

Let's Talk About It!

September 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 September 4 th	<p>National Suicide Prevention Week: Know the Signs (Originally aired September 2014)</p> <p>The goal of this show is to increase capacity of Imperial County residents to prevent suicide. Learn how to know the warning signs, how to offer help, and the resources available. Listen in and be a part of the local solution.</p>	<p>Rigel Garibay, NCC, LPC, LMFT Therapist & Juan Cabrera Prevention Specialist Imperial County Office of Education (ICOE)</p>
Week of September 11 th	<p>Imperial County Behavioral Health Services: Adult Alcohol & Drug Recovery Program (Originally aired on April 2016)</p> <p>The Adult Service Outpatient Drug Free Program recognizes that alcohol & drug addiction is a disease that affects individuals, their families, and the people around them. The program helps substance-using individuals to regain control of their lives. Join us as Substance Abuse Counselor Bonnie Walther, discusses the program, services and how recovery is achieved.</p>	<p>Bonnie Walther Substance Abuse Counselor Adult Services ODF ICBHS – El Centro</p>
Week of September 18 th	<p>Youth and Young Adult: Alcohol & Drug Prevention (Originally aired on August 2016)</p> <p>Seeks to target individuals who are at a high-risk for substance abuse and provides information to the community about the effects and risks associated with substance abuse and the current and emerging substance trends.</p>	<p>Jessica Pineda Program Supervisor & Ana Contreras Program Supervisor ICBHS Youth And Young Adult Services – El Centro</p>
Week of September 25 th	<p>Rat Park Revisited: Rethinking Addiction (Originally aired on March 2015)</p> <p>Dr. Alexander posits that the most effective response to a growing addiction problem is a social and political one, rather than an individual one: to reshape society with enough force and imagination to enable people to find social integration and meaning in everyday life. Then great numbers of them would not need to fill their inner void with addictions.</p>	<p>Bruce K. Alexander, PhD Professor Emeritus Department of Psychology Simon Fraser University British Columbia</p>

Tune in:



Thursdays at 8:00 a.m.



Saturdays & Sundays at 9:00 a.m.

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