



# Magellan Youth Leaders Inspiring Future Empowerment

Youth are agents of change

Magellan's MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment) is leading the way nationally for youth involvement in behavioral health and foster care systems. Through regular meetings, special events, performances, social media, and local and national presentations, youth share their stories and support each other in their recovery goals.

## MY LIFE presentations and workshops

60+

local/national presentations  
by MY LIFE youth

6,000+

youth and adult attendees

62+

youth have represented MY LIFE

MY LIFE youth have presented  
workshops in places including:

- Detention centers
- Schools
- Government offices
- Community events
- Boys and Girls Clubs

## A program for youth, by youth

MY LIFE consists of youth between the ages of 13 and 23 who have experience with mental health, substance abuse, juvenile justice and foster care-related issues. Youth who have a family member or friend experiencing these challenges are also encouraged to participate. MY LIFE began in Arizona in 2008. Since then, MY LIFE youth have helped establish additional groups in Louisiana, Pennsylvania, Nebraska, Wyoming and Florida.

## Outreach and engagement

The program actively engages youth through teaching, coaching and mentoring and empowers them to use their voices to inspire and create positive change for themselves and others in their local communities.

Regular meetings are the foundation of the MY LIFE model, providing opportunities for youth to come together to create a community of support, plan activities and initiatives, practice social skills, learn from presenters and provide peer mentoring. More than 400 regular MY LIFE meetings across the country have involved at least 2,500 different youth.

MY LIFE leaders speak at meetings of national organizations, such as the Alternatives Conference, sponsored by the National Mental Health Consumers' Self-Help Clearinghouse and the Substance Abuse and Mental Health Services Administration, and the National Council for Behavioral Health.



MY LIFE is a beautiful opportunity for youth to learn skills needed to help overcome their challenges, while inspiring them to be great role models for other youth and their communities.

– Magellan Youth Empowerment Director Greg Dicharry

### Youth Day at the Capitol

Each year, Youth Day at the Capitol gives youth a unique opportunity to meet face-to-face with state legislators and government officials to share their concerns and ideas about the issues they feel most affect them. Events have been held in Phoenix, Arizona; Baton Rouge, Louisiana; Harrisburg, Pennsylvania; Lincoln, Nebraska and Tallahassee, Florida with more than 2,500 youth participants.

### Select awards and recognition

MY LIFE and MY LIFE youth have been honored by numerous provider and advocacy organizations for youth development, engagement and leadership. Some examples:

- Youth MOVE National “Rock Star” Award
- National Council for Behavioral Health – Program of Distinction
- NAMI Pennsylvania Advocacy and Youth Empowerment Award
- Mental Health America “MPower” Award for Hayley Winterburg, MY LIFE Arizona co-founder

### Learn more about MY LIFE and Magellan

MY LIFE and all related activities are presented in partnership with Magellan Healthcare, our customers, other youth-serving systems and youth groups, and a variety of local youth-serving organizations.

Visit MY LIFE’s Facebook page, [www.Facebook.com/MYLIFEyouth](http://www.Facebook.com/MYLIFEyouth) or email [MYLIFE@MagellanHealth.com](mailto:MYLIFE@MagellanHealth.com).

To find out more about the innovative solutions being employed by Magellan, email [PublicSectorSolutions@MagellanHealth.com](mailto:PublicSectorSolutions@MagellanHealth.com).

### MY Fest celebration

The Magellan youth festival MY Fest is a signature event. The one-day community event is organized by MY LIFE to raise awareness and reduce stigma about mental health, substance abuse and foster care issues facing youth and young adults. It features musical acts, dance performances, art exhibits and resources for youth and families.

23

MY Fest events

600

exhibitors at MY Fest events nationwide

~57,000

community members inspired and educated by MY Fest