

Let's Talk About It!

May 2017

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 May 1 st	<p>The Effects that Nature Has On Mental Health</p> <p>Research suggests simply sitting outside under a tree listening to the birds us helps us relax and lowers stress and depression. Join us as we discuss this with Dr. Daniel Cox and the results of his study.</p>	<p>Daniel Cox, PhD Research Fellow Environment and Sustainability Institute University of Exeter, Penryn, Cornwall England</p>
Week of May 8 th	<p>Transitional Engagement Supportive Services (TESS)</p> <p>In the midst of a mental health struggle, distress can make obtaining support nearly impossible. Imperial County Behavioral Health Services offers this engagement service, funded by the Mental Health Services Act of 2004, to connect people experiencing mental health concerns to the necessary supportive services to maintain safety and jumpstart recovery.</p>	<p>Mayra Andrade Mental Health Rehabilitation Technician Transitional Engagement Supportive Services</p>
Week of May 15 th	<p>Applied Suicide Intervention Skills Training (ASIST)</p> <p>This workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical and practice-oriented workshop. Behavioral Health has utilized ASIST training for suicide intervention for over 20 years.</p>	<p>Sylvia Bazan Manager Adult Brawley Anxiety & Depression Clinic</p>
Week of May 22 nd	<p>safeTALK</p> <p>This is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Join us as we explore how to build a suicide-safer community.</p>	<p>Daniela Hernandez Program Supervisor Adult El Centro Anxiety & Depression Clinic</p>
Week of May 29 th	<p>Mental Health First Aid</p> <p>The Mental Health First Aid program is an interactive training that introduces participants, 16 years of age and over, to risk factors and warning signs of mental health problems. This training builds understanding of their impact and outlines common treatments. Mental Health awareness can build safer, happier communities.</p>	<p>Patricia Arevalo-Caro Program Supervisor Center for Clinical Training Staff Development Outreach & Engagement</p>

Tune in:



Thursdays at 8:00 a.m.



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