

Recovery and Resiliency

Magellan has partnered with national experts in behavioral health recovery and resiliency to offer e-courses for providers such as social workers, counselors, certified drug and alcohol counselors, consumers, family members and other stakeholders. These trainings are free of charge and were developed in collaboration with Recovery Innovation, Child Family Support Services, the Family Involvement Center, and consumers and family members. The content of this course is appropriate for beginning and intermediate skill levels. Course 10 is a review of the resiliency courses 7-9 therefore CE hours/credits will not be issued.

Jim Stringham, NCC, MS Community Counseling is the Chief Operations Officer for Magellan of Arizona. In this role, Jim is responsible for the overall management of the service center, including development of policy and procedure, management of community support delivery system and coordination of relationships with our provider network and the Arizona Department of Health Services Division of Behavioral Health Services (ADHS/DBHS). Before taking on the role of COO, Jim was the National Director of Provider Learning for Magellan, where he had oversight in identifying, developing and implementing innovative and best practice training initiatives for our providers. Prior to joining Magellan, he worked in clinical and training roles for over 10 years. Jim's educational background includes a Bachelors of Science in psychology and a Masters in community counseling.

Material in each class will include suggestions on what each of you can do to contribute to recovery. **In this tenth class, "Recapping Resiliency"**, there will be a recap of the classes 7-9. The recap will include the following:

- How to "get through the tough stuff." Family, faith, and perseverance were cited as the three most important elements of resiliency.
- The importance of recognizing skills, using them appropriately, and building new skills for the future. The first step is to identify what to do in times of challenge, and how to use the Resiliency Toolbox to translate that behavior into a useable skill.
- The importance of not feeling alone and of knowing that there are others who are going through similar challenges.
- The importance of identifying and practicing the skills that should be used more often.
- Experts agree
 - Resiliency requires an array of skills and/or abilities
 - Resiliency can be developed from existing skills
 - Resiliency is strengthened through repeated use of skills