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Vibrant Emotional Health

Crisis Emotional Care Team

Note from Leadership



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

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

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 <u>link</u> to submit a volunteer interest form. If you or anybody you know is experiencing a disaster or crisis, please submit a <u>support request form</u> 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 <a href="mailto:emailto

Save The Date

Please <u>save the date</u> for Vibrant's Disaster Behavioral Health Conference on September 17-19, 2024 in Nashville, Tennessee. More details to come soon!

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.

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?

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

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

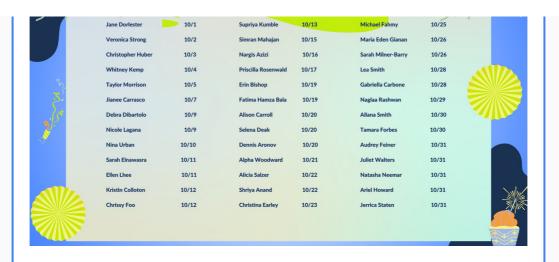
International Society of Traumatic Stress Studies

November 1-4, 2023 Los Angeles, CA

September Birthdays

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











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