

Health and Wellness Activity  
COVID-19 Resources

March 19, 2020

"Don't be afraid to fail. Be afraid not to try."



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

**5-Minute Stretch in Bed**



*ways i self sabotage*



The following articles may be of interest to you:

**How Tidying Your Home Can Clear Your Mind**

[www.huffingtonpost.co.uk](http://www.huffingtonpost.co.uk)

[Read more](#)

**Workaholic academics need to stop taking pride in their burnout**

[www.timeshighereducation.com](http://www.timeshighereducation.com)

[Read more](#)

**Try This Now: Add a "Fake Commute" to Your Daily Routine**

<https://thriveglobal.com/>

[Read more](#)

**Health Disparities:**

**Death in the prime of life: Covid-19 proves especially lethal to younger Latinos**

[www.washingtonpost.com](http://www.washingtonpost.com)

[Read more](#)

**Anyone in Oklahoma can now get the Covid-19 vaccine, thanks to several Native tribes**

<https://www.cnn.com/>

[Read more](#)

**Taking COVID-19 Disparities to Task**

<https://hms.harvard.edu/>

[Read more](#)

## MFP/ANA 2021 Virtual Intensive Winter Institute Opening Ceremony Highlights!



At nearly 150 registrants, the 2021 MFP Virtual Intensive Winter Institute (VIWI) is the largest yet! More than 78 Fellows, alumni, National Advisory Committee members, mentors and guests logged in for the VIWI opening ceremony last evening, March 18. Dr. Bridgette Brawner, Chair of the MFP National Advisory Committee, served as the evening moderator. She opened the ceremony by welcoming attendees and pausing to acknowledge the MFP/ANA stand on the recent vile attacks against our Asian and Asian American communities. She also acknowledged the attendance of Dr. Nima Sheth, SAMHSA MFP Project Officer; Dr. Martha Dawson, President, National Black Nurses Association (NBNA); Dr. Millicent Gorham, Executive Director, NBNA and Dr. Adrianna Nava, President, National Association of Hispanic Nurses (NAHN). ANA President Dr. Ernest Grant commended Nurses for their work and resilience around COVID-19; the importance of providing communities of color with ongoing facts about the COVID-19 vaccine; the disparate impact of COVID-19 on communities of color; ANA's Commission on Racism in Nursing and a brief overview of his Presidential goal of diversifying the Nursing profession. Dr. Loretta Jemmott's inspiring keynote address around Who Are We To Them During This Social Unjust Time As We Strive to Promote Health Equity? and interactive Q&A session received a lot of positive feedback. Fellows also had an opportunity to meet with their mentors and learn more about the automation of the MFP formal mentoring program from Dr. Freida Outlaw, ANA's academic program consultant, who administers the mentoring program. Dr. Katie Boston-Leary, ANA's Director of Nursing Programs, led a dialogue around ANA's Commission on Racism in Nursing. If you missed this content, during the opening ceremony, you don't want to miss the next two days when we dive a little deeper into the agenda with a great line up of speakers around Leadership, Behavioral Health Policy and Professional Development. Visit the MFP VIWI webpage for a schedule of the next two days events.

<https://emfp.org/library/continuing-education/mfp-2021-virtual-intensive-winter-institute>

### Announcements/ Upcoming Virtual Events



Congratulations to MFP/ANA alumna Cynthia Taylor Greywolf, PhD, DNP, PHMNP-BC, APRN, on her recent acceptance into the University of Texas at Austin as a Provost's Early Career Fellow.

**NDSU Public Health Seminar Series**



Donna M. Grandbois, PhD, RN  
Associate Professor, Dual appointment  
in the School of Nursing & the Dept. of  
Public Health

**When:** Monday, March 29, 2021 from 3-4:30 pm CST  
**Topic:** To Walk in Harmony & Balance  
**Summary:** This presentation will share a whole life view of well-being held by many indigenous people. The natural order encompasses the importance of walking in harmony and ball Mother Earth to enjoy a healthy life. Finally, a discussion of the concept of life-death to life will be discussed as it pertains to preventative health care practices.  
**Presenter:** Dr. Donna Grandbois is a master's prepared practitioner and holds a doctorate in gerontology. As an enrolled member Mountain Chippewa Nation she is one of only 43 doctorally Native American nurses. It was Dr. Grandbois' distinct pleasure the American Indian Public Health Specialization.  
**Where:** Via Zoom:  
<https://ndsus.zoom.us/j/99756007207?pwd=ckkja1VmNU5hTG1Mdj09>  
Everyone is welcome!

MFP alumna Dr. Donna Grandbois will discuss the health and well-being held by indigenous people next Monday, March 29, 2021 at 3:00pm/CST. Access the link below for more information and to register.

<https://www.facebook.com/NDSUMPH/posts/4282186001808705>

## 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](http://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](http://emfp.org/news/e-newsletters).

Please email [mfp@ana.org](mailto: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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