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# Let's Talk About It!

## February 2021

# Wellness Radio



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 February 1 <sup>st</sup>	<p><b>Portland Identification and Early Referral Model (PIER) The Power of Family Support</b>            (Originally aired on March 2019)</p> <p>Psychosis onset, typically in the late teenage years, is a concerning possibility, made more concerning by the isolation of pandemic conditions which might hide or mask emerging symptoms. The Portland Identification and Early Referral (PIER) Model involves the initiation of a variety of activities designed to: educate about the importance of early detection and intervention; empower with the information and tools to recognize the early signs.</p>	<p><b>Diana Lee-Aguirre</b>            Quality Improvement Specialist            Compliance Unit</p>
Week of February 8 <sup>th</sup>	<p><b>Attention Deficit Disorder in Children</b>            (Originally aired on July 2015)</p> <p>We all know kids who can't sit still, who never seem to listen, who don't follow instructions no matter how clearly you present them, or who blurt out inappropriate comments at inappropriate times. Sometimes these children are labeled as trouble makers, or criticized for being lazy and undisciplined. However, they may have ADD/ADHD, a treatable mental health condition. Tune in and learn more about the condition and how to best manage it in childhood.</p>	<p><b>Pria Persuad, MD</b>            Board Certified Psychiatrist</p>
Week of February 15 <sup>th</sup>	<p><b>Healthy Youth Relationships During a Pandemic</b></p> <p>Adolescence contains a number of life challenges, possibly including the beginnings of romantic relationships, career choices, and adult independence steps and stages. With therapist Andrea Platero, we focus on the modern context of young love, including social media and the impacts of the pandemic. We consider common concerns and share helpful strategies in supporting youth through their first romantic relationships.</p>	<p><b>Andrea Platero, APCC</b>            Associate Professional Clinical Counselor            Mental Health Counselor            Youth and Young Adults-El Centro</p>
Week of February 22 <sup>nd</sup>	<p><b>Youth Mental Health First Aid</b>            (Originally aired on May 2019)</p> <p>The Youth Mental Health First Aid program is an interactive training that introduces participants, to risk factors and warnings signs of mental health problems. This training is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescents (age 12-18) who are experiencing a mental health or addictions challenges or are in crisis.</p>	<p><b>Joe Saenz</b>            Community Service Worker            Youth and Young Adults-El Centro</p>

