Canadian Veterinary Medical Association

Association canadienne des médecins vétérinaires

Supporting Veterinary Professionals' Mental Health through a Peer-to-Peer Community

Join the **Canadian Veterinary Medical Association** (CVMA) and **Togetherall** to discuss the unique stressors impacting the veterinary profession and how a peer-to-peer community can help. This webinar will highlight the current state of mental health amongst the Veterinary profession, personal stories about mental health challenges, and how peer support can be instrumental in recovery and ongoing management of symptoms. The webinar will also highlight a mental health resource that is available to all CVMA members and students – Togetherall, a clinically-moderated online 24/7 anonymous platform. You can access the Togetherall platform through the QR code above.

April 12, 2023

12 - 1 p.m.

45-minute presentation with a 15-minute Q&A

Register here

Speaker Bios

Dr. Kathy Keil, DVM, BA Psych, MA Psych

Dr. Kathy Keil is a technical services veterinarian at Merck Animal Health Canada. She earned her DVM from the Ontario Veterinary College and her BA and MA in Psychology from the University of Western Ontario. Dr. Keil has training in Mental Health First Aid, safeTALK suicide awareness, ASIST suicide intervention, mindful-stress reduction and self-compassion, and is licensed to teach safeTALK suicide awareness. She is the Chair of the CVMA Veterinary Wellness Advisory Group and a member of the Alberta Veterinary Medical Association member wellness committee. Dr. Keil leads the CVMA-Merck Animal Health

awareness campaign, *It's Time to Talk about Mental Health in Vet Med*.

Mary-Lyn Kieffer, Togetherall

Mary-Lyn Kieffer is a passionate mental health advocate and Senior Manager of Partnerships at **Togetherall**, an online peer support community moderated 24/7 by licensed clinicians. She was most recently the executive director of the **Made of Millions Foundation, Canada** — a mental health nonprofit organization. She is also an active member in the mental health community in Toronto and has completed a Peer Support Training program. Prior to her advocacy work, she was a marketing and business development professional in both the financial and legal industries, as well as an event producer for Fortune 500 companies. Mary-Lyn holds a Master's Degree and Bachelor of Arts Degree in International Economics and Finance.

Smokey Walters, RVT

Smokey Walters graduated from the Northern Alberta Institute of Technology's (NAIT) Animal Health Program with Honours in 1997. She also holds an advanced French bilingual diploma, has completed over five hundred hours of veterinary continuing education, as well as courses in health sciences, mental health first aid, and ASIST suicide intervention. Smokey worked as an RVT in small, exotic, and mixed animal practice for 12 years before she became the Executive Assistant for the Edmonton Association of Small Animal Veterinarians (EASAV). Since that time, she has enhanced collegiality in the Edmonton area. With a belief that it takes a community to support families and society, Smokey has been an active volunteer since the age of 15 when she began teaching karate, practicing environmental stewardship, and organizing suicide prevention workshops and committees in high school. Her volunteerism has included stage management at the Yardbird Suite and service on committees of the Alberta Association of Animal Health Technologists (now known as the ABVTA) and the ABVMA.

Dr. Josh Cousins, DVM

Dr. Josh Cousins is a 2019 graduate of the Western College Of Veterinary Medicine (WCVM) and currently practices small animal medicine in Prince George, BC. When he isn't working, Josh enjoys cartooning, Dungeons

& Dragons, and working on a number of different art projects. His experiences with mental health began in 2013 when he started struggling with depression and suicidal ideation during his undergraduate years. These issues came up again during vet school, at which point he got the help of the school's counselor, Erin Wasson. Thanks to her, he was able to work through his issues and now tries to share his story to help others on their own mental health journeys and break down the stigma of mental health and suicide.

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togetherall

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