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December 2019



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

Tune in:

Thursdays at 8:00 a.m.

The Best Oldies On The Radio

Sundays at 7:00 a.m.

Today's Hits...Yesterday's Favorites

Sundays at 7:00 p.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of December 2 nd	World Mental Health Day Summit: Inclusion Imperial County annually celebrates World Mental Health Day with a series of informative workshops, recovery-based entertainment, and community-specific information during a day-long event at Imperial Valley College. Join the <i>Let's Talk About It!</i> hosts as we speak to presenters, guests, and other community members about including diverse mental health supportive practices in our lifestyles.	A Selection of Presenters, Community Members, Interagency Partners and ICBHS Experts
Week of December 9 th	Young Love: Concerns and Mental Health Issues In Adolescent Romance (Originally aired on February 2018) Adolescence contains a number of life challenges, including the beginnings of romantic relationships. With youth and young adult therapist Andrea Platero, we examine the modern context of young love, including social media, consider common concerns and share helpful strategies in supporting the young ones through their first romantic relationships.	Andrea Platero, APCC Associate Professional Clinical Counselor Youth and Young Adult Services
Week of December 16 th	The Ever Forward Club (Originally aired on May 2018) "If we don't initiate the young men, they will burn down the village"-African Proverb. Our Nation's young men of color are getting disciplined in school, dropping out, and facing unemployment and involvement in the criminal-justice system at disproportionately high rates. Club mentors create a safe space for young men to come together weekly in circles to have fun, enjoy food and engage in the process of removing the mask of masculinity; peeling off the layers of pain, frustration, fear, sadness and disappointment. Though this work, the young men start to show up with greater passion and purpose, which provides them with a clearer life direction.	Ashanti Branch, M.Ed. Founder/Executive Director The Ever Forward Club
Week of December 23 rd	Season of Gratitude In our hectic lives, with all of our responsibilities and commitments, quiet reflection of gratitude can be easily misplaced. The winter season, full of holidays for some, offers us a chance to reconnect to the mental health benefit of realizing we have so much to be thankful for, followed up by demonstrating that gratitude to the world so that the spirit of gratitude is as infectious as a winter cold, but as healthy as a warm bowl of chicken soup for the soul.	Juan J. Flores, LMFT Licensed Marriage and Family Therapist Behavioral Health Manager Youth and Young Adults Services
Week of December 30 th	Coping Cat Therapy for Childhood Anxiety Disorders (Originally aired on August 2018) Anxiety is a growing source of concern for our children and youth. Over 30% of youth report anxiety-related problems in their lives affecting school, friends, family and their self-regard. Coping Cat is an evidenced-based therapy model employed by Imperial County Behavioral Health to solve anxiety problems in youth. Join us as the developer of Coping cat, Dr. Phillip Kendall, describes how and why Coping Cat works.	Phillip C. Kendall, Ph.D., ABPP Professor of Psychology Director of the Child and Adolescent Anxiety and Disorders Clinic Temple University

