

March 21, 2013



New No Cost Newsletter for Expectant and New Parents. All MFLCs should be aware of a DoD-approved resource for new or expecting parents. It is a no cost weekly e-newsletter that guides parents through pregnancy up until their child's first birthday. Parents get access to evidence-based content and engaging articles that support maternal and infant health, describing stage-specific child development up to age one. Parents can sign up for the e-newsletter by going to www.DoDparenting.org. Please see the DoD-approved [flyer](#) and [handout sheet](#) for use in encouraging expectant or new parents to utilize this free resource.

Success Story (as recounted by an MFLC): Last week I was contacted by a 19-year-old AIT student who was feeling overwhelmed with his transition into the Army. He stated that he was having difficulty concentrating and sleeping, and often worried about his parents and younger sister at home. It's the first time he has ever left his family and he felt like he was abandoning them during difficult financial times. We discussed his thoughts and self-care/stress management strategies. We met again this week to see how he was feeling. He stated that he felt "A lot better!" After talking to me, he realized that he was actually helping his family by taking care of himself and building a future. He now understands that by taking care of himself, he relieves their stress so they don't have to worry about him. He also had a conversation with his sister and believes he is being a good role model for her. He is now able to concentrate better and has been sleeping well all week. I think this session did my heart more good than his - that's the

Meet Regional Supervisor Collen Reedy, LCMFT



Collen is the regional supervisor for the Magellan MFLC program at 15 military installations throughout the D.C. region, NY, CT, MA, RI, and ME. Prior to joining the Magellan team, Collen was involved with the MFLC program for four years as an MFLC and clinical supervisor.

As a marriage and family therapist, Collen has managed a private practice, provided in-home family therapy, and worked in residential treatment settings. Most notably, his practice focused on child/adolescent issues and marriage therapy. His interest in working exclusively with the military population was piqued after noticing the impact of deployments on families in his private practice in Maryland. Fortunately, the MFLC program was a perfect fit for him, and since then he has had the opportunity to work with many aspects of the program.

Working with the military community has become a passion for Collen, and being a regional supervisor allows him to work not only with MFLCs, but to interface with the installations in pursuit of the ultimate goal of providing top-notch service. The success of the program is due to the hard work of the MFLCs on the ground, and he enjoys his role in providing leadership to his team.

mother in me, I guess. I'm always proud to support our soldiers and families, of all ages.

Medical Administrative Stipend Payment - for Magellan Rotational Employees.

Magellan is offering an administrative stipend to rotational staff who choose not to elect one of Magellan's medical plans. The timing for the stipend payment to first appear in your paycheck depends on several factors. If you do not access the benefits enrollment website to decline medical coverage, we will not know you have chosen to opt out of the medical plan until after the 30-day benefit enrollment period ends. Remember that you have up to 30 days to enroll in benefits after your first day as a Magellan employee. After the 30-day enrollment period ends, if you have not selected a medical plan, we will begin paying the stipend on the next possible paycheck. The stipend will be paid retroactively to the first day of the month following your date of hire.

If you choose to decline benefits in our enrollment website any time prior to the end of the 30-day enrollment period, we will know sooner that you declined coverage, and we will begin paying the stipend in the next possible paycheck.

The next factor to keep in mind is the pay cycle. Be sure to review the Rotational Employee Time Sheet and Pay Schedule sent to you in your new employee welcome packet. Each pay date reflects a specific two-week period, so the timing of your first stipend will also depend on our pay period cycle.

Work at Home Location Code. All Magellan employees are assigned a "work location code" that serves as the basis for payroll taxes. Because many rotational counselors will move between bases, we have chosen to use your residence as the location on which to base payroll tax deductions, instead of an actual base location or Magellan office. We are using the "work at home" code for this, although no rotational counselors are truly working from home. The taxes for "work at home" do not differ from the tax deductions that apply if we assign each counselor to a base location.

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