

Health and Wellness Activity COVID-19 Resources

December 11, 2020

"Sometimes the most productive thing you can do is relax."



MFP/ANA e-Newsletter

This week's recommended Health and Wellness Activity:

5-Minute Breathing Exercise



The following articles may be of interest to you:

4 ways to stay fit and stress less during the holidays

[Read more](#)

How I started a journal for postdoctoral researchers

[Read more](#)

National Black Nurses Association Launch Two Ground Breaking RETHINK And RE:SET Initiatives

[Read more](#)

Covid live updates and vaccine news: Pfizer vaccine continues to roll out in U.K.

[Read more](#)

Health Disparities:

Chinatown Businesses Face a Particularly Brutal Winter

[Read more](#)

Bank of America Joins CVS Health to Fund and Deliver Free Flu Vaccine Vouchers

[Read more](#)

Kids catch and spread coronavirus half as much as adults, Iceland study confirms

[Read more](#)

Medical research again leaves pregnant women waiting for a shot at a vaccine — this time for coronavirus

[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-DECEMBER 21, 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 5 years in the past**. The estimated mentor time commitment is **1 hour per month for each fellow and the term of service is up to two years, beginning January 2021**.

****Nominations and supporting materials should be submitted no later than December 21, 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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SAMHSA Minority Fellowship Program 8515 Georgia Avenue, Suite 400 Silver Spring, Maryland 20910-3492
United States (301) 628-5247