ACP Interprofessional Happy Hour Facilitator’s Guide

These slides provide a menu of activities to help you host your own interprofessional happy hour at your institution. The prompts will help happy hour participants respond and engage with each other, while also allowing them to reflect on their own well-being. Feel free to add to or delete any of these prompts to customize a wellness experience that’s right for you.

## Why host a happy hour?

COVID-19, societal unrest, and economic downturns have presented unique challenges for health care providers. Organizations must help their staff meet basic daily needs; improve communication for delivery of current, reliable, and reassuring messages; and develop robust psychosocial and mental health support systems.

Virtual happy hours encourage virtual socialization during physical distancing, which benefits the wellness of individuals within the organization and the organization itself. To strengthen social bonding, consider minimizing the time you share your screen during the session, so that participants can spend more time looking at each other’s faces in the gallery view.

## Why Interprofessional?

The health and well-being of an organization is determined by everyone. The COVID-19 pandemic and its societal ramifications have shown us the value of community and the uniformity of humanity as we face a common goal, but it has also shown us the value of diverse perspectives, as different groups of people within our health care team have been disproportionately affected by the pandemic. Opening happy hours to all staff members highlights our common goals, while also broadening our perspectives.

Furthermore, due to the urgency of the pandemic, we often have been forced into roles and jobs we didn’t necessarily think we were going to do – acting as social workers, respiratory therapists, even front desk staff. This has presented challenges, but also opportunities to get a better perspective on the roles of others and how the team can work together more effectively and efficiently. These are topics that can be explored in these informal gatherings.