

Let's Talk About It!

July 2018

Wellness Radio

For access to services please contact:
 (442) 265-1525 o 1-800-817-5292



With **Scott Dudley**
 & **Maria Wyatt**

Tune in:



Thursdays at 8:00
 a.m.



Sundays at 7:00 a.m.

Visit
www.kxoradio.com
 for podcasts on
 demand

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of July 2 nd	<p>Adult Anxiety and Depression Services</p> <p>The Adult Anxiety and Depression Clinics, located regionally in El Centro, Brawley, and Calexico, provide services to individuals diagnosed with Depression, Anxiety or Post Traumatic Stress Disorder (PTSD). The Anxiety and Depression Clinics strive to help individuals who meet criteria to find the best way to manage stress and alleviate symptoms and impairments. Join us as Marie Arroyo, talks more in depth about the services that are provided to adult populations through the clinics and how to access support for life-affecting depression, anxiety, and PTSD symptoms.</p>	<p>Marie Arroyo, AMFT Registered Associate Marriage and Family Therapist Program Supervisor Adult Anxiety and Depression Clinic ICBHS – Calexico</p>
Week of July 9 th	<p>MATRIX: A New Model for the Treatment of Substance Use Disorders</p> <p>The <i>Matrix Model</i> is an evidenced-based treatment approach used to support recovery with persons suffering from a substance use disorder. The model has many supportive elements that range from individual recovery planning, relapse prevention, family education, individual sessions, social and peer support. This program establishes a mutual respect relationship between the patient and therapist. Please join us as Sam Minsky, Talks to us in more detail about this evidenced-based substance use disorder program with a 20 year history.</p>	<p>Sam Minsky, LMFT Licensed Family and Marriage Therapist Trainer for the Matrix Institute of Addiction</p>
Week of July 16 th	<p>The National Alliance on Mental Illness Peer/Family Support Specialist Training</p> <p>The National Alliance on Mental Illness is bringing to the valley a training program to help patients and their families who might aspire to careers in Behavioral Health helping others. Come and join us as Bibiana Fernandez comes to describe the program, who might be interested, and how to sign up and be a part of these free career development programs for persons in our community with lived or family experience related to behavioral health.</p>	<p>Suzette Southfox Director of Education NAMI San Diego</p>
Week of July 23 rd	<p>Exploring the Links Between Nutrition and Mental Health</p> <p>Nutrition is a very important aspect of our everyday life, yet often overlooked as a building block, not only of physical health, but mental health as well. Proper nutrition practices fuel our bodies and minds with healthy vital nutrients so they may function efficiently through out the day. Join Dalia Rodriguez, owner of Fitness Oasis, as she describes healthy nutrition habits, the process of commitment, financial considerations and how healthy nutrition supports mental health.</p>	<p>Dalia Rodriguez Owner Fitness Oasis Health Club & Spa</p>

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

