

Vibrant Emotional Health

Crisis Emotional Care Team

A Note From Leadership

Dear Cadre,

The CECT remains dedicated to ensuring the mental and emotional well-being of survivors of disasters and other significant crises and because of you, Vibrant is able to continue its work in prioritizing access to services and support for those in need.

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. Together, we can strive to ensure best practices, resiliency, and emotional stability.

We have two opportunities to serve and support individuals, families, and communities impacted by disasters and other significant crises:

- **Leesburg, Virginia.** We are seeking volunteers to provide specialized behavioral health care to Afghan guests at a Virginia safe haven until September 30, 2022.
- **Hazard, Kentucky.** We are seeking volunteers to support staff and community members at the Foundation of Appalachian Kentucky and address mental health needs following the floods in eastern Kentucky in late July.

If you are willing and able to deploy to assist either of these communities, please email us at crisisectionalcare@vibrant.org.

Thank you for your continued willingness to serve those in need and we look forward to the important work we'll do together!

For the team,



Updates from the Crisis Emotional Care Team

CECT Training Program:

If you missed our *Meet, Greet & Teach* event, where we discussed our new training initiative, you can find a recording of it on the [CECT YouTube](#) channel.

If you are interested in contributing to our training program as a trainer/facilitator, click below.

[Sign up to be a CECT Trainer](#)

We'll be getting in touch with those who expressed interest to go over the details and get more information on backgrounds and expertise in the coming months.

The Latest in Mental Health and Disaster Psychology

[New algorithm can track mental health through skin](#)

[Youth mental health is in crisis. Are schools doing enough?](#)

[Startup Brave Health partners with The Doula Network to expand maternal mental health](#)

Self-Care Tips 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 # 38: Take creative action - Add some fun to your day by creating a scrapbook of your latest adventure, taking up [coloring](#), or giving a [craft subscription box](#) a try.

Tip # 39: Music therapy - Decrease anxiety and increase mindfulness by listening to an empowering song or [happy song playlist](#).

New & Noteworthy on the CECT Resource Library

View our volume of academic and news articles, training resources, and more in our resource library. To view the latest articles we curated on social justice, click the button below and enter the password **vibrant** for access.

[CECT Resource Library](#)

Have you published work that you want us to add to our Resource Library? [Send it to us!](#)

Emotional and Mental Health Events

[Mental Health is All of Us \(with Mayor Eric Adams\)](#)

September 1, 2022 at 3:30 PM ET
Brooklyn, NY

[Creating Calm Series: Effective Engagement With People Who Are Distressed](#)
September 1, 2022 at 11:00 AM ET
Virtual

[NHPCO 2023 Interdisciplinary Conference](#)
Call for proposals are open until October 7, 2022

[National Latino Behavioral Health Conference](#)
September 15 - 16, 2022
Las Vegas, Nevada

[Psych Congress](#)
September 17 - 20, 2022
New Orleans, LA

August Birthdays

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

August 3	Sonya Zhang
August 7	Deborah Babbitt
August 8	Vanessa Alvarado
August 11	Eliza Coleman Roberto Jennings
August 12	Ashley Mendoza Margaret-Mary Timpanaro Samantha Wilson
August 15	Suchetha Hegde
August 17	Marina Auerbach Carl Blumenthal Dharani Krishna, MBPs Paula Naharros
August 18	Ali Gowrie Chezky Kohn
August 19	Rachel Roller Jori Sparry
August 21	Allegra Blinken Gina Colton
August 22	Alexander Dimitrevich Mamunur Rahman
August 23	Sarah Zylberfuden
August 25	Maria Christina Marfil
August 27	Jennifer Leigh Frances Stewart
August 28	Dale Edmiston Maia Landesberg
August 29	Margene Chew Lindsay Mixer
August 30	Sloan Matzke Selena Patel
August 31	Paula Beatty Sanjana Conroy Hina Fullar



Copyright © 2022 Vibrant Emotional Health, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

