



WHAT'S NEW?



SPOTLIGHT MAGELLAN: GET TO KNOW MARY CONNOLE



This month, we're shining the spotlight on Mary Connole, senior paralegal, regulatory, at Magellan Healthcare. In this feature, you'll learn more about:

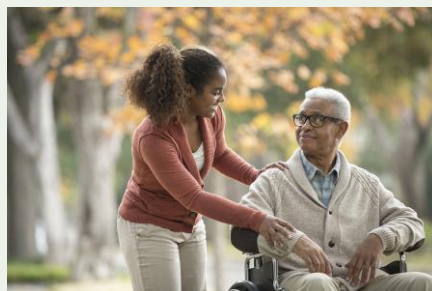
- Her favorite weekend activities
- How she loves to use her PTO
- Where she hopes to travel in retirement



WHAT ELSE?



MAGELLAN INSIGHTS BLOG



[Honoring National Caregivers Month:
Supporting the Unsung Heroes
Among Us](#)

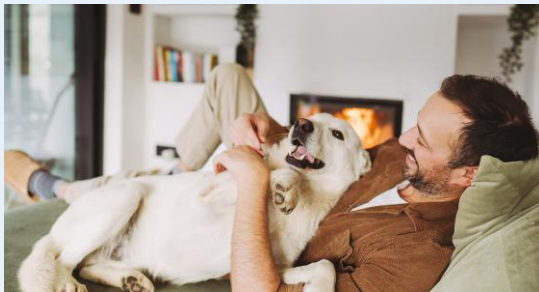
[December is National Stress-Free
Holidays Month](#)

**BEHAVIORAL HEALTH MATTERS
PODCAST CELEBRATES TWO YEARS**

- The best advice she's ever received
- The "diva" in her life

[Get to know Mary!](#)

2025 NATIONAL STRESS-FREE FAMILY HOLIDAYS MONTH



December is the perfect time to practice gifting presence, caring for yourself while being there for others.

Don't forget to explore our holiday toolkit, filled with helpful tips for managing holiday stress and finding moments of joy.

[Download Materials](#)

HOMESCHOOLING YOUR MILITARY FAMILY: COMPLETE GUIDE TO TOOLS,



Since its launch in Fall 2023, the Magellan Behavioral Health of Pennsylvania podcast, *Behavioral Health Matters*, has featured thoughtful, engaging conversations that promote mental wellbeing, increase understanding of behavioral health services, and help reduce stigma across communities.

As we enter the holiday season, we're excited to highlight our newest episode:

Episode 15: A conversation about Holiday Emotional Wellbeing with guests Trish Nye, senior manager, mental health services, St. Luke's Penn Foundation and Gabriel Nathan, executive director, Recovery Diaries, and co-host, Steph Cassanese, manager, recovery and resiliency services, Magellan Behavioral Health of Pennsylvania.

Listen to the [highlight reel](#) or [full episode](#).

TIPS, AND SUPPORT

More military families are choosing homeschooling than ever before. While about 6% of civilian families homeschool, the rate is twice as high for active-duty families and nearly the same for National Guard and Reserve families. The unique demands of military life make homeschooling an appealing and flexible option for many.



FOLLOW US ON SOCIAL MEDIA!

We share valuable content daily!

From wellness insights and tips to inspiring stories and community updates, our channels keep you informed, provide helpful resources and show how we're supporting whole-person care.

Stay in the know—follow us on:

BEHAVIORAL HEALTH MATTERS



Magellan
HEALTHCARE

NEWS



Medical Economics, [Collaborative Care: Don't Forget about Youth Behavioral Health](#)

Magellan Health, [Magellan Behavioral Health of Pennsylvania Starts as New HealthChoices BH-MCO for Behavioral Health Services of Somerset and Bedford Counties](#)

SPREAD THE WORD!

Enjoy reading our monthly newsletter? Your friends, family, and colleagues may too! Please feel free



to forward this email and visit our [newsletter archive](#).

Anyone can sign up to receive this newsletter by choosing "Behavioral health webinars and education" from the email preferences below.

© 2025 Magellan Health, Inc.