

Let's Talk About It!

November 2020

Wellness Radio



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

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of November 2 nd	<p>Outreach During COVID-19 Pandemic</p> <p>In the best of times, mental health stigma limits people from seeking treatment that would alleviate suffering. Outreach is a key component of community mental health that shares the safety, normalcy, and success of mental health engagement in an effort to reduce stigma. The pandemic not only brought increased stressors in a variety of ways, but it virtually shut down community outreach efforts which were primarily person to person in public settings. Please join us as Gustavo Roman gives us insight into the adaptations that outreach has achieved and how they continue their efforts to engage the community during the pandemic.</p>	<p>Gustavo Roman Community Service Worker Center for Clinical Training</p>
Week of November 9 th	<p>Imperial County Behavioral Health's Wellness Center</p> <p>In mental health, nothing says recovery like getting housing, getting a degree, getting a job, making lifelong friends or helping peers. At the Wellness Center, Behavioral Health offers all these opportunities and more. Join us as Maria Martinez, the supervisor at the Wellness Center, talks about the range of recovery activities and how the Wellness Center has adapted to the pandemic and is actively supporting their members in the community. Do you know someone isolated at home because of a mental health disorder? Maybe the Wellness Center is the place for them as well. Tune in and find out.</p>	<p>Maria Martinez Mental Health Worker Supervisor Wellness Center- El Centro</p>
Week of November 16 th	<p>Mental Health Impact of COVID-19 in College Students</p> <p>The COVID-19 pandemic presents unique challenges to college students. Imperial Valley College is working to provide mental health supports and services as well as referrals to Imperial County Behavioral Health if more support appears necessary. Come and join us as Guadalupe (Lupita) Castro discusses the mental impact of COVID-19 in college students and the resources that are available, including the IVC peer support team.</p>	<p>Guadalupe (Lupita) Castro, LMFT Licensed Marriage and Family Therapist Interim Director of Student Health Services Imperial Valley College</p>
Week of November 23 rd	<p>Coping Skills and Recommendations for Those at Home</p> <p>The pandemic did not arrive with operating instructions for everyone who has been affected in so many different ways to successfully manage their mental health. What we know is that additional stressors require additional attention to environmental supports to reduce stress responses. Overwhelming unchecked stress is a sure ticket to anxiety concerns. Let's talk about elements we can manage to reduce that stress response, supports we can reach out to, and ways that we can successfully navigate the pandemic.</p>	<p>Adriana Velasquez, LFMT Licensed Marriage and Family Therapist Program Supervisor Adult & Older Adult Services-El Centro</p>
Week of November 30 th	<p>The Value of Healthy Sleeping to Mental Health (Originally aired on October 2019)</p> <p>With so many sleep-affected due to the pandemic, this merits a rebroadcast. Sleep is a vital, but commonly overlooked component to both mental and physical health. With a multi-tasking world driven by electronic devices seemingly always at our sides, the critical aspects of establishing and maintaining healthy sleep hygiene become critical to obtaining the benefits of healthy sleep. Join us as Albert Romero from the <i>Imperial Valley Sleep Center</i>, shares more about the benefits and the practicing of healthy sleep.</p>	<p>Albert Romero, RPSGT Technician Director Imperial Valley Sleep Center</p>

