

# Let's Talk About It!

## July 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 July 6	<p><b>Differentiating Between Anxiety and Attention Deficit</b></p> <p>Anxiety disorders are alarmingly prevalent among U.S. children and adolescents: 31.9% of teens have had an anxiety disorder during their school years (Merikangas et al., 2010). With other disabilities, including ADHD and autism also increasingly prevalent, overburdened teachers are overwhelmed.</p>	<p><b>Jessica Minahan, M.Ed,</b>            BCBA            Special Educator, Author &amp; Behavioral Analyst</p>
Week of July 13	<p><b>Attention Deficit Disorder in Children</b></p> <p>We all know kids who can't sit still, who never seem to listen, who don't follow instructions no matter how clearly you present them, or who blurt out inappropriate comments at inappropriate times. Sometimes these children are labeled as troublemakers, or criticized for being lazy and undisciplined. However, they may have ADD/ADHD.</p>	<p><b>Pria Persaud, MD</b>            Board Certified Psychiatrist            Children Services            ICBHS – El Centro</p>
Week of July 20	<p><b>Attention Deficit Disorder in Adolescents</b></p> <p>"Shouldn't my teen have outgrown this by now!?" You, along with many other parents, may be wondering why your child hasn't outgrown his or her difficulties sitting still, thinking of consequences before acting, resisting distractions, organizing daily activities, and managing time wisely. In contrast to what was previously thought, today's research has shown that the majority of children do not outgrow ADHD when they reach adolescence.</p>	<p><b>Aalamgeer Ibrahim, MD</b>            Board Certified Psychiatrist            Adult Services            ICBHS – El Centro</p>
Week of July 27	<p><b>Attention Deficit Disorder in Adults</b></p> <p>Many adults with ADHD aren't aware they have it — they just know that everyday tasks can be a challenge. Adults with ADHD may find it difficult to focus and prioritize, leading to missed deadlines and forgotten meetings or social plans. The inability to control impulses can range from impatience waiting in line or driving in traffic to mood swings and outbursts of anger.</p>	<p><b>Stephen Papaleo, PhD</b>            Psychologist</p>

*Tune in:*



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