

eMpowered for Wellness

Presented by Magellan Healthcare

Thought leader interview: Dr. Karen L. Fortuna, world-renowned researcher and activist, on digital peer support

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

Welcome to Magellan's June 2020 edition of *eMpowered for Wellness*. This month, we are excited to re-introduce our Thought Leaders series with Dr. Karen L. Fortuna, one of the world's leading researchers and activists focused on digital peer support and the role of technology in recovery. As a result of COVID-19, technology-enabled peer support has become the norm and vitally necessary to ensure continuity of care. Access our exclusive, virtual [e-interview with Dr. Fortuna](#) as she shares her unique insights about the transformation of peer support.



Please share our 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!

“Justice that is not rooted in equity, in social welfare, and in community is not justice at all.”

- Victor Hugo

Mark your calendar for upcoming events!

TODAY! June 24, 2020, 2:00 – 3:30 p.m. Eastern, Magellan Healthcare *eMpowered for Learning* webinar, Digital peer support - A whole-of-society approach to widespread availability of mental health and psychosocial support



Are you interested in what is the state of the art around digitally delivered peer support? If so, please make time to join this no-cost webinar. Dr. Karen L. Fortuna, Assistant Professor of Psychiatry in the Geisel School of Medicine at Dartmouth College, is our scheduled presenter.

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

July 9, 2020, 3:00 – 3:30 p.m. Eastern, Magellan Healthcare #bhXPRT Twitter chat, Black, Indigenous, People of Color (BIPOC) Mental Health



Join us for this Twitter chat as we discuss this important topic for BIPOC Mental Health Awareness Month with Magellan Healthcare medical directors, Melissa E. Vallas, MD, Rakel Beall-Wilkins, MD, MPH, and Misty Tu, MD, as our special guests.

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

July (date to be confirmed) Magellan Healthcare eMpowered for Learning webinar



Our July *eMpowered for Learning* webinar will kick off our Summer Ethics webinar series. Most certified peer specialists are required to earn continuing education credits on the subject of ethics as a condition of being in good standing with certification entities.

Magellan is pleased to announce Lisa Goodale, MSW, will be joining us to share her many years of experience with peer support and ethics.

- 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 newsletters and webinar recordings

eMpowered for Wellness

- [May newsletter](#) – focus on digitally delivered peer support
- [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

eMpowered for Learning (for CE credits)

- [April webinar: Social inclusion and recovery](#) – focus 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](#) – focus on how wellness-informed peer support can positively impact social determinants

Explore 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:

- Access for all Americans to our 24-hour crisis line, and crisis text line [here](#)
- New tip sheets on living with the threats of domestic violence, and resources for victims of domestic violence and child abuse [here](#)
- A New York Times article on losing loved ones to COVID-19, in which Magellan Healthcare's Dr. Varun Choudhary, senior vice president, chief medical officer, behavioral health, is quoted in the headline [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](#).

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, and a comprehensive listing of health topics. We offer these learning opportunities free of charge, in a convenient format for individuals who work in the healthcare field, families and anyone interested in the topics.

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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