

# Let's Talk About It!

# October 2020

# Wellness Radio



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

Tune in:



Sundays at 7:00 a.m.



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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of October 5 <sup>th</sup>	<p><b>Student's Mental Health (Social-Emotional) During Distance Learning</b></p> <p>During this pandemic, we have all had to adapt to new standards of interaction and learning. With this in mind, we have discovered that there are many obstacles during distance learning. Not to fear because there are different resources available for parents and students. Joins us as Adrienne Rodriguez, Harmony Rivera, and Dr. Fernandez talk about the different support resources for parent and students that the school has during this pandemic and throughout the school year.</p>	<p><b>Adrienne Rodriguez</b>            Assistant Principal of Student Services</p> <p><b>Harmony Rivera</b>            School Psychologist</p> <p><b>Dr. Terry Fernandez, PsyD</b>            School Psychologist            Central Union High School</p>
Week of October 12 <sup>th</sup>	<p><b>Playing for Change: Music's Transformation Power</b>            (Originally aired on March 2017)</p> <p>Playing for Change was created to connect the world's people through music. The idea for this project came from a common belief that music has the power to break down boundaries, overcome distances between people and create positive change.</p>	<p><b>Mark Johnson</b>            Chairman of the Board Playing for Change Foundation</p>
Week of October 19 <sup>th</sup>	<p><b>Mental Health Resiliency in Times of Pandemic</b></p> <p>The wide variety of stressors associated with the COVID-19 Pandemic, health, economic, social relationships, and others call upon us all to gather our resources and tap into our mental health resiliency to support ourselves, our friends and families, and our community through the challenges of pandemic life. Join us as Behavioral Health Consultant and national stress and trauma expert Bren Manauh discusses how to access, utilize, and share our inner resiliency in the face of the challenges of the moment.</p>	<p><b>Bren Manauh, LCSW-S, CPHQ, CCTS</b>            Behavioral Health Consultant            Health Management Associates</p>
Week of October 26 <sup>th</sup>	<p><b>Quality Behavioral Healthcare for LGBT Populations</b>            (Originally aired on May 2015)</p> <p>Research suggest that LGBT individuals face health disparities linked to societal stigma, discrimination, and denial of their civil and human rights. Discrimination against LGBT persons has been associated with high rates of psychiatric disorders, substance abuse, and suicide. Experiences of violence and victimization are frequent for LGBT individuals, and have long-lasting effects on the individual and the community. Join us as ICBHS share their plan to provide quality behavioral healthcare for our brothers and sisters in the LGBT Community.</p>	<p><b>Scott McClure, PhD</b>            National Institute of Corrections (NIC) Contact Consultant            Trainer Evidenced-Based Correctional Practices</p>

