

Let's Talk About It!

January 2017

Wellness Radio



*With
 Scott
 Dudley
 & Maria
 Wyatt*

If you have any questions that you would liked answered on the show, please send an email to:
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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of January 2 nd	<p>Children Services – Innovation: First Step to Success Early Intervention for At-Risk Children (Originally aired March 2016)</p> <p>The First Step to Success (FSS) program is an evidence-based early intervention program that provides positive reinforcement interventions to children at school and at home. The objective is to improve the child's social adjustment and academic performance with the involvement of teachers, parents, and peers. Joins us, as Lupe Ibarra, talks about the implementation of FSS on our community.</p>	<p>Lupe Ibarra Mental Health Rehabilitation Technician Children Services ICBHS – El Centro</p>
Week of January 9 th	<p>Vista Sands: Children's Socialization Program (Originally aired on February 2016)</p> <p>Vista Sands Children's Socialization Program is a collaborative program between Imperial County School Districts and Behavioral Health. The Program is designed to assist children whose capacity to function at home, school, and the community has been impaired by emotional and behavioral problems. The program encourages positive growth in social and coping skills in a structured setting without removing the child from family, school and community.</p>	<p>Andrew Wells Mental Health Rehabilitation Specialist Children Services ICBHS-Brawley</p>
Week of January 16 th	<p>Imperial County Behavioral Health Services: Adult Alcohol & Drug Recovery Program (Originally aired on April 2016)</p> <p>The Adult Services Outpatient Drug Free Program recognizes that alcohol & drug addiction is a disease that affects individuals, their families, and the people around them. The Program helps substance-using individuals to regain control of their lives. Join us as Substance Abuse Counselor Bonnie Walther, discusses the program, services and how recovery is achieved.</p>	<p>Bonnie Walther Substance Abuse Counselor Adult Services-ODF ICBHS-EI Centro</p>
Week of January 23 rd	<p>The Whole-Brain Child: Revolutionary Strategies to Nurture Your Child's Developing Mind (Originally aired on January 2015)</p> <p>Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your fifth-grader sulks on the bench instead of playing on the field. Do children conspire to make their parents' lives endlessly challenging? No-it's just their developing brain calling the shots! Daniel J. Siegel, neuropsychiatrist and author of the bestselling book Mindsight, explaining the new science of how a child's brain is wired and how it matures.</p>	<p>Dan Siegel, MD Psychiatrist and Author Clinical Professor of Psychiatry at UCLA School of Medicine Founder and Co-Director of the UCLA Mindful Awareness Research Center</p>
Week of January 30 th	<p>Trauma-Informed Behavioral Healthcare (Originally aired on January 2016)</p> <p>Trauma-Informed care is a commitment that Imperial County Behavioral Health is undertaking to support the recovery of persons impacted by trauma who seek our services. Join us as we explore what trauma-informed care is and how Behavioral Health is adapting in response to consumer needs.</p>	<p>Lynne Marsenich, LCSW Consultant and Trainer</p>

Tune in:



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