



NEWS RELEASE

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Magellan Healthcare and Cambria County Suicide Prevention Task Force Coordinate Logo Contest for Laurel Highlands Semicolon Project

The logo contest provided additional opportunities to highlight local mental health events and trainings available for youth

Johnstown, PA - [March 24, 2022] – [Magellan Health, Inc.](https://www.magellanhealth.com) today announced that Magellan Behavioral Health of Pennsylvania, Inc. (Magellan) recently concluded a youth logo contest for the Laurel Highlands Semicolon Project in Cambria County in coordination with the Cambria County Suicide Prevention Task Force.

The logo contest provided a unique opportunity for Magellan and the Task Force to highlight local mental health events and trainings available for teens. Participation in the contest exceeded expectations with 85 local youth submitting an entry for consideration. The judges for the contest had a difficult time selecting a winner, and ultimately decided to recognize both a winner of the overall competition and a People’s Choice selection.

The winner of the logo contest was Arriana Dixon, a student at the Greater Johnstown Career & Technology Center in Johnstown. In describing the logo, Arriana provided the thoughtfulness and considerations behind the artwork by stating, “I found colors that would not only ease people when they look at it, but also encourage people to get help. Lavender usually soothes people, and yellow usually gives people the energy and encouragement that they could do something.” Arriana also shared the motivation the contest generated, by stating, “I’ve learned how to make myself better by getting help. If you get help, you will be going the direction that you need to go. That’s mainly why I entered the contest. I can show people that they’re able to do something even if they’re going through a hard time.”

Maria Burns of Forest Hills Junior-Senior High School in Sidman received the most votes for the People’s Choice award. In describing the logo, Maria illustrated the meaning behind the artwork by stating, “I drew a semicolon that had a slogan for someone to think of when they were not thinking good thoughts. I hope they think of that slogan and do what it says: Stop, call, and co-regulate. Stop means stop what you're doing. Call means to contact the suicide hotline and get help. Finally, co-regulate means surrounding yourself with people and things that make you feel good and happy. I also included the suicide hotline phone number on it so that when people in need see it, they could call if they need someone to help them.” Maria was motivated to enter the contest by stating, “I decided to do this project because a lot of people struggle with negative and suicidal thoughts. I hope my logo will help anyone who needs it.”

“We were so excited to have 85 students submit a logo for the judges to consider. It is our hope that more schools across Cambria County will see an opportunity for improved engagement with their students and choose to start a Semicolon Project in the future,” said Heidi Niebauer, member and family advocate for Magellan Behavioral Health in Cambria County. “In addition to this recent logo contest, our team at Magellan enjoys collaborating with Cambria County staff and other local stakeholders to coordinate local events and training

opportunities for teens and young adults that might be dealing with challenges such as bullying, stress, social pressures, behavioral health stigma, and more. We encourage the community to get engaged with the events and trainings listed below and to reach out with new opportunities to consider.”

Examples of local mental health events and trainings available for teens include:

- [**It's Real: Teens and Mental Health**](#) – This 45-minute program provides young people with mental health education and resources. Recently, local Magellan Healthcare staff trained more than 700 students at Richland High School in groups of less than 50. Each group session included debriefing conversations and sharing of resources.
- [**MY LIFE Cambria**](#) is helping to improve the lives of young people between the ages of 13 and 23 who are dealing with issues related to mental health, substance use, foster care, and juvenile justice. It gives them the chance to become leaders in their communities. Right now, the events are virtual, but the current plan is to have events in person and outside when it gets warmer! Email Heidi niebauerh@magellanhealth.com to be added to the email distribution list.
- [**Cambria County Library System**](#) has many teen events, both in person and online. Examples of past events have included Teen Open Mic, Teen Art Cart, Teen Instagram @cclibteens, Teen Summerquest, and Discord for Teens. To learn about future events and to get added to the distribution list, email Joyce at homanj@cclsys.org. Upcoming events include movie nights, gaming tourneys, programs for teens on the spectrum, and so much more.
- [**Cambria County Suicide Prevention Task Force**](#) offers several suicide prevention trainings and presentations. To schedule a training, presentation, or screening from the list below, please send an email to Camette at cmstandley@magellanhealth.com.
 - **Question, Persuade, & Refer (QPR) Gatekeeper** training
 - **Mental Health First Aid** training (youth and adult courses)
 - **safeTALK** training: **Suicide Alertness for Everyone**
 - **More Than Sad/Talk Saves Lives** presentations
 - **Suicide: The Ripple Effect Documentary** screening

For more information on the Cambria County Behavioral Health Services Program, go to <http://www.cambriacountypa.gov/behavioral-health.aspx>.

For more information on Magellan Behavioral Health of Pennsylvania, Inc., go to www.MagellanofPA.com.

About Laurel Highlands Semicolon Project: First started as a class project and now the goal is to support all schools in Cambria County. The focus is to bring support and hope to anyone struggling with a message of, "Your story isn't over..." By coordinating group projects and student led opportunities, the Semicolon Project is here to help students! For more information, go to www.facebook.com/CCSemicolonProject.

About Magellan Health: [Magellan Health, Inc.](#), is a leader in managing the fastest growing, most complex areas of health, including special populations, complete pharmacy benefits and other specialty areas of healthcare. Magellan supports innovative ways of accessing better health through technology, while remaining focused on the critical personal relationships that are necessary to achieve a healthy, vibrant life. Magellan's customers include state and county governmental agencies, health plans and other managed care organizations, employers, labor unions, various military and third-party administrators. For more information, visit MagellanHealth.com.

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