising eight faculty and twenty-four students, with a larger quantity of female responses over male. The majority of respondents attended at least one event. Most participants did not attend off-campus wellness events. A high prevalence of positive experiences with these events were reported, with a majority responding they would likely attend similar events held in the future.

Conclusion:

In order to provide for its students and faculty, the SIUE School of Pharmacy has implemented its own wellness events hosted by the SIUE School of Pharmacy student organizations and the Mental Health First Aid program. These events have shown a positive response in those who have attended and lessons from this survey will help to improve the services that are provided in the future to students and faculty.