

Phase One Elder Project Proposal

When reflecting on my past four years in high school and the past three years in leadership I have become strongly passionate about helping others in areas that get overlooked easily. In areas especially in the animal shelter and animal hospital world. In shelters and animal hospitals the employees are easily overlooked on their mental health. But in reality many suffer day to day holding one of the most mentally damaging jobs that leads to thousands of deaths each year due to the physical and mentally damage they experience. From personal experience I have noticed while working at the Ripon Veterinary hospital that many employees will go to the bathroom or step outside to cry or breathe when situations get tough due to animals not cooperating or animal deaths. According to a 2018 report by the CDC, 1 in 6 veterinarians have contemplated suicide in the past year. Male veterinarians are 1.6 times and female veterinarians are 2.4 times more likely than the general public to commit suicide. These are jobs that are easily overlooked when it comes to mental health and self care. A way that I could help this problem is having a community or groups come together to write thank you cards to veterinarians, assistance, and employees working together at animal shelters. Thank you cards are a way to show appreciation and an easy way to put a smile on someone's face when having a tough day saving animals. Animals hold a special place in everyone's heart, so it is important to also take care of the ones that save our animals. Shelters are also in great demand when it comes to giving the animals the best care possible. Getting a group of students to donate pet food, leashes, sturdy toys, blankets, and bowls would allow shelters to provide the best care to animals as well as saving money to put towards the animals health such as nutters, spays, and antibiotics.