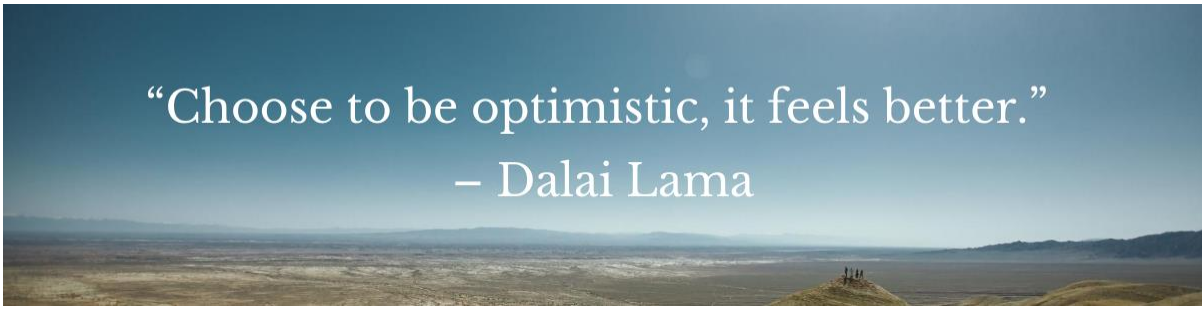


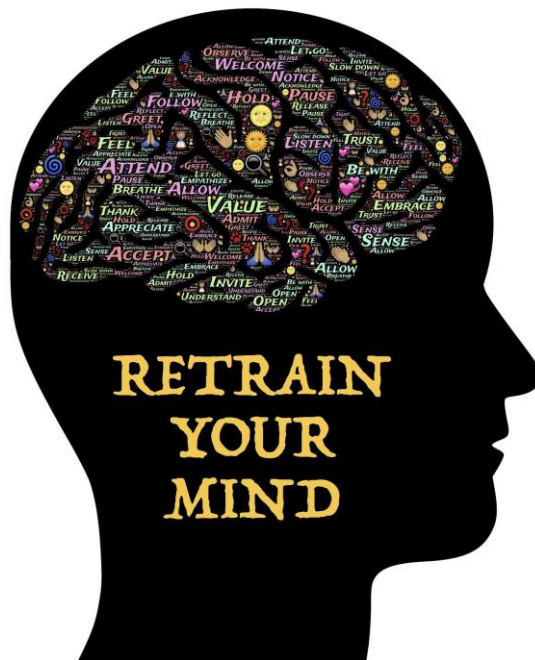
Health and Wellness Activity  
COVID-19 Resources

August 21, 2020



This week's recommended Health and Wellness Activity:

**Miracle Morning Meditation**



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The following articles may be of interest to you:

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**Too many senior white academics still resist recognizing racism**

[Read more](#)

**Is Herd Immunity Ahead of Schedule?**

[Read more](#)

**How Forming A Simple Smile Tricks Your Mind Into A Positive Mood**

[Read more](#)

**If Your Partner Isn't Getting Enough Sleep, Here's How You Can Help**

[Read more](#)

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**COVID-19 Racial/Ethnic Disparities:**

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**Systemic Racism Is a Public Health Crisis**

Info-graphics

[Read more](#)

**High BMI linked to COVID-19 severity in African Americans**

[Read more](#)

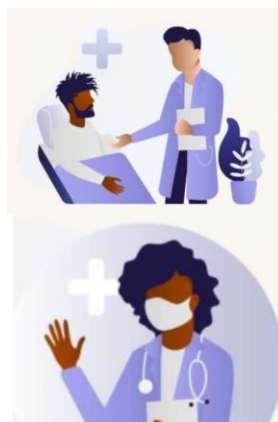
**Ute Mountain Ute Tribe forging a path forward for education in Southwest Colorado**

[Read more](#)

## Center for Latin American and Caribbean Studies Launches Indigenous and Diasporic Language COVID-19 PSA Series

[Read more](#)

The following conference may be of interest to you:



### 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 cooccurring mental and substance use disorder.

**Deadline to apply is September 27, 2020**

**[Click here to learn more and to apply.](#)**

## INTERDISCIPLINARY MINORITY FELLOWSHIP PROGRAM

### Eligibility requirements:

- Be U.S. citizens, permanent residents, or noncitizen nationals.
- Have a strong commitment to a career in racial/ethnic minority behavioral health services.
- Not be interns; no fellowship support is available during a student's internship year.
- 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.

**Visit <https://mfpapp.apa.org/> to learn more and to apply.**

**Deadline to apply is September 27, 2020**

### **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.

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