

# eMpowered for Wellness

*Presented by Magellan Healthcare*

## **Implications of digital inclusion, an emerging social determinant of health, and COVID-19**

*A message from Thomas Lane, NCPS, CRPS, senior director, community and recovery supports*

Welcome to Magellan's April 2020 edition of *eMpowered for Wellness*. In this month's [feature article](#), I'll make the case for why I believe digital inclusion is an under recognized social determinant of health.



In the midst of the COVID-19 crisis, healthcare providers, including peer and family support specialists, are responding by transitioning to virtual visits via various telehealth platforms, making digital inclusion even more important today.

We are seeing peer support services adapting quickly, with peer-run and traditional provider organizations ramping up capabilities for tech-enabled/tech-assisted peer support. CMS is even relaxing some of the requirements for telehealth, in an effort to offer Medicaid and Medicare beneficiaries virtual access to healthcare providers. Many commercial insurers are following suit.

However, a digital divide exists across the U.S for many people. This is especially true for folks living with disAbilities and those reliant of publicly funded healthcare services. Many rural and frontier communities still do not have reliable high-speed internet service. In some cases, folks are dependent on dial-up connections. No matter where you live, you may not have access to the devices necessary for a digital connection. With the COVID-19 pandemic looking like it will continue to be of major concern for months to come, the role of telehealth and telemedicine has quickly come to the forefront of discussions about how folks can access healthcare in light of social distancing and stay-at-home orders. Read the full article [here](#).

## Mark your calendar for upcoming events!

### **April 16, 2020 eMpowered for Learning webinar, "Social Inclusion and Recovery"**



Join our upcoming no-cost webinar scheduled for April 16 from 2 – 3:30 p.m. Eastern. Gain knowledge and strategies to advance social inclusion and recovery for people living with psychiatric disAbilities and/or addictive disorders. Tom Lane will facilitate.

- [Register for this no-cost learning opportunity](#)
- [Check out more on the webinar, including CE credit eligibility](#)

### **May 14, 2020 Magellan Healthcare #bhXPRT Twitter chat, "Youth Recovery and Wellness: It's More Than Just Clinical Services"**



The Magellan Healthcare #bhXPRT Twitter chat series provides a forum for industry thought leaders and anyone interested in behavioral health to discuss current topics and share knowledge to raise awareness, advance progress and reduce stigma. It takes place on the second Thursday of each month at 3:00 p.m. Eastern and lasts a half an hour.

- Find more information [here](#), including how to join

### **Every Wednesday from 7:30 – 8:30 p.m. Eastern, Caregiver Support Group meetings**



You're invited to our Caregiver Support Group meetings. These free groups provide a safe place for any caregiver, guardian, parent, grandparent, family member, etc. to talk through their struggles and successes, and to learn from one another. We meet every Wednesday from 7:30 – 8:30 p.m. Eastern.

- [Join online](#), or by phone at: 1-646-558-8656 (toll free) (meeting ID 707 619 166) (password 181500)

## **Access 2020 eMpowered newsletters and webinar recordings (for CE credits)**

- [January newsletter](#) - focus on how social determinants of health impact people and communities and how the Eight Dimensions of Wellness are a way to look holistically at those areas of our lives that impact our overall health and well-being, in context of social determinants of health
- [February webinar](#) - provides additional information and training about how wellness-informed peer support can positively impact social determinants
- [March newsletter](#) - focus on how social inclusion is directly tied to recovery, personal wellness and strengthening resilience

***“Technology can be used to make people’s lives easier, to reduce inequality, to facilitate inclusion, or to solve intractable global problems, but without dialogue and governance, it can be used against humanity – the choice on how we use technology is ours.”***

**- Sharan Burrow**

## **Magellan Healthcare COVID-19 resources**

We continue to monitor developments around the novel coronavirus (COVID-19). Visit our dedicated [website](#), including information and resources for our communities, clients, members and providers, such as:

- Tips for managing stress and anxiety, including [financial resilience during COVID-19](#), [working from home](#), [addressing COVID-19 anxiety in healthcare workers](#), and more [here](#)
- Information on how to access virtual recovery meetings, including AA, NA, Al-Anon and Nar-Anon [here](#)
- Magellan health and wellness library, [here](#), including health education and interactive tools, offered at no cost, in English and Spanish. Search for “coronavirus” for information.

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### **We’re looking for your feedback!**

Take our one-question online survey to share your feedback about our newsletter! It takes less than a minute to complete. We value your opinions and ideas! [Access the survey](#).

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### **No-cost, on-demand learning opportunities**

Check out Magellan’s on-demand webinars and micronars in our [Recovery and Resiliency e-Learning Center](#). You can also surf through an archive of our previous presentations, e-newsletters, health literacy materials and other resources!

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*Magellan has been creating and sharing the eMpowered for Wellness e-newsletter for more than six years, starting with our first issue in the fall of 2012. We continue to offer thought provoking articles on a range of topics, along with resources to advance peer support and peer-provided services throughout healthcare systems and in the community.*

*Please share this e-newsletter with friends and colleagues, and encourage them to [join our email list](#) to receive it along with occasional announcements about new resources and shared learning opportunities!*



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