

## Mental Health Awareness Month Spotlight on a Community Pharmacist: Kelda Newport



*"I have the privilege of witnessing an individual when they are at their worst and helping them on their journey to eventually see them at their best."*

***Kelda Newport***

In 2010, Kelda Newport was in her last year of pharmacy school when her preceptor showed her the profound role a pharmacist can play in helping patients struggling with mental health and addictions. Since then, Kelda has been a passionate advocate for these patients and has focused her career in both community and clinical settings helping patients and their families with their opioid dependency treatment.

She obtained her Opioid Dependence Treatment Certificate from the Center for Addiction and Mental Health and was awarded the James C. Quick award from the Pharmacists' Association of Newfoundland and Labrador in 2013 for her passion, innovation, leadership, and advocacy in this area.

Whether working independently or with an interdisciplinary team of healthcare professionals she believes pharmacists are in an ideal position to build a professional, trusting, and open relationship with this vulnerable patient population and can help them make informed decisions regarding their treatment.

Working in mental health and addictions can be challenging and unpredictable but Kelda has witnessed first-hand the positive impact pharmacists can have on patients with mental health and addiction issues. "I have the privilege of witnessing an individual when they are at their worst and helping them on their journey to eventually see them at their best."