

Let's Talk About It!

July 2020

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 July 6 th	<p>Community Development of Mental Health Innovation (Originally aired on June 2018)</p> <p>The Mental Health Services Act of 2004 provides funding for counties to develop innovative mental health programming in conjunction with their community and areas of need. These opportunities to add new types of mental health supports that have added permanent programming success. We'll review the process and potential new innovative program possibilities awaiting Imperial County, with Behavioral Health Manager Sylvia Bazan.</p>	<p>Sylvia Bazan, AMFT Registered Associate Marriage and Family Therapist Behavioral Health Manager Mental Health Triage Unit</p>
Week of July 13 th	<p>Substance Use Impact on Youth in Imperial County (Originally aired on June 2018)</p> <p>The Youth and Young Adults Program is dedicated to supporting a positive environment for our struggling youth through evidence-based treatment. The program determines the right treatment plan to help our youth with their substance use problems. Through this segment, we will talk about the signs, symptoms and treatment options that are available for adolescent populations with substance use problems.</p>	<p>Ana Contreras, AMFT Registered Associate Marriage and Family Therapist Behavioral Health Manager Substance Use Disorder (SUD) Adolescent- El Centro & Calexico</p>
Week of July 20 th	<p>Teen Dating Violence Awareness (Originally aired on March 2018)</p> <p>February marked the inaugural Teen Dating Violence Awareness Month for Imperial County. One in four women will fall victim to relationship violence. Early prevention is key. Only about one in five teens who experience teen dating violence tell their parents. Join us as Judi Klein-Pritchard, provides more in-depth information about this important and sometimes overlooked topic.</p>	<p>Judith R. Klein-Pritchard, M.S.F.S. Director of Legal Services WomanHaven, A Center for Family Solutions</p>
Week of July 27 th	<p>Evidenced-Based Model: Cognitive Behavioral Therapy for Depression (CBT-D) (Originally aired on June 2018)</p> <p>The Cognitive Behavioral Therapy for Depression (CBT-D) is used to treat clients that are 25 years or older that are diagnosed with depression. Join us as Laura Lugo introduces us to the model and the processes, that when used, commonly achieve significant long-term relief from depression.</p>	<p>Laura Lugo, LMFT Licensed Marriage and Family Therapist</p>

