

Let's Talk About It!



With

Scott Dudley & Maria Wyatt

Wellness Radio



IMPERIAL COUNTY
Behavioral Health Services
MENTAL HEALTH & SUBSTANCE USE RECOVERY

September

2023



Central Union High School's Yellow Ribbon Club

(Originally aired on March 2021)

WEEK OF SEPTEMBER 4th

The Yellow Ribbon Club, a high school student organization focused on suicide prevention, encourages a positive attitude and outlook on life. The club promotes holistic wellness starting with students, but with a goal of reaching the entire community, through a focus on self-care and positivity. Join us as counselor Ramona Campos and student leaders Itzel and Vanessa talk more about this wonderful school-based mental health wellness club.

Guest Speaker-Ramona Campos, Counselor, Itzel and Vanessa, President, Vice-President of Yellow Ribbon Club Central Union High School

Suicide Prevention-Know The Signs

(Originally aired on September 2021)

WEEK OF SEPTEMBER 11TH

Suicide is a major public health concern. Suicide can be very complicated and tragic, but it is also often preventable. Know The Signs is a California suicide prevention campaign that focuses on direct steps and skills to prevent suicide. Suicide is preventable, by knowing where to reach out and finding the words. Listen in as Stan Collins, suicide prevention specialist from Know The Signs, joins us to speak more in depth about this important topic.

Guest Speaker-Stan Collins, Consultant Suicide Prevention Specialist Know The Signs

Substance Use Disorder (SUD) Prevention Services

(Originally aired on August 2020)

WEEK OF SEPTEMBER 18TH

Too Good For Drugs is an evidence-based substance use prevention program that focuses on facts and decision-making practices in a group setting. This program is a in-person learning based program. Join our guest, Danny Gutierrez, as he discusses the 12 session curriculum, its benefits and how your school district can bring this prevention program to their campus.

Guest Speaker-Danny Gutierrez, Community Service Worker, Adolescent Substance Use Disorder Program

Substance Use Disorder Recovery Month

WEEK OF SEPTEMBER 25TH

Substance Use Disorder Recovery Month is observed in September to promote and support new evidence-based treatment and recovery practices. The purpose is to bring awareness surrounding mental health and addiction recovery. By doing so it also promotes the stories of those who have recovered and encourages those who want to recover to reach out and bring us in as a support for them so they can achieve their goals.

Guest Speaker-Andrea Saldivar, Associate Clinical Social Worker, Behavioral Health Therapist, Adult SUD EI Centro

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