



Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE) gives youth an opportunity to use their experience, talents and voice to make positive changes in their lives while helping others to do the same.

MY LIFE is made up of youth between the ages of 13 and 23 who have experience with mental health, substance abuse and/or foster care-related issues. Through regular meetings and local and national workshops, presentations and performances, the group focuses on important issues affecting youth. **MY LIFE** provides an excellent opportunity for youth to have an active voice in the planning and implementation of system transformations to improve behavioral health care in Maricopa County.

MY LIFE member responsibilities include:

- Advising Magellan of Arizona and providers on issues affecting child/adolescent and young adult programs and services with special focus on the transition from the child to adult system;
- Working with other youth boards and community groups on a variety of community based projects;
- Providing the youth leadership and outreach necessary to help reduce the stigma associated with being a young person living with a mental illness and/or substance abuse issues; and
- Performing other duties as determined by MY LIFE members.

Current Activities and Projects

- **MY LIFE presentation team:** Includes speakers, dancers, entertainment, and workshops to present to youth and adults at conferences, schools, treatment centers, juvenile detention centers and other locations.
- **Transition to adulthood service improvements and system transformation**
- **Volunteer activities in the community**
- **Education and outreach events for other youth, families, providers and the community**
- **Developing a MY LIFE youth Web site**
- **Advocacy and stigma reduction initiatives**

MY LIFE meetings are held the first and third Wednesday of the month from 6 to 7:30 p.m. at
Community Bridges' Bill Wilson Hall located at 2770 E. Van Buren St., Phoenix, AZ 85008

Entrance is in the rear of the building

www.MagellanofAZ.com/MYLIFE

Contact: Greg Dicharry, (602) 652-5833, MYLIFE@MagellanHealth.com