

V!brant Emotional Health

Crisis Emotional Care Team

Note from Leadership



Dear Cadre,

We are so excited to invite you to **For You, With You**, a day of connection, experience and practice in **putting yourself and your health at the front of the line** with us.

At **For You, With You**, attendees will experience wellness, self-care and social

support. **For You, With You** will take place on Friday, September 22nd from 9am to 5pm ET at The Mount Sinai Hospital, 1190 Fifth Avenue, 1st Floor Guggenheim Pavilion, New York, NY 10029.

We have amazing experiences lined up such as Acupuncture, Life Coaching, Reiki, Therapy Dogs, Executive Coaching, Financial Advisement, Art Therapy, Chair Massage, Yoga, and so much more!

This event is completely free for all who work in healthcare services and spaces, please make sure to bring a valid healthcare ID or your CECT badge. You can pre-register and reserve a spot for one of the many experiences we will be offering using this [link](#). If you'd like to volunteer with us at **For You, With You**, please sign up using this [link](#).

We look forward to joining you in **putting yourself and your health at the front of the line**. We are here For You, With You.

Sincerely,
Crisis Emotional Care Team

Updates from the Crisis Emotional Care Team

Support for Maui

The Crisis Emotional Care Team is coordinating with a few organizations to provide support to those affected by the recent wildfires in Maui. Over the last few days we have shared a number of calls for support with the cadre and we will share additional support requests for Maui with you via [slack](#) as we receive them, so please be on the lookout for daily updates from us.

Meet & Greet

Were you unable to attend our virtual Meet & Greet on July 19? Don't worry, we recorded it for you! You may watch the Meet & Greet recording by clicking this link: <https://www.youtube.com/watch?v=shml2nvC648>.

It was wonderful to see new and familiar faces at the Meet & Greet and to hear from CECT cadre members that have deployed. We hope you can join us next time!

Volunteer Spotlight

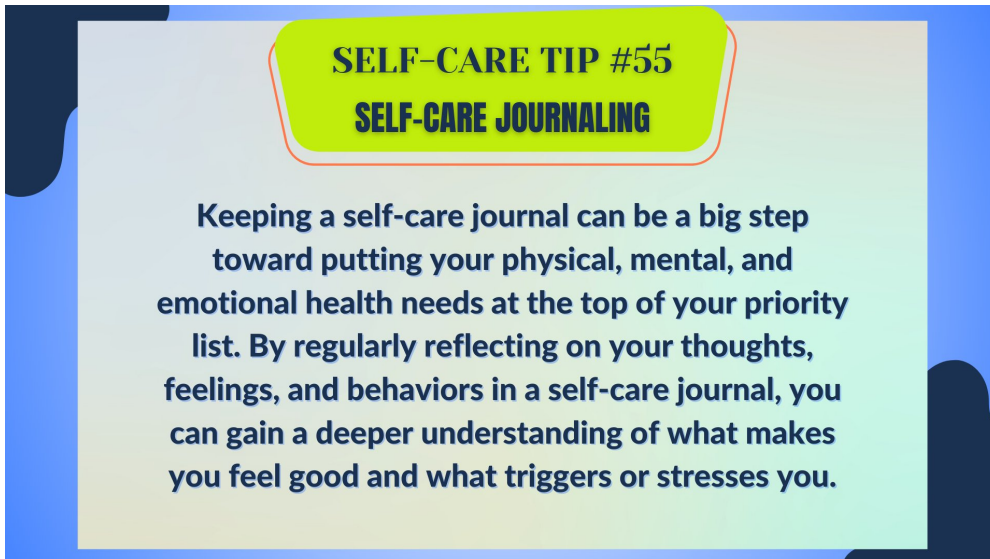


VOLUNTEER HIGHLIGHT



Self-Care Tip for Volunteers

As an emotional care provider, your wellness is just as essential as those you support. Here is a simple and useful tip to help you boost your energy levels within yourself and your environment.



The Latest in Mental Health and Disaster Psychology

- [Promote National Suicide Prevention Month](#)
- [When mental health therapy starts in the garden](#)
- [For Those With Autoimmune Diseases, Mental Health Is Often Overlooked](#)

Behavioral Health Events and Conferences

[Disaster Preparedness In-Person Workshop for Homeless Service Providers](#)

August 22, 2023

Newark, NJ

[Annual Crime Victims' Issues Conference](#)

September 6-8, 2023

Boston, MA

[Correctional Preparedness & Resilience Symposium](#)

September 7, 2023

New York, NY

August Birthdays

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

CADRE BIRTHDAYS
WISHING YOU A VERY HAPPY BIRTHDAY!

Barbara Schoichet	8/1	Carl Blumenthal	8/17	Jennifer Leigh	8/27
Sonya Zhang	8/3	Marina Auerbach	8/17	Dale Edmiaston	8/28
Dana Naturale	8/5	Nishedhya Venkataraman	8/17	Denise Newman	8/28
Deborah Babbitt	8/7	Ali Gowrie	8/18	Maia Landesberg	8/28
Vanessa Alvarado	8/8	Jori Sparry	8/19	Margene Chew	8/29
Roberto Jennings	8/11	Rachel Roller	8/19	Sa'uda Dunlap	8/29
Eliza Coleman	8/11	Gina Colton	8/21	Lindsay Mixer	8/29
Samantha Wilson	8/12	Allegra Blinken	8/21	Sioan Matzke	8/30
Margaret-Mary Timpanaro	8/12	Mamunur Rahman	8/22	Selena Patel	8/30
Ashley Mendoza	8/12	Sarah Zylbertuden	8/23	Hina Fullar	8/31
Tamana Bhardwaj	8/12	Maria Christina Marfil	8/25	Alisa Stuwe	8/31
Yaqub Barton	8/14	Patrick Conway	8/25	Paula Beatty	8/31
Suchetha Hegde	8/15	Frances Stewart	8/27	Sanjana Conroy	8/31



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