

# eMpowered for Wellness

*Presented by Magellan Healthcare*

## **Social inclusion, connectedness and recovery**

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

Welcome to Magellan's March 2020 edition of *eMpowered for Wellness*, featuring the topic of social inclusion and connectedness and how these factors impact recovery and personal well-being. In the feature article, [here](#), we'll explore ways to advance social inclusion and look at some of the implications of social exclusion and poverty on mental health.



Social inclusion is directly tied to recovery, personal wellness and strengthening resilience. We are social creatures and isolation for whatever reason is not natural. It's not lost on me that there is a sense of irony in writing about social inclusion and the health risks associated with social exclusion, amid the COVID-19 pandemic. One of the primary responses to the virus has been to practice "social distancing." We see the disruption that's being caused in our day-to-day lives as a result, with events being cancelled, sports teams suspending their seasons and schools being closed. In effect, we are being advised to pretty much keep our distance from other people and not to go to places that people may gather, like malls and theaters.

I would ask everyone to reflect on what it must be like for people who experience social exclusion every day - folks who may have never been to a major sporting event in their lives and couldn't afford a ticket if they wanted to go. What about people who want to practice their faith, but don't have a ride to a place of worship? At a time when we are all feeling the impact of a threat to our health, there are many, many people whose health is negatively impacted by social exclusion. There's so much work to be done in this area, but we can make a difference, together. Let's all pledge to do something every day to promote inclusion and overcome exclusionary practices, starting now! I thank you in advance.

**Interested in hearing more on this topic? Sign up for our webinar taking place on April 16, 2020!**

If this conversation interests you, please make time to join our upcoming no-cost webinar, "Social Inclusion and Recovery," scheduled for April 16th from 2 - 3:30 p.m. Eastern.

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

If you missed our February webinar, "Wellness-Informed Peer Support: Impacting Social Determinants of Health," you can view it at no cost, on demand [here](#). Find continuing education eligibility and more information about this webinar [here](#).

*"We all want something to offer. This is how we belong. It's how we feel included. So if we want to include everyone, we have to help everyone develop their talents and use their gifts for the good of the community. That's what inclusion means - everyone is a contributor. And if they need help becoming a contributor, then we should help them, because they are full members in a community that supports everyone."*

**- Melinda Gates**



### **Resources on the coronavirus (COVID-19) pandemic**

Magellan Healthcare continues 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 about the coronavirus, including compassion fatigue [here](#)
- News and updates on myths and misinformation around the coronavirus, treatment and prevention [here](#)
- Complimentary access to our RESTORE® digital cognitive behavioral therapy app for U.S. residents who may be experiencing sleep difficulty and insomnia related to the coronavirus [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.



## Spotlight on support

### Join us at our Caregiver Support Group meetings

You're invited to our Caregiver Support Group meetings. These free groups provide a safe place for families and caregivers 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 at: [https://go.magellanhealth.com/e/703943/j-707619166/fy4zz/84728363?h=NgfV4fjG0DyhdBY8y4nHcYRKB27ic2oKnixXV\\_IS99Q](https://go.magellanhealth.com/e/703943/j-707619166/fy4zz/84728363?h=NgfV4fjG0DyhdBY8y4nHcYRKB27ic2oKnixXV_IS99Q)
- Join by phone at: 1-646-558-8656 (toll free) (meeting ID 707 619 166) (password 181500)

These support groups are available to any caregiver, guardian, parent, grandparent, family member, etc. who would like more support!

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### We're looking for your feedback!

Take our one-question online survey to share your feedback about our newsletter! 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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