

## New AVA veterinary wellness steering group

*We are seeking participants with an interest in mental health and wellness to work with the AVA team to help guide the direction of the AVA's new veterinary wellness initiative, THRIVE.*

The AVA are inviting members and interested stakeholders with \*lived experience in mental health to join a new steering group. This group will be a skills-based committee of up to six stakeholders, and an AVA staff member, who will support the AVA Board and Management to successfully deliver our THRIVE wellness initiatives.

The immediate project activities that the steering group will be involved with are:

- Development of an industry-specific mental health framework and suicide prevention strategy in collaboration with SuperFriend
- Wellness roundtable planning and facilitation October 2022
- Review of a proposed VET2VET peer support program pilot

This steering group will inform best practice for all THRIVE initiatives – supporting and protecting the wellbeing of all veterinary practitioners.

### Membership of the steering group

We are looking to build a diverse and experienced team. In doing so, the Board will consider the following:

- Deep understanding of positive mental health and mental ill-health
- Strong commitment to our THRIVE principles – prevent harm, promote the positives of the veterinary profession, and protect those in crises
- Stakeholder engagement and public relations experience
- Expertise in legislative processes
- Strategic planning, prioritisation and business planning skills
- Experience with implementing industry frameworks
- Lived experience in mental health.

### Key documents

- [Veterinary wellness steering group terms of reference](#)
- [Safeguarding and improving the mental health of the veterinary team.](#)

### Expressions of interest

Please outline why you are interested in joining this steering committee and the skills and experience you would bring to the role. (300 – 500 words). Please forward your EOI to [monika.cole@ava.com.au](mailto:monika.cole@ava.com.au) by Friday 05 August 2022. Submissions will be reviewed by the AVA Board.

If you have any questions or would like to discuss the committee role further, please contact Monika Cole on [monika.cole@ava.com.au](mailto:monika.cole@ava.com.au) or telephone: 02 9431 5092

*\*Lived experience is an individual's experience of mental ill-health and the journey of recovery - Either their own or in support of others. It acknowledges the unique insights, knowledge and opportunities lived experience provides and differentiates between the lived experiences all people have, and those uniquely informed by life changing mental health challenges.*