

MEDIA ALERT

MY FEST '11 FEATURES INSPIRATIONAL ENTERTAINMENT, YOUTH & FAMILY RESOURCES

Special presentations by:

***Daniel Hernandez, intern credited with helping to save U.S. Rep. Gabrielle Giffords
Anthony Robles, national NCAA wrestling champion who persevered with one leg***

WHAT: **MY Fest** is a free community event planned and produced by MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment). MY LIFE consists of youth between the ages of 13 to 23 who have experience with mental health, substance abuse, and/or foster care-related issues; and who are committed to making positive changes in their lives, while encouraging other Arizona youth to do the same. Since MY Fest's inception in 2008, more than 8,000 people have attended the family-friendly event at Tempe Beach Park to learn more about mental health, substance abuse and foster care.

WHEN: **Saturday, April 23, 2011**
11 a.m. to 4 p.m.

WHERE: **Tempe Beach Park**
54 W. Rio Salado Parkway, Tempe

WHO: **Special Presentation Speaker: Daniel Hernandez**
Hernandez, the 21-year-old University of Arizona student and intern to U.S. Rep. Gabrielle Giffords, is credited with helping to save Giffords' life during the recent Tucson shooting tragedy. Hernandez will highlight the fact that the actions of one young person, who may have mental health issues, do not reflect the overall positive efforts of other youth who may face similar challenges. Hernandez, MY LIFE and other youth who are participating in MY Fest '11 are advocates for the positive work that's being done in Arizona's mental health system, and are committed to breaking down the stigma associated with mental health or other personal life challenges.

Special Presentation Speaker: Anthony Robles
Robles, an Arizona State University senior, took home the title of the national NCAA wrestling championship in the 125-pound weight class on March 26. Not only did he top off a perfect season with a 7-1 win against Iowa defending champ Matt McDonough, he did it all with only one leg. Robles will share his inspirational story with youth and families gathered at MY Fest.

About Magellan Health Services of Arizona

Magellan Health Services of Arizona is the Regional Behavioral Health Authority for central Arizona, which includes all of Maricopa County and part of Pinal County. In this role, Magellan serves as a critical point of connection to the more than 80,000 individuals who have experienced life challenges as a result of mental illness and substance abuse. Magellan gives these individuals voice and choice to realize their desired outcomes and supports them with caring, unrivaled customer service that is sensitive to the diversity of our communities. For more information, visit www.MagellanofAZ.com or call Magellan of Arizona at (800) 564-5465, TTY (800) 424-9831. Information is available in English and Spanish.

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NEWS RELEASE

Music, Artists and Entertainment:

- **Break Street Dance Stage:** The best dancing crews from throughout the Southwest put on an eye-opening show of flexibility and movement.
- **Tribe 13:** An interactive drumming group that involves the audience by passing out drums and other percussion instruments, inviting the public to join in the fun.
- **Phoenix Oyate Singers:** Native American vocal and drumming group.
- **Vergagrove:** Rocking reggae sounds that the entire family will groove to.
- **Bobby Brand New:** This artist brings his unique hip-hop style to the stage.

80 Exhibitors with valuable youth and family resources:

- Girl Scouts – Arizona Cactus-Pine Council
- Jewish Family and Children’s Service
- Chicanos Por La Causa
- Phoenix Children’s Hospital
- Partners In Recovery
- Urban Indian Coalition of Arizona
- Mentally Ill Kids in Distress
- Community Bridges
- Florence Crittenton
- Quality Care Network
- Youth Advocate Programs
- Teen Lifeline
- Native American Connections
- Southwest Center for HIV/AIDS P3
- Arizona Department of Health Services
- ...And many more!

WHY:

“Magellan and its community and behavioral health partners hope to reduce the stigma around those seeking treatment for these challenges,” said Shawn Thiele, chief of child and youth services, Magellan Health Services of Arizona. “MY Fest ’11 will provide youth and families the opportunity to enjoy inspirational music, art and entertainment, and learn about the many resources and caring support that are available to them.”

- In the U.S., among youth ages 10 to 19, 11 percent are estimated to suffer from a serious mental disorder that causes functional impairment of their day-to-day lives at home, in school and with peers.
- In Arizona, this number translates to more than 97,000 youth who suffer from serious mental illness.
- Among Arizona youth, ages 12 to 17, 9 percent have suffered an episode of

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serious depression.

- 5 percent of these youth have experienced illicit drug dependencies or abuse.
- 6 percent of these youth have experienced alcohol dependencies or abuse.
- Suicide is the third leading cause of death for young people, ages 11 to 21, in Arizona.
- Arizona high school students reported in 2009 that in the past 12 months, 17 percent had thought seriously about suicide, and 10 percent had attempted suicide.

**(Statistics: U.S. Surgeon General, U.S. Census, SAMHSA, Arizona Department of Health Services/Division of Behavioral Health Services)*

COST: FREE AND OPEN TO THE PUBLIC

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