

# Let's Talk About It!

## April 2019

# Wellness Radio

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With **Scott Dudley & Maria Wyatt**

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of April 1 <sup>st</sup>	<p><b>Madness: A Bipolar Life</b>            (Originally aired on November 2016)</p> <p>"Madness will push you anywhere it wants. It never tells you where you're going, or why. It tells you it doesn't matter, it persuades you. It dangles something sparkly before you, shimmering like that water patch on the road up ahead. You will drive until you find it, the treasure, the thing you most desire."            -Marya Hornbacher, Madness: A Bipolar Life</p>	<p><b>Marya Hornbacher</b>            Author, Professor and Journalist</p>
Week of April 8 <sup>th</sup>	<p><b>Imperial County Veteran's Service Organization</b>            (Originally aired on October 2014)</p> <p>Veterans have a range of possible support needs, including behavioral health support. Join us as we speak to the local Veteran's Service Officer about access, supports, and how Imperial County cares for those who put their lives on the line for our safety and freedom.</p>	<p><b>Robert H. Avila</b>            Veteran Services Officer            Imperial County Veteran Services Office</p>
Week of April 15 <sup>th</sup>	<p><b>Moral Reconciliation Therapy</b>            (Originally aired on May 2018)</p> <p>Moral Reconciliation Therapy-MRT is an effective systematic, cognitive-behavioral approach that treats a wide range of issues including substance abuse, domestic violence, trauma, parenting, job skills, and other issues. Moral reasoning is how people make decisions about what they should or should not do in a given situation. Moral Reconciliation Therapy works in a group therapy model to change lives through awareness, personal responsibility, and service to others.</p>	<p><b>Brad Huffey, Ph.D.</b>            Psychologist/Trainer            Correctional Counseling Inc.</p>
Week of April 22 <sup>nd</sup>	<p><b>The Impact of Nutrients on Mental Health</b>            (Originally aired on March 2016)</p> <p>A healthy diet may provide the appropriate amounts of nutrients that our bodies and minds need, particularly with vitamin and mineral supplements. Studies are proving that sufficient nutrients can improve our mental health. Join us, as we discuss these findings and their results with leading nutrition/mental health researcher, psychologist Julia Rucklidge.</p>	<p><b>Julia Rucklidge, Ph.D.</b>            Director            Clinical Psychology Program,            Department of Psychology            University of Canterbury,            Christchurch, New Zealand</p>
Week of April 29 <sup>th</sup>	<p><b>FIRST STEP Next</b></p> <p>FIRST STEP Next is an evidenced-based early intervention program for young children who exhibit challenging behaviors such as defiance, conflicts with peers, and disruptive behaviors in the classroom. FIRST STEP Next includes: 1) one-on-one skill instruction with a behavioral coach, 2) ongoing feedback and opportunities to practice skills in the classroom, and 3) a home component, linking skills introduced at school to the home context. Join us as Dr. Golly describes the program used locally.</p>	<p><b>Annemieke Golly, Ph.D.</b>            Co-Author "First Step to Success Program"</p>

