

Health and Wellness Activity
COVID-19 Resources

April 2, 2021

"Sometimes the most productive thing you can do is relax."



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

3-Minute Desk Stretch



The following articles may be of interest to you:

Focusing Our Energy
www.dailyom.com
[Read more](#)

4 Smart Tips for Making the Most of Your Mornings
www.thriveglobal.com
[Read more](#)

Navigating the Loss and Grief of a Nurse Suicide
www.medscape.com
[Read more](#)

Health Disparities:

Study confirms Black American women less likely to get 3D mammograms
www.appliedradiology.com
[Read more](#)

Mental Health and Substance Use Disorders in the Era of COVID-19: The Impact of the Pandemic on Communities of Color: Proceedings of a Workshop—in Brief (2021)
www.nap.edu
[Read more](#)

Oregon's Native American tribes, often hard-hit by COVID-19, make concerted vaccination push
www.opb.org

Read more



MFP/ANA National Advisory Committee Chair Dr. Bridgette Brawner's Statement: Condemnation of Anti-Asian Discrimination

"...violence against Asians and Asian Americans is not new in this country. Members of these groups are all too familiar with the decades, and even centuries of injustice, they have experienced...We are just now being given a front row seat...as a racial and ethnic minority-focused organization: We do not condone, accept, justify or tolerate injustice of any kind. The ways minoritized communities continue to be targeted, victimized and dehumanized is unacceptable. The MFP will continue to decry racism, hate crimes, discriminatory acts and other forms of wrongdoing for what they are: deplorable actions that cannot be accepted or minimized...the rush to justify the perpetrator's acts under the powers of "addiction" truly strikes a nerve...For anyone to use such experiences to justify the heinous acts that resulted in the loss of eight...eight precious souls...is a slap in the face to those who truly struggle and are incapable of controlling their thoughts and behaviors. Further, it perpetuates fear, stigma and misinformation that people who suffer with addiction and mental illness are violent and dangerous. We have strong evidence to prove that those experiencing behavioral health challenges are not more violent or "criminally" involved".

Visit

<https://emfp.org/sites/default/files/attachments/Stand%20against%20AAPI%20Hate%20Crimes%203-23-21.pdf> to read the full statement and <https://emfp.org/news> to view other initiatives that are increasing awareness on Asian hate crimes.

Announcements

Upcoming American Psychiatric Association (APA) Mental Health Equity Fireside Chat: The Impact of the #COVID19 Pandemic on the Mental Health of African Americans, April 8, 2021. **Register here:** www.psychiatry.org/psychiatrists/cultural-competency/mental-health-equity-fireside-chat

The Agency for Healthcare Research and Quality (AHRQ) requests comments from the public on clinical algorithms that are used or recommended in medical practice and any evidence on clinical algorithms that may introduce bias into clinical decision making and/or influence access to care, quality of care, or health outcomes for racial and ethnic minorities and those who are socioeconomically disadvantaged. See more information about the RFI at <https://effectivehealthcare.ahrq.gov/webform/products/algorithms-bias-healthcare-delivery/submit-info>. **Closing date is 11:59 p.m/EDT on May 4, 2021.**

On-Demand Webinar, presented by MFP/ANA alumnae Drs. Tanya R. Sorrell and Marife Aczon-Armstrong: **"Boosting Vaccine Confidence in Minority Populations - Specific Strategies to Encourage and Educate Your Patients."**

Register here:

<https://event.on24.com/eventRegistration/EventLobbyServlet?target=reg20.jsp&referrer=&eventid=2455061&sessionId=1&key=0771B67174DBDF6DC87DB3BB8F4B4303@Tag=1059845&V2=false&sourcepage=register>

CALL FOR APPLICATIONS! DEADLINE IS APPROACHING!



Are you a psychiatric nurse pursuing a career that focuses on the prevention & treatment of mental illnesses & substance abuse? Are you in search of academic & financial support for your postgraduate degree? If you answered yes to these questions, visit <http://emfp.org> to learn more and to apply!



Eligibility Requirements

- Applicants must be an American citizen or permanent resident.
- Member of an ethnic or racial minority group.
- Doctoral applicants must have a Master's Degree or completed at least nine (9) credits related to Psychiatric/Mental Health or Substance Abuse.
- Master's level curriculum and plan of study must embody behavioral health disorders prevention, treatment, and recovery that are under girded with theoretical and clinical science.
- Masters applicants must be enrolled full-time in an accredited degree behavioral health (psychiatric mental health/substance use) program in nursing.
- Doctoral applicants must be enrolled as a full-time doctoral student in a fully accredited nursing program.
- Applicants must have an active Registered Nurse License.
- The documents included in your application (CV, recommendations, essay, etc.) should demonstrate your commitment to a career in substance abuse or psychiatric/mental health issues affecting minority populations.
- Fellows are required to commit to a minimum of 2 years' service in mental health and/or substance use after graduation.

APPLY NOW AT APPLY.EMFP.ORG

IMFP Call for Fellowship Applications

The Interdisciplinary Minority Fellowship Program (IMFP) is funded by a new grant from the federal **Substance Abuse and Mental Health Services Administration (SAMHSA)**. This fellowship program is designed for master's and doctoral students in psychology, nursing, social work, marriage and family therapy, mental health counseling, and substance use and addictions counseling whose training prepares them for careers in behavioral health services for ethnic and racial minorities who have a mental or cooccurring mental and substance use disorder.

APPLICATIONS NOW OPEN for the **2021-2022 Academic Year!**

Applicants must:

- Be U.S. citizens, permanent residents, or noncitizen nationals.
- Have a strong commitment to a career in racial/ethnic minority behavioral health services.
- Complete a community project during each year of funding.
- Sign a letter of commitment attesting that they will work for a period of two years in a capacity that addresses the behavioral health needs of racial and ethnic minority populations.

Applicants may apply for more than one MFP fellowship. If accepted to more than one the applicant must choose one fellowship.

[Click here to learn more and to apply.](#) Due April 15, 2021



STOP COVID-19 XENOPHOBIA
CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.



SAMHSA.GOV

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

Missed an issue? Check out our e-Newsletter archives at emfp.org/news/e-newsletters.

Please email mfp@ana.org for an accessible copy of this e-Newsletter.

Did you enjoy today's e-Newsletter?

- Yes
- No

How likely are you to share one or more of the resources provided with a colleague?

- Likely
- Not likely

Submit

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SAMHSA Minority Fellowship Program 8515 Georgia Avenue, Suite 400 Silver Spring, Maryland 20910-3492
United States (301) 628-5000