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# Let's Talk About It!

# Wellness Radio

## December 2018



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 December 3 <sup>rd</sup>	<b>Unwrapping Joy for the Holidays</b> (Originally aired on December 2017) How we manage our thoughts and feelings can make the difference between a pleasurable, enjoyable holiday or an irritable time spent noticing traffic snarls, money worries, and others' shortfalls. Cognitive Behavioral Techniques, applied to holiday situations as discussed with licensed clinician Peter DiManno, minimize stress, make interactions kinder, and holidays more joyful.	<b>Peter DiManno, LCSW</b> Licensed Clinical Social Worker
Week of December 10 <sup>th</sup>	<b>Mental Health (LPS) Conservatorship: A Pathway to Recovery</b> LPS was passed in 1967 in California and set the precedent for modern mental health commitment procedures in the United States. It was intended to end abuses in the involuntary commitment of seriously mentally ill persons; provide prompt treatment, supervision, and placement services by community mental health departments; and provide for a conservatorship program. 50 years later, this program continues to be used, refined, and improved to support mental health recovery.	<b>Juan J. Flores, LMFT</b> Licensed Marriage and Family Therapist Behavioral Health Manager Mental Health Triage and Engagement
Week of December 17 <sup>th</sup>	<b>Causes of Substance Use Disorders</b> According to the National Institute on Drug Abuse, abuse of tobacco, alcohol, and illicit drugs is costly to our nation, exacting more than \$740 billion annually in costs related to crime, lost work productivity and health care. To our families and communities, substance use can be devastating. To an individual this disorder may be fatal. Why do people use substances? How does it lead to life-threatening problems? Therapist Eufemio Anaya explores the answers. Life-changing answers.	<b>Eufemio Anaya</b> Associate Marriage and Family Therapist Mental Health Counselor Substance Use Disorder Program
Week of December 24 <sup>th</sup>	<b>Habits of the Mentally Strong</b> (Originally aired on May 2015) Like physical strength, mental strength requires healthy habits, exercise, and hard work. Social worker and author Amy Morin teaches us how to embrace a happier outlook and arms us to emotionally deal with life's inevitable hardships, setbacks, and heartbreaks. As she makes clear, mental strength isn't about acting tough; it's about feeling empowered to overcome life's challenges.	<b>Amy Morin, LCSW</b> Licensed Clinical Social Worker Therapist and Author
Week of December 31 <sup>st</sup>	<b>Children Services-Prevention and Early Intervention Program for Trauma Exposed Children</b> (Originally aired on march 2016) The Prevention and Early Intervention (PEI) program engages children before the development of serious mental illness or serious emotional disturbance; a potential result of trauma exposure. Please join us as we discuss trauma exposure and our Prevention and Early Intervention Program for children with Christine Garcia.	<b>Christine Garcia, LCSW</b> Licensed Clinical Social Worker Psychiatric Social Worker Children Services ICBHS-EI Centro

