

# eMpowered for Wellness

Presented by Magellan Healthcare

## Check out resources for BIPOC Mental Health Awareness Month, including an interview with our August *eMpowered for Learning* webinar presenter, Dr. Tonicia Freeman-Foster

Welcome back to Magellan's *eMpowered for Wellness* newsletter! We took a break, but we're back in 2021 to continue covering today's most critical behavioral health and social issues and providing information and resources to support peer supporters and anyone who cares about whole health and working toward wellness.

**For July Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month, we're featuring free Magellan Healthcare resources you can use and share:**



**A new e-interview with Dr. Tonicia Freeman-Foster, Ed.D,** CDP, CHES®, PMP, co-founder and principal consultant at Kusudi Consulting Group, and change specialist at Change Matrix, on mental health for Black people and African Americans – [find it here](#)



**Upcoming webinars, including with Dr. Tonicia Freeman-Foster for CE credit** to explore behavioral health inequities that exist among racial, ethnic, gender, religious and other minorities in the United States, and identify strategies for fostering and sustaining equitable mental health outcomes for diverse populations in behavioral health and mental wellness services – [information below](#)



**A new website with free downloadable information and resources to support BIPOC mental health** – [find it here](#)

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

## Mark your calendar for upcoming, free events!

### **August 26, 2021, 6:00 – 7:30 p.m. ET, Stay Home for MY LIFE virtual youth fest**

In response to COVID-19, Magellan Healthcare launched the Stay Home for MY LIFE virtual youth fest series, featuring inspirational speakers, uplifting entertainment, fun activities and more, for youth and young adults who have experience with mental health, substance use, juvenile justice and foster-care-related issues, as well as professionals and caregivers across the country.

- [Additional information and free registration](#)

### **August 30, 2021, 2:00 – 3:30 p.m. ET, Magellan Healthcare *e*mpowered for Learning webinar, "Equity as an Expectation"**

Join us for this webinar with Dr. Tonicia Freeman-Foster, Ed.D, CDP, CHES®, PMP, to explore behavioral health inequities that exist among racial, ethnic, gender, religious and other minorities in the United States, and identify strategies for fostering and sustaining equitable mental health outcomes for diverse populations in behavioral health and mental wellness services.

- [Additional information on CE credit](#)
- [Free registration](#)

### **September 21, 2021, 2:00 – 3:00 p.m. ET, Magellan Healthcare webinar for Suicide Prevention Awareness Month**

Join us for this webinar with Dr. Caroline Carney, MD, MSc, FAPM, CPHQ, Magellan Health and Magellan MRx chief medical officer, and Dr. Rakel Beall-Wilkins, MD, MPH, Magellan Healthcare medical director, as they discuss suicide prevention during Suicide Prevention Awareness Month.

- [Free registration](#)

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## **Visit the 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 seven 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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4801 East Washington Street  
Phoenix, AZ 85034

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