



Peer to Peer Personal Growth & Recovery Learning Series in Johnstown is a 4-week interactive learning experience

Magellan Behavioral Health of Pennsylvania (Magellan) recently started as the exclusive contractor for the Cambria County Behavioral Health Services Program on July 1, and the team is quickly creating impactful programs for the local community at no cost to attendees. One such event series is the, “Peer to Peer Personal Growth & Recovery Learning Series.” This is a 4-week course that coincides with National Recovery Month.

Event details:

- Meets each Friday from Sept. 8 to Sept. 29
- The location is the Peer Empowerment Network (PEN) Drop in Center in Johnstown
- The time is 10:30 a.m. to 2:30 p.m.

Under the leadership of Jason Riligio, the Magellan peer recovery navigator who organized the series, approximately 35-40 local residents participate in an interactive agenda, with lunch included, that is focused on providing each participant with a greater recovery experience. The series offers discussion around the following four core principles:

- Health – Learn to overcome, manage or more successfully live with symptoms to make healthy choices that support one’s physical and emotional well-being.
- Home – Create a stable and safe place to live.
- Purpose – Focus on meaningful daily activities such as a job, school, volunteer work, or creative endeavors. These activities will increase one’s ability to lead a self-directed life, and have meaningful engagement in society.
- Community – The importance of relationships and social networks that provide support, friendship, love and hope.

“Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives and strive to reach their full potential,” said Riligio. “We appreciate the support of the Cambria County Behavioral Health Services Program and the PEN Drop in Center, and we look forward to many future opportunities of outreach in the community.”