

V!brant Emotional Health

Crisis Emotional Care Team

Note from Leadership



Dear Cadre,

We are in gratitude for all of the work you do every day as well as being part of the Crisis Emotional Care Team cadre. If you live or work in or near the NYC area, or happen to be visiting, we would love for you to join us at our special event **For You, With You**, a day of connection, experience and practice in **putting yourself and your health at the front of the line** with us! At **For You, With You**, attendees will experience wellness, self-care and social support, as well as have access to delicious food and treats, cool swag, and time to connect with fellow healthcare workers and our team. We have amazing experiences lined up such as Acupuncture, Life Coaching, Reiki, Executive Coaching, Financial Advisement, Art Therapy, Chair Massage, Yoga, and so much more!

For You, With You will be an in person event on **Friday, September 22nd from 9am to 5pm ET** at The Mount Sinai Hospital, 1190 Fifth Avenue, 1st Floor

Guggenheim Pavilion, New York, NY 10029. This event is completely free for all who work in healthcare services and spaces, please make sure to bring a valid healthcare ID or your CECT badge. You can use this [link](#) to reserve a spot for one of the many experiences we will be offering using (registration is optional but recommended). We look forward to joining you in **putting yourself and your health at the front of the line!** We are here **For You, With You.**"

Sincerely,
April Naturale, PhD
Vice President of Disaster Services
Vibrant Emotional Health

For You, With You Registration

Made possible with funding from The Brave of Heart Fund, founded by the foundations of New York Life and Cigna and administered by E4E Relief.

Updates from the Crisis Emotional Care Team

Call for Volunteers for For You, With You

We are looking for volunteers to help on site in New York City at The Mount Sinai Hospital on Friday, September 22, 2023. Volunteers can expect to help with setup, registration, and the various wellness vendors and tables. All volunteers will be able to participate in activities, as space allows, and food and drinks will be provided.

If you are based in the NYC area and would like to volunteer, click [here](#) to sign-up! If you have any questions, please reach out to our Program Coordinator Elia Madera at emadera@vibrant.org.

Call for Trainers

We received a virtual training request from Preston Memorial Hospital in Kingwood, West Virginia and are seeking 1 or 2 cadre members to present the following trainings to the Preston Memorial community:

- Addressing Grief - Oct 19th, 2:00 pm ET
- Cultural Considerations in Disaster Response - Nov 16th, 2:00 pm ET
- Skills for Psychological Recovery - Dec 7th, 2:00 pm ET

Audience: Direct care clinical staff who will sign up if interested

Format: 90 minute Webex training

Stipend: \$750 per training

These trainings are possible thanks to funding from a generous grant from the

Brave of Heart Fund, founded by the foundations of New York Life and Cigna and administered by E4E Relief, the CECT continues to promote the emotional and mental well-being of frontline healthcare workers.

CECT staff will be available to provide admin support to any cadre member that's interested. If you have experience providing training and would like to lead one of these training sessions, please email crisisectionalcare@vibrant.org to schedule a meeting to discuss! Thank you!

In My Mind Conference

Join Raven and Lindsay at the In My Mind Conference next month, where they'll be presenting on disaster behavioral healthcare for people with disabilities. The conference will be Thursday, October 12, at Hofstra University. You can join in person or online by registering [here](#).

Volunteer Spotlight

A graphic with a blue and green background. At the top, a yellow rounded rectangle contains the text "VOLUNTEER HIGHLIGHT" in bold black letters. Below this, a white question mark is centered on a dark blue background. To the right of the question mark, there is text: "As an organization, we recognize that you are the forerunners and trailblazers in your field. We want fellow cadre members to be in the know as well!" followed by "We would like to feature volunteers in our newsletter. The volunteer spotlight will give you an opportunity to share information, projects, podcasts, and highlights with fellow cadre members." and finally "If you are interested in being a featured member in our newsletter, please email us at crisisectionalcare@vibrant.org".

VOLUNTEER HIGHLIGHT

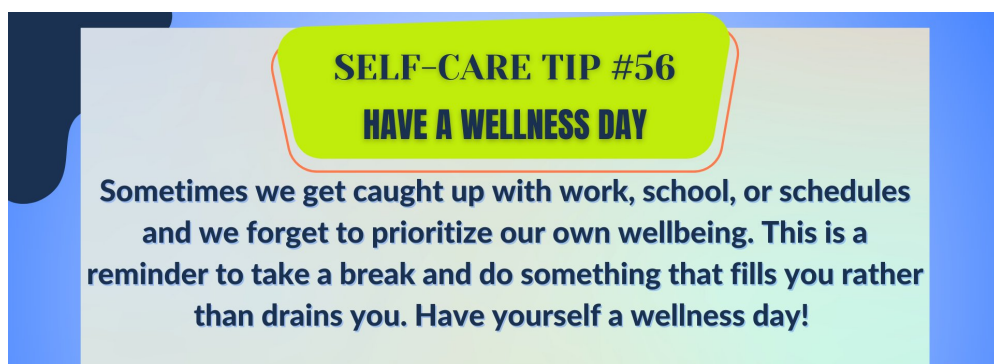
As an organization, we recognize that you are the forerunners and trailblazers in your field. We want fellow cadre members to be in the know as well!

We would like to feature volunteers in our newsletter. The volunteer spotlight will give you an opportunity to share information, projects, podcasts, and highlights with fellow cadre members.

If you are interested in being a featured member in our newsletter, please email us at crisisectionalcare@vibrant.org

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 within yourself and your environment.

A graphic with a blue and green background. At the top, a yellow rounded rectangle contains the text "SELF-CARE TIP #56" and "HAVE A WELLNESS DAY" in bold black letters. Below this, there is text: "Sometimes we get caught up with work, school, or schedules and we forget to prioritize our own wellbeing. This is a reminder to take a break and do something that fills you rather than drains you. Have yourself a wellness day!"

SELF-CARE TIP #56
HAVE A WELLNESS DAY

Sometimes we get caught up with work, school, or schedules and we forget to prioritize our own wellbeing. This is a reminder to take a break and do something that fills you rather than drains you. Have yourself a wellness day!

A wellness day, or mental health day, means taking a break from normal, daily activities to refresh and destress.

How can you implement a wellness day for yourself this month?

The Latest in Mental Health and Disaster Psychology

- [Feel Your Breath, Calm Your Mind: Scientists Develop Shape-Shifting Ball That Supports Mental Health](#)
- [How Mental Health Apps Can Help BIPOC Access Care](#)
- [How to Cope With Work-From-Home Burnout](#)

Behavioral Health Events and Conferences

[For You, With You: A day of connection, experience and practice in putting yourself and your health at the front of the line with us](#)

September 22, 2023

New York, NY

[In My Mind Conference](#)

October 12, 2023

Hempstead, NY

[Mental Health Services Conference](#)

October 12-14, 2023

Washington, DC

September Birthdays

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

CADRE BIRTHDAYS
WISHING YOU A VERY HAPPY BIRTHDAY!

Allison Simon	9/2	Julie Kelso	9/11	Alexa Moubarak	9/22
Lanae Arena	9/3	Kitten Lewis	9/11	Jennifer O'Neil	9/22
Veronica Bello	9/3	Ann Farrar	9/12	Andrew Jones	9/23
Mariana Anconi	9/4	Nandi Jordan	9/12	Mona Benton	9/23
RD Boardman	9/4	Caroline Parker	9/12	Rebecca Siegel	9/23
Maxine Susseles	9/5	Katarina Blonski	9/14	Rebecca Siegel	9/23
Zoe Marshall	9/6	Teresa Smith	9/14	Karim Ghobrial-Sedky	9/24
Ghadah Almodbel	9/7	Sonali Verma	9/15	Brianna Knox	9/24
Enrique DeUrquiza	9/8	Jayne Murphy	9/15	Xiomara Zapata-Moore	9/24
Lauren Greene	9/8	Danielle Dellaquila	9/16	Gregory Barrett	9/25
Adrianna Scordo	9/9	Shelly Edry	9/16	Lesley Alderman	9/27
Magnolia Grullon	9/9	Preeti Mattoo	9/17	Katya Sverdllov	9/27
Tanese Orr	9/10	Laura Caruso	9/18	Denise Dougherty	9/27
		Kelly Clarke	9/18	Jessica Gillota	9/28



Helen Li

9/10

Eva Korolishin

9/20

Moeka Lam

9/30

Vitaliya McElven

9/10

Saskia Hostetler Lippy

9/21

Yurou Zeng

9/30



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