



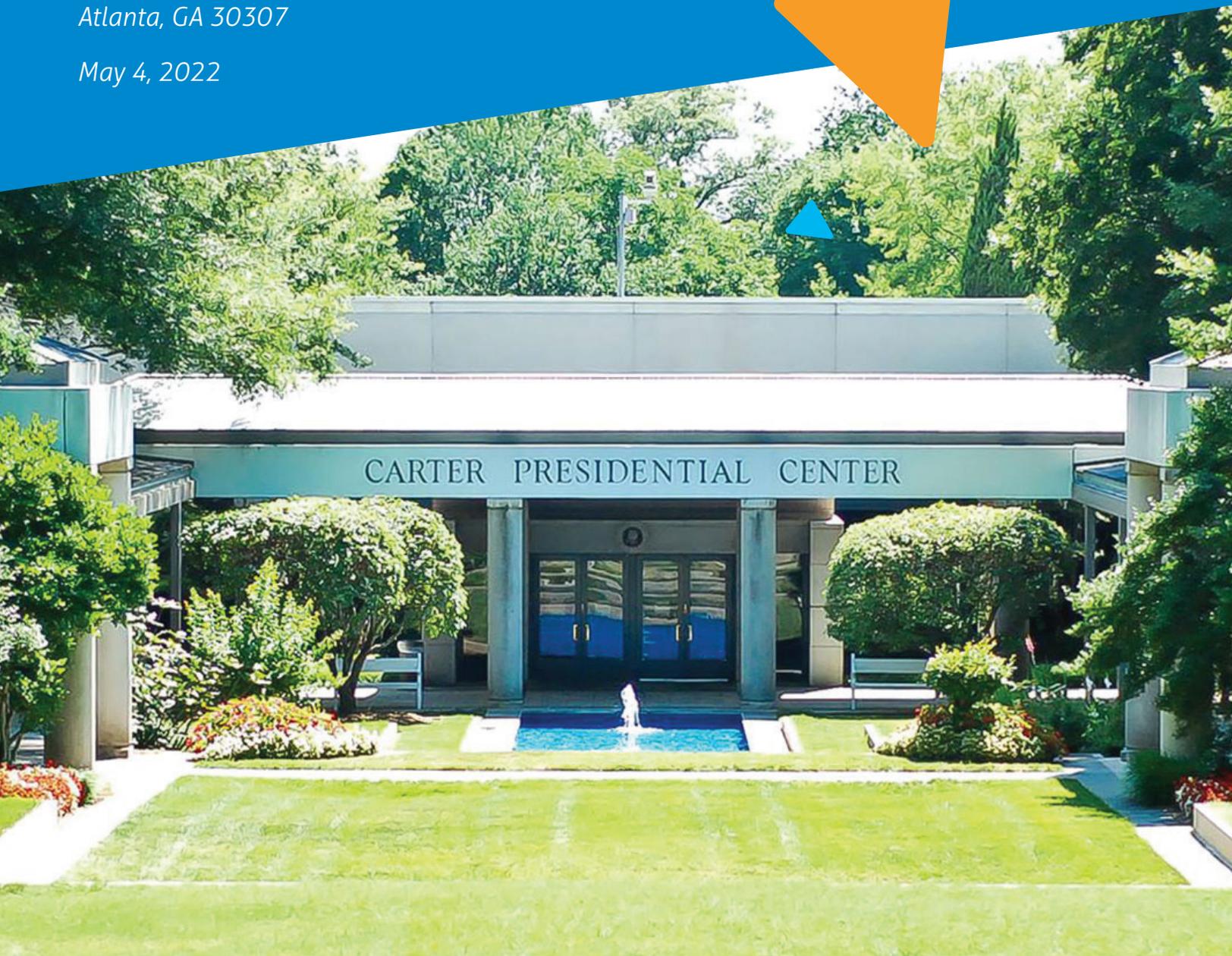
Leading humanity to healthy, vibrant lives

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# Children's Mental Health Summit

*The Carter Center*  
453 John Lewis Freedom Parkway NE  
Atlanta, GA 30307

*May 4, 2022*



# Conference summary

Magellan Healthcare (Magellan) brought together local and national leaders to exchange ideas, share successes and discuss solutions around the challenges we face together in addressing children's mental health. The conference took place May 4, 2022, at The Carter Center in Atlanta, GA, with 160 local and national leaders registered to attend. Participants included the First Lady of the Georgia House of Representatives, Mrs. Sheree Ralston; Office of Governor Brian P. Kemp leadership; Georgia Department of Human Services and the Division of Family & Children's Services leadership; Members of the Georgia General Assembly; Children's mental health experts; Statewide behavioral health providers; University and secondary education leaders; Advocacy organizations; and Magellan leadership.



The morning plenary session titled, "Elevating the voices of children, young people, and their families."

## QUOTE

This was the most engaging and well thought out summit I have ever attended. I was engaged and educated from the beginning to the end.  
THANK YOU!!

CONFERENCE ATTENDEE



During Dr. Carney's keynote address, guests at the Children's Mental Health Summit participated in an interactive discussion.



Timely, important topic. Excellent presentations by credible panelists with the right experience and expertise.

– CONFERENCE ATTENDEE



# Conference goals

To share best practices regarding children’s mental health in Georgia and to highlight this critical issue, we hosted this conference to demonstrate our commitment for finding solutions and to provide a knowledge base for our attendees. Our overall goals included:

- 1 **Host a free, 1 day, solutions-focused conference** comprising a diverse audience to address children’s mental health
- 2 **Feature national and state leaders who are passionate** about finding solutions to improve children’s mental health
- 3 **Highlight the efforts of local organizations** that are proactively creating solutions for children’s mental health through successful children’s programs
- 4 **Provide networking opportunities** amongst the speakers and the attendees

**Key facts:** Mental health challenges for our youth have been made worse by the pandemic. According to the Georgia Student Health Survey in 2021, two in five children in Georgia have trouble accessing the mental health treatment they need. The 2021 Georgia Student Health Survey also stated that suicide is the second leading cause of death among Georgia children and youth.



Magellan staff welcome guests to the Children’s Mental Health Summit at The Carter Center.

Ken Fasola and Lindsey Swartzberg welcome Grant Thomas to The Carter Center.

## QUOTE

“We felt it was vitally important to offer this summit as an opportunity to bring together local leaders to exchange ideas, share successes, and discuss solutions around the mental health crisis facing families and children here in Georgia and across the country. Young people and their families must be central in decision-making to address individuals’ unique needs. Screening, planning, and treatment must be guided and driven by individuals and families as participation is central to ensuring voice and choice throughout the treatment process.”

– Ken Fasola, executive vice president, Health Care Enterprises, Centene

## QUOTE

# First keynote presentation

## A Nation's Youth Hurts: Magellan Responds

### Ken Fasola

*executive vice president, Health Care Enterprises, Centene*

Ken Fasola covered the following key points in his keynote address:

- An appreciation for the decades of service and the significantly important work in children's mental health by the Former First Lady of the United States, Rosalynn Carter
- An overview of Magellan Healthcare and the Public Markets team's commitment to children's mental health
- Most recent children's mental health statistics in Georgia since the start of the pandemic
- The right care for children, youth, and families



Ken Fasola explained the purpose of the conference by sharing recent statistics.



Ken Fasola delivered the opening keynote address, "A nation's youth hurts: Magellan responds."

#### QUOTE

"It was great to see Ken present. His comments were heartfelt and genuine."

CONFERENCE ATTENDEE

#### Ken Fasola

Ken Fasola is the Executive Vice President of Health Care Enterprises at Centene Corporation, where he leads a portfolio of valuable assets. Fasola has a successful leadership career spanning three decades in the health care industry, to include serving as the CEO for Magellan Health from November 2019 to May 2022. Fasola holds a Bachelor of Science in Health Planning and Administration from Pennsylvania State University.

# Discussion on Children with Complex Mental Health Needs

This discussion was moderated by Ken Fasola, *executive vice president, Health Care Enterprises, Centene*, and the panelists included:

- **Candice Broce**, *commissioner, Georgia Department of Human Services and Director, Division of Family & Children's Services*
- **Grant Thomas**, *director of health strategy and coordination, Office of Governor Brian P. Kemp*

## QUOTE

"The information presented was very informative and engaging."

CONFERENCE ATTENDEE



A "Discussion on children with complex mental health needs"

## Plenary session questions included...

- Commissioner Broce: Your agency works with the hardest to serve children, what are your biggest challenges, as it relates to mental health, in keeping children in their homes and avoiding their necessity for their placement in DFCS custody? And how do you best partner with community organizations, schools, and other entities to serve children in your custody and provide them with a life of opportunity and wellness?
- Grant: Please discuss ways in which the Office of Health Strategy and Coordination better helps to serve Georgians with mental health needs by working to bridge multiple agency activities? And how do you see that work evolving considering the passage of HB 1013?
- Commissioner Broce: How can technology and automation better aid DHS and DFCS in serving children with mental health needs?
- Commissioner Broce and Grant: With the focus on mental health this legislative session, how do you think these legislative efforts will help in providing services needed to keep kids out of DFCS custody and better serve those children in custody? If the efforts continue next session, what are some issues you would like to see addressed next?
- Commissioner Broce and Grant: How has the recent federal focus on mental health, such as the Surgeon General's Advisory and increased funding opportunities, impacted the work you are doing in Georgia?
- Commissioner Broce and Grant: What can be done to continue to address Social Determinants of Health-related barriers to grow capacity and equitable access to mental health services across rural Georgia? Are there steps being taken to increase the mental health workforce in rural areas now?

# Second keynote presentation

## How the Pandemic Has Shaped Children's Mental Health

**Caroline Carney, MD,**

*president of behavioral health and chief medical officer, Magellan Healthcare*

In her remarks, Dr. Carney addressed the following key points:

- Provided data and discussion for why high school students are feeling sad and hopeless
- Social media data and recent trends
- It's important to remember that there are many nuggets and positive stories too for children and families, it's not all negative despite what is covered in the media
- Therapy, access to care, and legislation can help children and families



Gov. Brian Kemp, alongside Lt. Gov. Geoff Duncan (far left), Speaker of the House David Ralston (second from left), and First Lady, Georgia House of Representatives Mrs. Sheree Ralston (third from left), signed the Mental Health Parity Act into law on April 4, 2022. Photo by Zoe Seiler.

### QUOTE

"Dr. Carney did a great job presenting difficult information through a lens of optimistic realism."

CONFERENCE ATTENDEE



Caroline Carney, MD, delivers her keynote address.



Keynote address included discussion about youth suicide ideation.

### Dr. Caroline Carney

Dr. Caroline Carney is a board-certified internist and a board-certified psychiatrist that joined Magellan Health in 2016. Prior to Magellan, she served as the medical director for the Indiana Office of Medicaid Policy and Planning. She is a frequent speaker about behavioral health services, integrated and collaborative care, and the importance of self-care during the pandemic. Dr. Carney is a published author and co-author for over 100 peer and non-peer reviewed publications focusing on issues surrounding comorbid medical and behavioral health conditions. She started her medical and academic career at the University of Iowa where she earned her medical degree, as well as a master's degree, and directed the Med-Psych residency program. She continues to engage in regular clinical work by supporting the behavioral health team at a federally qualified health center.

# Third keynote presentation

## Remarks from Mrs. Sheree Ralston, *first lady, Georgia House of Representatives*

Mrs. Sheree Ralston covered the following key points in her keynote address:

- An appreciation for the providers and stakeholders in attendance
- The importance of HB 1013 for the residents of Georgia
- The personal impact for families that face mental health challenges

### QUOTE

“Really enjoyed her talk and the humanity behind it.”

CONFERENCE ATTENDEE



Mrs. Sheree Ralston delivered passionate remarks regarding the importance of children's mental health.

### QUOTE

“Very moving and personal presentation—glad to have Mrs. Ralston and the Speaker actively engaged in the work! ”

CONFERENCE ATTENDEE

### **Mrs. Sheree Ralston**

Mrs. Sheree Ralston is the wife of Georgia House Speaker David Ralston. As the First Lady of the House, she was instrumental in pushing for reforms regarding Georgia's mental health system. Her voice helped lead the charge in the introduction and passage of HB 1013, a transformative signature piece of legislation of the 2022 Georgia General Assembly. The Ralston's reside in Blue Ridge, Georgia and Mrs. Ralston serves as Executive Director of the Fannin County Economic Development Authority. Together they have four children.

# Fourth keynote presentation

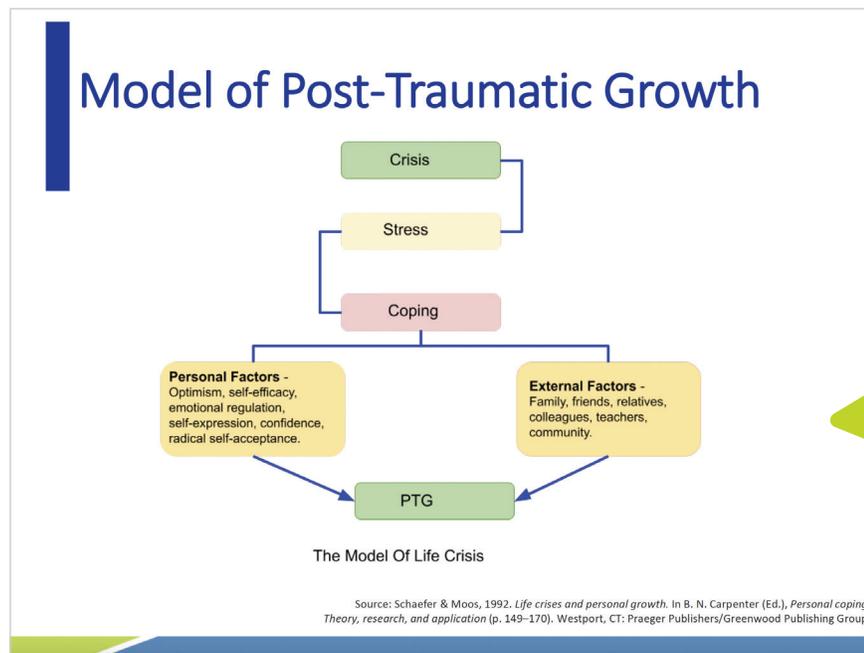
## Post-traumatic Growth: Supporting the Emotional Wellbeing of Children, Families, and Providers

**Ann DiGirolamo, Ph.D., M.P.H.,**

*director of behavioral health, Georgia Health Policy Center*

Ann DiGirolamo covered the following key points in her keynote address:

- Provided a model for post-traumatic growth
- Positive examples and stories from children, and the importance of supportive relationships with parents and/or guardians
- A trauma-informed approach is critical, to include questions such as “How can I help?” instead of “What’s wrong with you?”
- Many important resources for providers facing burnout and for those working with children and families (links are available at the conclusion of the powerpoint shared at [www.magellanhealthcare.com/GeorgiaSummit](http://www.magellanhealthcare.com/GeorgiaSummit))



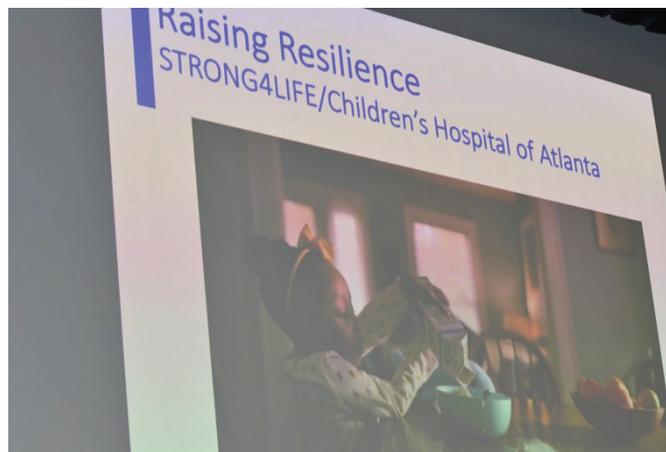


The resources shared were invaluable.  
I truly feel more equipped to help my clients  
navigate post pandemic life.

– CONFERENCE ATTENDEE



Ann DiGirolamo, Ph.D., M.P.H. delivers a keynote address, "Post-traumatic growth: Supporting the emotional wellbeing of children, families, and providers."



Ann DiGirolamo's keynote address included discussion about resiliency in families, and children in particular.

### Ann DiGirolamo

At the Georgia Health Policy Center, Ann DiGirolamo oversees several projects aimed at improving and expanding the System of Care for children's behavioral health in Georgia through capacity building, ongoing research and evaluation, and strong partnerships with state agencies. She is also a research associate professor in the School of Social Work at Georgia State University and an adjunct faculty member at Rollins School of Public Health at Emory University. DiGirolamo provides expertise in research, evaluation, workforce development, and policy related to child and adolescent behavioral health, working with communities and within public health systems to promote an effective System of Care for youth with behavioral health needs. DiGirolamo is a pediatric psychologist with additional training in public health and maternal and child nutrition.

# Morning Plenary Session

## Elevating The Voices of Children, Young People, and Their Families

### Moderator:

#### Barbara Dunn

*Senior Director for Children's Care, Magellan Healthcare*

### Panelists:

#### Lee Woodall

*former NFL player, and a parent of a child with Autism*

#### Terri Matthews

*CEO of Jaden's Voice, and parent of a child with Autism*

#### Angela Bell

*Youth Advocate from Georgia EmpowerMENT*

#### Shakayla Earl

*Youth Advocate from Georgia EmpowerMENT*

#### Lisa Pace

*Director of Operations, Georgia Parent Support Network*



Barbara Dunn moderated a plenary discussion titled, "Elevating the voices of children, young people, and their families."

## Plenary session questions included...

- Tell us about your passion for youth mental health and the work you are doing?
- Lee & Terri: From your perspective, what do parents and families of children receiving services want the system to know?
- Angela & Shakayla: How would you encourage other young people to advocate for their needs? What can family/youth voice tell the system that would make it better?
- Lisa: Could you highlight some of the most appreciated training offered, possibly share experience of parents in your program?
- What are the best ways to help young people with their mental health?
- How can we best include those with lived experience—children, young adults, and their families—in these important discussions around building and sustaining an effective behavioral health system here in Georgia?
- In order to elevate, one must listen, so what platforms are being created or made available for children and families to make their needs heard? What supports are in place? How will we collaborate to meet the needs?
- What do children or young adults consider a safe place to help them explore their emotions?
- How is mental health being handled in athletics and sports programs?

# Afternoon Plenary Session

## Next Steps – Georgia Community Organizations Partnering to Implement Mental Health Initiatives for Children and Young Adults

### Moderator:

#### **Dr. Caroline Carney**

*President, Behavioral Health and Chief Medical Officer, Magellan Healthcare*

### Panelists:

#### **Heather Rowles**

*Executive Director, The Multi-Agency Alliance for Children*

#### **Erica Fener Sitkoff**

*Executive Director, Voices for Georgia's Children*

#### **Belisa Urbina**

*Executive Director, Ser Familia*

#### **Todd Jones**

*Georgia House of Representatives, District 25*



Caroline Carney, MD moderated a plenary discussion titled, "Next steps – Georgia community organizations partnering to implement mental health initiatives for children and young adults."



## Plenary session questions included...

- Is there a standardized system for young people to share their concerns, innovations and solutions that is easily accessible? If not, what can we do?
- Discuss how SDOH factors that cause stress are so important for children/parents/families, such as the ability for children to participate in activities, what are the barriers to that, how to address the barriers which could, in turn, have positive impact on behaviors.
- How can community partnerships facilitate holistic services reaching a wider population?
- In light of the mental health bill being passed —how do we ensure the dissemination of clear, evidence based mental health care?
- What are the positives that you see currently in the community, and what are opportunities for growth?
- What does success look like 1, 2, 3 years from now—and how do we know that we've done well?
- What advice do panelists have for anyone interested in initiating and building a cross-systems partnership, and how do we empower individuals to take ownership of this effort?

# Magellan Cares Foundation

At lunchtime, the Magellan Cares Foundation recognized two local non-profit organizations in Georgia with grant awards for their inspiring leadership in children's mental health.

**A \$10,000 grant was awarded to The Carter Center, [www.cartercenter.org](http://www.cartercenter.org).**

The Carter Center is guided by the principles of its founders, Jimmy and Rosalynn Carter. Founded, in partnership with Emory University, on a fundamental commitment to human rights and the alleviation of human suffering, the Center seeks to prevent and resolve conflicts, enhance freedom and democracy, and improve health. Under the leadership of Mrs. Carter, a longtime champion for the rights of people with mental illnesses, the Carter Center's Mental Health Program works to promote awareness about mental health issues, inform public policy, achieve parity for mental health care, and reduce stigma and discrimination.

In Georgia, The Carter Center works to:

- Increase enforcement of behavioral health parity to improve access to care for all.
- Ensure access to school-based behavioral health for youth.
- Advance capacity to provide services for older adults with serious mental illnesses.

The Carter Center also hosts the annual Rosalynn Carter Georgia Mental Health Forum each May.

**A \$5,000 grant was awarded to The Multi-Agency Alliance for Children, [www.maac4kids.org](http://www.maac4kids.org).**

Multi-Agency Alliance for Children (MAAC) is a collaborative effort focused on helping youth who have experienced foster care in the state of Georgia overcome their unique challenges and find success. MAAC refuses to let these young people fall through the cracks. MAAC is dedicated to filling service gaps and building innovative solutions within the child welfare system by collaborating with partner agencies and focusing on providing care coordination and other services that emphasize youth voice and choice, at the forefront of everything they do. MAAC focuses on serving youth in foster care with high-end behavioral health needs, serving over 1,000 youth each month between ten core programs addressing needs such as placement, self-sufficiency, crisis recovery, and more.

As part of their commitment to youth voice, MAAC became the home for Georgia EmpowerMENT in 2008. They believe youth voice and input can inform the discussion about what is needed in Georgia. EmpowerMENT has convened and engaged more than 300 current and former foster youth in Georgia to develop the list of EmpowerMENT priorities. This list was compiled by youth representing a wide mix of age, race, sex, parental status, geography, and foster care placements. EmpowerMENT is an initiative founded by former and current foster youth in Georgia who are working with community leaders to change the foster care system.

The trained advocates are willing to be the voices for youth currently in foster care and they work to change the system for the better.

Following the Magellan Cares Foundation donations, The Carter Center and the Multi-Agency Alliance for Children recognized five Georgia programs as recipients of \$2,000 donations to support mental health initiatives. The programs recognized were:

- **Hillside, Inc.**, Atlanta, GA
- **Favor Youth Move**, Stone Mountain, GA
- **Jesse's House, Inc.**, Cumming, GA
- **Little Debbie's Second Chance Homes, Inc.**, Decatur, GA
- **Cici's Golden Help**, supported by **House of Hope**, Brunswick, GA



Pictured from left to right: Brian Coyne, *vice president for federal government affairs, Magellan Health*; Caroline Carney, MD, *president of behavioral health and chief medical officer, Magellan Healthcare*; Georgia program recipients; Eve Byrd, *director of the Mental Health Program, The Carter Center*; Diane Marciano, *vice president for business development, Magellan Healthcare*; Mrs. Sheree Ralston, *First Lady, Georgia House of Representatives*; David Ralston, *Speaker of the House, Georgia House of Representatives*; Ken Fasola, *Executive Vice President, Health Care Enterprises, Centene*. Not pictured is Sarah Bess Hudson, MAAC.



The Carter Center's Mental Health Program recognized five Georgia programs as recipients of \$2,000 donations to support mental health initiatives.



**The Magellan Cares Foundation**, a 501(c)(3) organization, focuses on efforts to improve access to quality healthcare and related social supports. The foundation supports programs and initiatives in four areas: national or large-scale health access and quality improvement initiatives; efforts that help to improve the social supports around a quality healthcare system, such as access to housing, food, clothing, or self-improvement opportunities; local efforts, including legacy initiatives supported by Magellan Health's employees and; efforts to support America's military service members, veterans and wounded warriors.

# Attendee feedback



"I gained so much knowledge, I will definitely share all that I learned today with my clients."

"I loved hearing from people who were doing the work in different spaces."

"All of the panelists were great!"

"Great to hear so many different perspectives."

"The information and resources provided were excellent."

"Really nice selection of lunch options and quality food."

"Such a historic and beautiful location."

"The onsite team from Magellan was friendly, organized, and engaged."

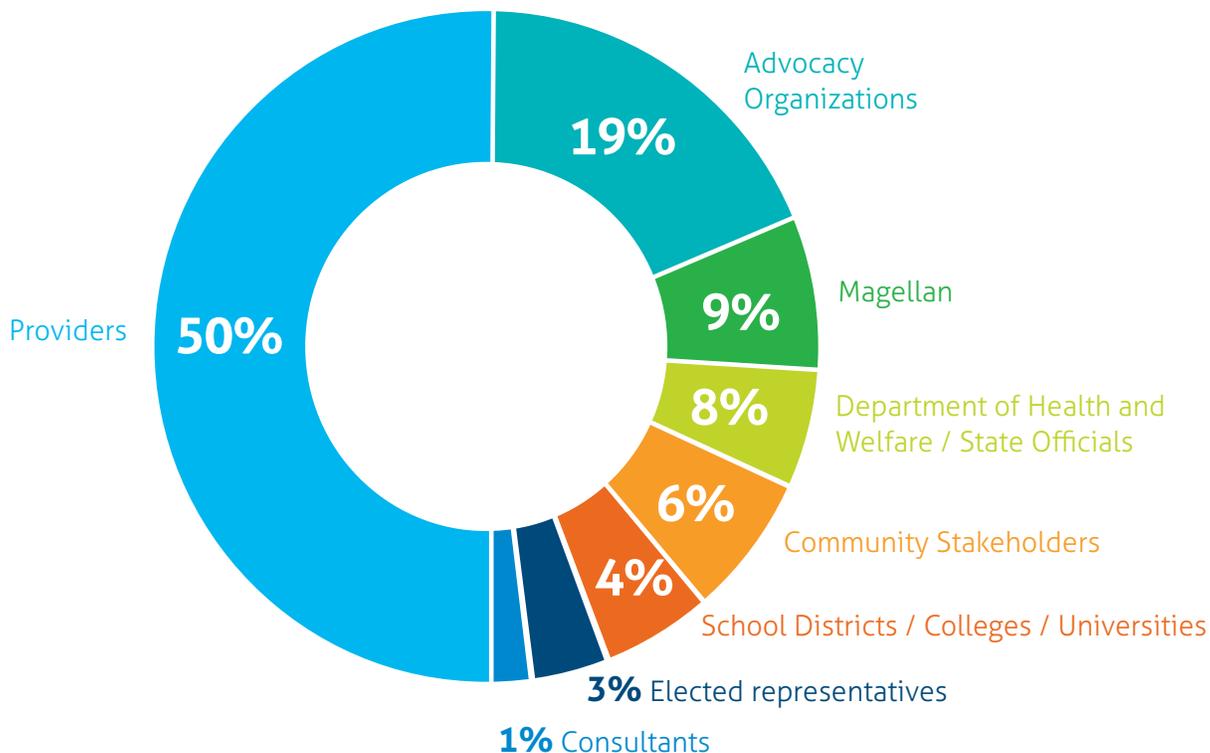


Guests of the Children's Mental Health Summit had opportunities to visit community organizations.

Guests of the Children's Mental Health Summit enjoyed a full buffet lunch and afternoon snack.



# Conference participation and post-conference questionnaire



## A post-conference questionnaire was completed by attendees.

### Here is a sampling of the questions and results:

How satisfied are you with your overall experience at this conference?

**92%** Very Satisfied / Satisfied

How satisfied are you with the quality of the plenary sessions (“Elevating the voices of children, young people, and their families” & “Next steps – Georgia community organizations partnering to implement mental health initiatives for children and young adults”)?

**89%** Very Satisfied / Satisfied

Do you feel that this conference provided solutions-focused information related to children’s mental health?

**92%** Yes

If Magellan Healthcare invites you to a future education-focused conference, would you be willing to attend or suggest that a colleague attend?

**98%** Yes

How do you rate the conference’s overall organization (i.e., communications, on-site logistics and schedule of program)?

**93%** Very Satisfied / Satisfied

# For more information:

**View all of the 2022 conference presentations:**

[www.magellanhealthcare.com/GeorgiaSummit](http://www.magellanhealthcare.com/GeorgiaSummit)

**For more information about Magellan's efforts in Georgia contact:**

Diane Marciano, vice president of business development,  
Magellan Healthcare at [DEMarciano@MagellanHealth.com](mailto:DEMarciano@MagellanHealth.com)





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