

# Let's Talk About It!

## September 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 September 7 <sup>th</sup>	<p><b>Parenting for Mental Health During The Pandemic</b></p> <p>There is no written guide to healthy parenting during a pandemic. We're building the plane of family management in a pandemic as we fly it. Now that school is going to resume via distance learning, we're sure the experiment will continue. Join us as we sit down and talk with Licensed Clinical Social Worker and Children's Behavioral Health Therapist Stephanie Ramirez about what we've learned about parenting and supporting our children so far and how to apply these emerging best practices of pandemic-parenting in ways that are balanced and effective.</p>	<p><b>Stephanie Ramirez, LCSW</b>            Licensed Clinical Social Worker            Supervising Therapist            Children Services</p>
Week of September 14 <sup>th</sup>	<p><b>Trauma-Informed Behavioral Healthcare</b>            (Originally aired on January 2016)</p> <p>Trauma-Informed care is commitment that Imperial County Behavioral Health undertakes to support the recovery of persons impacted by trauma who seek our services. Join us as we explore what trauma-informed care is and how Behavioral Health is adapting in response to consumer needs.</p>	<p><b>Lynne Marsenich, LCSW</b>            Licensed Clinical Social Worker            Consultant and Trainer</p>
Week of September 21 <sup>st</sup>	<p><b>Anorexia and Bulimia-Signs, Symptoms &amp; Treatment</b>            (Originally aired on January 2018)</p> <p>Eating disorders can affect anyone regardless of age and socioeconomically status. Family members may be suffering through this and not know it-and/or-not comprehend what they are going through. Not eating enough or eating too much all at once? This may be a sign of an eating disorder. Join us as Maricruz Bermudez talks more in depth about the various eating disorders and the treatment available.</p>	<p><b>Maricruz Bermudez, LMFT</b>            Licensed Marriage &amp; Family Therapist            Supervising Therapist            Youth and Young Adult Services</p>
Week of September 28 <sup>th</sup>	<p><b>Madness: A Bipolar Life</b>            (Originally aired on November 2016)</p> <p>"Madness will push you anywhere it wants. It never tells you where you're going, or why. It tells you it doesn't matter, it persuades you. It dangles something sparkly before you, shimmering like that water patch on the road up ahead. You will drive until you find it, the treasure, the thing you most desire."            -Marya Hornbacher, Madness: A Bipolar Life</p>	<p><b>Marya Hornbacher</b>            Author, Professor and Journalist</p>

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If you have any questions that you would liked answered on the show, please send an email to: [wellnessradio@co.imperial.ca.us](mailto:wellnessradio@co.imperial.ca.us)

