



ANNUAL REPORT



2025

NOMVs mission is to transform the status of mental wellness within the profession so veterinary professionals can survive and thrive through education, resources, and support.

www.nomv.org

TABLE OF CONTENTS



01 President's Message

01 Our Team

02 Awareness, Education, & Outreach

03 Resources

04 CLEAR Blueprint

05 Peer Support

06 Veterinary Mental Health Support

07 Thank You to Our Volunteers

07 Race Around the World

08 2025 Unaudited Financial Overview

09 Our Partners

10 A Note from Our Executive Director

A Note from the Board President

Dear NOMV Supporters,

As my term as Board President comes to a close, I'm filled with gratitude for all we've accomplished together and optimism for the future of Not One More Vet (NOMV).

Guided by NOMV's mission to transform the status of mental wellness in the profession so veterinary professionals can survive and thrive through education, resources, and support, we've made meaningful progress.

Together, we expanded peer support through the Lifeboat and VMHS (Veterinary Mental Health Support) program, broadened our resource library with multilingual toolkits, strengthened outreach and education, and reinforced NOMV's financial and operational foundation to grow our impact.

None of this would be possible without our dedicated staff, volunteers, partners, and the veterinary professionals who trust us with their stories. It has been an honor to serve alongside you. **YOU ARE NOT ALONE!**

With gratitude and optimism,
Dr. Brian Bourquin, Board President (term ending 2025)



2025 TEAM

Board of Directors

Brian Bourquin , President	Caitlin Furlong , Secretary	Paul Mataras , Treasurer
Jennifer Glasgow , Tech	Taylor Miller , DVM	Debra Hamilton , Attorney
Nir Ben-Ari , DVM	Kathy Gervais , DVM	Lissa Capitano , DVM




Staff

Gigi Tsontos Executive Director	Danny Rosenmund Director of Outreach	Danielle Constein Director of Finance and Operations	Katie Lawlor Director of VMHS
Jenn Book Director of Engagement	Kendall Johnson Volunteer Coordinator	Gabby Cadieux Outreach Coordinator	Susie Mitchell CLEAR Blueprint Program Manager
Garrett Lloyd Communications and Development Coordinator	Cassiopeia Lee Lifeboat and Resource Administrator		

Awareness, Education and Outreach

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Key Accomplishments

-  Outreach, presentations, and tabling at various veterinary events
-  Prioritized volunteer experience, leveraging diverse experiences and expertises into productive, project-focused engagement opportunities
-  Expanded collaborative partners worldwide

“

It is always nice to know someone else has gone through this. Sometimes we just need confirmation that someone else is going through it and that there is nothing wrong with us if we are experiencing the same thing. It is always helpful to hear someone's story and how they worked through it.

”

12



Assets developed

Downloadable fact sheets, blog posts, tip cards, social media infographics

12

Video resources created

Published on NOMV's YouTube

84



Speaking engagement requests

136



Volunteer hours

Donated by committee members

Resources

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NOMV's LIST

“I was lost trying to find a therapist who **actually understood my role.** NOMV's List gave me options and **helped me take the first step.**”



Support Grants

Awarded to veterinary professionals across 47 US states and 16 international countries

393 offered grants



Housing - 300



Grocery - 254



Medical - 68



Mental health - 82



Transportation - 133



Emergency Grants

\$25,000 in emergency grant funding provided direct relief to five veterinary clinics in California, New York, and South Carolina.



“Help with bills and essentials allowed me to take a breath with my head above water for a moment, which led directly to better work and patient care.”



“Provided timely financial relief during a challenging period. It eased my stress, allowed me to focus on my responsibilities, and reminded me that support exists within our veterinary community.”

CLEAR Blueprint

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CLEAR Blueprint has expanded to a wide variety of veterinary workplaces.



Key Accomplishments

- ✓ Received the VMAE Best in Business Award, affirming CLEAR Blueprint's value and impact within the veterinary industry.
- ✓ Introduced CLEAR Yardstick, a quick, interactive assessment that allows veterinary professionals to gauge workplace culture and information on how to get involved in CLEAR.
- ✓ Launched the CLEAR Toolkit, an abridged version of CLEAR Blueprint's educational content and resources for clinics not currently able to enroll in the full program.
- ✓ Clinics reported improved client relations and staff engagement

Supported professionals around the globe with enrolled clinics in:

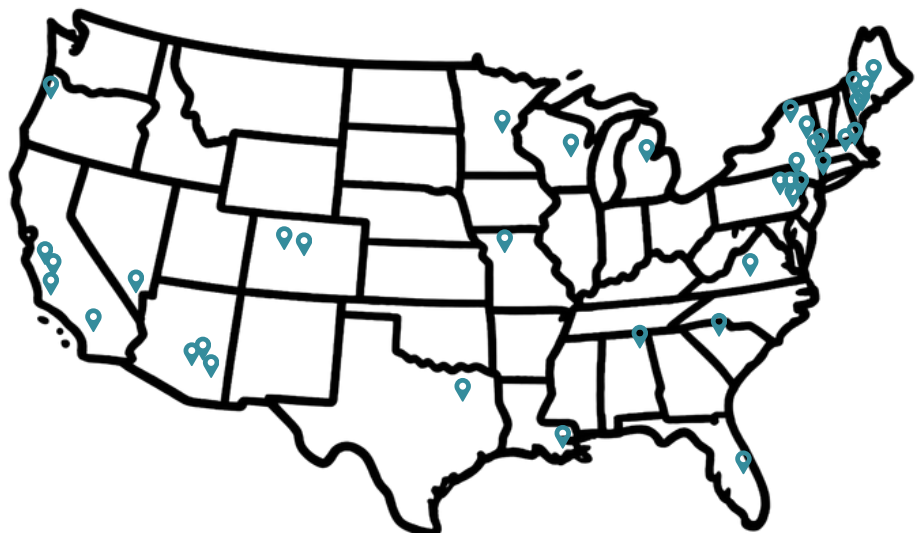
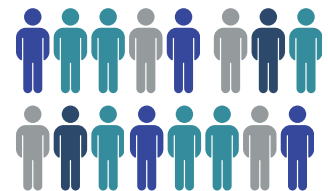
- U.S.
- Canada
- New Zealand
- Netherlands
- Brazil



Provided impactful support to certified and assessing clinics, reaching over:

4540

individuals



Peer Support

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1386

total Lifeboat user accounts

25

active peers per month (average)

54

total volunteers



Forums

6,404

members in
NOMV Support Staff forum

31,251

members in
NOMV Veterinary forum

Key Accomplishment

Enhanced volunteer training to ensure evidence informed peer support practices



“My companions made me feel heard and understood, and provided valuable tools that I've since used in other aspects of my life.”-Peer

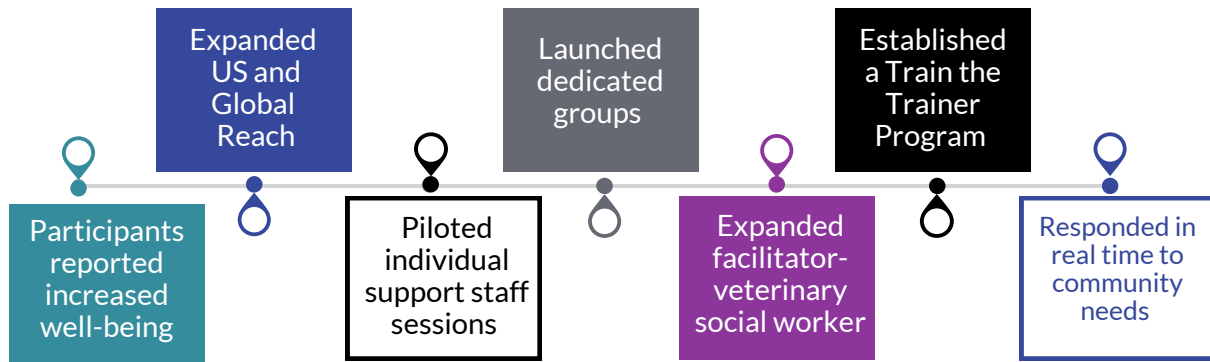


“[Lifeboat] gives me a sense of being present for my peers...even if distance exists between us....we form a support net that informs [our peers’] decision making to grow in their wellbeing”- Volunteer



Veterinary Mental Health Support (VMHS)

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“Your groups are personal and valuable. I still keep in touch with one of the vets I met in 2021. This is my opportunity to get more connected with other veterinarians.”

THANK YOU TO OUR VOLUNTEERS

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110

active volunteers provided peer support, educational materials, and more.

“

“I truly appreciate the opportunity to stay connected and engaged with the community. Thank you again for all that you do to support and recognize your volunteers. I’m grateful to be part of this community and look forward to contributing in any way I can.”



Race Around the World 2025

30

Countries

- Australia
- Austria
- Belgium
- Bosnia & Herzegovina
- Brazil
- Cambodia
- Canada
- Croatia
- Denmark
- Finland
- France
- Germany
- Greece
- Ireland
- Italy
- Mexico
- Netherlands
- New Zealand
- Poland

226,589.50

Total Miles Logged

1,947

Participants

\$90,801.83

Raised

- Port Elizabeth, South Africa
- Portugal
- Serbia
- Slovenia
- South Korea
- Spain
- Sweden
- Switzerland
- United Kingdom
- United States

Financials

Expenses by Activity

● Fundraising \$103,363 ● Management \$209,971 ● Programming \$1,230,218



Income by Source

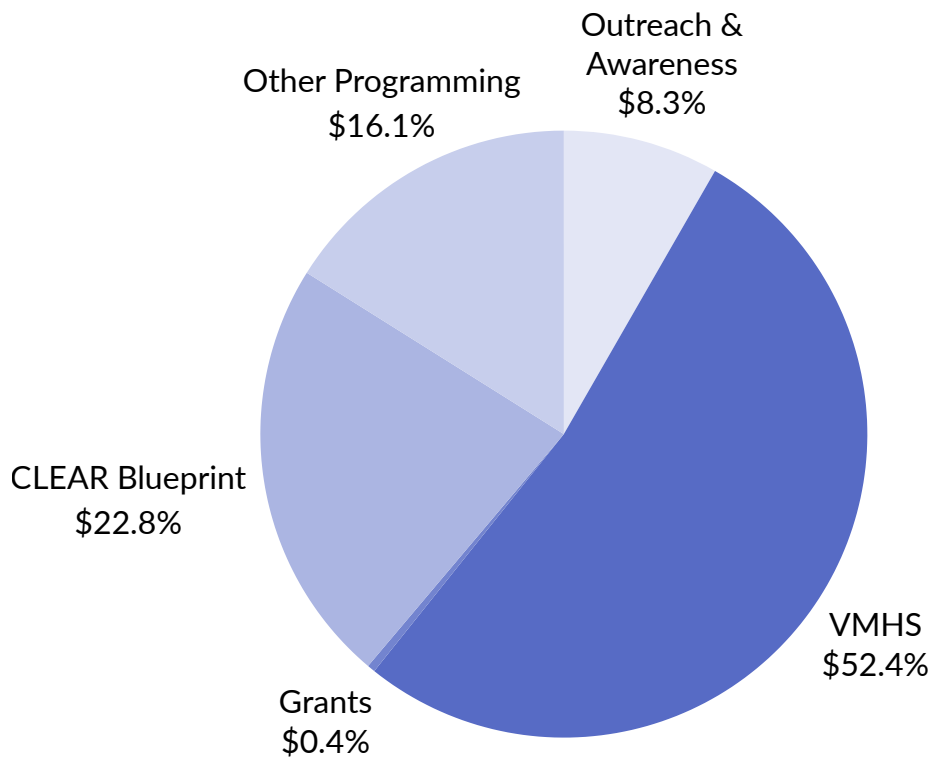
● Sales & Services \$21,898 ● Unrestricted Donations \$533,815

● Temporarily Restricted Donations \$60,500

● Restricted Grants \$545,000



Restricted Income by Program



Thank You 2025 Partners

GLOBAL



CHAMPION



PLATINUM



GOLD

Wedgewood Pharmacy

KVP International, Inc.

Midwest Veterinary

SILVER

Cook Family

Emet Marwell Family

Roo Vet

Tempus Recruitment

Westminster Kennel Club

Neighborhood Vet Centers

Nolan Watters Fund

BRONZE

Chewy Health

Hilltop Biosciences, Inc.

Vet Receptionists

Scott/Bolanos Family

Patterson Companies

Reed Family

DK Sweitzer Family

Helping Hands Charitable Fund

BLUE RIBBON

Associated Veterinary Partners

CUBEX

IDDEXX Laboratories

PetAssure Corporation

Veterinary Emergency Group

Bashaw Family Foundation

THANK YOU TO ALL OF OUR DONORS!

Letter from Our Executive Director

Dear NOMV Community,

As we close out 2025, I am filled with deep gratitude for the resilience, generosity, and partnership that continue to define the NOMV community. This year asked us to stretch, adapt, and recommit to supporting the mental health and well-being of veterinary professionals—and because of you, we delivered meaningful impact when it mattered most.

NOMV's programs continued to grow in both reach and sophistication. **CLEAR Blueprint** strengthened its role as a trusted, evidence-informed blueprint for embedding mental health into clinic culture. Our **education and outreach** efforts expanded, equipping thousands of veterinary professionals and students with tools to recognize distress, build supportive environments, and intervene early. Through NOMV's peer support programs, **VMHS and Lifeboat**, we connected individuals to essential support and through our **grants**, community members were able to meet their basic needs. None of this would be possible without our extraordinary volunteers, partners, and donors who share NOMV's belief that every member of the veterinary community deserves to feel supported, valued, safe, and never alone.

This year also marked important internal development. NOMV invested intentionally in staff training, program evaluation, governance, and infrastructure. These improvements ensure that we can grow sustainably and continue meeting the rising demand for mental health support across the profession. We also deepened our collaborations with veterinary associations, academic institutions, and mental health experts—multiplying our collective ability to change outcomes and culture across the field.

As we look ahead, our commitment remains clear: **to provide compassionate, evidence-informed support; to elevate the voices of veterinary professionals; and to continue driving systemic change so that well-being is not aspirational, but foundational.** We enter 2026 with renewed energy, strong partnerships, and a community that refuses to accept anything less than a healthier, safer profession.

Thank you for believing in NOMV's mission and for standing with us as we work toward a future where every veterinary professional thrives. Your support changes lives—and together, we are changing the trajectory of this profession.

With gratitude,

Gigi Tsontos, LCSW MPA PCC
Executive Director, NOMV



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www.youtube.com/@notonemorevet

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THANK YOU!

We envision a veterinary profession that honors and elevates sustainable well-being.

Not One More Vet, Inc is a 501(c)(3) public charity, EIN 82-0651952

Platinum
Transparency
2025

Candid.



NOMV
NOT ONE MORE VET