



This week's recommended Health and Wellness Activity:

**5-Minute Breathing Space**



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We **CAN NOT** Have  
The Same **EXPECTATIONS** of  
ourselves as we would  
IN a **NORMAL** week  
Because These are  
**NOT NORMAL** weeks; Be  
**PATIENT** WITH YOURSELF.  
@LAURAJANEILLUSTRATIONS

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The following articles may be of interest to you:

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5 Ways a Top Psychiatrist Eases  
Her Own Stress and Anxiety

[Read more](#)

How to Prioritize When  
Feeling Overwhelmed

[Read more](#)

Pandemic-era burnout: Nurses  
in the trenches say technology  
hurts and helps

[Read more](#)

NURSES RALLY TO RESTORE  
PSYCHIATRIC SERVICES AT  
BROOKLYN METHODIST  
HOSPITAL

[Read more](#)

1 in 5 coronavirus patients  
develop mental illness within  
90 days

[Read more](#)

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**Health Disparities:**

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## American Nurses Association's First Black Male President Participates in COVID-19 Vaccine Trials

[Read more](#)

## Filipino American nurses are part of an overlooked community hit hard by COVID-19

[Read more](#)

## Linguistic Barriers in Healthcare for Australia's Aboriginals

[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 5-30, 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 10 years in the past**. The term of service is up to two years, beginning December 2020.

**\*\*Nominations and supporting materials should be submitted no later than November 30, 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/](http://apa.org/pi/mfp/).



The following *A Different Kind of Leader* interview featuring MFP/ANA Alum Dr. John Lowe, RN, PhD, FAAN, may be of interest:

<http://www.buzzsprout.com/808817/6411>

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](http://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.



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