

# V!brant Emotional Health

## Crisis Emotional Care Team

### *Note from Leadership*

Dear Cadre,

This July we observe BIPOC (Black, Indigenous, and People of Color) Mental Health Month. This is an opportunity to foster awareness around issues that primarily affect BIPOC and how those issues may lead to both individual and collective trauma. As we observe this month, it is important to highlight the unique mental health challenges and needs of BIPOC communities and ponder on how we can deepen our conversations, build greater connection, and engage in cultivating all-inclusive wellness.

We express our gratitude to our amazing cadre volunteers that provide crisis services, as we recognize that counselors, therapists and other mental health professionals are essential to promoting BIPOC mental health and well-being. We thank you for being part of the Crisis Emotional Care Team as we work together to create deep multicultural competence and provide effective care for the mental health of every individual.

As a member of our cadre, you are providing essential services that foster well-being, connection, and community. Do you have a friend or colleague that has experience providing services to the BIPOC community and would be a great fit with the CECT? If so, we'd love to connect with them! Please feel free to share our [volunteer interest form](#).

Sincerely,  
Raven Blue  
Program Manager  
Crisis Emotional Care Team  
Vibrant Emotional Health

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## ***Updates from the Crisis Emotional Care Team***

Join us for our next [Meet & Greet, Wednesday, July 19 from 2:00 - 2:45 PM ET via Zoom](#). We will do a general check in, introduce the new Program Coordinator, Elia Madera, and provide updates on CECT projects and events.

Please feel free to share this invite with someone who you think would be interested in becoming a CECT volunteer so they can join us to learn more. See you soon!

### ***Welcome to our Volunteer Spotlight!***



**Today we hear from  
Saskia Hostetler Lippy, MD**

**Psychiatrist at  
Saskia Hostetler Lippy MD  
LLC.**

#### **Tell us a bit about yourself.**

I am a psychiatrist, mental health activist and 3rd generation physician. I came to volunteerism naturally being born into a culture of service through my Mennonite heritage on my father's side. I found the field of disaster psychology at an OHSU grand rounds at the beginning of 2020 and have been applying it to my work life ever since. In the early months of 2020, I was inspired by Dr. Mona Massood and her team to start on the Physician Support Line before it merged with Vibrant Emotional Health so I feel this has really come full circle for me! I witnessed first hand the breakdown of our societal contracts while serving on the frontlines of multiple overlapping humanitarian crises in Portland and want to be part of a deep healing process for all of us. The Crisis Emotional Care Team was a natural home for me of like-minded volunteers doing this work as a team, in a sustainable trauma-informed way.

#### **What about your job gets you out of bed?**

I love waking every day knowing that I am making a difference in the lives of others, doing my part to make the world better than how we found it. I love being a person in the community that people trust and can talk to without feeling judged. This is a sacred responsibility that I do not take lightly. It has been a deep calling for me and I am honored to have honed my skills over many years in different disciplines.

#### **What do you enjoy most about volunteering with the CECT, and what do you find most challenging?**

I find the breadth of CECT's experience in the field really inspiring. Before I joined CECT, I helped to facilitate a grief circle for mass shooting survivors and it was the Point in Time training that helped me personally to process the intensity of that experience for me. That is when I knew I needed to be part of this team. I think the most challenging part is balancing this with regular home life. I am a mother of two teenagers and want them to know how much I love them at the same time that I balance this with giving time to the collective well being of our society.

#### **How has your experience with the CECT impacted you?**

Being able to design trainings with the CECT on the E4E grant with the Brave of Heart fund has been one of the highlights of my career. To be able to give back to my colleagues on the frontlines of nursing and medicine in passing along what we know about trauma and resilience, stress first aid and dealing with workplace violence has been so rewarding. I have been so honored to work with nurses across the country to teach and share our breadth of knowledge and experience.

#### **What advice would you give to someone who one day wants to be in your shoes?**

Talk to a lot of different humans. Being curious about others will lead you in ways that are bound to be interesting! It's also important in the long journey that our training requires to appreciate the small things in every day. Life is definitely a journey and not a destination. In medicine we often get too caught up in the "I'll be happy when..." mentality. Take time every day to enjoy. This will nurture and sustain you for the long haul. As a former competitive long distance runner, I benefited tremendously from my early years of training and discipline in learning about persistence. Doing a little bit every day gets you to the finish line.

### **Who Inspires you? Who are your mentors?**

I am very inspired by the women in my community who have taken their pain and suffering and transformed it into community. I think of my friend Kristle Delihanty, now a pastor who was formerly a heroin addict. After many years of suffering, she was able to get clean and sober and now has designed an outreach team of former addicts working for her non-profit organization PDX Love Saints. I sometimes serve meals with them in Lents Park in East Portland and am transfixed by how they turn a Friday night of strangers into a big family dinner in the park. She says it best, "we belong to each other". This really has moved me deeply to serve those in our society who often get overlooked. I am inspired daily by the mothers who have lost their children to gun violence and who dedicate their lives to making our world safer.

### **What book was a game-changer for you?**

This is a super hard question to answer because I am a voracious reader. Really, a notorious bookworm! I think the book that has impacted me the most over the past three years is a series of essays by women about climate change called "All We Can Save". It has some of everything—scientific essays, poetry, historical documentation. I guarantee that you will cry. The other essential books that have nourished me during this pandemic time are poetry. I have read a lot of Rumi, Hafiz and Mary Oliver. There is so much wisdom in poetry.

### **How do you continue learning and growing as a professional?**

If I could be in university for the rest of my life as a student, I would do it! I got a certificate from Yale in 2021 on Public Health and Climate Change. It was 18 weeks long and I still miss being in class. I love learning new things—I realize it is one of the beautiful things about life for me. There is always something new to learn and apply. I also applied myself in the field of violence prevention and peace building in the pandemic and it was really humbling to try and apply the things I know from mental health across those disciplines. One of the things I took away from that experience is that we are better as a scientific field when we blur the boundaries of science. There is real power in interdisciplinary teams. We are too siloed into our domains of expertise. This is something the CECT is great at—taking volunteers with all different kinds of clinical experience and weaving it into a beautiful tapestry.

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## ***Self-Care Tip for Volunteers***

As an emotional care provider, your wellness is just as essential as those you support. Here is a simple and useful tip to help you boost your energy levels within yourself and your environment.

Tip # 54: Smile - Did you know that when we smile, our brain releases tiny molecules called neuropeptides to help fight off stress? In addition to helping with stress, smiling can also help lower blood sugar and blood pressure, boost our immune system, and release natural painkillers and serotonin. As Mother Teresa once said "We shall never know all the good that a smile can do", so smile today!

Smile for yourself in front of the mirror or whenever you pass by a person that could benefit from your smile.

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

- [Why and How to Celebrate Disability Pride Month 2023](#)
- [Racial Trauma and the Need for BIPOC Mental Health Support](#)
- [Perceptions of Past Abuse: Memory of Childhood Trauma Impact Mental Health More Than Abuse Itself](#)

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

### [MAVA The Great Volunteer Engagement Get-Together](#)

July 19-21, 2023

St. Paul, MN

### [National Homeland Security Conference](#)

July 24-27, 2023

Chicago, IL

### [NASMHPD Annual Meeting](#)

July 28-30, 2023

National Harbor, MD

## ***July Birthdays***

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

**CADRE BIRTHDAYS**  
WISHING YOU A VERY HAPPY BIRTHDAY!

Laura Garabito	July 1	Melinda Konigsberg	July 11	Xuanlei Lu	July 20
Megan Jung	July 2	Melissa Powers		Kyle Armstrong	
Kavita Khajuria		Mahlet Endale		Alexandra Solovey	
Kamalah Griffith		Haley Fritz	July 12	Rachel Malin	July 22
Linh Do	July 3	Leslie Gise	July 13	Sergia Andrade	July 23
Jamie West	July 5	Robert Monserrate		Nikita Shaiva	
Amy Woods	July 6	Rakshita Pasunoor		Dania Gulshan	July 25
Beth Weinstock	July 7	Amanda Henriksen		Elizabeth Demalija	
Monxque Marceis		Ariana Drew	July 14	Margaret Maghan	July 26
Nicole Nardone		Anna Costakis	July 15	Valerie Armstrong	
Emily Kalb	July 8	Amy O'Neill	July 16	Nakenna Black	
Michelle Ellingham	July 9	Ethan Yoo		Jennifer Butler	
Marcie Beigel		Denise Heebink	July 17	Kaci Wampler	July 27
Eric Matthews	July 10	Amanda Belanger			
		Adrienne Gorman	July 18		
		Kenyetta Hutson Earls			



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