

Let's Talk About It!

September 2016

Wellness Radio

Tune in:



Thursdays at 8:00 a.m.



Saturdays & Sundays
 at 9:00 a.m.

Visit www.krop.info
 for streaming
 for internet 24/7



The Best Oldies On The Radio

Sundays at 7:00 a.m.

Visit www.kxoradio.com
 for podcasts on demand

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of September 5 th	SMART Recovery in Imperial County SMART (Self Management and Recovery Training) Recovery is a program that assists individuals seeking abstinence from addictive behaviors. Using peer to peer support for individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching and practicing motivational, behavioral and cognitive methods.	Susan Ireland Regional Coordinator for Self-Management and Recovery Training (SMART Recovery)
Week of September 12 th	One Last Update with Mike Horn Mike Horn, in his 17 years of service as Director of Imperial County Behavioral Health has overseen an over fivefold increase in service delivery and staffing under a main objective of ensuring all county residents have access to the best behavioral health care available. Join us for a final discussion of the vision, the forged pathway, and the future of Behavioral Health from our Director, Mr. Horn.	Michael W. Horn, LMFT Director of Imperial County Behavioral Health
Week of September 19 th	Imperial County Behavioral Health Services: Adult Alcohol & Drug Recovery Program 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.	Bonnie Walther Substance Abuse Counselor Recovery Program Adult Services ICBHS-EI Centro
Week of September 26 th	Unbroken Brain: A Revolutionary New Way of Understanding Addiction Author Maia Szalavitz combines both her personal narrative as well as research on addiction in her book Unbroken Brain, challenging the ideas of an addict's "addictive personality" and "broken brain" by presenting the concept of addictions as learning disorders. Join us, as Mia Szalavitz discusses how a switch in the way addictions are viewed can affect the way it is treated, alleviating the notation of their being a single treatment that can work for all.	Maia Szalavitz Author and Journalist



With Scott Dudley & Maria Wyatt

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

