

# NOMV<sup>ision</sup>

May 2024 | Newsletter



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

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

Text "NOMV" to 44-321 to [Donate](#)

# Race Around the World 2024

We have reached the halfway point for NOMV's Race Around the World! So far, we have received over **\$60,000** in donations and our participants have logged over **50,000 miles!** A huge thank you to all of our incredible participants and supporters for staying active on the race platform and raising funds to support the NOMV mission. Feeling inspired to join the movement? Sign up now at [charity.pledgeit.org/RATW24](https://charity.pledgeit.org/RATW24).



[Sign Up Now!](#)

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## Thank You to Our Sponsors!



# Veterinary Mental Health Support

NOMV's Veterinary Mental Health Support Groups kicked off on May 15th. All VMHS services are completely free, confidential, virtual via a HIPAA-compliant platform, and facilitated by kind and understanding doctorate-level facilitators with specialties in depression and anxiety, grief and loss, work-life balance, trauma, and suicide prevention and response.

We offer 2 services: facilitated support groups for all veterinary medicine professionals, and individual (one-one-one) sessions for veterinarians.

## **Veterinarians Group**

Contact [vmhs@nomv.org](mailto:vmhs@nomv.org) for information on next series

## **Veterinary & Shelter Medicine Professionals Group**

Facilitator: Dr. Amanda Weiss  
Tuesdays at 4PM PT / 7PM ET  
4 consecutive weeks for 1 hour  
Start Date: May 21

## Call for Nominations: NOMV Annual Awards

Reminder to submit your nominations for our Annual Awards! This is a fantastic opportunity for us to celebrate the remarkable contributions of our dedicated supporters and volunteers.

Anyone is eligible to submit a nomination, including self-nominations, except for members of the Annual Award Review Committee. To submit a nomination, please complete the [nomination form](#) by June 1st. Save the date for our virtual awards ceremony September 18.

[Submit a Nomination](#)

# NOMV Mini-Conference & Gala

## A Decade of Veterinary Wellbeing

Join NOMV October 5th in Chicago to celebrate our 10th Anniversary!

Highlights include:

- The Impact of Stress and Trauma in Veterinary Medicine, Dr. Katie Lawlor
- Effective Communication with Colleagues & Maintaining Healthy Boundaries with Clients, Dr. Dustin Kieschnick
- When Helping Hurts: Moral Distress and Secondary Traumatic Stress in Vet Med, Dr. Carrie Journey
- Breath, Body, & Beyond: Practical applications of yoga, Dr. Nicole Taurisano

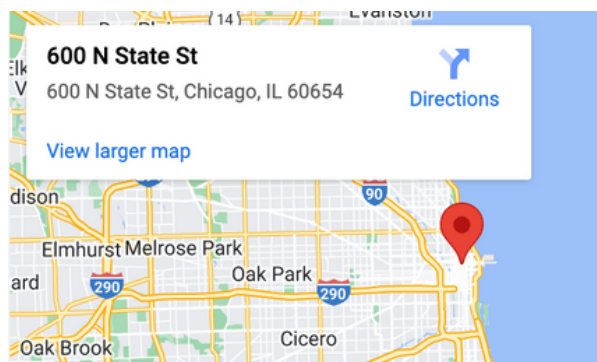


[Purchase Tickets](#)

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## Hotel Information

The Mini-Conference and Gala will be held at the Embassy Suites Chicago Downtown River North. We have a room block reserved for October 3, 2024 through October 7, 2024. If you are interested in booking a room, please do so by September 1st, 2024.



[Book a Room](#)

## CLEAR Blueprint Podcast



Kelsey Creelman, NOMV's CLEAR Blueprint Manager, was recently featured on Suveto's Let's Vet Together Podcast!

Kelsey explains the what and why of the CLEAR Blueprint program, and how it, and NOMV, continue to strive to better support the well-being of veterinary professionals everywhere.

[Listen Now!](#)

## Thank you for your Sponsorship!

NOMV would like to say thank you to Indevets and FIGS for their continued sponsorship and support for our mission to transform the status of mental wellness in the profession so veterinary professionals can survive and thrive through education, resources, and support.

# IndeVets

# + FIGS

## April Grants



**\$5,250**

awarded to

**16**

**Applicants**

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

In April 2024, NOMV awarded **\$5,250** to **16 veterinary professionals!** Make a donation to NOMV to help continue this support of veterinary professionals.

[Donate](#)

# N O M



Elevating Veterinary Wellbeing



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