

Vibrant Emotional Health

Crisis Emotional Care Team

Note from Leadership

Dear Cadre,

This April we are celebrating Autism Acceptance Month. As an autistic person and an autism researcher, I always come into this month with a mixture of joy and dread. Joy for the opportunity to celebrate myself and my autistic friends as we are; dread for the influx of poorly informed articles and money funneled into harmful organizations.



The fact is, most non-autistic people don't know what information or people they should trust when learning about autism. So this month we're highlighting some autistic organizations and voices doing wonderful work for our community and providing some fun facts about autism and what it's like to be autistic.

And to my fellow autistics in our cadre, I hope you have a wonderful Autism Acceptance Month and get some time to be your authentic autistic self.

Warm regards,

Lindsay Mixer (they/she/he)
Data & Operations Coordinator, CECT
Vibrant Emotional Health

Did you know? Autism Edition

without it.

- Savant abilities are largely a myth, with under 10% of autistic people exhibiting it. What autistic people—and many other neurodivergent people—do have is the ability to hyperfocus on things that interest us, which helps us become subject matter experts in one or two fields.
- There is one autism assessment based on the lived experiences of autistic people and the work of autism researchers: [The Monotropism Questionnaire](#), which directly assesses our ability to hyperfocus, reorient our attention, switch tasks, and take in multiple stimuli or pieces of information at once.
- Autism does not usually affect our ability to empathize with others, but it does affect how we express that empathy and who we give empathy to.

Great Autism Organizations & People to Follow

- [Autistic Self-Advocacy Network](#)
- [Social Psychologist Dr. Devon Price](#)
- [Neuroqueer](#)
- [Queerly Autistic](#)
- [Autistic Black, Brown, Indigenous, Asian, & Mixed-Race People of Color FB Group](#)
- [Interdisciplinary Technical Assistance Center \(ITAC\) on Autism and Developmental Disabilities](#)

Want to find more or learn how to tell the good from the bad? Check out Cassandra Crosman's article, [Good Autistic Advocacy vs. Bad Autism "Charities"](#).

Vibrant Disaster Behavioral Health Conference 2024

DEADLINE EXTENDED! Last chance to be a panelist or presenter at this year's conference. **APPLY BY MAY 14th.**



WE THE RESILIENT

CALL FOR SUBMISSIONS

Deadline Extended!

Conference submissions now close May 14th

The theme is human-first systems that build up communal resilience and we encourage you to share your observations and findings as a speaker or panelist OR by creating a poster showcasing your research, program development, or other collaborative undertakings. We look forward to your submissions.

Submit your abstract and objectives at: <https://vibrantdbhcon.org>

Have questions about Vibrant's 2024 conference or the call for submissions? Reach out to us at crisiseotionalcare@vibrant.org.

Updates from the CECT

Save the Date

Mark your calendars! We will be hosting an in-person orientation module training on Wednesday, June 12, 2024, in NYC! Stay tuned for more details.

Call for Volunteers

Thank you to all of our cadre members who responded to the Healing the Hurt Call for Volunteers, all spots have been filled!

We have another Call for Volunteers: Stars of Hope is looking for volunteers for the 9/11 Memorial & Museum Run and Walk. Volunteers will help set up, clean the display area, and engage with visitors. Volunteers are also encouraged to contribute messages of hope to the Stars of HOPE project by painting stars.

6:00 AM - 8:00 AM
8:00 AM - 10:00 AM
10:00 AM - 12:00 PM
12:00 PM - 2:00 PM

If you are interested in volunteering for this community event, you may register here: <https://x.gldn.io/INy0N1rxllb>.

**Please note if you would like to deploy, you must complete the orientation module and PFA training requirements before deploying.*



VOLUNTEERS NEEDED!

SUNDAY, APRIL 28
9/11 MEMORIAL & MUSEUM

We're looking for volunteers to help build a space filled with healing and hope through art. No artistic skills required—just bring your sparkle and willingness to make a difference.

If you're interested in lending a hand, sign up now through our Volunteer sign-up portal. Let's make a difference together.



Contact us today to learn more about this volunteer opportunity:
Josh@Starsofhopeusa.org



For any questions, please reach out to Joshua Garcia at joshua.garcia@vibrant.org.

Self-Care Tip for Volunteers

Whether you are autistic or not, a lot of the methods autistic people use to manage their lives can be useful. Here are some autistic tips you may find help you carry on through your day.

Tip: On average, an autistic person's brain has more neurons that fire more consistently, making it impossible for us to filter out noise, scents, touch, and other sensory stimuli. When that happens, it can be difficult to center ourselves and keep from getting overwhelmed. Here are some tips you can use to help while you get somewhere safer:

1. Block any sense that you can. Close your eyes, breathe through your mouth, put your hands over your ears. If you have headphones or earplugs, use them.
2. If you're with people, ask them to help you. Focus on them and have them lead you somewhere safer.
3. If you're alone, try calling someone and have them talk to you while you get out of the area.
4. And most importantly, as you can probably guess: Get out of the area as soon as possible. If you're overwhelmed by what's going on, forcing yourself to stay will not help anyone and will hurt you. Remove yourself, calm your nervous system, and then decide if you wish to return.

Behavioral Health Events and Conferences

[Western Psychological Association Convention](#)

April 24-28, 2024

San Francisco, CA

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

May 4-8, 2024

New York, NY

[National VOAD Conference](#)

May 6-9, 2024

Phoenix, Arizona

[NMVC: How to Create a Coordinated, Survivor-centric Community Response Plan for Mass Violence Incidents](#)

May 14, 2024

3:00-4:30pm ET

Virtual

April Birthdays

Join us in celebrating the following cadre member birthdays this month!

Karunya Sabapathy	2-Apr	Natalie Brown	14-Apr	April Naturale	22-Apr
Samantha Wynn	2-Apr	Scott Levy	14-Apr	Taisha Terry	22-Apr
Simon Beardsley	4-Apr	Kelly Burns	15-Apr	Pengyu Chen	24-Apr
Frances Zhang	5-Apr	Maggie Tapp	15-Apr	Aurora Dogaru	24-Apr
Christy da Rosa	6-Apr	Lesny Lino	16-Apr	Marcia Ellis	24-Apr
Dennaé Harshaw	6-Apr	Alison Luther	16-Apr	Julia Hewitt	25-Apr
Puja Deverakonda	7-Apr	Thomas Dean	18-Apr	Martha Sani	26-Apr
Erem Nazir	7-Apr	Edward O'Hickey	18-Apr	Lidia Dias	27-Apr
Savannah Bradley	8-Apr	Maria Rossiter	18-Apr	Samah Nanda	27-Apr
Kelly Scharff	9-Apr	Heather Hoffman	19-Apr	Natallia Khamenka	29-Apr
Lorna Campbell	10-Apr	Gina Locke	19-Apr	Maeliss Villepontoux	29-Apr
David Obergfell	12-Apr	Paul Deignan	20-Apr	Angelina Gorbea	30-Apr
Becca Taplin	12-Apr	Dannielle Shaw	21-Apr	Susan Schneider	30-Apr
Shengjie Chen	13-Apr	Sarah Alexander	22-Apr	Aishwarya Sreenivasan	30-Apr
Jason Meisel	13-Apr			Sarah Stewart	30-Apr



Copyright © 2024 Vibrant Emotional Health, All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

