

# V!brant Emotional Health

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## Crisis Emotional Care Team

### *Note from Leadership*



THANK  
YOU



Dear Cadre,

We want to extend a warm thank you to all that attended our **For You, With You** event on September 22, 2023 at The Mount Sinai Hospital Guggenheim Pavilion. We hope you enjoyed a **day of connection, experience, and practice in putting yourselves and your health at the front of the line** with

us.

We hope that the wellness experiences and the connections made will greatly benefit our attendees and we are excited to see the positive impact that it will have in the healthcare industry.

Lastly, we are immensely grateful for The Brave of Heart Fund, founded by the foundations of New York Life and Cigna and administered by E4E Relief, as for without it we could not have done this amazing event!

Sincerely,  
Raven Blue  
Program Manager  
Vibrant Emotional Health

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

### **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](#) to submit a 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.

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

To help us be better prepared for disasters that may come up as we wrap up the year, please make sure to update your Background + Availability Form and to make sure you complete the required training prior to deploying with us or if you are interested in facilitating a training. Please [email our team](#) if you need assistance updating your volunteer record.

### **Save The Date**

Please [save the date](#) for Vibrant's Disaster Behavioral Health Conference on September 17-19, 2024 in Nashville, Tennessee. More details to come soon!

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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 and improve your environment.

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**SELF-CARE TIP #57**  
**DECLUTTER YOUR WORKSPACE**

Researchers have found that physical and visible clutter distracts and increases stress levels, affecting our focus. A clutter-free workspace has consistently been linked to several benefits, including reduced stress, improved focus and performance, better sleep, and enhanced creativity.

How can you declutter your workspace to create an organized and stress-free work environment?

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

- [Mental Health as Important as Physical Health, Survey Finds](#)
- [Children and Adolescents Coping With Disaster](#)
- [60 percent of youth needed mental health support over past year](#)

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***Behavioral Health Events and Conferences***

[Northeast Conference for Teachers of Psychology](#)

October 20, 2023

Worcester State University, Worcester MA

[New England Psychological Association Annual Meeting](#)

October 21, 2023

Worcester State University, Worcester MA

[International Society of Traumatic Stress Studies](#)

November 1-4, 2023

Los Angeles, CA

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***September Birthdays***

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



Jane Dorlester	10/1	Supriya Kumble	10/13	Michael Fahmy	10/25
Veronica Strong	10/2	Simran Mahajan	10/15	Maria Eden Gianan	10/26
Christopher Huber	10/3	Nargis Azzi	10/16	Sarah Milner-Barry	10/26
Whitney Kemp	10/4	Priscilla Rosenwald	10/17	Lea Smith	10/28
Taylor Morrison	10/5	Erin Bishop	10/19	Gabriella Carbone	10/28
Jianee Carrasco	10/7	Fatima Hamza Bala	10/19	Naglaa Rashwan	10/29
Debra Dibartolo	10/9	Alison Carroll	10/20	Allana Smith	10/30
Nicole Lagana	10/9	Selena Deak	10/20	Tamara Forbes	10/30
Nina Urban	10/10	Dennis Aronov	10/20	Audrey Feiner	10/31
Sarah Elnawasra	10/11	Alpha Woodward	10/21	Juliet Walters	10/31
Ellen Lhee	10/11	Alicia Salzer	10/22	Natasha Neemar	10/31
Kristin Colloton	10/12	Shriya Anand	10/22	Ariel Howard	10/31
Chrissy Foo	10/12	Christina Earley	10/23	Jerrica Staten	10/31



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