

Let's Talk About It!

February 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:

wellnessradio@co.imperial.ca.us

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of February 6 th	<p>Imperial County Behavioral Health: Children's Outpatient Services (Originally aired February 2016)</p> <p>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.</p>	<p>Rene Felix Program Supervisor and Stephannie Grijalva, LCSW Psychiatric Social Worker Children Services ICBHS – El Centro</p>
Week of February 13 th	<p>Evidence-Based Practices in Children Services: Coping Cat for Anxiety (Originally aired on February 2016)</p> <p>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.</p>	<p>Lillian Vera, LCSW Licensed Clinical Social Worker</p>
Week of February 20 th	<p>Incredible Years Pre-School (Originally aired on October 2016)</p> <p>The Incredible Years is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behavior problems and promote their social, emotional, and academic competence. The programs are used worldwide in schools and mental health centers, and have been shown to work across cultures and socio-economic groups.</p>	<p>Kimberly Shoecraft, MSW Incredible Years Certified Instructor</p>
Week of February 27 th	<p>Helping Aggressive Children Manage Their Behavior (Originally aired on December 2013)</p> <p>An overview of the Aggression Replacement Training (ART) model, a cognitive behavioral intervention program designed to help children improve social skills and moral reasoning; better manage anger; and reduce aggressive behavior.</p>	<p>Robert W. Oliver, Ed.D. Master Trainer for Aggression Replacement Training</p>

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