

# Let's Talk About It!

# Wellness Radio

# October 2021



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

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of October 4 <sup>th</sup>	<p><b>The World Mental Health Day Summit: The Value of Lived Experience</b>            (Originally aired on October 2018)</p> <p>Imperial County annually celebrates World Mental Health Day with a series of informative workshops, recovery-based entertainment, and community-specific information during a day-long event at Imperial Valley College. Join the Let's Talk About It Hosts as we speak to presenters, guests, and other community members about the local value of collective community behavioral health support.</p>	<p>A Selection of Presenters, Community Members, Interagency Partners and ICBHS Experts</p>
Week of October 11 <sup>th</sup>	<p><b>Supporting the Mental Health Needs of the LGBTQ Community</b>            (Originally aired on May 2021)</p> <p>Research suggests that LGBTQ individuals face health disparities linked to societal stigma, discrimination, and denial of civil and human rights. Discrimination against LGBTQ persons has been associated with high rates of psychiatric disorders, substance abuse, and suicide. Cal Voices is an organization advocating for rights and better health care for the LGBTQ community. Join us as Poshi Walker, further discusses the mental needs of the LGBTQ community and the resources that are available.</p>	<p><b>Poshi Walker</b>            LGBTQ Program Director            Cal Voices Cultural Broker</p>
Week of October 18 <sup>th</sup>	<p><b>Mental Health on Sexual Assault Awareness and Prevention</b>            (Originally aired on April 2021)</p> <p>April is Sexual Assault Awareness and Prevention Month. The connection between sexual assault and lifelong mental health concerns related to trauma is unfortunately too common, as is the frequency of sexual assault. Join us as we shine light into the truths and consequences of sexual assault with longtime show friend and regular guest, Womanhaven-A Center for Family Solutions Director of Legal Services Judy Klein-Pritchard, in an attempt to support a safer, healthier Imperial Valley for everyone.</p>	<p><b>Judith R. Klein-Pritchard</b>            Director of Legal Services            WomanHaven            A Center for Family Solutions</p>
Week of October 25 <sup>th</sup>	<p><b>World Mental Health Day Summit: Reconnect, Reenter &amp; Rebuild</b></p> <p>Imperial County annually celebrates World Mental Health Day with a series of informative workshops, recovery-based entertainment, and community-specific information during a day-long event at Imperial Valley College. Join the Let's Talk About It Hosts as we speak to presenters, guests, and other community members about the local value of collective community behavioral health support in the 2021 Pandemic Reboot.</p>	<p>A Selection of Presenters, Community Members, Interagency Partners and ICBHS experts</p>

