

# Let's Talk About It!

# November 2021

# Wellness Radio



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

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of November 1 <sup>st</sup>	<p><b>Playing for Change: Music's Transformative Power</b>            (Originally aired on April 2017)</p> <p>Playing for Change was created to connect the world's people through music, with a focus on supporting homeless relief for marginalized musicians. The idea for this project came from a common belief that music has the power to break down boundaries, overcome distances between people and create positive change. Join us as we speak with Chairman Mark Johnson about how Playing For Change was born, evolved, and remains to this date Playing For Change.</p>	<p><b>Mark Johnson</b>            Chairman of the Board            Playing for Change            Foundation</p>
Week of November 8 <sup>th</sup>	<p><b>Anxiety and Depression Disorders and Therapies</b>            (Originally aired on January 2021)</p> <p>While anxiety and depression are not uncommon elements of an adult life, the pandemic has put these conditions in the forefront of many people's day to day existence. Join us as Mariana Magana offers information on how to monitor, self-manage, and know when to seek support for depression and anxiety. Sharpen those self-care pencils and get ready to take notes! Whether or not you count the pandemic as over, the value of self-managing the anxiety and depression-related life elements remains an important commitment to individual happiness and success.</p>	<p><b>Mariana Magana, ACSW</b>            Associate Clinical Social            Worker            Psychiatric Social Worker II            Adult EI Centro Anxiety and            Depression Clinic</p>
Week of November 15 <sup>th</sup>	<p><b>Mental Health Needs in the Latino Community</b></p> <p>Join us at Let's Talk About It as we speak to research scientist Dr. Imelda Padilla-Frausto regarding her research into mental health distress and willingness to seek support in Latino populations. We'll talk about culture, marginalization, safety, and stigma as we explore the nature of the data and public policy and other solution-focused potentials to have a community where Latino people in mental health distress might feel more comfortable, safer, and a sense of value in seeking available mental health supports.</p>	<p><b>Imelda Padilla-Frausto, PhD, MPH</b>            Research Scientist            UCLA Center for Health            Policy Research</p>
Week of November 22 <sup>nd</sup>	<p><b>Grief During a Pandemic</b>            (Originally aired on March 2021)</p> <p>The pandemic has brought grief to our community. Lost loved ones, lost freedoms, lost opportunities, lost social contacts, lost practices and habits all have resulted from the pandemic and its conditions. While some of these elements may have restored, other losses may never restore. Join us as therapist Stephanie Ramirez acknowledges and validates the losses we've all suffered and provides both healing coping and a sense of when grief may be overwhelming and when support may be necessary for recovery.</p>	<p><b>Stephanie Ramirez, LCSW</b>            Licensed Clinical Social            Worker            Supervising Therapist            Children and Adolescent            Services</p>
Week of November 29 <sup>th</sup>	<p><b>Best S.T.E.P. Forward</b></p> <p>The Best S.T.E.P. Forward is an organization that is rapidly growing throughout Imperial Valley from Calipatria in the north to Calexico in the south. Best S.T.E.P Forward hosts programs for children of all abilities. The acronym S.T.E.P stands for <b>S</b>ports, <b>T</b>heatre, <b>E</b>xpression, and <b>P</b>erseverance. They believe in "having fun while learning the fundamentals and structure of the organization". Join us as we speak with Jacqueline Riddell as she shares her personal experience and what she's learned from parenting children who are differently abled, to the birth and growth of a non-profit to support those children and youth.</p>	<p><b>Jacqueline Riddell</b>            Best S.T.E.P Forward            CEO/Founder            Coach Coordinator            Calipatria PAL President</p>

