

Vibrant Emotional Health

Crisis Emotional Care Team

A Note from Leadership

Dear Cadre,

Allow me to extend a belated welcome to 2022! The current environment has made the start to the year feel a bit delayed, but this new season represents so many important opportunities to serve, train, support, and care together as a team. We are so grateful to count you as a part of all that is ahead.

[In a recent co-authored article](#) by fellow Cadre member, Dr. Laurel Blackman, we discuss the importance of preparing to volunteer, our strategies in the field, and the importance of caring for ourselves as we go. Take a few moments to read about Dr. Blackman's experience deployed in the field and enjoy some important reminders as you get ready to work with us.

We look forward to continuing our mission to provide crisis intervention and emotional care to empower survivors of disasters.

We are honored to be in this with you.

Yours in service,



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

Updates from the Crisis Emotional Care Team

CECT Response Update:

The Crisis Emotional Care Team was able to provide contacts to two families affected by the recent fire in the Bronx and we are in the process of providing some additional systemic support to the impacted school communities.

While there are many organizations accepting donations, we'd love to highlight two opportunities for you to financially contribute to those affected by the fire. Donations to help victims recover and rebuild are being accepted through [The Mayor's Fund to Advance New York City](#) and the [Gambian Youth Organization GoFundMe](#).

Important CECT Volunteer Updates:

- 1) Our very own Dr. Laurel Blackman is featured in the Winter Issue of Behavioral Health News! [Click here](#) to view the article "Behavioral Health Volunteering in Times of Crisis".
- 2) Stay tuned for announcements about upcoming events! We are in the process of planning a live, certified PFA training, and our second annual virtual Symposium on June 9 + 10, 2022.

Self-Care Tips for Volunteers

Have you been feeling burned out lately? Or are you experiencing compassion fatigue? As an emotional care provider, your own wellness is just as important as those you support. Here are some useful tips to help you mind your own wellness and embrace all the feels of self-care.

Tip # 27: Leave work at work - As we enter another year of working from home, it is especially important to set boundaries between home and work life. Create a designated workspace that you're able to leave at the end of the workday and do your best not to work outside of your set schedule.

Tip # 28: Put a timer on it - Set an alarm to help you remember to take regular breaks and eat meals if you tend to get caught up in work and forget.

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 put together a Year in Review of articles on COVID-19. Click the button below and enter the password **vibrant** for access.



Emotional and Mental Health Events

[Law & Mental Health Conference](#)

February 1 - 2, 2022
Virtual
*Registration closes January 30

[Healing Healthcare Global Mindfulness Summit](#)

February 8 - 10, 2022
Virtual

[National Tribal Public Health Summit 2022](#)

*Abstract Submission Deadline February 14, 2022

[Systems for Action: Multisector Task-Sharing to Improve Mental Health in Harlem, NY](#)

February 16, 2022
Virtual

Emotional and Mental Health Events

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

<i>Katrina Eady</i>	<i>January 1</i>
<i>Hetheru Shango</i>	<i>January 2</i>
<i>Tara Sorenson</i>	<i>January 7</i>
<i>Christen Williams</i>	<i>January 9</i>
<i>Lisa Furst</i>	<i>January 11</i>
<i>Deyna Chisolm</i>	<i>January 11</i>
<i>William Comstock</i>	<i>January 11</i>
<i>Miranda Langrehr</i>	<i>January 13</i>
<i>Jacqueline Victoria</i>	<i>January 13</i>
<i>Isabella Chirico</i>	<i>January 16</i>
<i>Monique Hamilton</i>	<i>January 17</i>
<i>Jane Moses</i>	<i>January 19</i>
<i>Amela Dzurlic</i>	<i>January 21</i>
<i>Amy Carol Dominguez</i>	<i>January 21</i>
<i>Holly Rosen</i>	<i>January 24</i>
<i>Alene Johnson</i>	<i>January 25</i>
<i>Faiza Aulakh</i>	<i>January 27</i>
<i>James Hayes</i>	<i>January 29</i>
<i>Courtney Weida</i>	<i>January 31</i>
<i>Khanh Vu</i>	<i>January 31</i>



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