

V!brant Emotional Health

Crisis Emotional Care Team

Note from Leadership

Dear Cadre,

As we observe Women's History Month, we want to take the time to commemorate the cultural, political, and socio-economic achievements of women as well as the vital roles women have played in shaping history and in progressing the mental health movement worldwide.

During this month, we invite you to join us in celebrating the women in our lives and remind them to prioritize their own mental health. Check in with them to make sure they are doing okay, and let them know that it is okay to not always be okay. Make sure they know that they have a safe place to go if they are struggling with their mental health and offer your help in connecting them to whatever service they may need.

If you are a woman, consider taking the time to celebrate your own accomplishments and do a mental health self-care check-in. Remember, self-care is a proactive act, not a selfish one. Self-care is accepting personal responsibility for our own physical, emotional, mental, and spiritual well-being. So treat yourself to some meaningful time celebrating and nurturing yourself!

Warm regards,

Raven Blue
Program Manager
Vibrant Emotional Health

Vibrant Disaster Behavioral Health Conference 2024



WE THE RESILIENT

A Conference on Disaster Behavioral Health and Building a Truly Resilient Community.

Vibrant
Emotional Health

October 1–3, 2024 | Nashville, TN

[Early Bird Registration](#) is officially open for our fourth annual conference, [We The Resilient: A conference on disaster behavioral health and building a truly resilient community](#). The conference will take place at the **DoubleTree by Hilton Hotel Nashville Downtown** from **October 1-3, 2024** and it promises to be full of engaging and enlightening content on a subject that becomes increasingly more relevant every day. Make sure to register before May 14, 2024 to get the early bird discount!

We are also still accepting submissions for Vibrant's 2024 Behavioral Health Conference until **Wednesday, April 10th, 2024**. Visit our [submissions page](#) to learn more about submitting a proposal and to begin the submission process.

Our team will be in touch with all submitters to share decisions by the end of May 2024. Please send all questions to crisiseotionalcare@vibrant.org.

Brave of Heart Scholarship

Applications are now being accepted 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 deadline for the scholarship is April 24, 2024 at 3:00 pm CT. Please direct all inquiries to [Scholarship America](#) via the Brave of Heart Scholarship page online.

Make Sure You Are Up-To-Date

Do you still need to complete training for the CECT? Have you had any changes to your contact information, place of employment, or any updates you'd like to share with us? Please email our team to update your volunteer record or if you need assistance completing any of the required training [crisisectionalcare@vibrant.org].

Call for Volunteers

Do you have friends or colleagues with a mental health background, experience providing emotional or mental health care, and are interested in becoming an emotional care provider with the CECT? If so, we'd love for you to introduce us! Please [share this link with them](#) to complete our volunteer interest form.

Support Requests

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.

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.

TAKE A SOCIAL MEDIA BREAK

A recent study found that taking a one-week break from social media can lead to significant improvements in a person's wellbeing, depression, and anxiety. So, what can we do instead of scrolling? There's an endless array of options depending on our needs!

There's a lot of power in knowing our motives for logging onto our social accounts. Are we seeking to connect with others, relax, or entertain ourselves? Once we identify why we're feeling the urge to log onto our social media accounts, we can make a choice to meet that need in another way.

The Latest in Mental Health and Disaster Psychology

[Moral Injury Considered As New Diagnosis Amid Israel-Hamas War](#)

[The Experience of Being a Non-Latino Mental Health Professional Who Works with Latinx Clients: Providing Appropriate Transcultural Care](#)

[The Public Health Connection: Mental Health and BIPOC Representation in Media](#)

Behavioral Health Events and Conferences

[PSA Annual Conference Information](#)

March 21, 2024

San Diego, CA

[Advancing Trans Health Equity through Supportive and Protective Environments](#)

March 28, 2024

2:00 pm - 3:30 pm ET

Online

[Association for Death Education and Counseling Annual Conference \(ADEC\)](#)

April 11-13, 2024

Virtual and Houston, TX

March Birthdays

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

CADRE BIRTHDAYS WISHING YOU A VERY HAPPY BIRTHDAY!					
Olena Koval	1-Mar	Jahina Walker	9-Mar	Winnie Chang	17-Mar
Greg Weintraub	1-Mar	Shiori Yonesaka	10-Mar	Dora Reyes	17-Mar
Koret Munguldar	2-Mar	Philip Weiss	11-Mar	Florence Nikas	18-Mar
Sinead Sant-Barket	3-Mar	Sandra Zhang	11-Mar	Kayla Hawkins	19-Mar
Patti Fallacara	3-Mar	Charly Jaffe	11-Mar	Amy Jatczak	19-Mar
Katy Fleming	3-Mar	Karla Rodriguez	12-Mar	Deac Michelsohn	19-Mar
LaWanda Fluker	5-Mar	Daphne Bernadotte	13-Mar	Emmanuela Collado	20-Mar
Rachel Weiss	5-Mar	Lauren Ashbrook	15-Mar	Alex Pollack	21-Mar
Denese Purcell	6-Mar	Tuhina De O'Connor	15-Mar	Dana Lebo	26-Mar
Karen Terry	8-Mar	Shekeithra Foster	15-Mar	Rita Ravichandar	27-Mar
Joan Toborowsky	8-Mar	Juliet Parris	15-Mar	Stephanie Rolin	27-Mar
Jennifer MacCormick	8-Mar	Charlene Jones	16-Mar	Aliza Geller	28-Mar
Mohammad Patel	8-Mar	Dylan Lynch	16-Mar	Laura Handler	28-Mar
Karen Pines	9-Mar	Abeda Khanam	16-Mar	Madi Jenkins	29-Mar
James Black	9-Mar	Tara Callahan	17-Mar	Nicole Nasrallah	29-Mar



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