



News and solutions for
you and your members

Magellan
HEALTHCARE.



WHAT'S NEW?



SPOTLIGHT MAGELLAN: GET TO KNOW MICAELA CAULKINS



This month, we're shining the spotlight on Micaela Caulkins, manager of Human Resources Services operations at Magellan Healthcare. Read the article to discover:

- What a typical workday looks like for Micaela



WHAT ELSE?



MAGELLAN INSIGHTS BLOG



[Why work-life harmony is essential for mental health professionals](#)

[November is National Family Caregivers Month](#)

[You are not alone: The role of counselors in preventing military youth suicide](#)

- Where she hopes to travel one day
- How she spends her weekends
- Who's been known to make cameo appearances during her Teams calls

[Get to know Micaela!](#)

2025 NATIONAL STRESS-FREE FAMILY HOLIDAYS MONTH



December is National Stress-Free Family Holidays Month. This year's theme is "Gifting presence: Making time for self-care while being there for others."

Download and use materials from our toolkit to help manage holiday stress, find moments of joy and share support with those around you:

- **Flyer:** Remember, the most valuable gift you can give is your

BEHAVIORAL HEALTH MATTERS PODCAST



Tune in to the latest episodes of *Behavioral Health Matters*, Magellan Behavioral Health of Pennsylvania's podcast featuring real conversations on issues shaping behavioral health today.

Episode 13: A conversation with Andrew O'Brien, director of outpatient services and outpatient internship program at PennDel Mental Health Center, on supporting tobacco recovery efforts.

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

Episode 14: A conversation with Kevin Dougherty, Pennsylvania Supreme Court Justice, on the intersection of behavioral health and the courts, and how systems can work together to create lasting change.

full, present self. Slow down and approach the holidays with more heart and less hustle.

- **Poster:** Let mindful moments remind you presence is the best gift of all.
- **Digital sign:** Encourage others to unwrap something more meaningful this year.
- **Virtual background:** Show your support during meetings with a festive digital backdrop.
- **Activity:** Pause, reflect and find balance. Care for yourself while noticing the joy around you and the joy you bring to others.

[Download Materials](#)

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:

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

NEWS



Becker's Payer Issues, [Magellan CEO](#) on achieving value in behavioral health

UPCOMING EVENTS

NAMD 2025 Fall Conference

November 18-21, 2025

[Learn more and view our 2025 event calendar.](#)

SPREAD THE WORD!



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