

# Let's Talk About It!

## March 2015

# Wellness Radio



*With Scott Dudley  
& Maria Wyatt*

If you have any questions that you would like answered on the show, please send an email to [wellnessradio@co.imperial.ca.us](mailto:wellnessradio@co.imperial.ca.us)

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of March 2	The Community Outreach component of the Portland Identification and Early Referral (PIER) Model involves initiating a variety of activities designed to: educate about the importance of early detection and intervention; empower with the information and tools to recognize the early signs; and develop and maintain relationships with community members, which are critical for identification and treatment of severe mental illness in adolescents and young adults.	Mayra Martinez, Mental Health Rehabilitation Technician  Jackie Cortez, Intern Marriage Family Therapist ICBHS PIER Model
Week of March 9	<b>The Brain's Way of Healing</b> They thought that the brain was too sophisticated for its own good. That during evolution it became so complex that it lost the ability to repair itself and to restore lost functions or to preserve itself. They were wrong. Because it turns out that its very sophistication can be the source of a unique kind of healing... The brain's way of healing...	Norman Doidge, MD Physician, Psychiatrist and Author
Week of March 16	<b>Rat Park Revisited: Rethinking Addiction</b> Dr. Alexander posits that the most effective response to a growing addiction problem is a social and political one, rather than an individual one: to reshape society with enough force and imagination to enable people to find social integration and meaning in everyday life. Then great numbers of them would not need to fill their inner void with addictions.	Bruce K. Alexander, PhD Professor Emeritus Department of Psychology Simon Fraser University
Week of March 23	<b>PFLAG-Imperial Valley</b> PFLAG, formerly known as Parents, Families and Friends of Lesbians and Gays was founded in 1972. Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies, PFLAG is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy.	Catherine Drew, President PFLAG El Centro
Week of March 30	<b>Recovering Youths: Mutual Support</b> Impact Young Adults was formed in 2004 by a few young adults that had been diagnosed with mental illness. They knew they needed more in their lives than trips to the therapist or psychiatrist. After a round of brainstorming they realized that what they were missing most was a feeling of belonging that one gets from a peer group. More importantly, they were missing out on the chance to have fun! Since then they have been making friendship and fun a reality for themselves.	Ellen Frudakis, Co-Founder Impact Young Adults

*Tune in:*



*Thursdays at 8:00 a.m.*



*Saturdays & Sundays  
at 9:00 a.m.*

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