

Let's Talk About It!

August 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

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of August 3	<p>Juvenile Hall and Mental Health Support</p> <p>The juvenile hall program provides specialty mental health services, including medication support services to high-risk juvenile offenders that are detained in the Juvenile Hall facility. The program assures that any minor who displays significant symptoms of severe depression, suicidal ideation, irrational, violent or self-destructive behaviors receive needed mental health treatment.</p>	<p>Dalia Pesqueria Program Supervisor, MFT intern Youth & Young Adult Services ICBHS – El Centro</p>
Week of August 10	<p>Yoga and Mental Health</p> <p>Yoga improves a person's psychological/mental well being, which helps reduce anxiety and depression. Yoga also helps boost memory and improves concentration. It can prevent the onset of mental health conditions, which are prevalent during adolescence. Local yoga instructor Dipa Patel joins us to introduce us to yoga and its mental health benefits.</p>	<p>Dipa Patel Certified Yoga Instructor</p>
Week of August 17	<p>The Whole-Brain Child: Revolutionary Strategies to Nurture Your Child's Developing Mind</p> <p>Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your fifth-grader sulks on the bench instead of playing on the field. Do children conspire to make their parents' lives endlessly challenging? No—it's just their developing brain calling the shots! Daniel J. Siegel, neuropsychiatrist and author of the bestselling book <i>Mindsight</i>, explaining the new science of how a child's brain is wired and how it matures.</p>	<p>Dr. Dan Siegel Clinical Professor Psychiatry, UCLA School of Medicine; Founding Co-Director, UCLA Mindful Awareness Research Center</p>
Week of August 24	<p>Transgender: Understanding the Gender Umbrella</p> <p>41% of people who identify as transgender report attempting suicide. Dr. Ebony M. Williams joins us to discuss the traditional gender model compared to the gender umbrella. Learn how the gender model may no longer be applicable, due to the different ways that people in our society see themselves or identify themselves within a complex gender umbrella.</p>	<p>Dr. Ebony M. Williams, Psy.D. Cultural Competency Consultant</p>

Tune in:



Thursdays at 8:00 a.m.



Saturdays & Sundays at 9:00 a.m.

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