

Let's Talk About It!

March 2016

Wellness Radio

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of March 7 th	<p>Children Services – Prevention and Early Intervention Program for Trauma Exposed Children</p> <p>The Prevention and Early Intervention (PEI) program engages children before the development of serious mental illness or serious emotional disturbance; a potential result of trauma exposure. Please join us as we discuss trauma exposure and our prevention and early intervention program for children with Christine Garcia.</p>	<p>Christine Garcia, A.S.W. Psychiatric Social Worker Children Services ICBHS – El Centro</p>
Week of March 14 th	<p>Children Services – Innovation: First Step to Success Early Intervention for At Risk Children</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 March 21 st	<p>iDisorder: How Our Growing Obsession with Electronic Devices are Affecting Us</p> <p>A girl is walking to the store and she realizes that she forgot her cellphone in the car, so she goes back to get it. In meetings, employees are constantly checking their phones. Our increasing dependence on mobile phones, tablets, laptops and other electronics, may constitute a new disorder that combines psychiatric maladies and is connected to technology and media: An iDisorder. Joins us, as Dr. Rosen explains how this new disorder is increasing and the effect it has on us.</p>	<p>Larry D. Rosen, Ph.D. Professor Emeritus California State University, Dominguez Hills</p>
Week of March 28 th	<p>The Impact of Nutrients on Mental Health</p> <p>A healthy diet may provide the appropriate amounts of nutrients that our bodies and minds needs, particularly with vitamin and mineral supplements. Studies are proving that sufficient nutrients can improve our mental health. Join us, as we discuss these findings and their results with leading nutrition/mental health researcher Dr. Rucklidge.</p>	<p>Julia Rucklidge, Ph.D. Director Clinical Psychology Program, Department of Psychology University of Canterbury, Christchurch, New Zealand</p>

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If you have any questions that you would liked answered on the show, please send an email to wellnessradio@co.imperial.ca.us

