

# Vibrant Emotional Health

## Crisis Emotional Care Team

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### *Note from Leadership*

Dear Cadre,

Happy New Year! I hope this message finds you well and filled with renewed energy and enthusiasm for the year ahead.

As we welcome the new year and new beginnings, we want to express gratitude for your incredible contributions and continued service to our organization. We have accomplished so much thanks to your willingness to make a difference in the lives of those we serve.

We are excited for the events and projects this year will bring, and look forward to making a greater impact. We invite you to attend our first virtual Meet + Greet of the year. Join us on January 24 at 10 am ET as we catch up and share in some self-care.

Thank you once again for your dedication and for being a valuable part of Vibrant and the Crisis Emotional Care Team. Together, we can continue to make positive changes in 2024.

Wishing you and your loved ones a joyful, healthy, and prosperous New Year!

Warm regards,

Raven Blue  
Program Manager  
Vibrant Emotional Health

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***Vibrant Disaster Behavioral Health Conference 2024***

**WE THE RESILIENT**

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

**V!brant**  
Emotional Health

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 in **Nashville, TN** and it promises to be full of engaging and enlightening content on a subject that becomes increasingly more relevant every day.

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

Our team will be in touch with all submitters to share decisions by the end of May 2024. Please send all questions to [crisisectionalcare@vibrant.org](mailto:crisisectionalcare@vibrant.org).

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### *Updates from the CECT*

#### **MEET & GREET**

Join us

**Wednesday, January 24, 2024, 10:00am - 10:45am ET**  
for the next CECT Meet & Greet!

You can [join us for this virtual Meet & Greet via Zoom](#) to meet other cadre members and receive CECT updates.

We also have a special treat from cadre member Saskia Hostetler Lippy who will lead us in an exercise on the Psychological Skills for Recovery utilizing Skill #6: Rebuilding our Healthy Social Connections!

### ***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](mailto:crisiseotionalcare@vibrant.org)].

### ***Call for Volunteers & Support Requests***

The new year brings a great opportunity to help others and you are ahead of the game because you are already part of our cadre! Do you have a friend or colleague who would be a great fit with the Crisis Emotional Care Team as well? If so, we'd love for you to introduce us! [Please share this link](#) with them to complete our volunteer interest form.

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.

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## ***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.

### **SELF-CARE TIP #60**

#### **20-20-20 RULE**

We spend a lot of time looking at a screen for work or personal use. Looking at a screen for such long periods of time can strain the eyes. This is something that the 20-20-20 Rule can help with!

For every 20 minutes spent looking at a screen, try to look away at something that is 20 feet away from you for a total of 20 seconds.

Set reminders for yourself to take these quick breaks to lessen eye strain symptoms.

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***The Latest in Mental Health and Disaster Psychology***

[Mental health professionals share self-care tips for the new year](#)

[Therapy Fund & Support for Black, Indigenous & People of Color](#)

[Empowering Online Instructors: A Guide to Crisis Prevention and Preparedness](#)

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## ***Behavioral Health Events and Conferences***

[Crisis Worker Interventions with a DBT Lens](#)

January 18, 2024

Great Lakes MHTTC

[SAMHSA's 20th Prevention Day](#)

January 29-February 1, 2024

National Harbor, MD

[American College Of Psychiatrists Annual Meeting](#)

February 21-25, 2024

New Orleans, Louisiana

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## ***January Birthdays***

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

CADRE BIRTHDAYS WISHING YOU A VERY HAPPY BIRTHDAY!		
Katrina Eady	1/1	Jacqueline Victoria 1/13
Hetheru Shango	1/2	Miranda Langrehr 1/13
Malka Zeller	1/2	Erynn Nooner 1/14
Lina Mohammed	1/3	Isabella Chirico 1/16
Angelica Vina-Albarracin	1/4	Heidi Allison 1/16
Inbal Samin	1/6	Monique Hamilton 1/17
Regina Philpot	1/6	Ester Kieboom 1/18
Tara Sorenson	1/7	Alicia Romeo 1/18
Leah Kortman	1/7	Karen Hyatt 1/18
Christen Williams	1/9	Nancy Petersmeyer 1/18
Chelle VanBellegem	1/9	Simo Du 1/19
Ernestine Jallah	1/11	Michelle Powell 1/19
Lisa Furst	1/11	Jason Rakes 1/19
William Comstock	1/11	Jane Moses 1/19
		Autumn Ratliff Warren 1/20
		Anne Waterhouse 1/20
		Destiny Horkavy 1/21
		Gahwan Yoo 1/21
		Amela Dzurlic 1/21
		Fauzia Iqbal 1/25
		Amy Wingfield 1/25
		Alene Johnson 1/25
		Wendy Pettit 1/26
		Kagho Glamour 1/27
		Faiza Aulakh 1/27
		Aryan Williams 1/27
		James Hayes 1/29
		Khanh Vu 1/31
		Courtney Weida 1/31



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