

## 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.

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 ninth class, "Growing your Resiliency"**, you will [learn](#) how you can increase the number of skills you can draw on when you are responding in a resilient way. The learning objectives for this class are the following:

1. The participant will identify three to five ways in which you can take care of yourself using your resiliency toolbox.
2. The participant will identify a skill that you do not use and initiate a plan to practice the new skill.
3. The participant will demonstrate an understanding of what resiliency means to them.

After each course you will be asked a few questions to help you assess your understanding of the content in this class. Successfully complete this test and you can print out a Certificate of Completion.

### CEU Credits

Magellan's e-learning courses offer continuing education hours /credits for participants. CE credits for these courses are approved by the following organizations:

1. National Board for Certified Counselors (NBCC)
2. National Association for Alcoholism and Drug Abuse Counselors (NAADAC) The Association for Addiction Professionals
3. Association of Social Work Boards (ASWB)

Providers can receive one half hour CE (0.5) per course for courses 7-9 by completing the post test and the Continuing Education Evaluation survey that follows each course. Course 10 is a review of the resiliency courses 7-9 therefore CE hours/credits will not be issued. Upon completion and submission of the survey, a CE certificate will be e-mailed to the e-mail address provided. Additional instructions are available following the course. It is the responsibility of each participant to determine whether the CE credit will be recognized by your state specific licensing or credentialing board. If you have any questions specifically regarding the courses and/or the CE process, contact our Clinical Operations Coordinator at [CE@magellanhealth.com](mailto:CE@magellanhealth.com)