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December 2020



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

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of November 30 th	The Value of Healthy Sleeping to Mental Health (Originally aired on October 2019) 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.	Albert Romero, RPSGT Technician Director Imperial Valley Sleep Center
Week of December 7 th	Season of Gratitude (Originally aired on December 2019) In our hectic lives, with all of our responsibilities and commitments, quiet reflection of gratitude can be easily misplaced. The winter season, full of holidays for some, offers us a chance to reconnect to the mental health benefit of realizing we have so much to be thankful for, followed up by demonstrating that gratitude to the world so that the spirit of gratitude is as infectious as a winter cold, but as healthy as a warm bowl of chicken soup for the soul.	Juan J. Flores, LMFT Licensed Marriage and Family Therapist Behavioral Health Manager Youth and Young Adults Services
Week of December 14 th	Older Adults Program Overview The Older Adults Program provides a wide array of mental health services at several locations throughout the Imperial Valley. Clients are assessed to identify individual needs, strengths and treatment history, as well as their developmental, vocational, and social history. Join us as Marie Arroyo-Contreras tells us more about the program and services that are provided.	Marie Arroyo-Contreras, LMFT Licensed Marriage and Family Therapist Program Supervisor Adult and Older Adults Services-Calexico
Week of December 21 st	Breaking the Mental Health Stigma in Schools Students should not be worried about seeking mental health help due to the fear of stigma, everyday we as a community should work together towards the reductions and abolition of stigma that surrounds mental health. This is getting accomplished at schools with different programs that are either independently run by the schools or in collaboration with Behavioral Health. Please join us as Lupita Castro goes more in depth about this important topic.	Guadalupe (Lupita) Castro, LMFT Licensed Marriage and Family Therapist Interim Director of Student Health Services Imperial Valley College
Week of December 28 th	General Adults Program Overview The Adults Program has different services that are available to clients. The variety of programs include: medication support services, crisis intervention services, targeted case management, rehabilitation services, substance use disorder treatment, anxiety and depression services, and the Wellness Centers. Come and join us as Joaquin Zambrano talks more in depth about the Adults Program and the many services that it provides.	Joaquin Zambrano Program Supervisor Adult and Older Adult Anxiety & Depression Clinic-Brawley

