

V!brant Emotional Health

Crisis Emotional Care Team



Celebrating Black History Month



Please enjoy this short video from the National Association of Social Workers

Note from Leadership

Dear Cadre,

In the month of February, the United States celebrates Black History and the contributions people of the African Diaspora make to our everyday benefit. This month we would like to share [Mental Health America's list](#) of Black pioneers in mental health.

At Vibrant, we remind you to celebrate these contributions all year long as well as other trailblazers in our communities.

As we move into the second month of the year, many new year resolutions are off to a strong start. As a cadre member, we encourage volunteerism remain a prominent contender of kept resolutions as we respond to this year's disasters.

"Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word" - Goran Persson

We are grateful for you and your unwavering support.

Sincerely,

Raven Blue
Program Manager, CECT
Vibrant Emotional Health

Disaster Behavioral Health Symposium 2023



**The Power of Community
and Connection in Disaster
Behavioral Health**

LOCATION | American University
DATE | May 24-26, 2023

Registration for Vibrant Emotional Health's 2023 Disaster Behavioral Health Symposium is open!

Last Call For Early Bird Pricing! Register Today for our 3rd Annual Symposium on May 24 - 26, 2023 at American University in Washington, D.C.

We invite you to join us as we highlight the power of community and connection in disaster behavioral health, and how intentional partnership lends itself to positive, lasting transformation and resilience for those impacted by disasters and those responding to them.

As a CECT volunteer, use the code CADRE23 for 20% off admission!

Early bird discount ends Wednesday, March 1st at midnight.

[Register Here](#)

If you have any questions about the symposium, email us at crisisectionalcare@vibrant.org.

Updates from the Crisis Emotional Care Team

From the Cadre

Cadre Volunteer and Founder of Behavior and Beyond, Dr Marcie Beigel, released a new podcast titled "Love Your Family Again and Again and Again and Again". We encourage you to give it a listen on the following platforms:

[Youtube](#), [Apple Podcast](#), and [Spotify](#)

If you would like to be featured in our next newsletter for the work you are doing in the mental health space please email us at crisisectionalcare@vibrant.org.

Meet + Greet

Thank you to everyone that came out to our first *Meet + Greet* of 2023.

[Click here](#) to view a recording of the event.

The Latest in Mental Health and Disaster Psychology

[How To Prepare for Emergencies with Dogs](#)

[Youth Mental Health First Aid Course](#)

[Illinois Valley Fire District conducting free basic disaster training course](#)

Self-Care Tip 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 # 48: [Treat yourself](#)- Take the time to self indulge and spend a little on yourself. The key is self control; do not go overboard self-control makes us happier, healthier people.

Tip # 49: Take a Nap. Short naps are a healthy part of a good self care routine as they are a great way to rejuvenate the body and increase productivity. Naps should not be longer than 30 minutes or frequent.

Behavioral Health Events and Conferences

[Eastern Psychological Association](#)

March 2–4, 2023

Westin Copley Place, Boston, MA

[Disaster Resilience Symposium](#)

March 15-16, 2023

Gulfport, FL

[46th Annual Psychotherapy Networker Symposium](#)

March 16 - 19, 2023

Washington, DC

[MATTOX Medical Disaster Response 2023](#)

March 26, 2023

Las Vegas, NV

[Pacific Sociological Association Conference](#)

March 30-April 2, 2023

Bellevue, WA

February Birthdays

Join us in celebrating the following cadre member birthdays!





CADRE BIRTHDAYS

FEBRUARY CELEBRATIONS

Wishing You A Very Happy Birthday

Nicole Schullo 2/01	Shabelle Paulino 2/15
Anita Ahuja 2/01	Peta Clarkson 2/17
Fritzi Winter 2/02	Amanuela Barayeva 2/17
Hye Adams 2/04	Rosia Lamarre 2/17
Christina Felten 2/04	Marianne Grundhoefer 2/17
Raquel Rojo 2/05	Aimee Rust 2/19
Hadassa Hirschfield 2/05	Alexandria Capolino 2/19
Diana Bok 2/06	Ellen Dahill-Brown 2/19
Sriram Parthasarathy 2/07	Evgenia Royter 2/20
Caryn Gilbert 2/09	Barbara Condezo 2/20
Angela Willits 2/10	Daniella Heller 2/21
Carolina Parker 2/10	Fiona Webster 2/22
Latisha Mable 2/11	Patricks Johnson 2/23
Margaret Cristofalo 2/12	Akeema Madison 2/23
Alice Finnerty 2/12	Cynthia Su 2/26
Anita Cueva 2/13	Amanda Fabus 2/26
Chinenye Onyemaechi 2/14	Alison Sonnenschein 2/28
Paul Wolff 2/15	Jennifer Vargas 2/28
Clint Montgomery 2/15	



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