

eMpowered for Wellness!

Peer Support Whole Health and Wellness e-news



Focusing on youth health and wellness

A message from Thomas Lane, CRPS, Senior Director, Consumer and Recovery Services

This issue of **eMpowered for Wellness** focuses on issues and resources regarding youth health and wellness. Building on the foundation of our previous *Peer Support Whole Health & Wellness* e-newsletters, we continue to provide news, information and resources to help improve overall health through peer support and whole health planning and promote well-being.

Our distribution list continues to grow. Our newsletter reaches nearly 5,000 subscribers in the U.S. and abroad. Please feel free to share Magellan's *Peer Support Whole Health & Wellness* e-news with others, so we are all **eMpowered for Wellness!** Thank you all for your continued interest and support.

"Youth should be recognized as experts in their own lives and recovery, and they should be meaningfully engaged and involved in their treatment..."

- Greg Dicharry, Youth Empowerment Director, Magellan Healthcare



MY LIFE and youth involvement matters

Youth Empowerment Director Greg Dicharry discusses MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment), Magellan's innovative program focused on youth involvement, empowerment and leadership around the country.

[Read more](#)



Thought leader interview: Lacy Kendrick Burk

An internationally known authority on youth engagement, Lacy applies her expertise and lived experience to systems transformation that includes child welfare, mental health, adoption and trauma-informed care.

[Read more](#)



Apps designed with youth in mind

Today's young people have grown up with technology. It's second nature to them. The use of technology to support health, wellness and social connectedness continues to grow. [Read more](#)



Web spotlight: Young People in Recovery

[Young People in Recovery](#) is a national grassroots advocacy organization focused on creating recovery-ready communities for young people in, or seeking, recovery. This is a must-see website! [Read more](#)



Health education library: NEW additions!

Three new documents are available in English and Spanish at no cost.

[Developing a positive attitude](#)
([Desarrollar una actitud positiva](#))

[Lifestyle changes can help ease depression](#)
([Los cambios del estilo de vida pueden ayudar a aliviar la depresión](#))

[Coping with stress through lifestyle management](#)
([Cómo lidiar con el estrés a través del manejo del estilo de vida](#))



Take a moment to tell us what you think!

Please take a moment to complete a **brief, one-question online survey** to help us make our e-newsletter better. Click [here](#). As always, we welcome your feedback, comments and suggestions. Please contact us at Elearning@MagellanHealth.com. Thank you!

IN THE NEXT ISSUE: Focus on older adults, including an interview with Stephen J. Bartels, M.D., MS

Previous issues of this newsletter are available on Magellan's [Resiliency and Recovery e-Learning Center](#), which offers a range of no-cost resources, including previously recorded webinars and on-demand e-courses about peer support specialists, and the health education and literacy library.

If you would like to be added to Magellan's eMpowered for Wellness e-mail distribution list, please send a message to Elearning@MagellanHealth.com.

www.MagellanHealth.com/Training

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