

Let's Talk About It!

August 2021

Wellness Radio

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

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of August 2 nd	<p>Parenting for Mental Health During a Pandemic (Originally aired on September 2020)</p> <p>There is no written guide to healthy parenting during a pandemic. We're building the plane of family management in a pandemic as we fly it. Now that school is going to resume via in person and distance learning, we're sure the experiment will continue. Join us as we sit down and talk with Licensed Clinical Social Worker and Children's Behavioral Health Therapist Stephanie Ramirez about what we've learned about parenting and supporting our children so far and how to apply these emerging best practices of pandemic-parenting in ways that are balanced and effective.</p>	<p>Stephanie Ramirez, LCSW Licensed Clinical Social Worker Supervising Therapist Children Services</p>
Week of August 9 th	<p>Cognitive Processing Therapy (CPT) (Originally aired on February 2020)</p> <p>The Cognitive Processing Therapy (CPT) is an evidenced-based therapy used to treat individuals that are diagnosed with Post-Traumatic Stress Disorder (PTSD) and other related problems. Join us as therapist Andrea Platero introduces us to the model and the processes of CPT used to work through and recover from PTSD.</p>	<p>Andrea Platero, APCC Registered Associate Professional Clinical Counselor Mental Health Counselor Youth and Young Adults- El Centro</p>
Week of August 16 th	<p>Behavioral Health Outreach During COVID-19 Pandemic: Connecting with Distance (Originally aired on November 2020)</p> <p>In the best of times, mental health stigma limits people from seeking treatment that would alleviate suffering. Outreach is a key component of community mental health that shares the safety, normalcy, and success of mental health engagement in an effort to reduce stigma. The pandemic not only brought increased stressors in a variety of ways, but it virtually shut down community outreach efforts which were primarily person to person in public settings. Please join us as Gustavo Roman gives us insight into the adaptations that outreach has achieved and how they continue their efforts to engage the community during the pandemic.</p>	<p>Gustavo Roman Community Service Worker ICBHS Center for Clinical Training</p>
Week of August 23 rd	<p>Compassion Fatigue</p> <p>Compassion fatigue is defined as "a term that describes the physical, emotional, and psychological impact of helping others- often through experiences of stress or trauma." The pandemic, partially through separating people in the helping professions, shined a spotlight on compassion fatigue and the need to support helping professions. Join us as Mental Health Counselor, Viviana Trejo, comes on the show and talks about signs, symptoms and different ways to help with compassion fatigue.</p>	<p>Viviana Trejo, AMFT Associate Marriage and Family Therapist Mental Health Counselor II Adults FSP Services</p>
Week of August 30 th	<p>Managing Mental Health Stigma in Schools: Opening Doors to Support (Originally aired on December 2020)</p> <p>Students may be reluctant to seek mental health help due to the stigma of being labeled as a person with a mental health condition. This reluctance and the resulting delay in seeking treatment can result in additional suffering and risk for our youth. Fortunately student groups in several area schools are directly addressing stigma, normalizing and validating mental health support, and making their campuses safer. Please join us as Lupita Castro goes more in depth about this important topic, including direct efforts at Imperial Valley College.</p>	<p>Lupita Castro, LFMT Licensed Marriage and Family Therapist Director of Student Health Services Imperial Valley College</p>

If you have any questions that you would liked answered on the show, please send an email to: wellnessradio@co.imperial.ca.us

