

Let's Talk About It!

August 2019

Wellness Radio

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

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| SCHEDULE: | TOPIC: | GUEST SPEAKER: |
|---------------------------------|--|---|
| Week of July 29 th | <p>Addressing the Mental Health Needs of LGBTQ (Originally aired on January 2014)</p> <p>The LGBTQ community has a unique set of mental health needs as a result of prejudice, discrimination, and anti-gay violence. Tune in as we discuss ways to support the mental health needs of this population.</p> | <p>Ebony M. Williams, Psy.D. Assistant Professor California State University, Sacramento</p> |
| Week of August 5 th | <p>Vista Sands: Positive Behavior Support for Elementary Age Children</p> <p>Positive Behavior Support (PBS) is a behavior management system used to understand what maintains an individual's challenging behavior. People's inappropriate behaviors are difficult to change because they are functional; they serve a purpose for them. These behaviors are supported by reinforcement in the environment. In the case of students and children, often adults in a child's environment will reinforce his or her undesired behaviors because the child will receive objects and/or attention because of his behavior.</p> | <p>William Murguia Mental Health Rehabilitation Specialist Children Services-ICBHS Calexico</p> |
| Week of August 12 th | <p>First Step to Success-Early Intervention</p> <p>First Step to Success is an early intervention that helps children who are at risk for developing or who demonstrate anti-social or aggressive behaviors get off to the best possible start in school. This intervention is appropriate for students Pre-K through 3rd grade. First Step to Success incorporates the use of a trained behavior coach who works with each student and his or her class peers, teacher, and parents for approximately 50 to 60 hours over a 3-month period.</p> | <p>Jessica Pineda Program Supervisor Jessica Martinez-Smith Associate Clinical Social Worker Psychiatric Social Worker Children Services</p> |
| Week of August 19 th | <p>Adolescent Habilitative Learning Program (AHLP)</p> <p>By providing a combination of mental health support and educational services to adolescents enrolled in secondary schools whose emotional/behavioral disturbances prevent them from learning and functioning in a regular classroom, AHLP seeks to resolve problem behaviors, restore successful educational trajectories in brief periods and provide lifetime mental health self-management skills. Join us as Jessica Aviles and Brian Phillips talk in depth about the program and its positive impact in the community.</p> | <p>Jessica Aviles Program Supervisor Brian Phillips Mental Health Rehabilitation Technician Youth and Young Adult Services</p> |
| Week of August 26 th | <p>Too Good for Drugs</p> <p>Too Good for Drugs is an evidenced-based program that is structured and designed to help and guide young people to make healthy choices and achieve success. This program's curriculum helps students cultivate positive outcomes through the development of the following skills: goal setting, decision making, conflict resolution, effective communication, social and emotional competency.</p> | <p>Perla Varela & Michelle Villarreal Community Service Workers Substance Use Disorder (SUD) Adolescent Services</p> |

