

Health and Wellness Activity
COVID-19 Resources

February 5, 2021

"Nurses dispense comfort,
compassion, and caring without
even a prescription."

- Val Saintsbury



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

5- Minute Meditation Music



Drink more water friend, h2o is your bff!

Switch up the tempo by vibing out to some tunes

Take a screen time break & rest your eyes for 5-10 mins

Go back to the "old days", and actually talk to a friend vs. texting

Mid-day Energy Boost

Meditate and be present by embracing the power of now

Include an energy boosting superfood to your lunch; goji berries, cacao, chia seeds, etc.

Stretch your body and get moving around (yes, twerk'n counts!)

@blackandwell

This week's suggested articles:

Suggested meditation reading:

Self-Determination- Using Your Power
DailyOm.com
[Read more](#)

Lost touch: how a year without hugs affects our mental health
amp-theguardian-com
[Read more](#)

COVID's mental-health toll: how scientists are tracking a surge in depression
nature.com
[Read more](#)

Which Covid Vaccine Should You Get? Experts Cite the Effect Against Severe Disease
Nytimes.com
[Read more](#)

Health Disparities:

What's behind racial disparities in kidney disease?
health.harvard.edu
[Read more](#)

Gene mutations may explain the poorer outcomes in Hispanic and Latino children with leukemia

news-medical.net

Read more

Fairfax, Montgomery say data shows inequities in distribution of coronavirus vaccine

washingtonpost.com

Read more

Misinformation and lies 'very effective' in making minorities fear COVID-19 vaccine, some healthcare leaders fear

abcactionnews.com

Read more

SAVE-THE-DATE:

2021 MFP Virtual Intensive Winter Institute, March 18-20.

Theme is Leadership, Behavioral Health Policy and Professional Development.
Registration Opening Soon

CALL FOR APPLICATIONS!



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 APPLICATIONS

APPLICATIONS NOW OPEN for the 2021-2022 Academic Year! **Due April 15, 2021.**

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.

Visit www.apa.org/pi/mfp/psychology/imfp to learn more and to apply.

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.

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.

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

Stay connected! Follow us on social media.



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