

Health and Wellness Activity

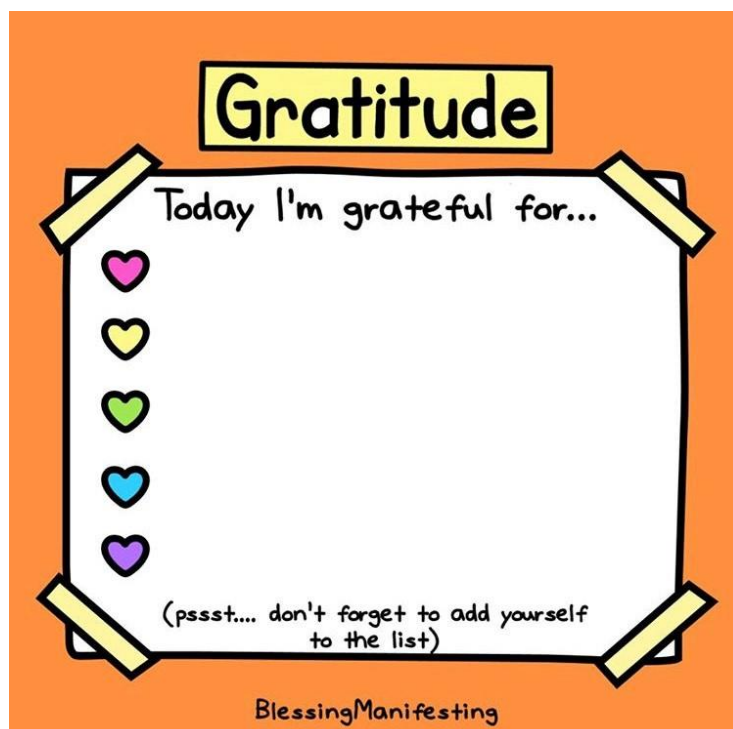
COVID-19 Resources

September 18, 2020

"THE GREATEST WEAPON AGAINST STRESS IS OUR ABILITY TO
CHOOSE ONE THOUGHT OVER ANOTHER."
~WILLIAM JAMES

This week's recommended Health and Wellness Activity:

Work-Break Relaxation



The following articles may be of interest to you:

ANA's Self-Care Tips for Nurses

[Read more](#)

Why You Should Take a Walk Outside During the Workday

[Read more](#)

Moving Beyond Diversity Toward Racial Equity

[Read more](#)

Conspiracy theories about covid-19 vaccines may prevent herd immunity

[Read more](#)

SEPTEMBER IS
SUICIDE PREVENTION
AWARENESS MONTH

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH AND NATIONAL SUICIDE PREVENTION WEEK IS SEPTEMBER 6 -12, 2020. DURING THIS MONTH, INDIVIDUALS AND ORGANIZATIONS ALIKE IN THE UNITED STATES CAMPAIGN TO INFORM AND ENGAGE HEALTH PROFESSIONALS AND THE GENERAL PUBLIC ABOUT SUICIDE PREVENTION AND WARNING SIGNS OF SUICIDE.




IF YOU OR SOMEONE YOU KNOW IS IN AN EMERGENCY, CALL THE NATIONAL SUICIDE PREVENTION LIFELINE AT 800-273-TALK (8255) OR CALL 911 IMMEDIATELY.

VISIT [SUICIDPREVENTIONLIFELINE.ORG](https://suicidpreventionlifeline.org) FOR MORE SPECIFIC RESOURCES.


Upcoming MFP/ANA Webinar series. Click the image below to register.

SAMHSA MFP/ANA Suicide Prevention Webinar Series:
Suicide Risk Management and Grief Recovery
Featured Speaker: Donna Holland Barnes, PhD, PCC
Link to register: [https://zoom.us/meeting/register/tjlof-yprj8pH9e3VMtAWpGJZf5CoFr8nDzh](https://zoom.us/join/zoom/register/tjlof-yprj8pH9e3VMtAWpGJZf5CoFr8nDzh)



Dr. Barnes is currently Founder and CEO of DHB Wellness & Associates, LLC where she conducts life coaching, grief recovery, and suicide prevention training on suicide risk management. Barnes is also the co-founder and President of the National Organization for People of Color against Suicide (NOPCAS), founded in 1998. She is the author of the Truth About Suicide published by DWJ books in New York as part of the "truth about series..." for middle school and high school students. Barnes has been featured on several radio shows and media outlets including NPR, CNN, The Huffington Post and The Washington Post.

SAVE THE DATE
SEPTEMBER
28
7:00pm/EDT
LOCATION: ZOOM



COVID-19 Racial/Ethnic Disparities:

How a new way of parsing COVID-19 data began to show the breadth of health gaps between Blacks and whites

[Read more](#)

Brazil Indigenous group celebrates 6 months without COVID-19

[Read more](#)

New Data from Human Rights Campaign Foundation and PSB Insights Show Negative Economic Impact of Reopening on LGBTQ People

[Read more](#)

Economic hardship
from COVID-19 will hit
minority seniors the most

[Read more](#)

Stigma is keeping LGBTQ+
Hispanic and Latino men from
seeking HIV care: report

[Read more](#)



Congratulations to current MFP doctoral Fellow, Dr. Marie Smith-East for successfully defending her dissertation yesterday titled, "Geographic Access to Community Mental Healthcare and Adherence to Treatment among Patients with Schizophrenia Spectrum Disorder."

Dr. Marie Smith-East will be speaking at the following event:

A promotional banner for the 2020 FNA Virtual Membership Assembly. It features a circular portrait of Dr. Marie Smith-East on the left. The background is dark blue with a colorful, geometric lightbulb graphic on the right. Text includes the event title, speaker information, dates, and the FNA logo.

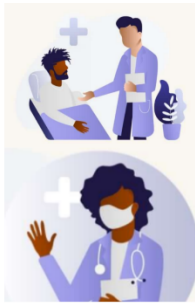
Featured Speaker:
Marie Smith-East, DNP, PhD
Cand., APRN-BC, EMT-B

RE-IMAGINE FNA
CREATING AN AMAZING FUTURE

2020 FNA Virtual Membership Assembly
September 24-26

FNA
FLORIDA NURSES ASSOCIATION

CALL FOR APPLICATIONS!



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 October 4, 2020

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



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.

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

Stay connected! Follow us on social media.



Funding for the Inside MFP e-News newsletter was made possible (in part) by Grant Number 1H79SM050386-01 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.