

# NOMV ision

January 2024 | Newsletter



[nomv.org](https://nomv.org)

*We envision a veterinary profession that honors and elevates sustainable wellbeing.*

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## VMX 2024 Recap!

VMX 2024 was an outstanding success for NOMV! Our team had the opportunity to engage with supporters and veterinary professionals eager to learn more about our organization and the resources we offer.

Additionally, we were thrilled to have been named a 2023 VETTY Awards winner! This global award program is dedicated to recognizing marketing excellence in the animal healthcare industry. NOMV was awarded silver for our Anti-Cyber Harassment Task Force Crisis Folder!

Thank you to all that stopped by the NOMV booth! If you were unable to visit our booth, check out our conferences page to see which conference NOMV is headed to next!

### Future Conferences



# Download the Lifeboat App!

We are thrilled to share some exciting news with you – the new Lifeboat app is now available for iOS and Android! Whether in clinic or on the go, the Lifeboat app is designed to provide anonymous support to veterinary professionals wherever they may be. Users can specify their pronouns, and optional push notifications allow volunteers to receive updates in a way that suits their preferences. Download the Lifeboat app now through the [App Store](#) and [Google Play](#)!

App Store

Google Play

## NOMV Advocates Outreach

NOMV Advocate volunteers were out in force over the last few weeks delivering information about NOMV and kind communication techniques!

**25 Advocates** across **13 states** and **3 countries**, volunteered for this quarterly Outreach Campaign! Together our Advocates reached out to an estimated **245 veterinary clinics** with approximately **8,000 veterinary professionals!** Feedback from the clinics visited was very positive, with thanks from clinic staff, and particular appreciation for the contents of the flyer on kind communication. Thank you to everyone who volunteered for this campaign!



Become an Advocate



## CLEAR Blueprint Update

CLEAR Blueprint is excited to announce our assessment schedule for the first half of 2024!

We currently offer assessments once a month, with the capacity for more frequency as needed. Check NOMV's events calendar to see dates through June.

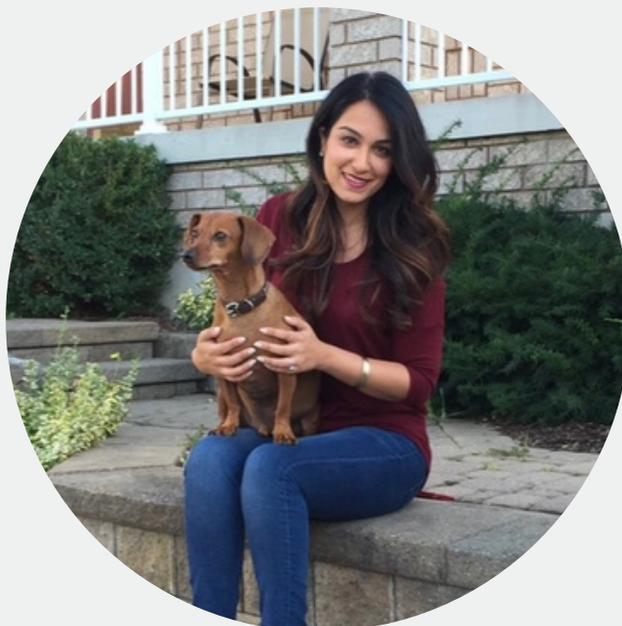
[Events Calendar](#)

## The Missing Link: Veterinary Wellbeing & Oppression

The lecture, by Angie Arora, MSW, RSW, is now available to watch on-demand on the NOMV website!

This webinar was included in our series, DEIB & Mental Wellbeing in Veterinary Medicine. In partnership with Pawsibilities.

[Watch the Recording](#)



## NOMV at WVC 2024



The NOMV team is thrilled to share that we will be at WVC 2024! If you are attending WVC, stop by **booth #2978** to say hi to the team and learn more about our programs!

If you are not attending WVC, check out our conferences page to find out if NOMV is attending a conference near you!

[Conferences](#)

## December Grants

Thanks to our generous donors, NOMV is able to provide support to veterinary professionals in distress through our Support Grants program.

In December 2023, NOMV awarded **\$14,150** to **30 veterinary professionals!**

Make a donation to NOMV to help continue this support of veterinary professionals.

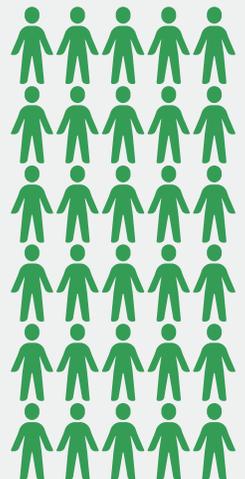
[Donate](#)

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**Applicants**



# Farewell Letter From Dr. Carrie Journey

Today marks a significant moment for me as I step down from my role as the president of NOMV. Several years ago, we implemented term limits, recognizing that NOMV is more than any individual and must evolve with the changing times. As my term concludes, I couldn't be more grateful for the incredible journey.



My association with NOMV spans nearly a decade. I joined our founder, Dr. Nicole McArthur, a few months after she initiated the veterinarian support forum. Over the years, our team expanded, and five of us decided to incorporate and establish a charity. We signed those initial documents on my kitchen table. Five veterinarians, huddled around a stack of papers, joined in their determination to support our community. We had absolutely no idea what we were doing, but like all veterinary professionals, we weren't going to let that stop us. We rolled up our sleeves and got to work.

Assuming the role of president in 2020, I had no idea what lay ahead. I don't think any of us could have predicted the challenges brought on by the pandemic. Leading NOMV through those tumultuous years is a source of immense pride, but I didn't do it alone. In the summer of 2020, we hired our first employee, a crucial move as the demand for our services skyrocketed. Now, with an outstanding team of 10 employees, several mental health program interns, and a couple of hundred volunteers, we've expanded our reach nationally and internationally. We've developed impactful programs like the anonymous peer-to-peer support service, Lifeboat, and the workplace well-being certification CLEAR blueprint. Our growth extends to student and educational programs, publishing our first peer-reviewed research paper, and supporting numerous projects – accomplishments that seem almost surreal in just three years.

The journey is far from over. I eagerly anticipate the next phase of NOMV's evolution. While I'm not stepping away entirely, with one more term on the board and chairing two committees, it's time for a new leader to take the helm. I'm thrilled to hand the reins to Dr. Brian Bourquin. As a board member for four years and owner of five veterinary practices in the Boston area, he has shown his commitment in the well-being of our community. I'm confident NOMV is in capable hands.

Serving as your president has been one of the greatest honors of my career. Although there's much work ahead for our organization and our profession, my hope remains for the day when NOMV is no longer needed. A day when we overcome well-being challenges and simply relish in the joy of our shared calling. Until then, as a former board member, Dr. Jason Sweitzer wisely said: you are not alone, and we are all one.

With heartfelt gratitude,  
Dr. Carrie Journey

# Letter From Dr. Brian Bourquin



I am honored to accept the position of Board President of Not One More Vet (NOMV). I want to thank the Board of Directors for their support now and in the journey to come.

On behalf of the Board, staff, and volunteers, I want to congratulate Dr. Carrie Journey for her leadership as Board President since 2020. She has sheperded NOMV from a kitchen-table intention, that “not one more” veterinary professional should suffer in silence to the leading organization addressing mental health and wellbeing to a global veterinary audience. It is Dr. Journey’s seemingly boundless energy and passion that drew the current Board and the staff together. Dr. Journey will remain on the NOMV Board of Directors and on the Executive Committee and continue to, figuratively and literally, write the book on veterinary mental health.

It was almost five years ago when I first heard about NOMV at a conference and a presentation on the state of mental health in the veterinary industry. It wasn’t a good story. At the time, I had been an associate veterinarian in Boston for over 10 years and was celebrating the fifth birthday of the independent clinic I had started. I had experienced many of the challenges, witnessed others who struggled day-to-day, and read all too often of those who succumbed to the hopelessness these challenges can evoke. We all have. But now, NOMV was created to bring a simple truth to light, that you are not alone. The resources we have are ourselves – peer support. I was captivated by the mission and the potential to save lives. After that first conference, Dr. Carrie Journey and I became fast friends – we both talk very fast, dance to our own music and believe strongly that our calling as veterinarians came with responsibility to the profession. One year later, at that same conference, I agreed to join the Board.

Our work together since that day has been transformational, always rising to where our profession needed us to be. Today, NOMV is positioned to provide these needed resources, whether in response to a crisis or in the work to prevent one. I am proud to contribute to the success of NOMV, grateful for the opportunity to lead it and hopeful that our mission to transform the mental health of the veterinary profession will be realized.

Dr. Brian Bourquin

# N O M



Elevating Veterinary Wellbeing



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