

Health and Wellness Activity
Health Disparity Resources
October 16, 2020

"BELIEVE YOU CAN AND YOU ARE
HALFWAY THERE."

This week's recommended Health and Wellness Activity:

3-Minute Relax and Relief



**5 Minute Mental Health
Checklist:**

Have I eaten regular meals? 	 Have I been thinking kind thoughts to myself?  @georgiethenaturopath	Have I spent time outside in fresh air? 
Have I showered? 		Have I connected with someone I love? 
Have I been comparing my real life to other people's highlight reel? 		Have I moved my body today? 
Am I getting enough sleep? 		

The following articles may be of interest to you:

**As the Song Goes: Conversations
Around Mental Health**

[Read more](#)

Normalizing Self-Care for Men

[Read more](#)

**Mental Health issues rising
among workers**

[Read more](#)

**Beyond Florence: Valuing
Nurses in the History of
Health Care**

[Read more](#)

Health Disparities:

Coronavirus financial stress is hitting Blacks and Hispanics disproportionately, analysis finds

[Read more](#)

Examining Indigenous Peoples' Day in the aftermath of COVID-19

[Read more](#)

Black and Asian patients have increased risk of severe COVID-19 at different stages of the disease, UK study finds

[Read more](#)

A bridge between Yale and New Haven: COVID-19 vaccine trials connect University and surrounding community

[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://empf.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.



SHARE YOUR VOICE - TAKE THE SURVEY NOW



The following virtual event may be of interest to you:

Indigenous Health Nursing Symposium
Nurturing the Nursing Spirit: Virtual Series

Join us online
October 19, 2020 from 3pm-6pm (PST)
Registration link:
<https://www.tru.ca/nursing/aboriginal-nursing/2020-ihnrns/registration-form.html>

Revitalizing Indigenous Nurse-led Health Equity Research: Global Perspectives with Keynotes

Dr. Odette Best, PhD, FAAN
Gorreng Gorreng, Boonthanmurra
Professor, School of Nursing & Midwifery
University of Southern Queensland

Dr. John Lowe RN, PhD, FAAN
Cherokee Creek Nation
Professor, Florida State University
Executive Director, Center for Indigenous Nursing Research for Health Equity (INRHE)

2020 International Year of the Nurse and Midwife

New employment opportunity:



The Coldiron Senior Nurse Executive Fellowship is currently accepting applications. Use the link provided directly below for more information and to apply.

case.edu/nursing/programs/shaughnessy-

[FREE virtual conference](#) CEUs available.

The International Society of Addictions Nurses is hosting a free virtual conference all through the month of October. Visit www.intnsa.org/conference/ for more information and to register.

Call for Papers- Journal of Psychoactive Drugs:

Please submit potential ideas for a Special Edition on Health Equity for the Journal of Psychoactive Drugs. A 2-page outline is due on October 27th for the potential paper, the edition will publish in late spring. Email MFP Alumna and National Advisory Committee member Dr. Tanya Sorrell at TANYA.SORRELL@CUANSCHUTZ.EDU with any questions.

Visit tandfonline.com/toc/ujpd20/current to submit paper concepts.

[STOP COVID-19 XENOPHOBIA](#)
[CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.](#)



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



Stay connected! Follow us on social media.



Funding for the INSIDE MFP e-Newsletter was made possible (in part) by Grant Number 1H79SM080586-02 from SAMHSA. The views expressed in written training materials or publications and by speakers and moderators do not necessarily reflect the official policies of the department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S Government

[Unsubscribe](#)

SAMHSA Minority Fellowship Program 8515 Georgia Avenue, Suite 400 Silver Spring, Maryland 20910-3492 United States (301) 628-5247