

# Vibrant Emotional Health

## Crisis Emotional Care Team

### Note from Leadership

Dear Cadre,

Each new year we find ourselves at a fork in the road; one path to lead us toward change and the other toward a path of continuity. Though we've witnessed a start to 2023 that is hauntingly familiar, change is at the heart of the work we do, and "we have an opportunity within our work in Vibrant to co-create care systems that are just and equitable", shared Kimberly Williams, our President and CEO, in a recent note.

Our ability to foster resiliency and enhance capacity building through preparedness training is more crucial than ever as we see incident after incident of mass and community violence. As the leaders, advocates, educators, and innovators of our field, we look to you as the healing begins.

"Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek." — Barack Obama

We are grateful for you and your unwavering support.

Sincerely,

Raven Blue  
Program Manager, CECT  
Vibrant Emotional Health

### Disaster Behavioral Health Symposium 2023



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

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

We hope you will join us on May 24 - 26, 2023 at American University in Washington, D.C. 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!

[Register Here](#)

If you have any questions about the symposium, email us at [crisisectionalcare@vibrant.org](mailto:crisisectionalcare@vibrant.org).

### Updates from the Crisis Emotional Care Team

#### From the Cadre

North Dakota Medicine caught up with Dr. Andrew McLean, CECT volunteer and chair of the Department of Psychiatry & Behavioral Science at the UND School of Medicine & Health Sciences, to learn more about his outreach work across the country. [View the article here.](#)

#### 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

[The 10 Best Mental Health Podcasts to Get You Through 2023](#)

[Massive review study suggests psychological trauma nearly triples a person's risk of mental disorder](#)

[Mental Health Deserts for American Indians and Alaska Natives](#)

[World Disasters Report 2022](#)

[Mass Attacks in Public Spaces: 2016 - 2020](#)

### 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 # 47: Reframing Self-care** - Incorporating actions that boost your mental health and overall well-being doesn't need to be elaborate or burdensome. Dropping priorities that no longer suit you or things that no longer hold value can be just as impactful.

### Behavioral Health Events and Conferences

[Museums, Health & Wellbeing Summit](#)

February 6 - 7, 2023  
Virtual

[Addressing Unresolved Symptoms of Major Depressive Disorder](#)

February 16, 2023  
12:00 pm ET  
Virtual

[American College Of Psychiatrists Annual Meeting](#)

February 22 - 26, 2023  
Tucson, AZ

### January Birthdays

Join us in celebrating the following cadre member birthdays!

January 1	Katrina Eady
January 2	Hetheru Shango
January 3	Lina Mohammed
January 6	Magdalena Sparlosu
January 7	Leah Kortman Tara Sorenson
January 9	Christen Williams
January 11	Deyna Chisolm William Comstock Lisa Furst
January 13	Miranda Langrehr Jacqueline Victoria
January 14	Eryn Noonan
January 16	Heidi Allison Isabella Chisico Daphne Simeon
January 17	Monique Hamilton
January 18	Ester Kieboom Nancy Petersmeyer Alicia Romeo
January 19	Jane Moses Jason Rales
January 20	Anne Waterhouse
January 21	Amelia Dzurlic Destiny Horvath Gabrielle Yoo
January 24	Holly Rosen
January 25	Faizla Iqbal Alyse Johnson
January 27	Faiza Aulakh
January 29	James Hayes
January 31	Courtney Weida



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