

Let's Talk About It!

February 2016

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 wellnessradio@co.imperial.ca.us



SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of February 1	Playing for Change: Music's Transformative Power Playing for Change was created to connect the world's people through music. The idea for this project came from a common belief that music has the power to break down boundaries, overcome distances between people and creating positive change.	Mark Johnson Chairman of the Board Playing for Change Foundation
Week of February 8	Imperial County Behavioral Health: Children's Outpatient Services Children Outpatient Services is committed to serving children with severe emotional, mental and/or behavioral problems and their families to prevent the development of serious mental illness. Services are provided to children with a mental health disorder such as ADHD, anxiety, depression, adjustment disorder, bipolar, etc. As a result of the mental health disorder their lives are impaired or are at risk of being impaired at home, school or the community.	Rene Felix Program Supervisor and Stephannie Grijalva Psychiatric Social Worker Children Services ICBHS – El Centro
Week of February 15	Evidence-Based Practices in Children's Services: Trauma-Focused Cognitive Behavioral Therapy TF-CBT is a conjoint child and parent psychotherapy approach for children and adolescents who are experiencing significant emotional and behavioral difficulties related to traumatic life events. Join us as we discuss TF-CBT and its local implementation with Carlos Tapia.	Carlos Tapia Psychiatric Social Worker Children Services ICBHS – El Centro
Week of February 22	Evidenced Based Practices in Children Services: Coping Cat for Anxiety Coping Cat is an evidence based practice in children with anxiety. Anxiety disorders affect one in eight children. Research shows that untreated children with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences, and engage in substance abuse. Imperial County Behavioral Health Children's Services uses a cognitive-behavioral approach to treat anxiety disorders in children and young adolescents between 8 to 14 years old.	Lillian Vera Licensed Clinical Social Worker Children Services ICBHS – El Centro
Week of February 29	Vista Sands: Children's Socialization Program 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.	Andrew Wells Mental Health Rehabilitation Technician Children Services ICBHS – Brawley

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