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# Let's Talk About It!

# Wellness Radio

## March 2019



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

Tune in:  


Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of February 25 <sup>th</sup>	<b>Identifying and Treating Eating Disorders</b> (Originally aired on December 2015) When you become so preoccupied with food and weight issues that you find it harder and harder to focus on other aspects of your life, it may be an early sign of an eating disorder. Studies suggest that 1 in 20 people will be affected at some point in their lives. Ultimately without treatment, eating disorders can take over a person's life and lead to serious, potentially fatal medical complications.	<b>Dr. Aalangeer Ibrahim</b> Psychiatrist
Week of March 4 <sup>th</sup>	<b>Motivational Interviewing</b> Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. Whether applied individually or in a therapeutic setting, Motivational Interviewing is a strong support for positive, but challenging change.	<b>Renee Sievert, RN, MFT</b> Master Coach, Leadership Coach Equus Master Facilitator Motivational Interviewing Network of Trainers
Week of March 11 <sup>th</sup>	<b>Soar Above Stigma</b> Imagine a high school where youth who were experiencing suffering due to symptoms of mental health problems didn't have to hide or minimize. Imagine there was open acceptance and support. Soar Above Stigma, a mental health wellness campaign at Southwest High School have taken on this challenge with their Healthcare Professional students playing a significant role in reducing mental health stigma on campus.	<b>Jackie Valadez</b> SHS HOSA: Future Health Professionals, Advisor <b>Simran Singh</b> SHS HOSA: Future Health Professionals, Mental Health Project Leader
Week of March 18 <sup>th</sup>	<b>NAMI-Working with Peers</b> The National Alliance on Mental Illness(NAMI) San Diego, has a program that wants to help members of the community and their families that may have or know someone with a mental health illness. This program is especially structure to bring family or peers that has or know someone with a mental health illness.	<b>Suzette Southfox</b> Education Director NAMI San Diego <b>Ingrid Alvarez Ron</b> Faith-Based Program Associate NAMI San Diego
Week of March 25 <sup>th</sup>	<b>Portland Identification and Early Referral Model(PIER) The Power of Family Support</b> The Portland Identification and Early Referral (PIER) Model involves initiation a variety of activities designed to: educate about the importance of early detection and intervention; empower with the information and tools to recognize the early signs.	<b>Diana Aguirre</b> Mental Health Rehabilitation Technician Community Engagements and Support Services

