

Health and Wellness Activity

COVID-19 Resources

September 25, 2020

"Often when you think you're at the end of something, you're at the beginning of something else."
-Fred Rogers

This week's recommended Health and Wellness Activity:

5-MINUTE Calming Meditation



HOW TO HELP YOUR SUICIDAL FRIENDS

Don't minimize or invalidate their feelings.	Listen - really listen and create a judgement free space.	Be their advocate. Help them get help.
Ask them what they need from you. Do that thing.	Encourage self-care and taking care of basic needs.	Spend time with them and be present.
Let them know they aren't a burden to you.	Point them in the direction of helpful resources.	Help them create a crisis plan.

*In a crisis situation call 911 immediately.

The following articles may be of interest to you:

Vacation anticipation is a real thing. It helps your brain. And now it's gone

[Read more](#)

5 Ways to Avoid Nurse Burnout

[Read more](#)

Who's at Highest Risk for Loneliness and What Can be Done? Check Your Assumptions...

[Read more](#)

Surge in Opioid Overdoses Linked to COVID-19

[Read more](#)

The Importance Of Having An Outlet

[Read more](#)



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>



SAVE THE DATE

SEPTEMBER
28

7:00pm/EDT
LOCATION: ZOOM

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.



COVID-19 Racial/Ethnic Disparities:

TAIWAN'S Anti-COVID-19 Preventive Measure

Read more

Latino nurses push through COVID-19 burnout, sleepless nights and lost loved ones

Read more

Black physicians group to independently vet safety of COVID-19 vaccines

Read more

September Is Sexual Health Awareness Month What is Sexual Health?

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.



[New Job Posting:](#)

[Director of the National
Institute of Nursing
Research \(NINR\) Division
of Extramural Science
Programs](#)

[Visit emfp.org/news/employment-
opportunities for more information.](http://emfp.org/news/employment-opportunities)

**Call for Papers- Journal of
Psychoactive Drugs:**

Please submit potential ideas for a Special Edition on Health Equity for the Journal of Psychoactive Drugs. A 2-page outline is due on October 27th for the potential paper, the edition will publish in late spring. Email MFP Alumna and National Advisory Committee member Dr. Tanya Sorrell at TANYA.SORRELL@CUANSCHUTZ.EDU with any questions.

Visit tandfonline.com/toc/ujpd20/current for more information on the journal.

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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