

# eMpowered for Wellness

*Presented by Magellan Healthcare*

## Addressing compassion fatigue in today's caregiver climate

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



Welcome to the September 2020 issue of *eMpowered for Wellness* by Magellan Healthcare. This month I bring back an earlier Thought Leaders interview with Patricia Smith about compassion fatigue, given the significant impact COVID-19 continues to have on caregivers across the spectrum, from hospital staff to family caregivers. I was reminded of Patricia's interview and wanted to share it at a time when it could be so helpful to so many.

**Access the Thought Leaders interview on compassion fatigue:**

[Click 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!**

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*The purpose of human life is to serve, and to show compassion and the will to help others.* - Albert Schweitzer  
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## Mark your calendar for upcoming, free events!

### **September 26, 2020, 12:00 p.m. – 12:00 a.m. Eastern, Hope Rising for Suicide Prevention virtual summit**



This uplifting event is being planned and hosted in partnership with the nation's leading suicide prevention organizations, including the [National Suicide Prevention Lifeline](#), [LivingWorks](#), [American Association of Suicidology](#), [Zero Suicide Institute](#) and numerous other national and international suicide prevention and mental wellness experts, lived experience advocates and people new to suicide prevention. We'll share inspiration, information, wellness techniques and best practices and empower attendees with the motivation, skills and resources needed to positively impact suicide prevention efforts in their communities.

- [Learn more and register for free](#)
- [Visit the Hope Rising for Suicide Prevention Facebook page](#)

### **September 30, 2020, 2:00 – 3:30 p.m. Eastern, Magellan Healthcare *eMPowered for Learning* webinar, “Ethical considerations for tech-enabled peer support”**



Would you like to learn about the intersection of ethics for peer supporters and technology? If so, please make time to join us for Part 3 in our Summer-Fall Ethics webinar series, with presenters, Karen L. Fortuna, PhD, MSW, and Lisa Goodale, MSW.

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

### **September 30, 2020, 7:30 – 8:30 p.m. Eastern, caregiver support group meeting**



You're invited to our caregiver support group meeting. This free group provides 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)

## Find important information at these links:

- [Magellan Healthcare September Suicide Prevention Awareness Month resources](#)
  - [Magellan Healthcare COVID-19 resources](#)
  - [Previous issues of the eMpowered for Wellness newsletter](#)
  - [Recordings of the eMpowered for Learning webinars for CE credits](#)
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## We're looking for your feedback!

Take a 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](#).

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## 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.

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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.*

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