

V!brant Emotional Health

Crisis Emotional Care Team

Note from Leadership

Dear Cadre,

Thank you to everyone that joined us for our *Just in Time Training: Responding to and Enduring Incidents of Mass Violence* on April 13th. A recording of the training is now available on our [youtube channel](#).

If you attended, please share with us your feedback on the training by Friday, April 28th. [Take the Survey Here](#).

The Crisis Emotional Care Team remains ready to support organizations and communities recovering from disasters, emergencies, and other crises. We encourage you to share our [Support Request Form](#) with your networks.

Thank you for your continued willingness to serve, and for helping us ensure best practices, resiliency, and emotional stability for those in need.

Sincerely,

Raven Blue
Program Manager, CECT
Vibrant Emotional Health

Disaster Behavioral Health Symposium 2023



Vibrant Disaster Behavioral Health Symposium

The Power of Community and Connection in Disaster Behavioral Health

Vibrant Emotional Health will celebrate *The Power of Community and Connection in Disaster Behavioral Health Response* at its 3rd Annual Symposium in Washington, D.C., May 24 - 26, 2023.

As a CECT volunteer, use the code [CADRE23](#) for 20% off admission!

Join your colleagues, friends, and industry leaders at American University to learn about the myriad of ways people engage in collective work to navigate disaster or crisis.

Our lineup of keynote presenters includes:

- *Dr. Joshua Morganstein, Deputy Director of Center for the Study of Traumatic Stress at Uniformed Services University*
- *Olivia Stein, MSW, Director of Videophone Crisis Line Services at DeafLEAD*
- *Dr. Agustina Boehringer, Chief Medical Officer at Heart to Heart International*
- *Marcus T. Coleman, Director for the Department of Homeland Security Center for Faith-Based and Neighborhood Partnerships at FEMA*

Attendees can look forward to session topics such as:

- *2023 Updates from the national Disaster Distress Helpline: Resources for and Partnerships with Disaster Behavioral Health Providers*
- *Mass Violence Response: Collaborations Between State and County Responders and Behavioral Health Partners*
- *We Are Each Other's Medicine: Community Health, Healing, and Hope*
- *Suicide Prevention and Disaster Behavioral Health*
- *The importance of collaboration during the pandemic for people experiencing homelessness*
- *And more!*

To view the full conference program, visit: vibrantsymposium.info/program

[Click to Register](#)

If you have any questions about the symposium, email us at crisiseotionalcare@vibrant.org.

Updates from the Crisis Emotional Care Team

Request for Trainers:

As we witness various natural and human-caused disasters around the world, we are aware of how important it is to prepare for and respond to the behavioral health needs of the individuals, families, and communities affected.

As a CECT volunteer, you are an essential part of our disaster response efforts and have the expertise to help survivors find a path toward recovery following difficult times.

If you have experience providing training on various behavioral health and disaster behavioral health topics, please [email us](#) to learn more about our training initiatives.

CECT Volunteer Reminders:

This is a friendly reminder to update your *Background + Availability Form* and to make sure you complete the required training prior to deploying with us. Please [email our team](#) if you need assistance updating your volunteer record.

The Latest in Mental Health and Disaster Psychology

[Climate Change and Healthcare System Considerations](#)

[Moving Beyond Change Efforts: Evidence and Action to Support and Affirm LGBTQI+ Youth](#)

[Taraji P. Henson on bringing mental health care access to HBCUs](#)

Self-Care Tip for Volunteers

Have you been feeling burned out lately? Or are you experiencing compassion fatigue? As an emotional care provider, your wellness is just as essential as those you support. Here are some useful tips to help you mind your wellness and embrace all the feels of self-care.

Tip # 51: Take an international approach to self-care - If you're looking to switch up your current routine, try one of these [wellness practices from around the world](#).

Tip #52: Make self-care personal - "A lasting self-care and wellness plan that

can effectively manage stress should honor personal experiences and individual backgrounds,” said Portia A. Jackson Preston, assistant professor of public health at Cal State Fullerton. [Click here](#) to learn more.

Behavioral Health Events and Conferences

[National Tribal Health Conference and Public Health Summit](#)

May 1 - 5, 2023
Anchorage, AK

[National VOAD Conference](#)

May 8 - 11, 2023
St. Louis, MO

[LGBTQ+ Youth & the Child Welfare System](#)

May 11, 2023
2:00 - 3:30 pm ET
Virtual

[Environmental and Social Determinants of Child Mental Health](#)

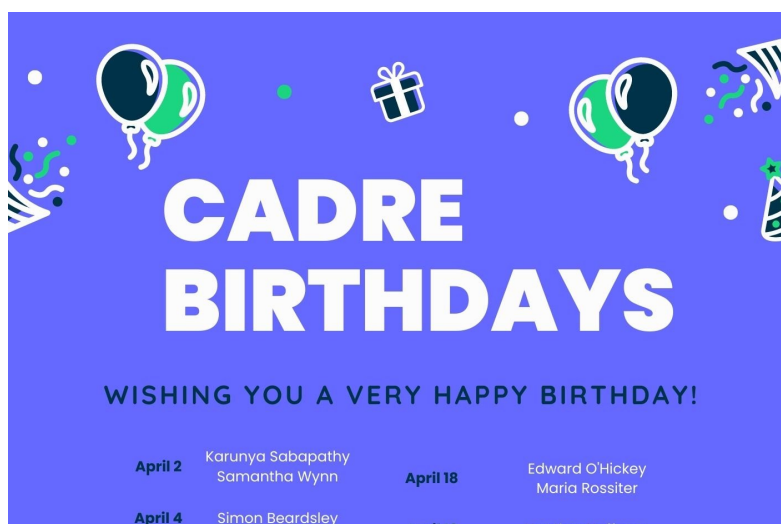
May 11, 2023
9:00 am - 5:00 pm ET
Cambridge, MA

[American Psychiatric Association \(APA\) Annual Meeting](#)

May 20 - 24, 2023
San Francisco, CA

April Birthdays

Join us in celebrating the following cadre member birthdays!



| | | | |
|-----------------|-----------------------------------|-----------------|---|
| April 6 | Christy da Rosa Dennaé Harshaw | April 20 | Paul Deignan |
| April 7 | Erem Nazir | April 21 | Dannielle Shaw |
| April 8 | Savannah Bradley | April 22 | Sarah Alexander April Naturale Taisha Terry |
| April 9 | Kelly Scharff | April 23 | Anand Mukherjee |
| April 10 | Lorna Campbell | April 24 | Aurora Dogaru Marcia Ellis |
| April 11 | Laurel Blackman | April 27 | Lidia Dias |
| April 12 | Becca Taplin | April 28 | Sophia Johnson-Gardiner |
| April 13 | Shengjie Chen Jason Meisel | April 29 | Natalia Khamenka Maeliss Villepontoux |
| April 14 | Scott Levy | April 30 | Angelina Gorbea Susan Schneider Sarah Stewart |
| April 15 | Kelly Burns Maggie Tapp | | |
| April 16 | Alison Luther | | |



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