

Health and Wellness Activity
COVID-19 Resources

February 12, 2021

"You may not control all the events that happen to you, but you can decide not to be reduced by them."

- Maya Angelou



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

Yoga at Your Desk



**TIPS ON GETTING IMMUNIZED
IF YOU HATE NEEDLES!**

- LOOK AWAY
- RELAX YOUR ARMS - YOU'RE LESS LIKELY TO MOVE DURING THE JAB



- REMEMBER: THE NEEDLE IS SKINNIER THAN A PENCIL POINT
- DON'T FORGET THE BIG PICTURE!

The following articles may be of interest to you:

Setting Boundaries With Our Work

thriveglobal.com

Read more

Texas lawyer, trapped by cat filter on Zoom call, informs judge he is not a cat

theguardian.com

Read more

FDA Aims To Be 'Nimble' On COVID-19 Vaccine Changes For Variants

www.npr.org

Read more

FAMU to launch community COVID vaccine distribution operation on Tallahassee campus

www.tallahassee.com

Read more

Health Disparities:

Among Latino immigrants, false vaccine claims are spreading as fast as the virus

washingtonpost.com

Read more

Health inequities prevalent in Black communities

www.wcnc.com

Read more

Native Americans use culture and community to gain tribes' trust in Covid vaccine

nbcnews.com

Read more

SAVE THE DATE
2021 Minority Fellowship Program
Virtual Intensive Winter Institute

March 18-20, 2021

Theme: **Leadership, Behavioral Health Policy and Professional Development.**

Registration is Open!

Look for an email invite from anamfp@mcievents.com and register TODAY to reserve your virtual seat.

Questions? Email janet.jackson@ana.org

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.



Funding for the INSIDE MFP e-Newsletter was made possible (in part) by Grant Number 1H79SM080386-03 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