

V!brant Emotional Health

Crisis Emotional Care Team

Note from Leadership



May you have a joyous holiday season full of love, peace, and health! Sending you kind wishes from The Crisis Emotional Care Team.

Vibrant Disaster Behavioral Health Conference 2024

We the

We the

We the

WE THE RESILIENT

A Conference on Disaster Behavioral Health and Building a Truly Resilient Community.

Vibrant
Emotional Health

September 17-19, 2024

Vibrant Emotional Health is proud to announce We The Resilient: A conference on disaster behavioral health and building a truly resilient community. Our fourth annual conference will take place **September 17-19, 2024 in Nashville, TN** and it promises to be full of engaging and enlightening content on a subject that becomes increasingly more relevant every day.

Visit our [submissions page](#) to learn more about submitting a proposal and to begin the submission process. Submissions for Vibrant's 2024 Behavioral Health Conference are due on **Wednesday, April 10th, 2024**.

Our team will be in touch with all submitters to share decisions by the end of May 2024. Please send all questions to crisisectionalcare@vibrant.org.

Updates from the Crisis Emotional Care Team

Save The Date

Mark your calendar for Wednesday, January 24, 2024, 10:00am - 10:45am ET for the next **CECT Meet & Greet!** You can [join us for this virtual Meet & Greet via Zoom](#) to meet other cadre members and indulge in a little self care exercise led by one of our many talented cadre members, Saskia Hostetler Lippy.

Make Sure You Are Up-To-Date

Do you still need to complete training for the CECT? Have you had any changes to your contact information, place of employment, or any updates you'd like to share with us? Please email our team to update your volunteer record or if you need assistance completing any of the required training [crisiseotionalcare@vibrant.org].

Call for Volunteers & Support Requests

The new year brings a great opportunity to help others and you are ahead of the game because you are already part of our cadre! Do you have a friend or colleague who would be a great fit with the Crisis Emotional Care Team as well? If so, we'd love for you to introduce us! [Please share this link](#) with them to complete our volunteer interest form.

If you or anybody you know is experiencing a disaster or crisis, please submit a [support request form](#) to see how the CECT can help.

Self-Care Tip for Volunteers

As a care provider, your wellness is just as essential as those you support. Here is a simple and useful tip to help you care for yourself.

A graphic with a blue background and a light green central box. The box has a yellow header with the text 'SELF-CARE TIP #59' and 'MAKE A VISION BOARD'. Below this, there are three paragraphs of text in a dark blue font.

SELF-CARE TIP #59
MAKE A VISION BOARD

Vision boards let you visualize your success, and end of year is the perfect time to create one for the upcoming year.

You can create a digital or physical board and include a mix of images, words, and quotes arranged in a calming manner.

By regularly looking at your vision board, you immerse yourself in a visual representation of what you want to achieve. This helps create a positive and powerful image in your mind, making it easier to believe in your ability to achieve your goals.

The Latest in Mental Health and Disaster Psychology

[Exploring interactions between socioeconomic context and natural hazards on human population displacement](#)

[COVID-19 And Mental Health Outcomes Of Older Adults: Evidence From Mexico](#)

[Brief: The Need to Provide Holistic Support to Young Children in Acute Emergencies](#)

Behavioral Health Events and Conferences

[1641st International Conference on Science, Health and Medicine](#)

December 18-19, 2023

Los Angeles, CA

[Good for You: Year-End Wellness for Helping Professionals](#)

December 20, 2023

12:00 pm - 1:00 pm US/Mountain Time

Virtual

[1644th International Conference on Science, Health and Medicine](#)

December 22-23, 2023

Chicago, IL

December Birthdays

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

CADRE BIRTHDAYS
WISHING YOU A VERY HAPPY BIRTHDAY!

Vinita Watts	12/2	Greta Fajiram	12/14	Leda Kushner	12/24
Aoyi Yang	12/7	Mikala Irby	12/15	Celeste Peart	12/24
Keith O'Brien	12/7	Nimmy Anthrayose	12/15	Andrew Sacaguino	12/25
Michelle Collins	12/7	Meriel Campbell	12/15	Zarmala Tashfeen	12/25
Svitlana Kravchuk	12/7	Gabrielle Miller	12/16	Sumalya Mansur	12/25
Ridhima Malhotra	12/8	Suzanne El-Nakla	12/19	Bukola Almarroof	12/26
Claire Fishman	12/10	Susannah Sherry	12/19	Danya Yan	12/27
Kathleen Donahue	12/11	Esther Bilenkis	12/21	Katharine Mackel	12/27
Aoife Sharkey	12/12	Emmanuel Emelike	12/22	Natali Flores	12/29
Alana Atkins	12/13	Alex Edwards	12/22	Sander Koyfman	12/29
Ashley LeBlanc	12/14	Julia Yeary	12/23	Dani Scheidler	12/30
Gloria Ann Keyloun	12/14	Jordan Peterson	12/24	Nagham Al Darwish	12/31



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