

Health and Wellness Activity
COVID-19 Resources

January 29, 2021

"Asking for help is a sign of strength, not weakness."



MFP / ANA e-Newsletter

This week's recommended Health and Wellness Activity:

5-Minute Breathing Exercise



This week's suggested articles:

Suggested meditation reading:

Releasing Your Expectations
DailyOm.com
[Read more](#)

Your Healthiest Self: Wellness Toolkits
ors.od.nih.gov
[Read more](#)

Virus Variant From South Africa Detected in US for First Time
medscape.com
[Read more](#)

Health Disparities:

A Black scientist who approved the coronavirus vaccine says it is 'nothing like Tuskegee' and people of color will not be 'guinea pigs'
yahoo.com
[Read more](#)

Racial minorities in America are much more vaccine hesitant
economist.com
[Read more](#)

Health assessment shows disparities in Pa.'s LGBTQ community | Analysis

penncapital-star.com

[Read more](#)

MFP/ANA Announcements



Bridgette Brawner, PhD, MDiv, APRN, MFP Alumna and Chair, National Advisory Committee, will represent the SAMHSA MFP/ANA on ANA's Commission on Racism in Nursing.

Read ANA's Press Release at <https://www.nursingworld.org/news/news-releases/2021/leading-nursing-organizations->



Karethy Edwards, DrPH, APRN, FNB-BC, FAAN has been appointed by the ANA Board as an Alternate Member to the National Advisory Committee effective January 1, 2021.

Read her bio at <https://emfp.org/mfp-fellows/karethy-edwards>

SAVE-THE-DATE:

2021 Virtual Intensive Winter Institute, March 18-20.

Theme is Leadership, Behavioral Health Policy and Professional Development.
Registration Opening Soon

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.

Launch of ICN Congress website & Call for Abstracts:

<https://regonline.react-profile.org/profile/ICN2021/ICN/en/login>

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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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