

V!brant Emotional Health

Crisis Emotional Care Team

Note from Leadership

Dear Cadre,

Each February we celebrate the Black experience. This Black History Month, we explore the contributions of Black and African Americans in “visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression” with the [2024 theme, “African Americans and the Arts”](#). For more, [click here](#).

We honor the resilience of the African American community and recognize the need to continue striving for mental health equity. As we aim to create more supportive environments for those in need and promote diversity in disaster behavioral health, we would like to share a few resources to help us better serve diverse populations during times of crisis.

- [Black Mental Health](#)
- [Considerations to Improve Services for Black/African American Individuals with Disabilities and Mental Health Concerns](#)
- [Improving Mental Health Outcomes for Vulnerable Black Children and Youth: A Toolkit for Practitioners](#)
- [L.E.T.S. \(Listening, Empathy, Trust, Support\) Save Lives: An Introduction to Suicide Prevention for Black and African American Communities](#)

Together, let us honor the past, celebrate the present, and continue to work towards a more inclusive future.

Warm regards,

Raven Blue
Program Manager

Vibrant Disaster Behavioral Health Conference 2024

WE THE RESILIENT

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

Vibrant
Emotional Health

October 1–3, 2024 | Nashville, TN

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 at the **DoubleTree by Hilton Hotel Nashville Downtown** from **October 1-3, 2024** and it promises to be full of engaging and enlightening content on a subject that becomes increasingly more relevant every day.

Registration is officially open! [Register](#) before May 14, 2024 to get the early bird discount.

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

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

Updates from the CECT

Meet & Greet

Did you miss our virtual Meet & Greet on January 24th? Don't worry, we recorded it for you! [Catch the replay of the Meet & Greet on our YouTube Channel](#).

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

Do you have friends or colleagues with a mental health background, experience providing emotional or mental health care, and are interested in becoming an emotional care provider with the CECT? If so, we'd love for you to introduce us! Please [share this link with them](#) to complete our volunteer interest form.

Support Requests

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.



The graphic features a light blue background with a dark blue border. At the top, a yellow rounded rectangle contains the text 'SELF-CARE TIP #61' and 'VISIT A MUSEUM' in bold black font. Below this, the text 'A recent study discovered that going to museums can have countless health benefits, such as:' is followed by a bulleted list of seven benefits. The list items are: 'Improving feelings of depression', 'Calming and decreasing anxiety levels', 'Easing chronic pain', 'Providing a sense of community', 'Increasing self-esteem and sense of self', 'Decreasing the likelihood of being diagnosed with dementia', and 'And providing new experiences, which can be both inspirational and meaningful!'.

SELF-CARE TIP #61

VISIT A MUSEUM

A recent study discovered that going to museums can have countless health benefits, such as:

- Improving feelings of depression
- Calming and decreasing anxiety levels
- Easing chronic pain
- Providing a sense of community
- Increasing self-esteem and sense of self
- Decreasing the likelihood of being diagnosed with dementia
- And providing new experiences, which can be both inspirational and meaningful!

[Still Striving for the Mountaintop: Achieving Health Equity for African Americans](#)

[Justice Department Releases Report on its Critical Incident Review of the Response to the Mass Shooting at Robb Elementary School in Uvalde, Texas](#)

[How Embracing Complexity Could Foster Enduring Peace](#)

[Four Profiles Defining Teen Response to Climate Distress](#)

Behavioral Health Events and Conferences

[Eastern Psychological Association](#)

February 29-March 2, 2024

Philadelphia, PA

[Supporting LGBTQ+ Immigrants Webinar](#)

March 5, 2024

Online

[Southeastern Psychological Association Annual Meeting](#)

March 13-March 16, 2024

Orlando, Florida

February Birthdays

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



CADRE BIRTHDAYS
WISHING YOU A VERY HAPPY BIRTHDAY!

Anita Ahuja	2/1	Carolina Parker	2/10	Ellen Dahill-Brown	2/19
Nicole Schullo	2/1	Angela Willits	2/10	Alexandria Capolino	2/19
Thalia Longchamp	2/2	Alice Finnerty	2/12	Aimee Rust	2/19
Shayna Gruder	2/2	Margaret Cristofalo	2/12	Lyanna Campbell	2/20
Hye Adam	2/4	Chinenye Onyemaechi	2/14	Barbara Condezo	2/20
Christina Felten	2/4	Tristian Webb	2/14	Evgenia Royter	2/20
Raquel Rojo	2/5	Tracy Sabo	2/14	Daniella Heller	2/21
Hadassa Hirschfield	2/5	Shabelle Paulino	2/15	Fiona Webster	2/22
Lisa Paterson	2/5	Paul Wolff	2/15	Isabelle Darling	2/23
Makenzie Bayless	2/6	Clint Montgomery	2/15	Patrick Johnson	2/23
Diana Bo	2/6	Amanuela Barayeva	2/17	Akeema Madison	2/23
Peta Clarkson	2/7	Marianne Grundhoefer	2/17	Mahkameh Jafarian	2/28
Morgan Geiger	2/9	Rosia Lamarre	2/17	Alison Sonnenschein	2/28



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