

Let's Talk About It!

February 2018

Wellness Radio

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With Scott
 Dudley
 & Maria
 Wyatt

If you have any questions that you would like answered on the show, please send an email to:
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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of February 5	<p>Young Love: Concerns and Mental Health Issues in Adolescent Romance</p> <p>Adolescence contains a number of life challenges, including the beginnings of romantic relationships. With youth and young adult therapist Andrea Platero, we examine the modern context of young love, including social media, consider common concerns and share helpful strategies in supporting the young ones through their first romantic relationships.</p>	<p>Andrea Platero, APCC Associate Professional Clinical Counselor Youth and Young Adult Program</p>
Week of February 12	<p>Substance Abuse and the Impact on the Youth</p> <p>Substance abuse can derail the future of our youth. Behavioral Health Services offers Adolescent Prevention and Treatment Services to support youth who may be struggling with substance abuse. Ana Contreras sheds light on how substance abuse impacts the Imperial Valley's youth and how to access available services.</p>	<p>Ana Contreras, AMFT Program Supervisor Youth and Young Adult Program</p>
Week of February 19	<p>Psychosis: Know the Signs and Symptoms</p> <p>According to National Alliance on Mental Illness (NAMI), up to 3 in 100 individuals will have an episode of psychosis at one point in their lives. Symptoms of psychosis can include bizarre thoughts, distorted perception (sight /sound), behaviors and emotions. Psychosis can be impactful to functioning, but significant recovery is possible with early detection and treatment. Join us as Mayra Andrade informs us about the signs, symptoms and resources available.</p>	<p>Mayra Andrade Mental Health Rehabilitation Technician Transitional Engagement and Supportive Services (TESS) Unit</p>
Week of February 26	<p>Mental Health Support Groups and Resources in the Community</p> <p>The National Alliance on Mental Illness (NAMI), works alongside local communities to raise awareness, provide essential free education and support group programs. NAMI has various support groups which provide workshops to train families and peers how to help the people suffering from mental illness. Anita Fisher talks about the various support programs that NAMI offers and the positive impacts that they have on our community.</p>	<p>Anita Fisher Education Director NAMI - San Diego</p>

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.

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