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Let's Talk About It!

July 2019

Wellness Radio



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

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of July 1 st	Transgender: Understanding the Gender Umbrella (Originally aired on August 2015) 41% of people who identify as transgender report attempting suicide. Dr. Ebony M. Williams joins us to discuss the traditional gender model compared to the gender umbrella. Learn how the gender model appears to no longer be applicable, due to the different ways that people in our society see themselves or identify themselves within a complex gender umbrella.	Dr. Ebony M. Williams, Psy.D. Assistant Professor California State University, Sacramento
Week of July 8 th	Imperial Valley LGBT Resource Center Since October 2015 the Imperial Valley LGBT Resource Center has been working diligently to improve the quality of life for the LGBT population in Imperial County. Now, the Imperial Valley LGBT Resource Center guides, advocates, and provides support for many different at-risk groups and populations through drug abuse education, HIV testing and counseling, individual and family counseling, anger management groups, youth programs, community events, and so much more. All of these services are provided free of charge. We'll talk about the growth, challenges and opportunities at The Center.	Rosa Diaz Chief Executive Officer Imperial Valley LGBT Resource Center
Week of July 15 th	Quality Behavioral Healthcare for LGBTQ Populations (Originally aired on May 2015) Research suggests that LGBTQ individuals face health disparities linked to societal stigma, discrimination, and denial of their civil and human rights. Discrimination against LGBTQ persons has been associated with high rates of psychiatric disorders, substance abuse, and suicide. Experiences of violence and victimization are not uncommon for LGBTQ individuals, and may have long-lasting effects on the individual and the community. Join us as ICBHS shares their goal of gaining awareness and skills to provide quality behavioral healthcare for our brothers and sisters in the LGBTQ community.	Scott McClure, PhD National Institute of Corrections (NIC) Contract Consultant, Trainer Evidence-Based Correctional Practices
Week of July 22 nd	LGBTQ Youth Engagement Research indicates that relationship is a critical factor in achieving mental health outcomes. LGBTQ youth, subject to discrimination and lack of acceptance in many environments, must feel welcome, safe, and supported in order to achieve the best treatment outcomes. ICBHS is committed to providing this level of connection to all individuals who enter treatment. Join us as we talk about building trust, safety, and a caring environment for the LGBTQ youth in our community who may be seeking treatment for a Behavioral Health concern.	Brian Phillips Mental Health Rehabilitation Technician Johanna Pinedo, AMFT Mental Health Counselor ICBHS Youth and Young Adult Services
Week of July 29 th	Supporting and Self-Support for LGBTQ Youth and Adults Adolescence and early adult transitions are challenging in the best of circumstances. LGBTQ community members commonly face direct discrimination and have to manage coming out, understanding their sexual identity, gender norms and fluidity, including how to stay safe and address negative attitudes in their schools and communities. Join us as ICBHS consultant, Dr. Lee-Anne Gray speaks to the tools and practices, from self-compassion to empathy for others that support happier and healthier lives for all.	Lee-Anne Gray, Psy.D. Clinical Psychologist, Educator, and Author

