

Vibrant Emotional Health

Crisis Emotional Care Team

Note from Leadership

Dear Cadre,

Spring is officially here and we have a few updates to share with you all.

As we gear up for opportunities to support and care for those impacted by disasters and other crises over the next few months, we encourage you to make certain that your Background + Availability Form is up-to-date, especially your language capacity and area of expertise, and that you've completed the required training. Please [email](#) our team if you need assistance updating your volunteer record.

We have an incredible program mapped out for our 2023 Symposium and are especially excited to share Vibrant's Chronic Cyclical Disaster Model. We are offering a variety of dynamic presentations and points of connection and invite you to view the full lineup [here](#).

We look forward to seeing you in Washington, DC this May!

Thank you,

Raven Blue
Program Manager, CECT
Vibrant Emotional Health

Disaster Behavioral Health Symposium 2023



Vibrant Disaster Behavioral Health Symposium

The Power of Community and Connection in Disaster Behavioral Health

Vibrant Emotional Health invites you to celebrate The Power of Community and Connection in Disaster Behavioral Health Response at the 2023 Annual Symposium in Washington, D.C., May 24-26, 2023.

Join your colleagues, friends, and industry leaders at American University to learn about the myriad of ways people engage in collective work to navigate disaster or crisis.

To view the full conference program, visit: vibrantsymposium.info/program

As a CECT volunteer, use the code **CADRE23** for 20% off admission!

[Click to Register](#)

Please share this event widely with your peers!

If you have any questions about the symposium, email us at crisisectionalcare@vibrant.org.

Updates from the Crisis Emotional Care Team

Scholarship Opportunity:

Applications are now being accepted online for the **Brave of Heart Scholarship**.

Up to \$25,000.00 annually is available in funding, depending on an eligible applicant's academic focus, student status, and other criteria.

The Brave of Heart Scholarship is non-competitive. All eligible applicants will receive some level of award. Eligible applicants:

- Are a spouse, domestic partner, or child of a healthcare worker, volunteer, or support staff whose life was lost in the fight against COVID-19
- Plan to enroll in an accredited program at a vocational and technical school, community college, 4-year college or university, or graduate school (if pursuing healthcare studies)
- Individuals enrolled in part-time coursework (at least 6 credit hours per

term), returning to school for continuing education, or exploring a new field of study are eligible

- Individuals do not have to be previous recipients of Brave of Heart Fund grants to be eligible; and, previous recipients of Brave of Heart grants are eligible for this scholarship

The next application deadline is April 20, 2023, 3:00 p.m. Central Time. To apply or learn more, please [click here](#).

The Latest in Mental Health and Disaster Psychology

[How Virtual Reality Exposure Therapy Helps Disaster Victims](#)

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 # 50: Prepare a smoothie - Give your physical and [mental health](#) an extra boost this spring by incorporating smoothies into your diet. Try this [calming green smoothie](#) recipe or this one that supports [clarity](#) and gut health.

Behavioral Health Events and Conferences

[Southeastern Psychological Association Annual Meeting](#)

April 5th – 8th, 2023
New Orleans, LA

[Midwestern Psychological Association Conference](#)

April 20 – 22, 2023
Chicago, IL

[National Hospice and Palliative Care Organization Conference](#)

April 24 – 26, 2023
Virtual

[Western Psychological Association Convention](#)

April 27 – 30, 2023
Riverside, CA

[Association for Death Education and Counselling Annual Conference](#)

April 25 – 29, 2023
Columbus, OH

March Birthdays

Join us in celebrating the following cadre member birthdays!



CADRE BIRTHDAYS

WISHING YOU A VERY HAPPY BIRTHDAY!

March 1	Greg Weintraub	March 16	Charlene Jones Abeda Khanam Dylan Lynch
March 2	Koret Munguldar	March 17	Tara Callahan Winnie Chang Dora Reyes
March 3	Patti Fallacara Sinead Sant-Barket Justina Geni	March 18	Florence Nikas
March 5	Rachel Weiss	March 19	Ilyssa Guerra Amy Jatozak Deac Michelson
March 8	Jennifer MacCormick Mohammad Patel Karen Terry Joan Toborowsky	March 20	Emmanuela Collado
March 9	James Black Karen Pines Jahina Walker	March 23	Joshua Blum
March 10	Shiori Yonesaka	March 26	Dana Lebo
March 11	Charly Jaffe Philip Weiss Sandra Zhang	March 27	Rita Ravichandar Stephanie Rollin
March 13	Daphne Bernadotte	March 28	Aliza Geller
March 15	Lauren Ashbrook Shekeithra Foster Juliet Parris	March 29	Nicole Nasrallah



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