

Wellness and Peer Assistance Committee

Minutes

April 9, 2018

12:00 – 2:00 pm

Member Attendees:

Dr. Marceen Hammer, Chair

Lindsey Knox, 4th year vet student co-founded student wellness committee called “Just Breathe”

Dr. Joni Scheftel

Dr. Hilary and Elizabeth Mohr

Colleen Crockford, Crockford Consulting

Dr. Margaret Gordon

Staff attending:

Kelly Andrews

The committee members introduced themselves.

The minutes of the April 12, 2017 were discussed and Elizabeth Mohr moved to approve and Marceen Hammer 2nd. All approved.

1. **Bill W. Meeting** – Had a meeting at the 2017 convention and 1 other person attended with Marcie Bower. There was not a Bill W. meeting in Rochester in 2018. Do we want to continue to focus on having this type of meeting at our convention? We could continue to have an outside source at upcoming conventions. Should we call it something different so everyone understands what it is? Make sure to have it away from other congested areas. Marceen will talk to Marcie Brower about the name to call this “meeting” and who is the source that can run this meeting. Have a potential speaker for this meeting.
2. **2018 MVMA – Work-life Balance**, Colleen discussed how she thought the presentation went. She gave tools and strategies for how to deal with the imbalance of work and life. Colleen received good feedback and further feedback was that the topic remains overwhelming. Veterinarians are often “perfectionists” and this adds to the imbalance.

2019 Convention

Potential topic – Opioid Crisis

Rick Moldenhauer, MS, LADC, – addiction speaker

Epidemiologist for state of MN, DEH, Injury and Violence Prevention unit, keeps track of statistics of who is affected – Nate Wright – potential speaker. Could this be a panel?

Should this be the Just in Time Panel Discussion on Thursday – Opioids

Hazelden – active opioid counselor working with people with dependency problems this person could talk about the changes that occur in your body.

Willing person affected would be helpful. Kelly will check on who was from Hazelden in the past and Joni will contact Nate Wright, Marceen will try to contact Rick

Moldenhauer. Kelly will call Hazelden.

Legislator to speak on opioid laws. Panelist discussing the Clinic PHMP.

3. Committee charge

Can we put action to our charge? How do we do this?

We achieve this by creating action steps or bullet points of action that can be communicated.

- If you need immediate support or help, please contact the National Hotline here - MVMA office if you need additional support – **they will direct you to a wellness committee member**
- Check our MVMA.org/Wellness for further Resources
Colleen and Kelly will work on the resource page for the wellness page and set up links to resources and send the updated page to committee members for approval. Keep the language warm and positive. What this “can do”.

Dr. Margaret Gordon, use cell Dr. Marceen Hammer, home and Hilary Mohr, home and Marceen Hammer will check with Dr. Marcie Brower if she wants to remain on the list used by staff.

4. Committee Promotion

Publish our charge with bullets above in the newsletter as an advertisement x times per year with the July/August issue as our first issue after website page is developed.

Develop the advertisement and send to committee for review.

Promote on FB.

To get the word out we could produce on a 3 x 5 or 2 ½ x 3 size magnet and we can develop this after an advertisement is developed. We have plenty of time.

5. Student Group – “Just Breathe” update

Speakers come in and speak on topics such as imposter syndrome and perfectionism, work life balance, the committee does and advertises hikes and movie nights, bowling and paint your pet, having fun things to do and develop ways to handle stress.

Kelly will get to Lindsey Knox the information for *Learn to Live* to see if they are or can be a resource for the “Just Breathe” committee.

Do the students need to have our committee visit and who do you work through? Can we support the students through requests for support for some of Just Breathe events?

Organizational culture at veterinary practices needs to shift to allow more work life balance. We need more education on this topic.

Wellness and Peer Assistance Committee (formerly Chemical Impairment and Addictions Committee)

BOD Liaison: *Dr. Joni Scheftel*

Committee Chairs: *Dr. Marceen Hammer*

Provide help and be a resource of information to MVMA members on issues of chemical dependence, mental health, professional burn-out and compassion fatigue.

The members regard it as their responsibility to identify and/or provide assistance to MVMA members in need and to help them resume a well-balanced and healthy life. The committee is not a regulatory agency and does not report to one.