

Let's Talk About It!

April 2016

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



SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of April 4 th	<p>Recovery Center Program – Outpatient Clinic (RCP-OP): Overview</p> <p>The Adult Outpatient clinic provides a wide array of Mental Health Services at several locations throughout the Imperial Valley. Clients are assessed to identify individual needs, strengths and treatment history; as well as their developmental, vocational, and social history. Clients are then given the appropriate services that can promote wellness, recovery and hence attain life goals.</p>	<p>Natalia Rodriguez-Flores, LMFT Program Supervisor RCP-OP Clinic Adult Services ICBHS-EI Centro</p>
Week of April 11 th	<p>Recovery Center Program Outpatient Program Clinic: Evidence-Based Therapies</p> <p>Evidence-based practices are a core component of the Imperial County Behavioral Health Services' treatments. The therapy models utilized to treat individuals are proven by, evidence-based data, that shows that the methods used can lead to treatment success and recovery. Join us, as Laura Lugo, reviews the evidence-based therapies available for adults at the Recovery Center Program.</p>	<p>Laura Lugo, MFT Intern Mental Health Counselor RCP-OP Clinic Adult Services ICBHS-EI Centro</p>
Week of April 18 th	<p>Imperial County Behavioral Health Services: Adult Alcohol & Drug Recovery Program</p> <p>The Adult Alcohol & Drug Recovery Program, recognizes that alcohol & drug addiction is a disease that affects individuals, their families, and the people around them. The Recovery Program helps substance-using individuals to regain control of their lives. Join us as Bonnie Walther, discusses the program, services and how they impact recovery.</p>	<p>Bonnie Walther Substance Abuse Counselor Recovery Program Adult Services ICBHS-EI Centro</p>
Week of April 25 th	<p>The Eureka! Factor: The Aha! Moment</p> <p>Have you ever done a task that seem impossible to solve? Then a flash of inspiration offers the solution! How do we get these ideas that appear out of nowhere and could we make them more frequent? Join us, with Dr. Kounios as a neuroscientist and author, on how he unlocks the inspired and creative mind in each of us.</p>	<p>John Kounios, PhD Professor, Author and Director of the Doctoral Program in Applied Cognitive & Brain Sciences Drexel University Philadelphia, Pennsylvania</p>

Tune in:

Thursdays at 8:00 a.m.

Saturdays & Sundays at 9:00 a.m.

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