I had the opportunity to observe an Oklahoma Pharmacists Helping Pharmacists meeting. During my P1 year in the College of Pharmacy, OPHP came to speak to us about what they do and why they do it. I was excited to get the opportunity to participate in a meeting and get a behind-the-scenes look of what actually goes on and learn more about the process. I learned that people are either required from the Board of Pharmacy to participate in the program or they can also enter the program themselves. I also learned that most of the pharmacists participating in the program go through a 12-step program by attending different recovery groups and check in weekly with their monitor. However, several mentioned that they call their monitor daily to discuss anything that had been bothering them from the previous day as well as during any times that they might be considering falling back into old habits. Most of the contracts and guidelines given are on a case-to-case basis and not necessarily the same for each person. They tailor it to best fit the person receiving the contract. I believe that making these contracts on a case-by-case basis can really increase the success rate of the program because it allows the program to start out lighter for those who are overwhelmed in the beginning as well as allowing those who don’t require as much oversight to have it when needed. It seems to make the guidelines much easier to be followed. A doctor evaluates each person entering the program and the doctor’s recommendations are also applied to this contract. It’s neat that there are people out there who care about getting these pharmacists back to where they were before they started bad habits. Several of the OPHP members mentioned how great it is to see the changes in these people from when they began the program to where they are now. I gathered from this meeting that several of the board members went through similar processes on their own which allows them to better see where the person is coming from and where they need to be at. OPHP was formed to help pharmacists who went down the wrong path get their feet back underneath them and seems to be a great program with even better leadership.