

NOM^vision

March 2024 | Newsletter



nomv.org

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

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Race Around the World 2024

We are thrilled to announce some exciting changes and improvements to the Race Around the World event for 2024!

First, the event will be held in May for Mental Health Awareness month, emphasizing the importance of elevating mental wellbeing within the veterinary profession. Additionally, this year's event will be on a new platform, Pledgelt. The platform bundles our favorite features from the previous platforms, offering an enhanced experience for all participants.



If you are interested in paying for your team's sign up fees, please fill out [this form](#) and a NOMV staff member will be in touch with you shortly.

If you are interested in becoming a [sponsor](#), please contact Gigi Tsontos at gtontos@nomv.org.

[Sign Up Now!](#)



A special thank you to Dechra,
our very first sponsor for
Race Around the World 2024!

Veterinary Mental Health Support (VMHS) Joins Not One More Vet (NOMV)

We are honored to announce that Veterinary Mental Health Support (formerly known as the Veterinary Mental Health Initiative, VMHI) has joined Not One More Vet. Together we will provide accessible, timely, and evidence-based mental health resources for the veterinary medicine community.

Specifically, this partnership will allow VMHS to continue supporting the professionals who diligently and compassionately care for animals and their humans, but now on a greater scale given NOMV's trusted role and established presence.

In response to this collaboration, Dr. Kathy Gervais, DVM, Co-Founder of VMHS and Chair of its Advisory Council, shared "this is important to me because I've had too many friends take their lives or leave the profession due to complications with mental health." Dr. Gervais named several brilliant and beloved colleagues who have died by suicide, and stated that VMHS was "for all those who are suffering."

Veterinary Mental Health Support plans to offer facilitated peer support groups beginning in May, and individual sessions for veterinarians by summer.

[Learn More](#)



New Course Now Available!

Therapy Systems Overview: A User Guide is a new course now available as part of an ongoing collaboration between NOMV and Dechra!

The course is available now on Dechra [US Academy](#) and [CA Academy](#).

[Dechra Academy](#)

February Grants

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

In February 2024, NOMV awarded **\$4,225** to **12 veterinary professionals!**

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

[Donate](#)

\$4,225

awarded to

12

Applicants



Spotlight

We are delighted to introduce Katie Lawlor, Psy.D, as the newest member of the NOMV team! Katie joins us in the role of Director of Veterinary Mental Health Support.



Katie received her doctorate from the joint program between the Stanford University Department of Psychiatry and Behavioral Sciences and the Pacific Graduate School of Psychology. She trained at both the Stanford University Medical Center and the VA Palo Alto Health Care System, focusing on Cognitive Behavioral Therapy (CBT), neuropsychology, and human-animal interactions (HAI). Prior to her career in clinical psychology, Dr. Lawlor held positions with NBC News in Beijing and New York City, the U.S. Department of State in Washington DC, and the Governor's Office of California. She holds a masters in economic policy from Columbia University and a BA from the University of Notre Dame.

Welcome to the team, Katie!

N O M



Elevating Veterinary Wellbeing



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