



## Welcome!

Winter 2013

Welcome to the winter 2013 issue of Magellan's Peer Support Whole Health and Wellness e-newsletter! This is the second issue of our quarterly e-news 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. Our [first issue](#) in fall 2012 was very well-received and reached a wide audience, including peer specialists working for the Department of Veterans Affairs, in provider settings and in peer-run organizations around the country. Health care providers, family members and policy makers also received the e-news.

We received many requests from people who wanted to be added to our distribution list. Many thanks to those who helped us reach a larger audience by sharing the fall 2012 Peer Support Whole Health and Wellness e-news!

### This issue includes:

- A feature article by Larry Fricks describing the importance of social networks to our overall health.
- A spotlight on Florida's Peer Support Whole Health and Resiliency initiative, including the expanded health domains and comments from participants who learned to practice what they teach.
- A spotlight on the Center on Psychiatric Disability and Co-Occurring Medical Conditions, located at the University of Illinois at Chicago. The Center promotes the health and wellness of people recovering from serious mental illness.
- New Magellan health education and literacy materials. Be sure to use the links provided to access these materials. We are also very happy to provide Spanish-language versions of these tip sheets.

As always, we welcome your feedback, comments and suggestions. Please contact us at [Elearning@MagellanHealth.com](mailto:Elearning@MagellanHealth.com). Thank you!

### Mind-Body Resiliency: Mounting Evidence Social Networks Are Essential to Whole Health

*By Larry Fricks, Director, Appalachian Consulting Group*

Promoting a social network is one of the 10 health and resiliency domains featured in the Peer Support Whole Health and Resiliency (PSWHR) training, and mounting research shares evidence that it may be among the most important predictors of mind-body whole health. [Read more](#)

## **Program Spotlight: Florida's Peer Support Whole Health and Resiliency Initiative**

Our work in Florida began in July 2011, when Larry Fricks and Ike Powell from the Appalachian Consulting Group conducted one-day Peer Support Whole Health trainings in Tallahassee, Orlando and Pompano Beach. More than 70 peer specialists participated across the three sites.

Since the original training, the Peer Support Whole Health curriculum has evolved and now includes material and additional time spent teaching about resiliency, plus four additional health domains. [Read more](#)

## **Web Resource Spotlight: The Center on Psychiatric Disability and Co-Occurring Medical Conditions**

The Center on Psychiatric Disability and Co-Occurring Medical Conditions promotes the physical health and wellness of people recovering from serious mental illnesses. The Center is located at the University of Illinois at Chicago in the Department of Psychiatry and is directed by Dr. Judith Cook.

The Center offers free, downloadable educational materials, health promotion tools, online workshops, webcasts and Web-based continuing education courses. [Read more](#)

## **New Magellan Health Literacy Tools Available**

We are pleased to provide three new health education tip sheets, accessible using the links below. They are available in English and Spanish.

- [How Your Thoughts Impact Your Emotions](#)
  - [How Your Thoughts Impact Your Emotions-Spanish](#)
- [Losing Weight Safely](#)
  - [Losing Weight Safely-Spanish](#)
- [Smoking Cessation Basics](#)
  - [Smoking Cessation Basics-Spanish](#)

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