

Let's Talk About It!



With Scott Dudley

Wellness Radio



IMPERIAL COUNTY
Behavioral Health Services
MENTAL HEALTH & SUBSTANCE USE RECOVERY



National Alliance on Mental Illness: The Value of Lived Experiences

Week of July 1

Originally aired July 2022

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.

Guest Speaker: Ingrid Alvarez Ron, Program Manager
Shannon Switzer, Lead Trainer-NAMI Career Pathways 2.0 San Diego and Imperial Counties

Dispelling the Myth of Violence and Mental Health

Week of July 8

Originally aired April 2014

Historically, society has perceived people with mental disorders as being more violent and dangerous than other individuals, resulting in a public perception of those suffering from a mental illness as being more dangerous members of our community. Nothing could be further from the truth. Join us as we listen to Dr. Grohol share the facts.

Guest Speaker: Johgn Grohol, Psy.D., Founder of PsychCentral Health Network

Hiking and Mental Health

Week of July 15

Originally aired October 2023

Hiking is a great physical activity that promotes and improves the mental state of hikers. Hiking gets people out in nature, and this stimulates production of endorphins that may help people feel happy. Participating in hiking creates and strengthens family bonds. Join us to learn more about the practice of hiking and its associated holistic health benefits.

Guest Speaker: Maggie Peikon, Manager of Communications for the American Hiking Society

Laughter Yoga

Week of July 22

Originally aired October 2023

Laughter Yoga is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter. Join us as we speak with a Laughter Ambassador and share information on the techniques and benefits of Laughter Yoga.

Guest Speaker: Mayra L. Reyes, LCSW, Laughter Ambassador, Laughter Yoga

Music and Mental Health

Week of July 29

Originally aired November 2023

Mental Health challenges affect our lives in different ways that can lead us to cope with stress by isolating, feeling hopeless and lacking energy. Research shows that music can help reduce the impact of mental health challenges. Join us as Johnny Crowder talks about his recovery through music and how it inspired his "Cope Notes" positive texting business.

Guest Speaker: Johnny Crowder, Certified Recovery Peer Specialist (CRPS-Y/A), CEO and Founder of Cope Notes

TUNE IN



Thursdays at 8 am



Sundays at 7am



Sundays at 7pm

Visit www.kxoradio.com for podcasts on demand

<https://bhs.imperialcounty.org>
For access to services please contact (442) 265-1525 or 1-800-817-5292

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