

# V!brant Emotional Health

## Crisis Emotional Care Team

### *Note from Leadership*

Greetings Cadre,

We want to give thanks and shine a light on the impact of your work as the year comes to a close. We truly appreciate you and your commitment to the Crisis Emotional Care Team in providing emotional support to communities in times of crisis and disaster. Let us share a moment of gratitude, connectedness, and community as we reflect on how much we have accomplished together.

In the last 3 years, **you have donated 5,000 hours of your time** to provide behavioral health support and resources, and we hosted several amazing events to provide opportunities for our cadre, Vibrant staff, and professionals in the disaster services and medical fields to collaborate, learn, and put themselves and their self-care first!

We have done so much together and we would like to honor the work that you do by sending a small token of our appreciation. Please be sure our team has your most current contact information including a mailing address and email. See below for details on how to update your volunteer record.

Stay tuned for announcements about requests for support, training, and our fourth annual Disaster Behavioral Health Conference which will take place in Nashville, Tennessee from September 17-19, 2024.

Our team is excited for the many opportunities to come and wish you well this holiday season!

With you in service and community,

Raven Blue  
Program Manager  
Vibrant Emotional Health

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## *Updates from the Crisis Emotional Care Team*

### **Giving Tuesday**

Giving Tuesday invites people to support and amplify organizations that they care about during the rush of the holiday season. We welcome your partnership and passion in our efforts to raise the resources necessary for all people to have access to mental health services in our country. This Giving Tuesday, [join Vibrant Emotional Health](#) to provide mental and emotional support and care to all people when, where, and how they need it. When we say all, we mean all.

### **Save The Date**

Please [save the date](#) for Vibrant's 2024 Disaster Behavioral Health Conference on September 17-19, 2024 in Nashville, Tennessee. Our call for submissions will be opening soon!

### **Make Sure You Are Up-To-Date**

Has your employer or job title changed since you signed up with us? Have you received new credentials or learned new skills as a provider? Please [email](#) our team for assistance updating your volunteer record or completing any of the required training.

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

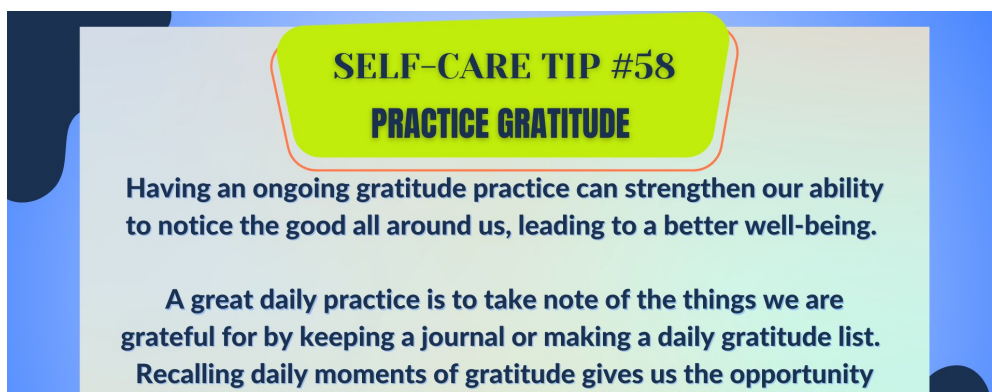
Do you have a friend or colleague who would be a great fit with the Crisis Emotional Care Team? If so, we'd love for you to introduce us! Please share this [link](#) with them to complete our volunteer interest form.

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.

A graphic with a blue background and a light blue gradient. At the top, a yellow rounded rectangle contains the text 'SELF-CARE TIP #58' and 'PRACTICE GRATITUDE'. Below this, the text reads: 'Having an ongoing gratitude practice can strengthen our ability to notice the good all around us, leading to a better well-being.' Further down, it says: 'A great daily practice is to take note of the things we are grateful for by keeping a journal or making a daily gratitude list. Recalling daily moments of gratitude gives us the opportunity'.

**SELF-CARE TIP #58**  
**PRACTICE GRATITUDE**

Having an ongoing gratitude practice can strengthen our ability to notice the good all around us, leading to a better well-being.

A great daily practice is to take note of the things we are grateful for by keeping a journal or making a daily gratitude list. Recalling daily moments of gratitude gives us the opportunity

to cultivate a sustainable theme of gratefulness in our life.

Start practicing gratitude today!  
What are three things you are grateful for right now?

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

- [International Stress Awareness Week: Strategies for Coping and Thriving](#)
- [The New Look of Survivor Day](#)
- [Transgender Awareness Month 2023 & The Transgender Day Of Remembrance](#)

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

### [Virtual Mental Health Awareness Training](#)

November 28, 2023

1:00 PM - 3:00 PM ET

Virtual

### [SDMPH 10 Year Anniversary Conference & Annual Meeting](#)

December 4-6, 2023

Washington, DC/Virtual

### [Annual Conference on Advancing School Mental Health](#)

December 5-7, 2023

New Orleans, LA

## ***November Birthdays***

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

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

Maggie Addiego	11/1	Maya Ran	11/8	Lauren Arno	11/19
Michael Liatsis	11/3	Lorraine Allen	11/11	Mary Espinosa	11/20
Jenny Smith	11/5	Shree Sengupta	11/12	Brenda Dunlap	11/20
Rachel Heisler	11/5	Patricia Lincourt	11/15	Nantia Bolotaeva	11/20
Rachael McNeal	11/5	Anna Filova	11/15	Capri Cafaro	11/21
Sheila Langford	11/6	Gregory Paul	11/15	Jiayue Wang	11/22
Jonla Suri	11/6	Mary Teachout	11/16	Marlon Gentle	11/24
Liga Kudina	11/6	Roshni Patel	11/16	Alina Mitrea	11/25
Lee Granum	11/6	Rachel Niesen	11/16	Annika Reyes	11/26
Jeanette Ramos	11/6	Andrew McLean	11/18	Priya Govindaraj	11/26
Ahiam Zehdi	11/6	Emily Mazzulla	11/19	Kathleen Clegg	11/27
Stephanie Cornwall	11/6	Dominicus Soto	11/19	Cristina Harris	11/27



Nathalie Altidor 11/6  
Sharon Lee 11/7

Regan Gifford 11/19

Misty Ostler 11/27  
Abigail Mannis 11/29



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