



Magellan Peer Support Whole Health and Wellness

2014 Special Resources Edition

Welcome!

Welcome to the special resources edition of Magellan's Peer Support Whole Health and Wellness e-newsletter! This is the fifth issue of our PSWH & Wellness e-newsletter and continues our work to provide news, information and resources to help improve overall health through peer support, whole health planning and working toward wellness.

You will find our [Fall 2013](#), [Winter 2013](#), [Spring/Summer 2013](#) and [Fourth Quarter 2013](#) issues in Magellan's newly updated [E-Learning Center](#), which offers a range of no-cost resources, including previously recorded webinars and no-cost, on-demand e-courses about peer support specialists.

Our distribution list continues to grow and now includes several subscribers from abroad. Our current e-mail distribution list reaches nearly 5,000 subscribers in the U.S. and abroad.

This issue includes:

- **Our regular feature article by guest contributor Larry Fricks**, director of Appalachian Consulting Group and deputy director for the Center for Integrated Health Solutions. In this issue, Larry introduces Dr. Benjamin Druss, complementing our virtual interview with Dr. Druss.
- **An interview with Dr. Benjamin Druss**, professor in the Department of Health Policy and Research at the Rollins School of Public Health at Emory University and Rosalynn Carter Chair in Mental Health. In the first of a series of interviews with thought leaders in the field, Dr. Druss provides his insights and perspective on integrated care, social determinants of health and peer supporters' role in integrated services.
- **A special web resources** feature selected to enhance peer supporters' knowledge of being "wellness-informed." These are very informative websites touching on a variety of topics. Be sure to look at our Peer Support Whole Health and Wellness archives to learn about previously featured Web resources at www.MagellanHealth.com/training.
- New additions to the **Magellan health education and literacy library**. Be sure to access these documents. We are also very happy to provide Spanish-language versions of each guide. You can see previous health education materials on our PSWH & Wellness e-news archives in Magellan's updated [E-Learning Center](#).

Tell us what you think

We continue to collect feedback via a brief online survey to help us make the PSWH & Wellness e-newsletter better. Please take a moment to click [here](#) and complete the survey. We invite everyone interested to participate.

As always, we welcome your feedback, comments and suggestions. Please contact us at Elearning@MagellanHealth.com. Thank you!

Tom Lane named to DBSA's Board of Directors

Tom Lane, Magellan's national director for Consumer and Recovery Services, has been named to the Board of Directors for the [Depression and Bipolar Support Alliance](#) (DBSA), a leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder. Congratulations, Tom!

Thought leaders: An introduction to Dr. Benjamin Druss

By Larry Fricks, Director, Appalachian Consulting Group

Dr. Benjamin Druss, interviewed for this edition of the Peer Support Whole Health & Wellness e-newsletter, addresses the negative impact social determinants, such as poverty, stigma, hopelessness and social isolation, have on the health of those of us in recovery from mental illness. Those determinants also lead to a higher level of stress that uncovers our disease vulnerabilities.

Insight from thought leaders such as Dr. Druss about the impact of social determinants on health hopefully also will help reduce the stigma so pervasive with mental illness. [Read more](#)

Thought leaders: An interview with Dr. Benjamin Druss

Dr. Benjamin Druss is a professor in the Department of Health Policy and Research at the Rollins School of Public Health. As the first Rosalynn Carter Chair in Mental Health at Emory University, Dr. Druss is working to build linkages between mental health, general medical health and public health. He works closely with the Carter Center Mental Health Program, where he is a member of the Mental Health Task Force and Journalism Task Force.

He has been a member of two Institute of Medicine committees and has served as an expert consultant to the Substance Abuse and Mental Health Services Administration, the Centers for Disease Control, and the Assistant Secretary for Planning and Evaluation.

We are very pleased to share our virtual interview with Dr. Druss. [Read more](#)

Web resources spotlight

In this issue, we are including links to a range of online resources selected to help peer supporters become more "wellness-informed."

- The Canadian Mental Health Association, Ontario, and the Ontario Peer Development Initiative collaborated on the [Diabetes and Mental Health Peer Support Project](#), a two-year project (2010-2012) to provide diabetes competency training for mental health peer support workers.
- [Peers for Progress](#), a program of the American Academy of Family Physicians Foundation, was founded in 2006 to promote peer support as a key part of health, healthcare and prevention around the world. The mission of Peers for Progress is to accelerate the availability of best practices in peer support around the world. The program includes resources and information in Spanish and traditional Chinese. [Peer Support in Health Evidence to Action](#) is an especially compelling report.
- In 2012, the Centers for Disease Control and Prevention (CDC) launched [Tips from Former Smokers](#), a national campaign to encourage people to quit smoking. The website is an excellent resource for anyone interested in learning more about smoking cessation and includes a dedicated section on specific diseases and conditions associated with smoking, such as:
 - [Asthma](#)
 - [Chronic obstructive pulmonary disease \(COPD\)](#)
 - [Heart disease and stroke](#)

Other useful links:

- [American Diabetes Association](#) includes Spanish language resources, meal planners and aspects of living with diabetes.

- [American Heart Association](#), available in Spanish, traditional and simplified Chinese, and Vietnamese, features a Getting Healthy area plus an interactive cardiovascular library explaining high blood pressure and other cardiovascular diseases.

NEW Magellan health literacy tools available

Magellan is pleased to provide three new health education/literacy documents. These materials will be added to the existing resources in our menu of health education and literacy guides. You can access the new health education and literacy documents via the links below. They are available in English and Spanish at no cost.

- [Building resiliency](#)
 - [Building resiliency - Spanish version](#)
- [Helping someone with an eating disorder](#)
 - [Helping someone with an eating disorder - Spanish version](#)
- [Recognizing eating disorders](#)
 - [Recognizing eating disorders - Spanish version](#)

All health literacy tools are archived on our E-Learning Center at www.MagellanHealth.com/Training.

Magellan's updated [E-Learning Center](#) offers a variety of current information and educational resources in partnership with national behavioral health experts. We also offer shared professional learning opportunities free of charge to fit your pace. Be sure to check out this special resource!

If you would like to be added to Magellan's Peer Support Whole Health and Wellness e-mail distribution list, please send a message to Elearning@Magellanhealth.com

www.MagellanHealth.com/training

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