Health and Wellness Activity
COVID-19 Resources
September 18, 2020

“THE GREATEST WEAPON AGAINST STRESS IS OUR ABILITY TO CHOOSE ONE THOUGHT OVER ANOTHER.”
- WILLIAM JAMES

This week’s recommended Health and Wellness Activity:

Work-Break Relaxation
The following articles may be of interest to you:

- **ANA's Self-Care Tips for Nurses**
- **Why You Should Take a Walk Outside During the Workday**
- **Moving Beyond Diversity Toward Racial Equity**
- **Conspiracy theories about covid-19 vaccines may prevent herd immunity**

### SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

September is National Suicide Prevention Month and National Suicide Prevention Week is September 6-12, 2020. During this month, individuals and organizations unite in the United States campaign to inform and engage health professionals and the general public about suicide prevention and warning signs of suicide.

If you or someone you know is in an emergency, call the national suicide prevention lifeline at 800-273-TALK (8255) or call 911 immediately.

Visit suicidepreventionlifeline.org for more specific resources.
Upcoming MFP/ANA Webinar series. Click the image below to register.

SAMHSA MFP/ANA Suicide Prevention Webinar Series: Suicide Risk Management and Grief Recovery
Featured Speaker: Donna Holland Barnes, PhD, PCC
Link to register: https://zoom.us/meeting/register/tJufyypfH9s2YMXA0/hPdJZfScyRfXeZgh

Dr. Barnes is currently Founder and CEO of DHB Wellness & Associates, LLC where she conducts life coaching, grief recovery, and suicide prevention training on suicide risk management. Barnes is also the co-founder and President of the National Organization for People of Color against Suicide (NOCPAS), founded in 1996. She is the author of the Truth About Suicide published by Blackstone Press in New York as part of the “Truth about series.” for middle school and high school students. Barnes has been featured on several radio shows and media outlets including NPR, CNN, The Huffington Post, and The Washington Post.

COVID-19 Racial/Ethnic Disparities:

How a new way of parsing COVID-19 data began to show the breadth of health gaps between Blacks and whites

Brazil Indigenous group celebrates 6 months without COVID-19

New Data from Human Rights Campaign Foundation and PSB Insights Show Negative Economic Impact of Reopening on LGBTQ People
Economic hardship from COVID-19 will hit minority seniors the most

Stigma is keeping LGBTQ+ Hispanic and Latino men from seeking HIV care: report

Congratulations to current MFP doctoral Fellow, Dr. Marie Smith-East for successfully defending her dissertation yesterday titled, "Geographic Access to Community Mental Healthcare and Adherence to Treatment among Patients with Schizophrenia Spectrum Disorder."

Dr. Marie Smith-East will be speaking at the following event:

Featured Speaker: Marie Smith-East, DNP, PhD Candidate, APRN-BC, EMT-B

RE-IMAGINE FNA
CREATING AN AMAZING FUTURE

2020 FNA Virtual Membership Assembly
September 24-26
CALL FOR APPLICATIONS!

INTERDISCIPLINARY MINORITY FELLOWSHIP PROGRAM

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 co-occurring mental and substance use disorder.

Deadline to apply is October 4, 2020
Visit https://mfapp.apa.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 undergirded with theoretical and clinical science.
- Masters applicants must be enrolled full-time in an accredited degree program in health (psychiatric mental health/nursing substance use) program.
- 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.

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.

Stay connected! Follow us on social media.