



The University of Mississippi Medical Center, located in Jackson, is the state's only academic health science center. UMMC includes seven health science schools: Medicine, Nursing, Dentistry, Health Related Professions, Graduate Studies, Population Health, and Pharmacy. (The School of Pharmacy is headquartered on the University of Mississippi campus in Oxford.) The Medical Center's three-part mission is to improve the lives of Mississippians by educating tomorrow's health care professionals, by conducting health sciences research, and by providing cutting-edge patient care. A major goal of the Medical Center is the elimination of differences in health status of Mississippians based on race, geography, income, or social status.

Recognizing the importance of burnout and well-being in healthcare providers and other professionals, in July 2018, the Vice Chancellor for Health Affairs, committed resources to open the Office of Well-being. The mission of the Office is to create a UMMC community where all members feel valued and experience wellbeing with the vision of a healthy, flourishing, and fulfilled UMMC community. Unique to the Office is the comprehensive look at well-being campus wide. Self-care has not been a priority in the healthcare field so while educating current clinicians, creating programs for students will lead to a new cadre of providers that thrive and participate in self-care. The Office's advisory group includes the Chief Student Affairs officer who represents all 7 schools, the Director of the GME office, Human Resources Director for Academics and Research, Human Resources Chief for the Healthcare System, Research mission liaison, Chief Nursing Officer, Chief Information Officer and the Chief of Staff. The Office also receives support from the Institutional Wellness Committee which has representatives from all schools, public affairs and marketing, graduate school and school of medicine students, and other clinicians providing services for students and employees.

To build a thriving community at UMMC, the Office of Well-being is committed to the following Initiatives:

- Measure well-being through the validated tools, such as the Well-Being Index and Press Ganey Employee Engagement Survey
- Everyday Wellness – Workplace Wellness Program that includes Lifestyle Change Programs such as Diabetes Prevention Program and Chronic Disease Self-Management Program, Farmer's Markets, Wellness talks, Financial Literacy, Yoga, Food services initiatives in the cafeteria and vending machines and among other healthy activities for the institution.
- Second victim program – The Caring for the Caregiver program guides hospitals to set up peer-responder programs that deliver “psychological first aid and emotional support” to health care professionals following difficult events.
- Practice efficiency – working with the Department of Information Systems and Clinical leaders to develop department specific training for EMR use based on data collected from EPIC.
- Manager training on topics such as Compassion Fatigue and Resilience
- Development of programming and strategies based on data received from satisfaction surveys, and validated tools such as the Well-Being Index and Press Ganey Employee Engagement Survey
- Collaborating with Healthy Nurse Healthy Nation to support wellness activities for all employees