

FOR IMMEDIATE RELEASE:

The National Association of Veterinary Technicians in America (NAVTA) announces the formation of the Veterinary Team Wellbeing Task Force July, 2018.



For decades, studies have detailed that veterinarians are at risk for depression, psychological distress and burnout. Veterinary team members show a progression from idealistic enthusiasm to a gradual loss of energy and commitment. Fatigue, frustration, and mental anguish may lead to feelings of incompetence, helplessness, and hopelessness – and can shorten a career or lead to a toxic environment within your veterinary team. The entire veterinary team is at risk. The Wellbeing Task Force will provide resources to veterinary technicians/nurses and team members.

Wellbeing begins with personal wellness. If veterinary team members can't take care of their own health, they will find it difficult to care for patients and support the team. The Task Force will help create tools that will assist NAVTA members and veterinary professionals in assessing personal wellness, review resources to determine how one can develop a self-care program to improve work-life balance, reduce compassion fatigue, and improve physical health and financial fortitude.

Mission: The NAVTA Wellbeing Task Force serves veterinary team members in actively creating a life and career that is fulfilling, rewarding, and sustainable.

Vision: Empower all veterinary team members to advocate and strengthen each other in an optimistic manner through solutions in wellbeing.

Values:

- Lives
- Resourcefulness
- Empathy
- Caring for Yourself and Others
- Leading Through Example
- Collaboration
- Trust

Roll-Out will begin during National Veterinary Technician Week including [resources and tips on the NAVTA website](#) related to:

- Physical Wellbeing
- Mental Wellbeing
- Professional Wellbeing
- Veterinary Team Finances & Debt Load
- Harassment & Bullying

Anticipate information related to peer assistance, help-lines and guides for everyone on the veterinary healthcare team. The Task Force will be working with representatives of the [AVMA](#) and [AAHA](#), tapping into their many publications. We greatly appreciate their support and collaborative spirit!

Task Force Members include:

Mary Berg, BS, LATG, RVT, VTS (Dentistry), Chair

Rebecca Rose, CVT, Co-Chair
Rachel Lees, RVT, KPA CTP, VTS (Behavior)
Beckie Mossor, RVT
Sandra Morales Foster, LVT, MSEM, DrPH
Malia Frisen, BA, LVT
Tiana Hibpshman, Veterinary Technician Student
Beth Ann Skiles, RVT, RLATG
Becky Murray, CVT, MA, LCPC
Wendy Jurski, BA, CCFE
Megan Baylor, CVT

The dynamic task force members are eager to provide NAVTA members and veterinary professionals resources improving their personal and professional lives!

Questions? Forward questions to info@NAVTA.net attention "Wellbeing Task Force".

You are encouraged to join NAVTA at www.NAVTA.net.

About NAVTA

NAVTA's mission is to advance veterinary nursing and veterinary technology. Whether you are a highly experienced veterinary technician or a newcomer to the veterinary health care profession, the National Association of Veterinary Technicians in America has something to offer you. All team members and industry partners are encouraged to become a member of NAVTA.

Disclaimer:

The website does not provide specific psychotherapy advice. The site is intended only for use by consumers in search of general information pertaining to wellbeing and related topics. Content is not intended to replace or serve as substitute for professional consultation or service. Observations and opinions on the website should not be misconstrued as specific advice.

If you are in crisis, please call the [National Suicide Prevention Lifeline](https://www.national suicide prevention lifeline.org/) at 1-800-273-TALK (8255) or contact the [Crisis Text Line](https://www.crisistextline.org/) by texting TALK to 741741.