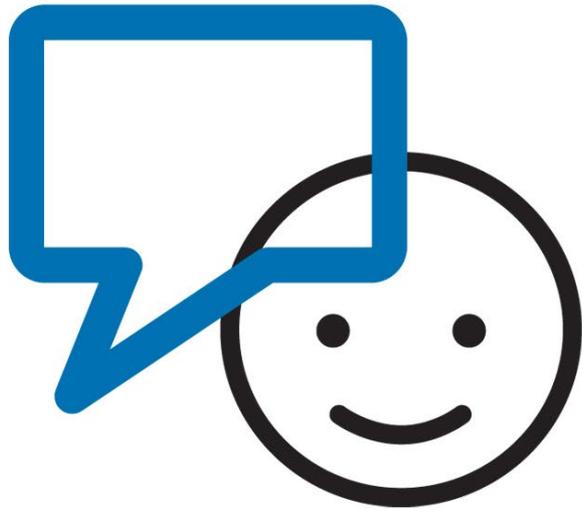


Thank you for joining!

The webinar will start at 12 pm ET.

Text 587-777-2342 if you are having technical difficulties



Bell

Let's Talk

Facilitator: Dr. Kathy Keil

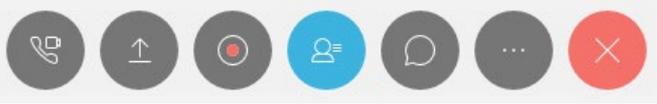
Co-facilitator: Dr. Leann Benedetti

Automatically muted upon entry

Some phones may not be muted

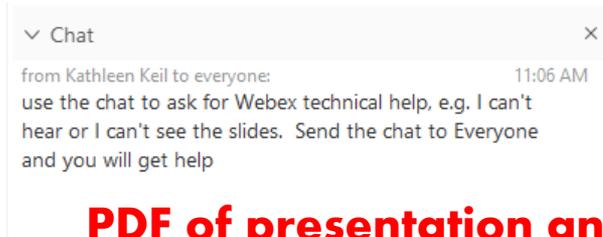
Please mute your phone to eliminate background noise

To ask a question or make a comment use the chat icon



Click on the chat icon

Chat box opens on the lower right hand side of the screen.



PDF of presentation and CE certificate will be available on CVMA website
<https://www.canadianveterinarians.net/mental-health-webinars>

Type in the chat:



**What is your favourite
kitchen utensil?**

Welcome and Agenda:

Facilitators today

**Encourage open talk about
mental illness and mental health**

**Understand and break down
stigma**

**Take action – It's OK to ask for
help. It's OK to offer help**



Dr. Kathy Keil
B.A. and M.A. Psych;
D.V.M.

Studied cognitive psychology and mental health in university. I am not a licensed psychologist

Practiced veterinary medicine and currently Merck Technical Services Veterinarian, Calgary AB

Certified to teach Suicide Awareness (safeTALK) and yoga

Completed courses in Mental Health First Aid, Mindfulness Based Stress Reduction and Self-Compassion, Applied Suicide Intervention Skills, and Compassion Fatigue

Member of the Canadian and Alberta Veterinary Medical Association Wellness Committee and advocate for mental health in our profession

Practitioner of wellness in everyday life

Dr. Leann Benedetti

D.V.M. ACC CCFP BSc



Practiced (mixed, small and mobile) as an associate as well as a practice owner and still practicing in clinic 2 days a week

First and only Veterinarian certified with the International Coach Federation as an Executive Coach. Candidate for Physician Development Coach in March 2021

Dedicated to providing mental and emotional support to Veterinarians and Veterinary Teams and raise awareness around our mental health and wellness

Certified Compassion Fatigue Practitioner with life and learned experience in my personal journey through veterinary medicine. Completed Medical Health First Aid

Member of Canadian and Ontario Veterinary Medical Associations, and Co-Director of the soon to be launched National Peer Support Program for Canadian Veterinarians

Practitioner of intentional, mindful, Wholehearted Living in everyday life

Mental health problems and mental illnesses can be on this webinar in a personal way

Know that you are not alone. We want to make sure you OK. There are people to talk to

Your social network of peers, friends, family, GP, counsellors

Provincial VMA EFAP – list available on CVMA website > Mental Health Awareness Week

Provincial 211 phone number/website for community resources



centre for
suicide prevention

Thinking of suicide? You are not alone.
Help is available. Call 1-833-456-4566

I'M READY
TO LISTEN
AND HELP



SHARE
YOUR STORY



Centre de _____
prévention du suicide
_____ de Québec

Vous songez au suicide? Vous n'êtes pas seul.
Obtenez de l'aide. Appelez au 1-866-277-3553

JE SUIS PRÊT
À T'ÉCOUTER
ET T'AIDER



PARTAGE
TON HISTOIRE



<https://www.canadianveterinarians.net/mental-health-awareness-week>





1 in 5 CDNS will experience a mental health problem or illness within a year

- **Even if you have not experienced a mental illness, chances are someone close to you has or will have a mental illness at some point**
- **In the workplace nearly 1 in 2 workers in Canada say they have or have had mental health issues**
- **500,000 CDNs will be absent from work for mental health issues every day and depression and other mental health problems or illnesses is the leading cause of workplace disability**



- **1 in 20 veterinarians classified as having serious psychological distress (Kessler Scale)^{1,6}**
- **67-79% of veterinarians report depression, anxiety, panic attacks, and compassion fatigue in the last year²**
- **Risk factors for serious psychological distress include ^{1,2} :**
 - **Less than 45 years of age, working more than 45 hours per week, working evening hours, working more or fewer hours than desired, and having financial debt**
- **Female veterinarians experience higher levels of psych distress than male veterinarians^{1,2}**
- **37% student veterinarians diagnosed with clinical depression³**
- **47% of veterinary students have a personal history of depression, anxiety or substance abuse³**
- **92.8% of veterinary technologists at moderate to high-risk of burnout with elevated risk of depression^{4,5}**

1 Volk, J. O., Schimmack, U., Strand, E. B., Vasconcelos, J., & Siren, C. W. (2020). Executive summary of the Merck Animal Health Veterinarian Wellbeing Study II. *Journal of the American Veterinary Medical Association*, 256(11), 1237-1244.

2 Volk, John O., et al. "Executive summary of the Merck Animal Health veterinary wellbeing study." *Journal of the American Veterinary Medical Association* 252.10 (2018): 1231-1238

3 <https://www.avma.org/javma-news/2016-05-01/studies-confirm-poor-well-being-veterinary-professionals-students> accessed on January 20, 2020

4 Deacon, Rebecca E., and Paula Brough. "Veterinary nurses' psychological well-being: The impact of patient suffering and death." *Australian Journal of Psychology* 69.2 (2017): 77-85.

5 Fuchs, Sylvia J. *Mental Health, Practice-Related Stressors, and Job Satisfaction Of Veterinary Technicians in Nevada*. Diss. 2018.

6 Kessler Scale - <https://bhsol-pssd.vac-acc.gc.ca/bhsol-pssd/public/pdf/f0800.pdf>



ANSWER: TRUE

PEOPLE WITH MENTAL ILLNESS, CAN AND DO FUNCTION WELL IN THE WORKPLACE.

In fact, they are unlikely to miss any more workdays because of their condition than people living with a chronic health condition like diabetes or heart disease.



ANSWER: ALL OF THEM ARE REAL ILLNESSES

**MENTAL ILLNESSES ARE BONA FIDE
MEDICAL CONDITIONS.**

People with mental illness have serious symptoms which aren't within their control. Research shows that there are biological and genetic causes for mental illness, and they can be treated effectively.



MENTAL HEALTH ILLNESS CHECKLISTS

The Public Health Agency of Canada defines mental illnesses as alterations in thinking, mood or behaviour associated with significant distress and impaired functioning. They result from complex interactions of biological, psychosocial, economic and genetic factors.¹

Mental illnesses can affect individuals of any age; however, they often appear by adolescence or early adulthood.

There are many different types of mental illnesses, and they can range from single, short-lived episodes to chronic disorders. It would be impossible to cover all types in this checklist document.

As such, the checklists will focus on anxiety disorders, mood disorders, including major depression and bipolar disorder, substance-related disorders and psychotic disorders, with the intent to help recognition of self and others.

Each person is different and will have unique signs and symptoms, but here are some of the more common ones for each mental health problem.

ANXIETY

Anxiety disorders are characterized by excessive and persistent feelings of nervousness, anxiety and even fear which interfere with an individual's everyday life for an extended period of time.

Signs and symptoms of anxiety^{2,3}

Psychological include:

- Excessive worry
- Feeling keyed up, on edge
- Irritability, impatience
- Fear, sense of doom or imminent danger
- Difficulty relaxing
- Feeling detached from oneself
- Mind racing or mind going blank, difficulty concentrating or paying attention
- Sleeping poorly, difficulty falling asleep, vivid dreams

Physical include:

- Heart palpitations, chest pain, rapid heart rate, flushing
- Hyperventilation, shortness of breath
- Dizziness, headache, vertigo, tingling or numbness of the skin
- Dry mouth, choking, stomach pains, nausea, vomiting, diarrhea
- Muscle aches and tension, restlessness

Behavioural include:

- Obsessive or compulsive behaviour
- Distress in social situations
- Avoidance of situations



You might be wondering how to learn more about signs and symptoms of anxiety and how to help someone with anxiety. Check out www.mhcc.ca/healthystalk.org/2018/09/how-to-help-someone-with-anxiety/



LISTE DE VÉRIFICATION DES MALADIES MENTALES

Par conséquent, les listes de vérification portent essentiellement sur les troubles anxieux, les troubles de l'humeur (y compris la dépression majeure et le trouble bipolaire), les troubles attribuables à la consommation de substances et les troubles psychotiques, pour vous permettre d'en déceler les signes chez vous ou chez d'autres personnes.

Chaque personne est différente. Les signes et les symptômes des maladies mentales varient donc selon le cas. En voici une liste des plus courants, énumérés par trouble mental.

ANXIÉTÉ

Les troubles anxieux sont caractérisés par une nervosité, une anxiété, voire une peur, excessives et persistantes qui perturbent de façon prolongée le quotidien de la personne atteinte.

Signes et symptômes d'anxiété^{2,3}

Psychologiques :

- Inquiétude excessive;
- Grande nervosité;
- Irritabilité, impatience;
- Peur, impression de catastrophe imminente ou de danger imminent;
- Difficulté à relaxer;
- Impression d'être déconnecté de soi-même;
- Pensées qui partent rapidement, ou incapacité à réfléchir; difficulté à se concentrer ou à prêter attention à ce qui se passe;
- Incapacité à bien dormir; difficulté à s'endormir; rêves marquants.

Physiques :

- Palpitations cardiaques, douleurs thoraciques, fréquence cardiaque rapide, bouffées de chaleur;
- Hyperventilation, essoufflement;
- Étourdissements, maux de tête, vertiges, picotements ou engourdissement de la peau;
- Sècheresse de la bouche, impression de s'étouffer, douleurs gastriques, nausées, vomissements, diarrhée;
- Douleurs et tension musculaires, agitation.

Comportementaux :

- Comportement obsessif ou compulsif;
- Détresse dans les situations sociales;
- Évitement de certaines situations.

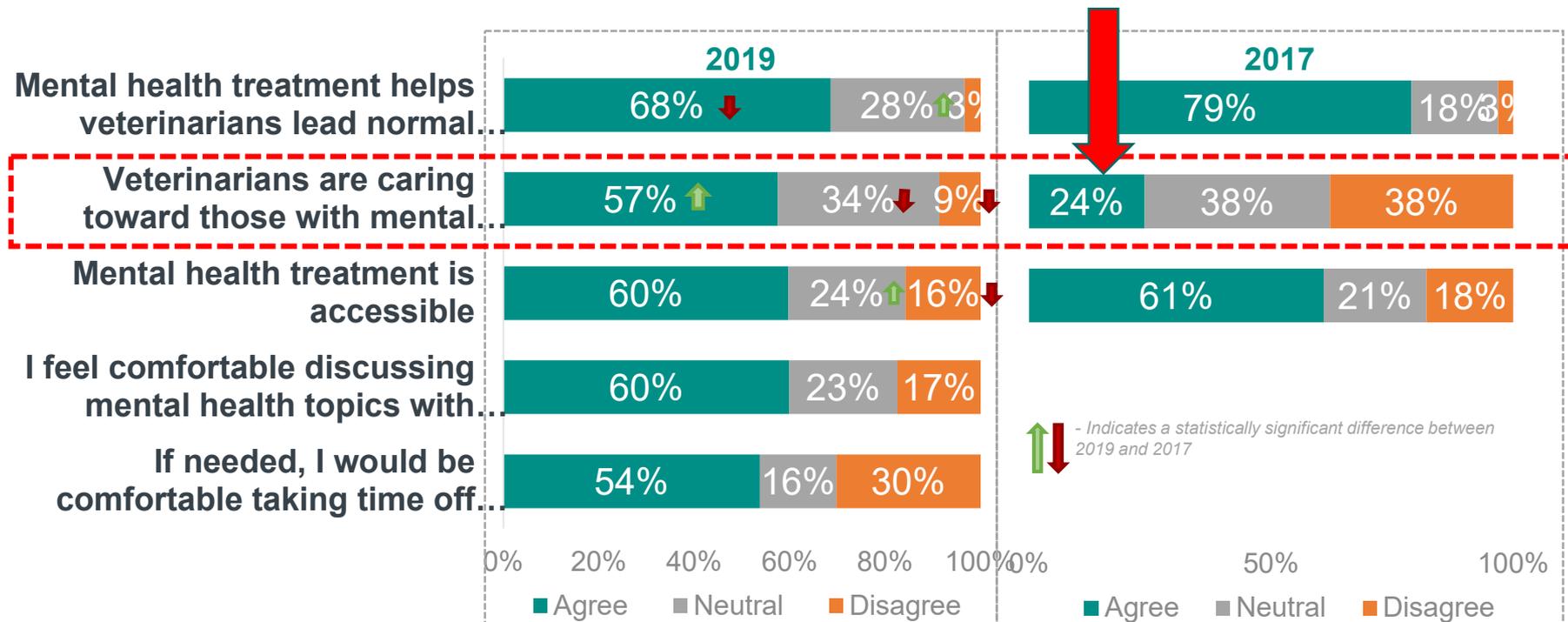


Pour en savoir plus sur les signes et les symptômes d'anxiété et les façons d'aider les personnes atteintes d'anxiété, consultez le www.mhcc.ca/healthystalk.org/2018/09/how-to-help-someone-with-anxiety/ (en anglais seulement).





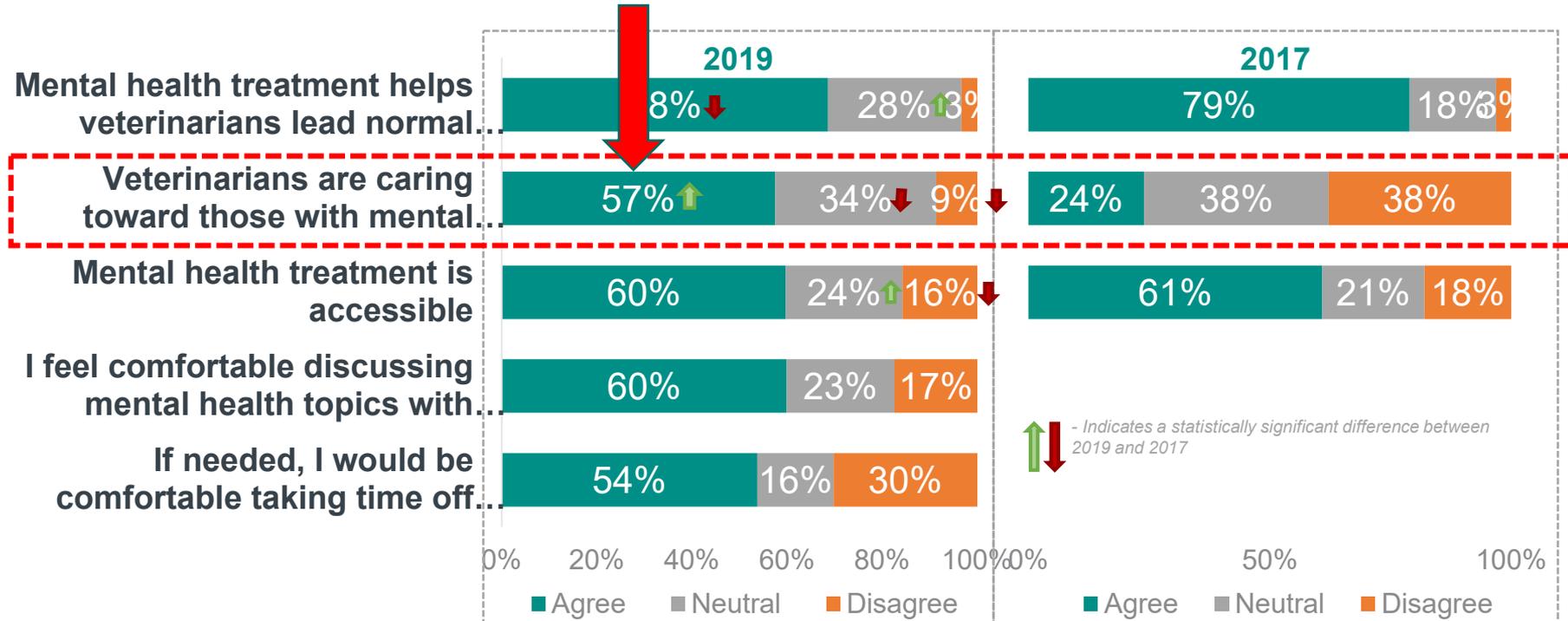
24% of veterinarians believe their colleagues are caring towards those with mental illness (2017)



Volk, John O., et al. "Executive summary of the Merck Animal Health veterinary wellbeing study." *Journal of the American Veterinary Medical Association* 252.10 (2018): 1231-1238.

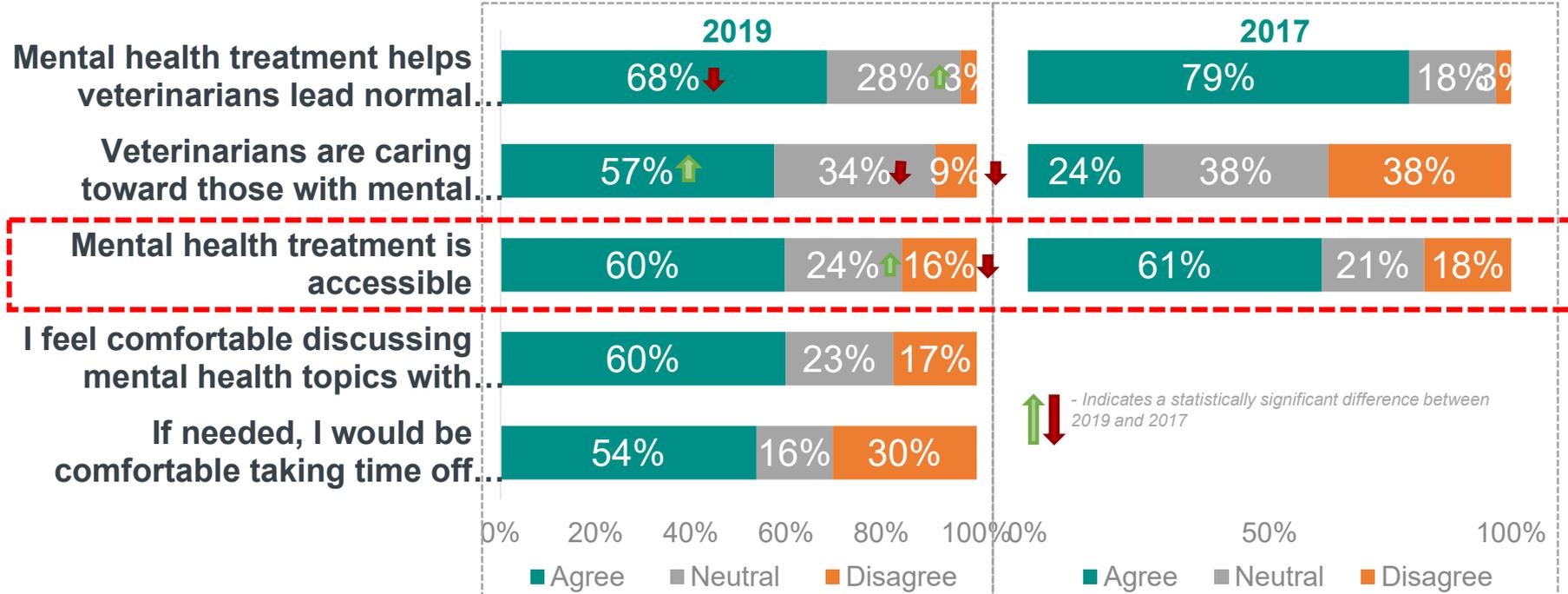
Volk, John O., et al. "Executive summary of the Merck Animal Health Veterinarian Wellbeing Study II." *Journal of the American Veterinary Medical Association* 256.11 (2020): 1237-1244.

57% of veterinarians believe their colleagues are caring towards those with mental illness (2019)



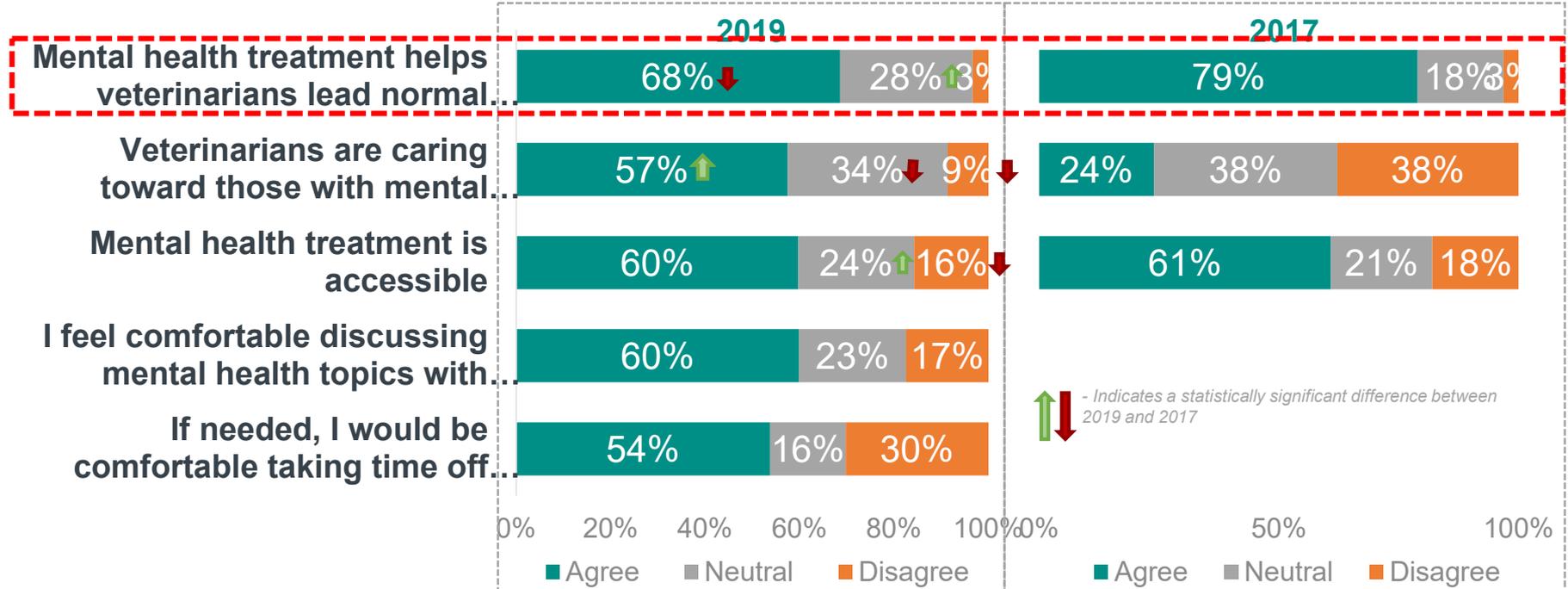
Volk, John O., et al. "Executive summary of the Merck Animal Health veterinary wellbeing study." *Journal of the American Veterinary Medical Association* 252.10 (2018): 1231-1238.
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Accessible treatment – VMA EFAP, Provincial 211, Wellness Together ca.portal.gs/



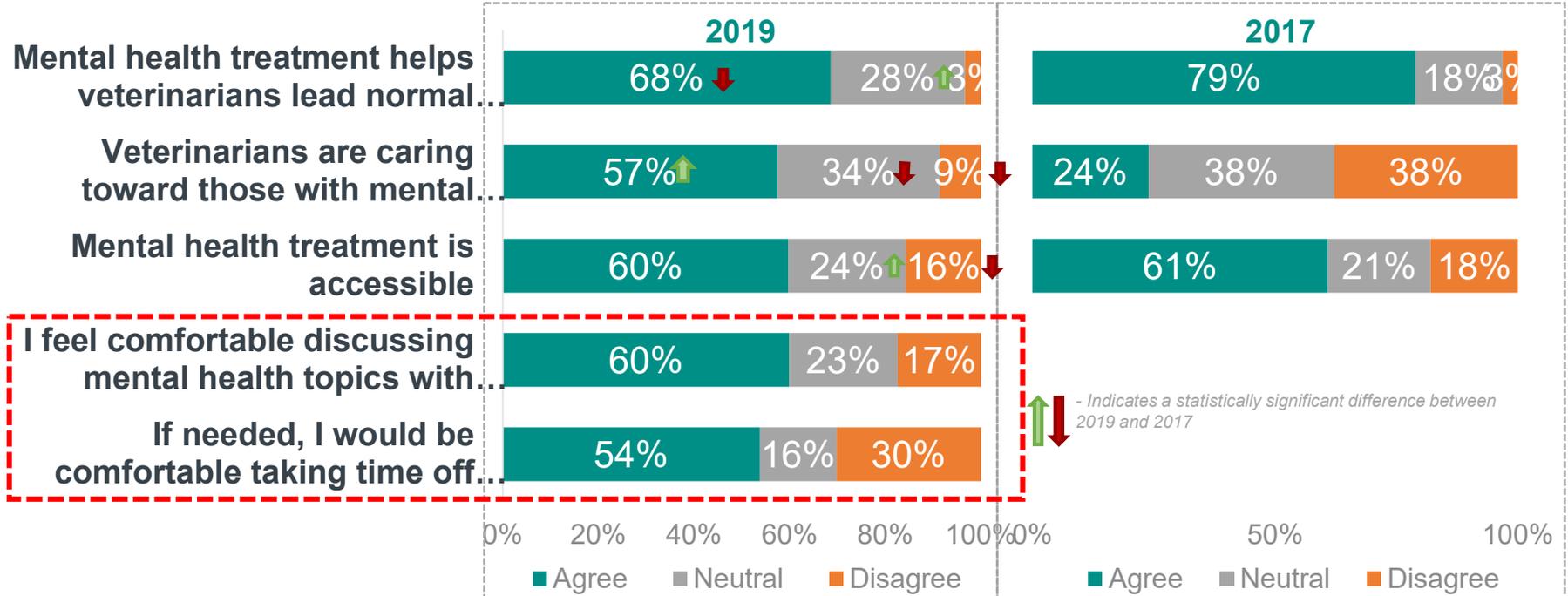
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Remember that mental illness can be treated and people with mental illness can get better



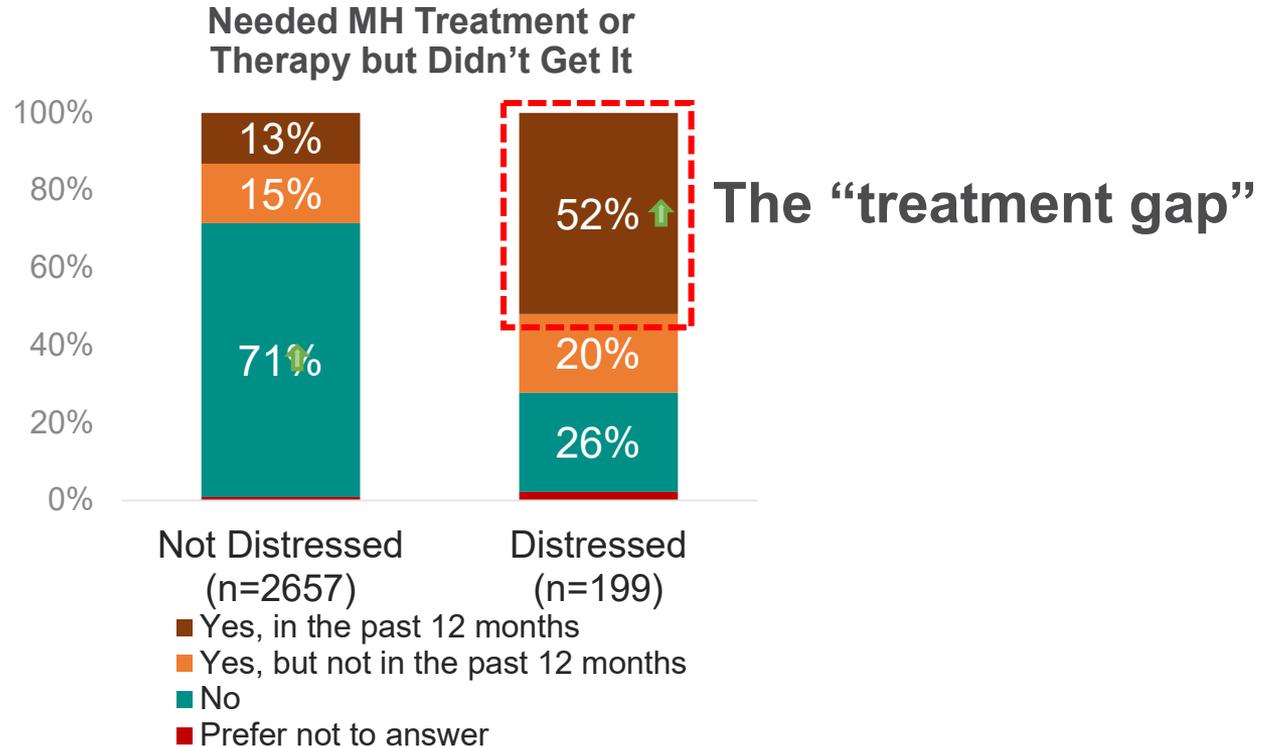
Volk, John O., et al. "Executive summary of the Merck Animal Health veterinary wellbeing study." *Journal of the American Veterinary Medical Association* 252.10 (2018): 1231-1238.
 Volk, John O., et al. "Executive summary of the Merck Animal Health Veterinarian Wellbeing Study II." *Journal of the American Veterinary Medical Association* 256.11 (2020): 1237-1244.

Continue to talk about mental health and bust stigmas



Volk, John O., et al. "Executive summary of the Merck Animal Health veterinary wellbeing study." *Journal of the American Veterinary Medical Association* 252.10 (2018): 1231-1238.
 Volk, John O., et al. "Executive summary of the Merck Animal Health Veterinarian Wellbeing Study II." *Journal of the American Veterinary Medical Association* 256.11 (2020): 1237-1244.

Fear and self-stigma can deter help-seeking



MH2-8A. Have you ever...?

Base: All Respondents [Not-distressed Veterinarians (n=2657), Distressed Veterinarians (n=199)]



- Indicates a statistically significant difference between distressed and not distressed veterinarians

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**It's OK to
not be OK.**

**It's OK to
talk about it.**

**It's OK to
ask for help.**





WHO YA' GONNA' CALL?

MENTAL HEALTH RESOURCE LIST

As such, the checklists will focus on anxiety disorders, mood disorders including major depression and bipolar disorder, substance-related disorders and psychotic disorders, with the intent to help recognition of self and others.

Actively listen, affirm and paraphrase what you are hearing them say, and decide:

Make this list personal.

This list can help you and other people find community supports. Add phone numbers for your own local community supports. Write down other resources in your own community like counsellors, psychologists, social workers, chaplains, etc.

To find the number of your local distress centre, go online and search for these terms—*distress centre* and the name of your local community.



If this is an emergency, call 911 immediately or go to local emergency department.

Call the direct suicide support line at 1-833-456-4566 or text 45645 if you or another person is in crisis and suicidal.

This is available for anyone (not veterinary specific) in Canada. This is a crisis line for immediate help. It connects people to their local crisis centre. List of all crisis centres available at www.suicideprevention.ca.

Veterinary Provincial Employee Family Assistance Plan (EFAP) Providers—Check with your association to ensure you have the most up-to-date information. As of June 25, 2019 the information is as follows:

British Columbia, Alberta, and Manitoba
Veterinary Medical Associations EFAP Provider is Homewood Health
• 1-800-663-1142. Press (1) for immediate crisis support, offered 24/7.
• homewood.ca

Saskatchewan
Veterinary Medical Association EFAP Provider is Professional Psychologists and Counsellors (PPC)
• 1-306-664-0000 or 1-888-425-7721
• office@peopleproblems.ca
• peopleproblems.ca
• Service available to all active general, practicing, and educational SVMA members (must have been licenced for six months).
• Four hours of complimentary services annually.
• Your licence number is required.



QUI APPELER EN CAS DE CRISE?

LISTE DE RESSOURCES EN SANTÉ MENTALE

Voici une liste de ressources communautaires qui peuvent offrir de l'aide et du soutien en santé mentale, y compris des interventions face au suicide et du soutien en situation de crise.

Si vous êtes avec quelqu'un qui a besoin d'aide en santé mentale, pratiquez une écoute active, confirmez et paraphrasez ce que la personne dit et prenez les mesures qui s'appliquent :

Vous pouvez personnaliser cette liste.

Elle peut vous aider et aider d'autres personnes à trouver des sources de soutien dans votre collectivité. Ajoutez-y le numéro de téléphone des organismes de soutien de votre collectivité. Prenez note des autres ressources offertes dans votre collectivité, par exemple les thérapeutes, psychologues, travailleurs sociaux, aumôniers.

Pour connaître le numéro de téléphone du centre de crise de votre secteur, faites une recherche en ligne avec les termes centre de crise et le nom de votre collectivité.



S'il s'agit d'une urgence, composez le 911 immédiatement ou rendez-vous à l'urgence la plus proche.

Appelez la ligne d'aide directe de prévention du suicide au 1833 456-4566 ou textez au 45645 si vous ou une autre personne êtes en crise et avez des idées suicidaires.

Ce service est offert à tous les Canadiens (pas seulement aux vétérinaires). Il s'agit d'une ligne d'écoute téléphonique pour obtenir de l'aide immédiate en cas de crise. Elle met les personnes en contact avec le centre de crise de leur région. Une liste des centres de crise est diffusée à l'adresse www.suicideprevention.ca.

Fournisseurs de programmes d'aide aux employés et aux familles (PAEF) à l'intention des vétérinaires – confirmez auprès de votre association que vous avez en main les renseignements les plus récents. Voici les renseignements à jour en date du 25 Juin 2019 :

Le fournisseur du PAEF des associations des médecins vétérinaires de la Colombie-Britannique (BCVMA), de l'Alberta (ABVMA) et du Manitoba (M/VMA) est Homewood Health
• 1 800 663-1142. Appuyez sur le 1 pour obtenir de l'aide immédiate en situation de crise, offerte 24 heures sur 24, 7 jours sur 7.
• homewood.ca

Le fournisseur du PAEF de la Saskatchewan Veterinary Medical Association (SVMA) est Professional Psychologists and Counsellors (PPC)
• 1306 664-0000 ou 1 888 425-7721
• office@peopleproblems.ca
• peopleproblems.ca
• Le service est offert à tous les membres actifs généraux, praticiens et enseignants de la SVMA qui détiennent un permis d'exercice depuis au moins six mois.
• Quatre heures de services gratuits sont offertes par année.
• Vous devez fournir votre numéro de permis.



Plus:
Clinic EFAP

211
**Community
Mental
Health
Resources**

**Wellness
Together
ca.portal.gs/**



In the chat:

**What does mental
health mean to you??**



According to the World Health Organization mental health is:

“A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”



In the chat:
**What do
you do to
take care
of your own
mental health?**



Do your part to keep the conversation going

- **Go to <https://letstalk.bell.ca/en/> (also in French)**
- **Download the toolkit**
 - **Stickers, posters, email signature, social media images**
- **Download the Conversation guide**
 - **Lead your own discussion about mental health or talk with someone you may be concerned about**
 - **Read and become alert to the signs of distress in ourselves and others**

Does your clinic have a certified physical first aider? What about a certified mental health first aider?

This evidence-based course gives you:

- Confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis
- Greater recognition of mental health problems
- Improved mental health for themselves
 - *“I learned more about what was going on in my head and that the thoughts were not normal. I realized it was time to get help and I got it”*

To register for a face-to-face or virtual instructor led course:

www.mhfa.ca

mhfa@mentalhealthcommission.ca

1-866-989-3985

When it comes to mental health every action counts.



**Go to the CVMA website (English and French resources) canadianveterinarians.net/veterinarian-health-and-wellness-resources
*Mindfulness videos, Webinars, Checklists, Safety Sticker***

**www.theveterinarycoach.ca
leann@theveterinarycoach.ca
*One on one Coaching, Team coaching
Courses - Building your Resilience; Real Life Skills
for Real Life Veterinarians (launching Feb 9th-email
Leann directly)
Variety of other Resources***

Thank you for joining this webinar to help create positive change regarding mental health in our veterinary profession.

With gratitude and kindness,

Dr. Kathy Keil Kathleen.keil@merck.com 587-777-2342

Dr. Leann Benedetti leann@theveterinarycoach.ca 705-791-5312