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Let's Talk About It!

October 2018

Wellness Radio



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

Tune in:



Thursdays at 8:00
 a.m.



Sundays at 7:00 a.m.

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| SCHEDULE : | TOPIC: | GUEST SPEAKER: |
|----------------------------------|--|--|
| Week of October 1 st | <p>Supporting the Behavioral Health Needs of the LGBTQ Community</p> <p>41% of people who identify as transgender report attempting suicide. LGBTQ People have a unique set of mental health needs as a result of prejudice, discrimination and anti-gay violence, at times beginning in their families of origin. Our guests discuss in depth the struggles of the LGBTQ Community, sharing stories of their resiliency, gaining acceptance, and finding safety. Tune in as we discuss ways to support the mental health needs of the LGBTQ Community.</p> | <p>Sofia Khalo Imperial Valley LGBTQ Resource Center Board Member & Queens of the Imperial Valley Coordinator</p> <p>Amanda Venuti Imperial Valley LGBTQ Resource Center Volunteer & Queens of the Imperial Valley Assistant Coordinator</p> <p>Amanda Brooke Driscoll Imperial Valley LGBTQ Resource Center Volunteer</p> |
| Week of October 8 th | <p>Trauma-Informed Behavioral Health (Originally aired on January 2016)</p> <p>Trauma-Informed care is a commitment that Imperial County Behavioral Health is undertaking to support the recovery of persons impacted by trauma who seek our services. Join us as we explore what trauma-informed care is and how Behavioral Health is adapting in response to consumer needs.</p> | <p>Lynne Marsenich, LCSW Consultant and Trainer</p> |
| Week of October 15 th | <p>Real Play: How it Promotes Intellectual, Social and Emotional Development (Originally aired on January 2015)</p> <p>In this talk, Dr. Peter Gray compellingly brings attention to the reality that over the past 60 years in the United States there has been a gradual, but overall dramatic decline in children's freedom to play with other children, without adult direction. Over this same period, there has been a gradual but overall dramatic increase in anxiety, depression, feelings of helplessness, suicide and narcissism in children and adolescents.</p> | <p>Peter Gray, PhD Research Professor Emeritus Boston College</p> |
| Week of October 22 nd | <p>The World Mental Health Day Summit: The Value of Lived Experience</p> <p>Imperial County annually celebrates World Mental Health Day with a series of informative workshops, recovery-based entertainment, and community-specific information during a day-long event at Imperial Valley College. Join the Let's Talk About It Hosts as we speak to presenters, guests, and other community members about the local value of collective community behavioral health support.</p> | <p>A Selection of Presenters, Community Members, Interagency Partners and ICBHS experts</p> |

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

