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Let's Talk About It!

May 2019

Wellness Radio



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

Tune in:


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Sundays at 7:00 a.m.


 Today's Hits... Yesterday's Favorites

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of April 29 th	FIRST STEP Next FIRST STEP Next is an evidenced-based early intervention program for young children who exhibit challenging behaviors such as defiance, conflicts with peers, and disruptive behaviors in the classroom. FIRST STEP Next includes: 1) one-on-one skill instruction with a behavioral coach, 2) ongoing feedback and opportunities to practice skills in the classroom, and 3) a home component, linking skills introduced at school to the home context. Join us as Dr. Golly describes the program used locally.	Annemieke Golly, Ph.D. ICBHS Consultant and Co-Author "First Step to Success Program"
Week of May 6 th	Mental Health First Aid (Originally aired on May 2017) The Mental Health First Aid program is an interactive training that introduces participants, 16 years of age and over, to risk factors and warnings signs of mental health problems. This training builds understanding of the impacts and outlines common treatments. Mental Health awareness can build safer, happier communities.	Patricia Arevalo-Caro Program Supervisor Center for Clinical Training ICBHS
Week of May 13 th	Trauma-Informed Behavioral Healthcare Trauma is a common cause or factor in many mental health conditions. 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.	Gabriella Grant, MA Director of the California Center of Excellence for Trauma Informed Care
Week of May 20 th	Youth Mental Health First Aid The Youth Mental Health First Aid program is an interactive training that introduces participants, to risk factors and warnings signs of mental health problems. This training is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescents (age 12-18) who is experiencing a mental health or addictions challenges or is in crisis.	Joe Saenz Community Service Worker Youth and Young Adults ICBHS-EI Centro
Week of May 27 th	Mental Health Awareness Event at IVC Imperial Valley College will host an annual celebration of Mental Health Awareness with a series of informative workshops, recovery-based activities, and community-specific information during this event at Imperial Valley College. Join the Let's Talk About It hosts as we speak to presenters, students, faculty and other community members about the local value of collective community behavioral health support.	Imperial Valley College: May is Mental Health Month Event Students, Faculty, Administration, And Program Presenters

