

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

# Let's Talk About It!

## September 2018

# Wellness Radio



With **Scott Dudley & Maria Wyatt**

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.

Visit [www.kxoradio.com](http://www.kxoradio.com) for podcasts on demand

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of September 3 <sup>rd</sup>	<p><b>Rat Park Revisited: Rethinking Addiction</b>            (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 a 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 people who suffer substance use disorders would not need to fill their inner void with substance use.</p>	<p><b>Bruce K. Alexander, PhD</b>            Professor Emeritus            Department of Psychology            Simon Fraser University</p>
Week of September 10 <sup>th</sup>	<p><b>Youth and Young Adult: Alcohol &amp; Drug Prevention</b>            (Originally aired on August 2016)</p> <p>Using evidence-based programming that emphasizes building the protective factors associated with preventing youth substance use, The Too Good for Drugs Program is available for Imperial County schools seeking to support their students and families by promoting lower substance use rates among school age youth.</p>	<p><b>Jessica Pineda</b>            Program Supervisor  <b>Ana E. Contreras, AMFT</b>            Registered Associate Marriage and Family Therapist            Program Supervisor            ICBHS Youth And Young Adult Services-EI Centro</p>
Week of September 17 <sup>th</sup>	<p><b>World Mental Health Day Summit II: The Value of Lived Experience</b></p> <p>Co-sponsored by Imperial County Behavioral Health and Imperial Valley College, the World Mental Health Day Summit is scheduled for October 12<sup>th</sup> at IVC. Workshops that focus on how the lived experience as a person or a family member of a person suffering mental illness not only supports the recovery of the individual, but strengthens and supports our entire community.</p>	<p><b>Patricia Arevalo-Caro</b>            Program Supervisor            Center for Clinical Training            ICBHS-EI Centro</p>
Week of September 24 <sup>th</sup>	<p><b>Applied Suicide Intervention Skills Training (ASIST)</b>            (Originally aired on May 2017)</p> <p>This workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical and practice-oriented workshop. Behavioral Health has utilized ASIST training for suicide intervention for over 20 years. Now available to schools and community members, ASIST contributes to our suicide safer community.</p>	<p><b>Sylvia Bazan, AMFT</b>            Registered Associate Marriage and Family Therapist            Behavioral Health Manager            Youth and Young Adults Services</p>

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

