

Let's Talk About It!

February 2022

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 February 7 th	<p>Imperial County Behavioral Health's Crisis Care Mobile Unit: An Evolution of Community Care Imperial County Behavioral Health is in the process of teaming with law enforcement, local hospitals and schools to deliver mobile crisis support to community members experiencing mental health distress. The beginnings of the project have already shown that this professional intervention commonly results in earlier treatment engagement, necessitating a lower level of care. This increases the safety of the person and the community while also saving significant amounts of spending that result from higher levels of care. It's a win win win win: better services, delivered at a lower cost, more safely, and supporting our local agency partners. Join us as we detail the programs, review the data, and learn more about this evolutionary step in local community mental health.</p>	<p>Maria Ruiz, MSW Deputy Director Mental Health Triage and Engagement Services</p> <p>Jose Alvarez Program Supervisor Mental Health Triage</p>
Week of February 14 th	<p>Healthy Adult Relationship During a Pandemic (Originally aired on March 2021)</p> <p>Adulthood contains a number of life challenges, possibly including the beginning or ending of romantic relationships, career choices, parenting, aging, and adult steps and stages. With therapist Sergio Hernandez, we focus on all of these relational aspects in the context of this pandemic. He shares common concerns and helpful strategies in supporting ourselves and other adults through the remainder of the pandemic and its restrictions.</p>	<p>Sergio Felipe Hernandez, AMFT Registered Associate Marriage & Family Therapist Mental Health Counselor Youth and Young Adult Services</p>
Week of February 21 st	<p>Children and Adolescent Services: Shifting the Focus for Better Outcomes (Originally aired on April 2018)</p> <p>One in five children needs mental health support in any given year. Providing this support offers a pathway to successful outcomes with school and family. Children and Adolescent Services provides a wide variety of evidenced-based practices that specifically target children's mental health concerns. Join us as we explore the ongoing development of more treatment services for children.</p>	<p>Christine Garcia, LCSW Licensed Clinical Social Worker Psychiatric Social Worker Children and Adolescent Services ICBHS- EI Centro</p>
Week of February 28 th	<p>Southwest High School HOSA: Supporting Student Mental Health (Originally aired on July 202)</p> <p>The Southwest High School HOSA: Future Health Professionals and Founding Members of the Coalition for Student Wellness at Southwest High School has for the past several years initiated a number of mental health supporting interventions on their campus that have met with state-level acclaim and shown campus level results. Now, coming off a pandemic year, HOSA student leaders join us to talk about their interventions in the pandemic, as well as their planning and progress towards a mentally healthy return to campus this fall.</p>	<p>Dominique and Hanna Southwest High School HOSA: Future Health Professionals and Founding Members of the Coalition for Students Wellness at Southwest High School</p>

