

Monthly Member Newsletter

May 21, 2020

Magellan Healthcare Partners with Stamp Out Stigma for Mental Health Awareness Month

The national discussion on mental health has been magnified by stories of anxiety, stress, substance overdoses and depression related to COVID-19. One in 5 Americans experience mental illness, and that number is expected to rise as we deal from the fallout of the pandemic. In addition to partnering with Stamp Out Stigma during Mental Health Awareness Month, Magellan Healthcare provides resources and programs to educate and help people from all walks of life.

- Read our [blog post](#) to learn about mental illness and how to address it with family and friends.
- Check out Magellan's [Mind Your Mental Health website](#) anytime to learn about specific mental health conditions and how to help yourself and others.
- Learn more about recovery and resiliency at Magellan's [eLearning Center](#). View webinars and take courses for continuing education credit.
- Anxiety interfering with sleep? Download the Magellan Healthcare [RESTORE[®] digital cognitive behavioral therapy app](#), free during the COVID-19 crisis.
- Make your voice heard during Magellan's [#bhXPRT Twitter chat](#) on Thursday, May 14 at 3:00 p.m. ET. Greg Dicharry, Magellan's Youth Empowerment Director, will lead a discussion on youth recovery and wellness. Follow @MagellanHealthcare and use #bhXPRT to participate.
- Don't miss Magellan's Stay at Home for MY LIFE Virtual Youth Fest every Thursday at 4:00 p.m. ET through June 18. Learn more at www.magellanhealthcare.com/about/mylife/and [sign up here](#).
- Sign up for our May 20th webinar to learn how to build your resiliency for mental wellness during COVID-19. Visit www.magellanhealthcare.com/COVID-19-2/COVID-19/webinars/.
- Join Stamp Out Stigma's Twitter chat on Thursday, May 28 at 1:00 p.m. ET, with [Magellan Complete Care](#) Medical Director Dr. Edie Calamia. Follow @StampOutStigma and use #MHMChat to participate.
- Read about how Magellan counselors are helping first responders and healthcare workers on the front lines on [Direct Relief's website](#).

Parent/Caregiver Support Group

The next Parent/Caregiver Support Group, set for May 27, 2020. We hope you can join us.

These free groups provide a safe place for families and caregivers to talk through their struggles, their successes and to learn from one another. You don't have to be a member of High Fidelity Wraparound to attend these groups. We meet every Wednesday at 5:30 p.m. to 6:30 p.m.

- Join online at: <https://magellanhealth.zoom.us/j/707619166>
- Join by phone at: 1-646-558-8656 (toll free) (meeting ID 707 619 166) (password is 181500)

These support groups are available to any caregiver, guardian, parent, grandparent, family member, etc. who would like more support!

Digitally delivered peer support

As the COVID-19 pandemic continues, and social distancing becomes the new normal, we have seen rapid expansion of digitally delivered peer and family support. This month, our feature article explores emerging issues and considerations for using technology to reach others. [Read the feature.](#)

eLearning Center available

Magellan Healthcare has an eLearning Center open to anyone. The eLearning Center is your resource for educational information on peer support and recovery and resiliency. We offer these learning opportunities free of charge, in a convenient format for individuals who work in the industry, families and anyone interested in the topics. [Check it out.](#)

We're accepting youth referrals

Do you know a young person age 4 to 20 who would benefit from additional support? Would it make a difference if they could be more successful at home, school and in their community?

Wyoming's High Fidelity Wraparound program can help if:

- A free program makes sense for the youth and their family.
- Additional mental health or behavior support is needed.
- Youth who currently are, or could be, Medicaid eligible.
- Youth is at risk for being placed out of their home in hospital or detention.

Youth and their care givers would benefit from having a team of support. Learn more by completing our [Referral Form](#) or visiting our [website](#).

Our program is growing

If you have ever wanted to help youth with complex mental health or behavioral health concerns, you can become a provider by visiting our [Become a Provider](#) page. We are always looking for more experienced and caring people to join forces with us to meet the needs of youth across Wyoming. Do you know anyone who would be great at this? Refer them to work with us.