

Let's Talk About It!

November 2018

Wellness Radio

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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 29 th	LGBTQ Community Families The LGBTQ community has a complexity of mental health needs. Luck Luckey shares the process of from coming out in a family of origin to developing and maintaining a family of his own. At each step are contexts that challenge coping and rely upon a solid mental health foundation and ongoing healthy practices to sustain. Join us as Luck shares his personal pathway to a healthy family.	Luck Pecos Luckey Independent Consultant Luckey Consulting
Week of November 5 th	Interpersonal Violence Prevention (Originally aired on October 2015) Interpersonal violence occurs when one person uses power and control over another through physical, sexual, or emotional threats or actions, economic control, isolation, or other kinds of coercive behavior. Violence is not O.K., and nobody should have to put up with it. Being angry, confused or frustrated are all normal emotions and there are non-violent ways of expression. Join Judi Klein-Prichard, Director of Legal Services for The Center for Family Solutions as we discuss the challenges of ending interpersonal violence in the Imperial Valley.	Judi Klein-Prichard Director for Legal Services Center for Family Solutions
Week of November 12 th	Differentiating Between Anxiety and Attention Deficit Disorder (Originally aired on July 2015) Anxiety disorders are alarmingly prevalent among U.S. children and adolescents: 31.9% of teens have had an anxiety disorder during their school years (Merikangas et al., 2010). With other disabilities, including ADHD and autism also increasingly prevalent, student performance impairments in a classroom setting require careful assessment and treatment oriented towards the diagnostic concern.	Jessica Minahan, M.Ed, BCBA Special Educator, Author & Behavioral Analyst
Week of November 19 th	Madness: A Bipolar Life (Originally aired on November 2016) "Madness will push you anywhere it wants. It never tells you where you're going, or why. It tells you it doesn't matter, It persuades you. It dangles something sparkly before you, shimmering like that water patch on the road up ahead. You will drive until you find it, the treasure, the thing you most desire." -Marya Hornbacher, Madness: A Bipolar Life	Marya Hornbacher Author, Professor and Journalist
Week of November 26 th	Therapeutic Riding and Mental Health (Originally aired on March 2017) Therapeutic Riding offers physical, social and spiritual benefits to people with disabilities. For those who have cognitive and/or behavioral disabilities, communications skills may improve through interaction with the horse and instructor. Behavioral Health has an ongoing therapeutic riding program for youth and young adults; join us as we speak with instructor Marshal Boutwell about her local program.	Marsha Boutwell Owner BMB Boarding & Animal Plus

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

