



### Thought leader e-interview, events and resources!

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



Welcome to the November 2020 issue of *eMpowered for Wellness* by Magellan Healthcare. For November National Family Caregivers Month, we are pleased to share our e-interview with Pat Hunt, Family Run Executive Director Leadership Association (FREDLA) executive director, about organizations that support families dealing with mental health issues.

We also present resources on election stress, depression and other mental health conditions, mental health screening, managing the holidays during COVID-19, and much more!

#### We encourage you to use and share these free resources:



e-interview with Pat Hunt, [FREDLA](#) executive director, about organizations supporting families who deal with mental health issues - [find it here](#)



Tip sheet on managing stress and anxiety during election season - [find it here](#)



Upcoming events on caregiving and engaging family members, practice standards for peer support, post-Election-Day anxiety, and managing the holidays during COVID-19 - [information below](#)



New webpage with resources on holiday emotional wellness during COVID-19 - [find it here](#)



New website on depression, other mental health conditions and mental health screening, with free downloadable information, online tools, resources for providers and much more - [find it here](#)

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

## Mark your calendar for upcoming, free Magellan Healthcare events!



### November 12, 2020, 3:00 - 3:30 p.m. Eastern, Twitter chat, Post-Election Day anxiety

- Special guest: Candice Tate, MD, MBA, Magellan Healthcare medical director
- [Details, including the discussion questions and how to participate, can be found here](#)



### November 18, 2020, 2:00 - 3:30 p.m. Eastern, eMpowered for Learning webinar, Engaging families as partners, Part 1

- Presenter: Pat Hunt, FREDLA executive director
- Stay tuned for more details on continuing education credits in the [eLearning Center](#) "New and upcoming" announcements
- [Register here](#)



### December 2, 2020, 2:00 - 3:30 p.m. Eastern, eMpowered for Learning webinar, Engaging families as partners, Part 2

- Presenter: Pat Hunt, FREDLA executive director
- Stay tuned for more details on continuing education credits in the [eLearning Center](#) "New and upcoming" announcements
- [Register here](#)



### December 3, 2020, 2:00 - 2:45 p.m. Eastern, webinar, Holiday emotional wellness during COVID-19

- Presenters: Caroline Carney, MD, MSc, FAPM, CPHQ, Magellan Health chief medical officer; Candice Tate, MD, MBA, Magellan Healthcare medical director; and Barbara Corn, Magellan Rx vice president, physician and clinical operations
- [Register here](#)



### December 10, 2020, 2:00 - 3:30 p.m. Eastern, eMpowered for Learning webinar, Supervision as collaboration: Revisiting National Association of Peer Supporters (NAPS) Practice Guidelines and using five critical functions to enhance peer support practice

- Presenters: Jonathan P. Edwards, PhD, LCSW, ACSW, NYCPS, National Association of Peer Supporters; Rita Cronise, MS, ALWF, Distance Faculty, Rutgers University Academy of Peer Services (APS), virtual community coordinator; and Gita Enders, LMSW, MA, CPRP, NYCPS, New York City Health + Hospitals
- Stay tuned for more details on continuing education credits in the [eLearning Center](#) "New and upcoming" announcements
- [Register here](#)



## December 10, 2020, 3:00 - 3:30 p.m. Eastern, Twitter chat, Coping with the holidays during COVID-19

- Special guest: Shareh Ghani, MD, Magellan Healthcare medical director
- [Mark your calendar and stay tuned for details here, about a month before the event](#)

### We're looking for your feedback

Take an online survey with just one question to share your feedback on our newsletter! It takes less than a minute to complete. We appreciate your opinions and ideas! [Access the survey here.](#)

### New and improved – Magellan Healthcare Recovery and Resiliency eLearning Center!

The [Magellan Healthcare Recovery and Resiliency eLearning Center](#) is your resource for training and educational information on peer support, recovery and resiliency, as well as a comprehensive listing of health topics. We offer these learning opportunities free of charge in a convenient format for healthcare professionals, families and anyone interested in the topics.

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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 fall 2012. We continue to offer thought provoking articles on a range of topics, as well as resources to advance peer support and peer-provided services across healthcare systems and in the community.*

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4801 East Washington Street  
Phoenix, AZ 85034

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