

Let's Talk About It!

Wellness Radio

March 2020



With **Scott Dudley & Maria Wyatt**



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of March 2 nd	<p>Exploring the Links Between Nutrition and Mental Health (Originally aired on July 2018)</p> <p>Nutrition is a very important aspect of our everyday life, yet often overlooked as a building block, not only of physical health, but mental health as well. Proper nutrition practices fuel our bodies and minds with healthy vital nutrients so they may function efficiently throughout the day. Join Dalia Rodriguez, owner of Fitness Oasis, as she describes healthy nutrition habits, the process of commitment, financial considerations and how healthy nutrition supports mental health.</p>	<p>Dalia Rodriguez Owner Fitness Oasis Health Club & Spa</p>
Week of March 9 th	<p>Applied Suicide Intervention Skill Training (ASIST) (Originally aired on May 2017)</p> <p>This workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical and practice-oriented workshop. Behavioral Health has utilized ASIST training for suicide intervention for over 20 years. Now available to schools and community members, ASIST contributes to our suicide safer community.</p>	<p>Sylvia Bazan, AMFT Registered Associate Marriage and Family Therapist Behavioral Health Manager Community Engagement Supportive Services (CESS)</p>
Week of March 16 th	<p>Too Good for Drugs (Originally aired on August 2019)</p> <p>Too Good for Drugs is an evidenced-based substance use prevention program that is structured to 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 Community Service Worker Substance Used Disorder (SUD) Youth and Young Adult Services Michelle Villarreal Mental Health Rehabilitation Technician Transitional Engagement and Supportive Services (TESS)</p>
Week of March 23 rd	<p>Mental Health First Aid (Originally aired on May 2017)</p> <p>The Mental Health First Aid training, is an interactive training that introduces participants, 16 years of age and over, to risk factors and warnings signs of mental health problems. This training builds understanding of mental health problems impact and outlines common treatments. Mental Health First Aid training is available to the public on a regular basis, offered free of charge as a community service by Imperial County Behavioral Health Services.</p>	<p>Patricia Arevalo-Caro Program Supervisor Center for Clinical Training Staff Development Outreach & Engagement</p>
Week of March 30 th	<p>The Mental Health Support of Pet Ownership (Originally aired on September 2019)</p> <p>The multiple mental health benefits of owning a dog or cat have been demonstrated by many scientific studies. Animals help bring joy, a sense of companionship and responsibility. Join Devon Apodaca, the Executive Director of the Imperial County Humane Society as we discuss the mental health support of pet ownership.</p>	<p>Devon Apodaca Executive Director Humane Society of Imperial County</p>

