

Let's Talk About It!

April 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 April 4 th	<p>Teens Mental Health Pandemic Resiliency</p> <p>Teens were disconnected from their usual social life connections at school and with friends. They had to learn new ways to deal with mental health issues during the pandemic especially with the isolation that the pandemic brought to everyone. Their stories reflect their struggles as well as their growth and success in managing the challenge of the pandemic that affected nearly two years of their high school experience.</p>	<p>The Coalition for Student Wellness at Southwest High School</p>
Week of April 11 th	<p>Mental Health First Aid</p> <p>The Mental Health First Aid program is an interactive training that introduces participants, 16 years of age and over, to risk factors and warning signs of mental health problems. This training, offered to the public by Imperial County Behavioral Health now resuming after pandemic restrictions, builds understanding of the impact of mental health concerns and outlines common treatments. Mental health awareness can build safer and healthier communities.</p>	<p>Marie Arroyo, LMFT Licensed Marriage And Family Therapist Program Supervisor Adult and Older Adult Services Calexico Anxiety & Depression</p>
Week of April 18 th	<p>Directing Change</p> <p>Directing Change is a statewide video completion among high school students in which students participate by creating videos that talk about mental health. Submission categories include Suicide Prevention, Mental Health Matters, and Through the Lens of Culture with the goal of reducing the stigma that surrounds mental health. Southwest High School students created several submissions that will be shown at a community wide premier on April 26th at Southwest High. We talk to the teams that created these videos and they share their stories. Join us here and then at Southwest High School on April 26th to celebrate these youth efforts.</p>	<p>Southwest High School Community Health Workers</p>
Week of April 25 th	<p>Applied Suicide Intervention Skill Training (ASIST)</p> <p>This workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical and practice-oriented workshop. The Behavioral Health Department has utilized ASIST training for suicide intervention for over 20 years. Now available to our schools and our community members, ASIST contributes to a suicide safer community.</p>	<p>Dalia Pesqueira, LMFT Licensed Marriage And Family Therapist Behavioral Health Manager Youth & Young Adults Services</p>

