

# Let's Talk About It!

# July 2022

# Wellness Radio

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

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of July 4 <sup>th</sup>	<p><b>National Alliance on Mental Illness: The Value of Lived Experience</b></p> <p>The National Alliance on Mental Illness (NAMI) is offering a series of training courses for individuals and family members with mental health concerns. The 'lived experiences' are unique and important to each individual and important for their own recovery process. Join us as we explore the value of lived experience and how it supports behavioral health recovery.</p>	<p><b>Ingrid Alvarez Ron</b> Program Manager <b>Shannon Switzer</b> Lead Trainer NAMI Career Pathways 2.0 San Diego and Imperial Counties</p>
Week of July 11 <sup>th</sup>	<p><b>The Whole-Brain Child: Revolutionary Strategies to Nurture Your Child's Developing Mind</b> (Originally aired on September 2015)</p> <p>Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your fifth-grader sulks on the bench instead of playing on the field. Do children conspire to make their parents' lives endlessly challenging? No, it's just their developing brain calling the shots! Daniel J. Siegel, neuropsychiatrist and author of the best selling book <i>Mindsight</i>, explains the new science of how a child's brain is wired and how it matures.</p>	<p><b>Dr. Dan Siegel</b> Clinical Professor of Psychiatry, UCLA School of Medicine; Founder and Co-Director of the UCLA Mindful Awareness Research Center</p>
Week of July 18 <sup>th</sup>	<p><b>Talking to Children About Mass Shooting</b></p> <p>Young children across the nation are struggling with their emotions about the stories on mass shootings, which will cause them to seek out trusted adults for help and reassurance. Many students as young as kindergarteners continue to participate in active shooter drills at schools. The exposure to these drills can lead to very difficult questions and conversations. Join us as Stephanie Ramirez, supervising therapist talks more in detail about this important subject and how to ease those feeling in children.</p>	<p><b>Stephanie Ramirez, LCSW</b> Licensed Clinical Social Worker Supervising Therapist Children Services</p>
Week of July 25 <sup>th</sup>	<p><b>Best S.T.E.P. Forward</b> (Originally aired on November 2021)</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, the birth and growth of a non-profit and how to support these children and youth.</p>	<p><b>Jacqueline Riddell</b> Best S.T.E.P Forward CEO/Founder Coach Coordinator Calipatria PAL President</p>

