

# Let's Talk About It!

## May 2021

# Wellness Radio

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

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of May 3 <sup>rd</sup>	<b>Mental Health Awareness Event at IVC</b> (Originally aired on May 2019) Imperial Valley College host's an annual celebration of Mental Health Awareness with a series of informative workshops, recovery-based activities, and community-specific information during this event at Imperial Valley College. Join the "Let's Talk About It" hosts as when we spoke, in 2019 pre-pandemic to presenters, students, faculty and other community members about the local value of collective community behavioral health support.	Imperial Valley College: May is Mental Health Month Event Students, Faculty, Administration, And Program Presenters
Week of May 10 <sup>th</sup>	<b>Supporting the Mental Health Needs of the LGBTQ Community</b> Research suggest that LGBTQ individuals face health disparities linked to societal stigma, discrimination, and denial of their 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 fighting 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.	<b>Poshi Walker</b> LGBTQ Program Director Cal Voices Cultural Broker
Week of May 17 <sup>th</sup>	<b>Interpersonal Psychotherapy (IPT)</b> (Originally aired on January 2020) Interpersonal Psychotherapy (IPT) is a time-limited, focused, evidenced-based approach to treat mood disorders. The main goal of IPT is to improve the quality of a client's interpersonal relationships and social functioning to help reduce their distress. IPT may be used with any age consumer, from children and adolescents to the elderly. IPT provides strategies to resolve problems within four key areas: grief or complicated bereavement, role dispute, role transition, and interpersonal deficits.	<b>Marilyn Moskowitz</b> <b>LCSW, LMFT</b> Licensed Clinical Social Worker Licensed Marriage and Family Therapist
Week of May 24 <sup>th</sup>	<b>Right Hand Club of Calexico High School</b> The team at "Let's Talk About It" and the entire Behavioral Health Community are so impressed by the behavioral health peer support growing in so many of our local schools. The Right Hand Club is a club at Calexico High School where students are spokespersons for the students. These students are dedicated to enhancing the student's experience in school, whether socially, academically, or in extra-curricular participation. They serve as advocates and assist in the gathering of supportive resources for themselves and their fellow students. Join us as we speak with their advisor and leaders about their passion and results in making the behavioral health of their campus more valued towards improving students outcomes.	<b>Eva Lara, LCSW</b> Licensed Clinical Social Worker Calexico Unified School District
Week of May 31 <sup>st</sup>	<b>Moral Reconciliation Therapy in Jail Groups</b> (Originally aired on April 2020) Moral Reconciliation Therapy (MRT) is a systematic treatment approach that seeks to decrease recidivism, the tendency of a convicted criminal to re-offend, among juvenile and adult offenders by increasing moral reasoning. Imperial County Behavioral Health has teamed with Imperial County Sheriff's Department to offer MRT at the county jail with the goal of reducing recidivism and offering a recovery outcome for local community members who have been incarcerated.	<b>Dominic R. Vallejo</b> Mental Health Rehabilitation Technician CESS/Community Engagement Supportive Services Imperial County Jail Liaison for Mental Health Services in the Community

