

Let's Talk About It!

August 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 August 1 st	<p>Mental Health Needs in the Latino Community (Originally aired on November 2021)</p> <p>Join us 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, public policy and other solution-focused potentials to build a community where Latino people in mental health distress might feel more comfortable, safer, and have a sense of value in seeking available mental health supports.</p>	<p>Imelda Padilla-Frausto, PhD, MPH Research Scientist UCLA Center for Health Policy Research</p>
Week of August 8 th	<p>Post Traumatic Stress Disorder (Originally aired on July 2021)</p> <p>The National Alliance on Mental Illness (NAMI) defines Post-traumatic Stress Disorder (PTSD) as a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. Symptoms can begin to present themselves within months or even years after the event. The Imperial County Behavioral Health Adult Anxiety and Depression Clinic strives to help individuals, who meet criteria, to find the best way to manage stress and alleviate symptoms and impairments. Join us as we explore the disorder and treatments that work.</p>	<p>Bianca Nelson, LCSW Licensed Clinical Social Worker</p>
Week of August 15 th	<p>Youth Opioid Response Grant</p> <p>The Youth Opioid Response Grant assists youth and young adults ages 12 to 24 with opioid use and/or stimulant use disorders by enhancing the availability of treatment services. The substance use disorder services offered by Imperial County Behavioral Health are responsive to youth and young adults, considering their family values, beliefs, norms, socio-economic, and cultural context, provided in a non-judgmental environment, which promotes independence and community integration for individuals with the support of family, peers, and the community.</p>	<p>Christen Magaña Program Supervisor Adolescent Substance Use Disorder Treatment Services</p>
Week of August 22 nd	<p>Positive Engagement Team (P.E.T.): Innovative Mental Health Engagement (Originally aired on July 2021)</p> <p>Imperial County Behavioral Health Services has well-behaved, friendly, and loving dogs at the clinics and at community events! The pups are there to meet you, receive and give affection, and give support to those showing up for behavioral health appointments. Behavioral Health, trained handlers and the Humane Society of Imperial County Positive Engagement Team developed this innovative program. Join us as Devon Apodaca, Director of Humane Society of Imperial County and Rene Felix, P.E.T. Program Supervisor share the latest on our canine partners in mental health.</p>	<p>Devon Apodaca Director of Imperial County Humane Society René Felix Program Supervisor Positive Engagement Team (P.E.T.) Project</p>
Week of August 29 th	<p>Supporting the Mental Health Needs of the LGBTQ Community (Originally aired on May 2021)</p> <p>Research suggests that LGBTQ individuals face health disparities linked to societal stigma, discrimination, and denial of their civil and human rights. Discrimination against LGBTQ persons has been associated with high rates of psychiatric disorders, substance abuse, and suicidal thoughts and behavior. Cal Voices is an organization advocating for rights and better health care for the LGBTQ community. Join us as Poshi Walker further discusses the mental needs of the LGBTQ community and the resources that are available.</p>	<p>Poshi Walker LGBTQ Program Director Cal Voices Cultural Broker</p>

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

