

eMpowered for Wellness

Presented by Magellan Healthcare

Digitally delivered peer support

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

Welcome to Magellan's May 2020 edition of *eMpowered for Wellness*. As the COVID-19 pandemic continues, and social distancing becomes the new normal, we have seen rapid expansion of digitally delivered peer and family support. Take a look at our [feature article](#) this month on emerging issues and considerations for using technology to reach others.



Check out the [new and improved Magellan Healthcare eLearning Center](#), where you will find previous versions of this newsletter, webinars and learning opportunities, including for continuing education credits, health literacy materials and other resources!

Share this newsletter with friends and colleagues and encourage them to [sign up](#) to receive it along with occasional announcements about new resources and shared learning opportunities!

“There is only one thing stronger than all the armies of the world: and that is an idea whose time has come.”

- Victor Hugo

Mark your calendar for upcoming events!

June 11, 2020, 3:00 – 3:30 p.m. Eastern, Magellan Healthcare #bhXPERT Twitter chat, Post-adversity growth through COVID-19



Join us on Twitter with special guest Gary Proctor, MD, senior behavioral health medical director, Magellan Complete Care of Virginia, as we discuss increased anxiety and fear triggered by the pandemic and constant news.

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

June 18, 2020, 2:00 – 3:30 p.m. Eastern, Magellan Healthcare webinar



Magellan is pleased to announce Dr. Karen Fortuna will be joining us to share the latest developments and research directions for digital peer support.

- Stay tuned for the registration link and additional details!

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.

- [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

Newsletters

- [April newsletter](#) – focus on the implications of digital inclusion, an emerging social determinant of health, and COVID-19
- [March newsletter](#) – focus on how social inclusion is directly tied to recovery, personal wellness and strengthening resilience
- [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

Webinars for CE credits

- [April webinar: Social inclusion and recovery](#) – provides additional information and training on the elements of a recovery-oriented system, the societal effect on recovery, social inclusion and exclusion, and strategies for applying recovery values and practices to promote social inclusion
- [February webinar: Wellness informed peer support: impacting social determinants of health](#) – provides additional information and training about how wellness-informed peer support can positively impact social determinants

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:

- A tip sheet on grief and loss related to COVID-19 [here](#)
- A tip sheet on stress and trauma related to COVID-19 [here](#)
- Information on how to access virtual recovery meetings, including AA, NA, Al-Anon and Nar-Anon [here](#)

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](#).

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!

