

Health and Wellness Activity COVID-19 Resources

November 27, 2020



This week's recommended Health and Wellness Activity:

5-Minute Mindful Breathing Meditation



Suggested meditation read:

Starting from Empty

by Madisyn Taylor

[Read more](#)

The following articles may be of interest to you:

Psychologists explain the benefits of decorating early for the holidays

[Read more](#)

Foods to Boost your Energy and Immune System as we head into a COVID Winter

[Read more](#)

ANA's COVID-19 Video Education Series

[Learn more](#)

On Racism: A New Standard For Publishing On Racial Health Inequities

[Read more](#)

A recap of Dr. Kizzmekia Corbett's recommendation on educating ethnic/racial minorities about the COVID-19 webinar. Visit drive.google.com/file/d/1pSYZWjF4uRixP8- to view the webinar recording.

How we can inform our communities about the vaccine:

SARS-CoV-2 mRNA Vaccine Development Seminar with
Dr. Kizzmekia Corbett

- Understand how warp speed works and the safety precautions that were put in place.
- Communicate that research on the coronavirus is extensive and has been going on long before COVID-19 hit us.
- The safety profile of the vaccine looks similar to the flu vaccine.
- Black people were involved in every step of the vaccine development, from the research to the distribution.
- There is data available about the virus and vaccine online.
- Mistrust in science and the government is valid and those feelings should be affirmed. Remind people that science has come a long way and there are more BIPOC involved to ensure communities aren't exploited.
- 7. There have been steps put in place to hold those involved in the research and creation of the vaccine accountable.
- Communicate that there have been Black participants in the clinical trials.

Health Disparities:

Health experts emphasize need for more minorities in vaccine trials

[Read more](#)

London Mayor Sadiq Khan demands COVID-19 vaccine be given first to black, Asian, and minority groups

[Read more](#)

Research: Racial Minorities Were More Likely to Contract COVID-19 at Churches

[Read more](#)

The Mental Health Pandemic Calls for a Strategic Initiative that Emphasizes Integrative Health

[Read more](#)

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!

Deadline to apply is April 30, 2021



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.

IMFP CALL FOR MENTORS

MENTOR RECRUITMENT DATES: NOVEMBER 5-30, 2020

The American Psychological Association's Minority Fellowship Program is seeking mentors for its new **Interdisciplinary Minority Fellowship Program** (IMFP).



The IMFP supports 55 doctoral and master's Fellows each year and requires the expertise and support of leaders in each represented discipline. This expertise is provided by mentors- professionals who are well recognized in the field of behavioral health. Therefore, **mentors must have received their degree at least 10 years in the past.** The term of service is up to two years, beginning December 2020.

****Nominations and supporting materials should be submitted no later than November 30, 2020 at <http://mfp.IMFP-Mentor-Nominations.alchemer.com/s3/>. Nominees will be notified of their status in December.**

For more information on the APA Minority Fellowship Program, please visit apa.org/pi/mfp/



The **Provost Early Career Cohort Fellowship Program** (PECCFP) is currently accepting applications. Use the link provided directly below for more information and to apply.

<http://app.econnect.utexas.edu/e/es.aspx?>

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

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