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Let's Talk About It!

November 2019

Wellness Radio



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



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 November 4 th	<p>Children and Adolescent Clinic Overview (Originally aired on August 2018)</p> <p>1 in 4 children suffers from treatable mental health conditions every day in our community. These conditions affect grades, self-esteem, social relationships and can affect lifetime outcomes if not treated. Let's introduce the community to Imperial County Behavioral Health's Children and Adolescent Services. Walk with us through a virtual tour, as our guide Behavioral Health Manager, Jose Lepe seeks to share the ease, comfort and care of accessing behavioral health support for our children.</p>	<p>Jose Lepe Behavioral Health Manager Children and Adolescents Services</p>
Week of November 11 th	<p>Smartphones: Have They Taken Over Your Youth's Life? (Originally aired on February 2019)</p> <p>According to the Pew Institute 75% of teens and 95% of young adults send text messages, with the average being 60 text messages per day. Smartphones ownership in teenagers is over 95%. 45% of U.S. teens describe their online time through smartphones as nearly constant. Most subscribe to a variety of social media platforms. Join us as we discuss possible mental health consequences of smartphone use.</p>	<p>Jonathan Fonseca Registered Associate Clinical Social Worker Psychiatric Social Worker Youth and Young Adults Brawley Anxiety and Depression/MHSA FSP</p>
Week of November 18 th	<p>Moral Reconciliation Therapy (MRT) (Originally aired on March 2018)</p> <p>Moral Reconciliation Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning. It's step-by-step approach combines elements from a variety of psychological traditions to progressively address self-esteem, social, moral, and positive behavioral growth.</p>	<p>Joaquin Zambrano Program Supervisor Adult Services ICBHS-Brawley</p>
Week of November 25 th	<p>Soar Above Stigma (Originally aired on March 2019)</p> <p>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.</p>	<p>Jackie Valadez SHS HOSA: Future Health Professionals, Advisor Simran Singh SHS HOSA: Future Health Professionals, Mental Health Project Leader</p>

