



Mental Health Podcasts

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Reducing the Risk of Teen Addiction

Rogers Behavioral Health

Whether it's vaping, prescription medications, marijuana, nicotine, or alcohol, when teens turn to substance use it can have a major impact on their health and well-being. But by focusing on prevention, recognizing the signs, and understanding the link between addiction and mental health, we can stop an emerging problem before it begins. In the 4-part Reducing the Risk of Teen

Addiction podcast, Dr. Michelle Maloney, executive director of addiction recovery at Rogers Behavioral Health provides critical insight on who is at risk, the connection between mental health and substance use, and what parents should do if they suspect their teen is using.

Parenting Teens with Depression

Rogers Behavioral Health

In Parenting Teens with Depression, clinical team members from Rogers Behavioral Health will help us better understand the causes and symptoms of teenage depression, as well as effective therapies used in treatment and tips parents can use at home.

Anxiety in Schools

Rogers Behavioral Health

Worry, fear, meltdowns, inability to concentrate, refusing to go to school. Students' outward behavior can often indicate an internal struggle with anxiety. And as the most common emotional disorder affecting kids today, anxiety is having an impact on thousands of classrooms nationwide. But how can you know when students are dealing with anxiety? And what can you do to help? In this six-part series, our expert medical staff share ways you can identify at-risk students, practical tips for addressing anxiety in the classroom, and clues for knowing when it's time to seek professional help. Listen to the podcast and access a library of additional resources below to help your students

Understanding School Refusal

Rogers Behavioral Health

Struggling with a student who is melting down before school? Spending more time in the nurse's office than the classroom? Afraid to interact with other students or teachers? While everyone has a rough day or two, when a child falls into a pattern of habitually avoiding or refusing school, it can heighten stress levels and indicate a deeper struggle with mental health. In four eye-opening episodes of the podcast series, you will hear our medical experts break down the complexities of why children refuse to go to school, identify symptoms and behaviors, and share school refusal intervention strategies that educators and parents can use to work together to help kids get back to class.

The Winter Blues Series

Continuing the Conversation

The Madison Chatham Coalition is excited to bring back our podcast series Continuing the Conversation: A Prevention Podcast. Join Project Community Pride and Madison Chatham Coalition for a conversation about the holiday blues or Seasonal Affective Disorder. This episode introduces the holiday blues and the difference between that and Seasonal Affective Disorder.