

Behavioral Health Matters Podcast celebrates two years with 15 episodes and counting

In Fall 2023, Magellan Behavioral Health of Pennsylvania launched the [*Behavioral Health Matters Podcast*](#) with John Lees, member and family advocate for Lehigh and Northampton Counties, as the host. Over the past two years, John and several guest hosts have led thoughtful, engaging conversations with a diverse lineup of guests and topics. Throughout every episode, the focus has remained consistent, promoting mental wellbeing, increasing understanding of behavioral health concerns and services, and reducing stigma.

In the first year, the podcast explored foundational topics that set the stage for everything that followed. Conversations highlighted the local crisis system, youth behavioral health, community partnerships, stigma reduction, and member-centered care. These early episodes introduced the core themes of the series and helped build the momentum that carried into Year Two. As we enter the holiday season, we're excited to highlight our latest episode (#15) listed below, "Holiday Emotional Wellbeing."

Each episode offers valuable insights for members, providers, and key stakeholders. We hope you find time this season to relax and enjoy an episode or two. These topics and the conversations with our esteemed guests are important, but to generate the most impact, they need to be shared with friends, colleagues, etc... In fact, sharing these topics with colleagues or even on public platforms can offer a great engagement opportunity. Thank you for supporting the *Behavioral Health Matters Podcast*, and remember, Behavioral Health Matters!

[Episode 1 – \(promo clip\)](#): Navigation Guide for Transitional Age Individuals with Autism with guest **Matt Bauder**, Lehigh County HealthChoices Administrator

[Episode 2 – \(promo clip\)](#): Northampton County LOSS Team with guest **Chelsea Jones**, Director of Northampton County Information Referral & Emergency Services

[Episode 3 – \(promo clip\)](#): Magellan of Pennsylvania Recovery & Resiliency Services with guest **Steph Cassanese**, Manager of Recovery & Resiliency at Magellan Behavioral Health of Pennsylvania

[Episode 4](#) – [\(promo clip\)](#): Opioid Epidemic with guest host **Anita Kelly**, Clinical Contract Advisor, Magellan, and guests **Amy Maurizio**, Director of Operations, SUD & Recovery Services, St. Luke's Penn Foundation & **Jason Cataleno**, Recovery Support Services Manager, Pyramid Healthcare

[Episode 5](#) – [\(promo clip\)](#): NAMI Lehigh Valley with guest **Maggie Murphy**, Executive Director, NAMI Lehigh Valley

[Episode 6](#) – [\(promo clip\)](#): A conversation about PTSD, Mental Health, and Office of Veterans Affairs with guest **Tom Applebach**, Director, Office of Veterans Affairs, County of Lehigh

[Episode 7](#) – [\(promo clip\)](#): A conversation about Pennsylvania's Rehabilitation & Community Providers Association – RCPA with guest **Richard Edley, PhD**, President/CEO of RCPA

[Episode 8](#) – [\(promo clip\)](#): A conversation about Intellectual & Developmental Disabilities and Mental Health with guest **Jessica McKenty-Nuttall**, Director of Advocacy, ARC of Lehigh & Northampton Counties

[Episode 9](#) – [\(promo clip\)](#): A conversation with Magellan Behavioral Health of Pennsylvania Medical Director, **Dr. Christopher Squillaro**

[Episode 10](#) – [\(promo clip\)](#): A conversation with **Caroline Carney, M.D.**, President of Behavioral Health and Chief Medical Officer, Magellan Health

[Episode 11](#) – [\(promo clip\)](#): A conversation with **Jim Presto**, Co-Chair Eastern PA Chapter of the American Foundation for Suicide Prevention & Board President of Aavidum.

[Episode 12](#) – [\(promo clip\)](#): A conversation with **Michelle Kott**, Bethlehem Police Chief, **S. Benay Berger** Bethlehem Bureau Director of Nursing & Community Connections, and **Carissa Cam**, Bethlehem Health Bureau Community Engagement/Data Analyst

[Episode 13](#) – [\(promo clip\)](#): A conversation with **Andrew O'Brien**, Director of Outpatient Services & Outpatient Internship Program, Penndel Mental Health Center

[Episode 14](#) – [\(promo clip\)](#): A conversation with **Kevin Dougherty**, Pennsylvania Supreme Court Justice

[Episode 15](#) – [\(promo clip\)](#): A conversation about Holiday Emotional Wellbeing with guests **Trish Nye**, Senior Manager, Mental Health Services, St. Luke's Penn Foundation & **Gabriel Nathan**, Executive Director, Recovery Diaries and Co-Host: **Steph Cassanese**, Manager of Recovery and Resiliency Services, Magellan Behavioral Health of Pennsylvania