

Vibrant Emotional Health

Crisis Emotional Care Team

A Note from Leadership

Dear Cadre,

February brings us Black History Month and the opportunity to engage with Black histories and shine a spotlight on Black achievements. Each year, the Association for the Study of African American Life and History (ASAALH) selects a theme for Black History Month, and the 2022 theme, "Black Health and Wellness", echos Vibrant's commitment to equity and inclusion in behavioral health.

Our efforts to address the inequalities in mental health care extend beyond February and we invite you to be a part of our 2nd Annual Symposium in June as we continue to work toward this goal.

All month long, Vibrant will be showcasing Black voices on its Facebook and Instagram and advocating for Black Health and Wellness by sharing resources for the Black community.

Let us uplift and be inspired by this community's legacy, and work together for the betterment, mentally, emotionally, and spiritually, of Black lives.

For the team,



Amy Carol Dominguez
Program Director
Crisis Emotional Care Team
Pronouns: she/her/hers
vibrant.org/cect

Updates from the Crisis Emotional Care Team

Call for Volunteers:

Our work to provide behavioral health support to the Afghan guests at Safe Havens across the United States continues and we are now seeking volunteers for in-person deployment to deploy to Leesburg, Virginia beginning March 1st.

We are looking for the following providers:

- Psychiatrists, Nurse Practitioners (authorized to issue prescriptions), Clinical Psychologists
- Sexual Assault Specialists
- Child and Adolescent Specialists
- Suicide Prevention Specialists
- Licensed Marriage and Family Therapists
- Social Workers + Case Managers
- Anyone who speaks Pashto or Dari

If you are able to deploy, your role will be to provide specialized behavioral health care to the Afghan guests that the government is caring for at this site.

We are prioritizing volunteers with licensure in the state of Virginia. Those with licensure outside of Virginia are welcome to complete our form and will be considered on an as-needed basis.

Deployment will be a minimum of 10 days, based on your availability, but as soon as February 27th. Travel and accommodations, and a meal per diem will be covered by our team.

If you are willing and able to deploy through the next 120 days, please complete our Afghan Deployment Information Form below to sign up and we will be in touch with you shortly.

[Provide Your Deployment Availability Here](#)

*Note: Please refrain from volunteering for this deployment if you are or think you may be pregnant.

Important CECT Volunteer Updates:

- 1) Our next virtual Meet + Greet will be on March 1st from 3:00 - 3:45 PM ET. Come meet our team, some of our advisory board and learn more about how we will serve together. An invite will be sent out soon.
- 2) We are hosting a live, certified Psychological First Aid training with Dr. Patricia Watson, a co-author of PFA, on April 11th & 12th from 1 - 4 PM ET.

[Register for PFA](#)

The CECT's 2nd Annual Virtual Symposium

We are excited to announce the submission portal for our 2nd Annual Symposium is open!

This year's symposium, *Bridging the Gap: A Symposium on Disaster Behavioral Health Access for All*, will be held on June 9th & 10th and will address behavioral health care gaps during and following disasters and crises for a variety of people groups: people with disabilities; people from rural communities; Black, Indigenous, and People of Color; economically disadvantaged; people experiencing homelessness; religious minorities; and more.

If you are interested in presenting your observations and findings, we invite you to submit your abstract and objectives by March 18th.

[Submit Today!](#)

Important Deadlines:

March 18th: Submissions for panel contributions are due by 5 PM ET

April 8th: Submitters to be notified of submission evaluation results

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 important as those you support. Here are some useful tips to help you mind your wellness and embrace all the feels of self-care.

Tip # 29: Brighten up your space - Add some color and joy to your home or office space with a floral arrangement. If you don't live near a flower shop, consider one of these [floral subscriptions](#).

Tip # 30: Reset your expectations - When the expectations you've set for yourself cause you stress or become out of reach, it might be time for a reset. Change your expectations of yourself in the workplace or your home. Remind yourself that imperfection isn't a bad thing.

New & Noteworthy on the CECT Resource Library

View our volume of academic and news articles, training resources, and more in our new and improved resource library.

We've added a number of articles, including a dissertation published recently on post-traumatic growth in people who have suffered multiple traumas. Click the button below and enter the password **vibrant** for access.

[CECT Resource Library](#)

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

Emotional and Mental Health Events

[Eastern Psychological Association Annual Meeting](#)

March 3 - 5, 2022
New York, NY

[Anxiety & Depression Association of America: ADAA 2022 Conference](#)

March 17 - 20, 2022
Denver, CO

[Southeastern Psychological Association Annual Meeting](#)

March 23 - 26, 2022
Hilton Head Island, SC

[Inaugural Psychiatry Summit 2022](#)

March 24 - 26, 2022
Virtual

[National Hispanic Medical Association 25th Annual Conference](#)

March 24 - 27, 2022
Crystal City, VA

[Muslim Mental Health Conference](#)

March 25 - 26, 2022
Virtual and at Yale University, New Haven, CT

February Birthdays

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

Anita Ahuja	February 1
Hye Adams	February 4
Hadassa Hirschfield	February 5
Diana Bok	February 6
Angela Willits	February 10
Carolina Parker	February 10
Nicole Heidbreder	February 11
Alice Finnerty	February 12
Anita Cueva	February 13
Chinenye Onyemaechi	February 14
Clint Montgomery	February 15
Peta Clarkson	February 17
Marianne Grundhoefer	February 17
Amanuela Barayeva	February 17
Aimee Rust	February 19
Alexandria Capolino	February 19
Akeema Madison	February 23
Jennifer Vargas	February 28



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