



FRIDAY	
11:00am	Lunch and Introductions / Welcome by <b>Dr. Elizabeth Mendoza</b>
12:00-12:50 pm	<b>Dr. Rocky Lindsey</b> <i>Creating and Being Part of a Healthy Team *</i>
1:00-1:50pm	<b>Dr. Kelly Crowdis</b> <i>Cultural and Economic Differences in Treating Animals in Developing Nations – Attitudes and Perceptions*</i>
1:50pm-2:10pm	Short Break/Fellowship
2:10-3:00pm	<b>Dr. Karren Eales</b> <i>Spotlight on Mental Health: Addressing Wellness in Veterinary Medicine *</i>
3:00-3:50pm	<b>Dr. Trisha Kvasnica</b> <i>Practical Mentorship</i>
4:00pm	Debrief, Prayer, Adjourn to RLRI if attending

\* - These sessions have been submitted to RACE for approval of 1 hour each of CE.

**“Creating and Being Part of a Healthy Team” - Dr. Rocky Lindsey**

We spend too many hours at our job not to enjoy it. How can we best manage them and work with employees and team members?

**“Cultural and Economic Differences in Treating Animals in Developing Nations – Attitudes and Perceptions” -**

**Dr. Kelly Crowdis**

We will talk about treating animals when you are in a developing nation. How we deal with cultural differences and economic constraints and implications of what it does to livelihoods of owners.

**“Spotlight on Mental Health: Addressing Wellness in Veterinary Medicine” - Dr. Karren Eales**

We have all heard the discouraging statistics related to mental health in veterinary medicine. Dr. Eales will discuss the challenges faced by veterinary professionals and explore ways to cultivate wellness in practice.

**“Practical Mentorship” - Dr. Trisha Kvasnica**

We work in a romanticized profession that appeals to lots of young people! Many people choose their professional desires/goals around the age 10-13. It is possible to encourage young people, high schoolers, college age students as well as vet students as to the realities of the profession of veterinary medicine, thus helping them make the right decisions for their long-term goals. Here are ways I have made mentorship a foundational mission of our small animal practice.

# Speaker Bios

## **Rocky Lindsey, DVM**

Dr. Rocky Lindsey (LSU '98) and his wife, Alicia, live in southeast Arkansas. They have two adult sons, Isaac and Jonah. Dr. Lindsey previously owned and operated two busy small animal practices in which his goal was to offer high quality veterinary medicine at an affordable price. He is an active Associate with Christian Veterinary Mission in which he previously served as the South Central Region Representative. Dr. Lindsey currently still practices veterinary medicine, teaches pre-veterinary courses at the University of Arkansas at Monticello, operates a small farm, and serves with his family at Pauline Baptist Church in Monticello, Arkansas.

## **Kelly Crowdis, DVM**

Kelly is a 2000 graduate of Tuskegee University College of Veterinary Medicine. Kelly first engaged with CVM as a veterinary student in 1996 and later as a member of short-term trips before going to Haiti full-time where she served for 17 years. Kelly and her son Ronald are now serving from Wichita, Kansas as Deputy Missions Director for the Americas. When she's not working or at church you can find Kelly at Ronald's soccer games or in the garden.

## **Karren Eales, DVM**

Dr. Karren Eales has spent 20 plus years in mixed animal practice in central Illinois. She developed a passion for mental wellness, pursuing further education and certification in mental health coaching. She began researching positive psychology and is currently working to become a Brain Health Trainer through Amen University. Dr. Eales lives with her very understanding husband, George, and four fabulous kiddos. She loves to spend time camping with her family and hanging out with her alpacas.

## **Trisha Kvasnica, DVM**

Dr. Trisha Kvasnica has been in small animal practice for over twenty years (how did that happen so fast!?) working in corporate, private, shelter medicine and now diving into practice ownership! She has a loving and supportive husband and they are actively raising FIVE human children. They share their home with a dog, 2 cats, a couple frogs, leopard gecko, fish and a horse or two. She is passionate about gardening, scrapbooking and mentoring the next generation of veterinary professionals. Her goal is to shine the light of Christ brightly for all to see!