

Let's Talk About It!

April 2021

Wellness Radio

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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 April 5 th	<p align="center">Substance Use Disorder (SUD) Treatment Services (Originally aired on August 2020)</p> <p>Imperial County Behavioral Health believes that substance use problems are treatable. We promote the use of treatments that have proven to work at reducing or eliminating substance use. We provide quality professional services, to achieve independence and recovery for youth and young adults. Join Julie Luna, as we discuss youth substance use in our community, when it meets the criteria for treatment, and how treatment works.</p>	<p>Julie Luna, AMFT Registered Associate Marriage and Family Therapist Mental Health Counselor Adolescent Substance Use Disorder Program</p>
Week of April 12 th	<p align="center">Active Minds Club at IVC</p> <p>Active Minds Club is a student organization established to promote and support healthy student wellbeing through peer awareness and activities. The concept of youth joining together to promote and protect their mental health is a repeating theme at campuses across Imperial Valley and our next generation of professional caregivers and helpers are developing their helping and leadership while making their schools happier, healthier, and safer. Join us as we discuss the mission, the goals, and the heart of this amazing step forward in community mental health at IVC.</p>	<p>Lupita Castro, LMFT Interim Director of Student Health Services, Behavioral Health Care Team Chair Active Minds Chapter Advisor</p> <p>Aileen Sanchez Active Minds President Imperial Valley College</p>
Week of April 19 th	<p align="center">Alzheimer's and Mental Health</p> <p>The Alzheimer's Association defines Alzheimer's as the most common form of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's has no current cure, but treatments for symptoms are available and research continues. While Alzheimer's and other forms of dementia are not treatable mental health disorders, the stress and contexts of the disorder cluster can be devastating to the mental health of sufferers and caregivers alike. Join us as we interview the leaders and educators of the Alzheimer's Association of San Diego and Imperial to explore the contexts and supports available for person's suffering or supporting a person with Alzheimer's or other related dementia types.</p>	<p>Karla Corte, BS, PMP Program and Education Manager</p> <p>Alejandra Pulido, MSW Care Consultant & Education Manager</p> <p>Megan Nicholson Development Specialist</p> <p>Socorro De La Torre, MPA, MSW Volunteer/Board Member Alzheimer's Association San Diego/Imperial Chapter</p>
Week of April 26 th	<p align="center">Mental Health on Sexual Assault Awareness and Prevention</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-Prichard, in an attempt to support a safer, healthier Imperial Valley for everyone.</p>	<p>Judith R. Klein-Prichard Director of Legal Services WomanHaven A Center for Family Solutions</p>

