

Stir It Up Broadcast Summary: October – December 2023

Quarter 4

10.13.2017	Jaqueline Awe and Shawntell Phoenix-Martin, and student intern, Leslie Shepherd.	Friday, 10.6.2023 12 pm – 1 pm	The panel talk about suicide and suicide prevention. They also provide information on resources, and where to get help.
12.8.2017	Dr. Shawntell Phoenix-Martin interviews Lolitha Mohammad and her daughter Amira about their learning center, Scholar's Academy Learning Center.	Friday, 10.13.2023 12 pm – 1 pm	Ms. Mohammad talks about her learning center and the services they provide, such as the base curriculum: math, reading and writing. They also provide sewing, typing, gifted education courses, black studies and community building.
11.24.2017	Jaqueline Awe and Shawntell Phoenix-Martin interviews an International Board Certified Lactation Consultant (IBCL)	Friday, 10.20.2023 12 pm – 1 pm	The IBCL Consultant discuss how breast-feeding rates among African American are very low, and the importance of breastfeeding for infant development. Additionally, information is provided about different ways to give birth (water birth, etc.), and where get

			help for mothers who are experiencing difficulty with latching.
4.30.2018	Jaqueline Awe interviews: Kiwana Gilbert; Melissa Rings; Ronique Thomas from Coast Health District at Public Health Department.	Friday, 10.27.2023 12 pm – 1 pm	Public Health- Guests provide information on what public health is and what it does. They also discuss services that are provided such as: Hurricane evacuation- make sure it is safe to return, STD testing, WIC programs, Reproductive health, food inspections, and STD prevention on college campuses.
5.7.2018	Jaqueline Awe interviews: Dentist, Dr. Ann Linton	Friday, 11.3.2020 12 pm – 1 pm	Dr. Linton discuss general dental care, the importance of taking care of your teeth, and how weak teeth and gums may be associated with ailments of the body.
11.20.07	Hosts Jaqueline Awe and Dr. Shawntell Phoenix-Martin interview Rebecca Lantz licensed professional counselor in her private practice.	Friday, 11.17.2023 12 pm – 1 pm	Ms. Lents is a specialist in anxiety disorders. During this broadcast stress is discussed, and how to determine the difference between normal stress and anxiety vs anxiety disorders.
2.14.2020	Jaqueline Awe and Shawntell Phoenix-Martin interview	Friday, 11.24.2023 12 pm – 1 pm	Meyer discusses mindful self-compassion yoga:

	Amanda Meyer, Instructor/Consultant with the Chatham County Safety Net Planning Council.		what it is, its purpose and how it is beneficial physically, emotionally, mentally, and spiritually.
4.12.2019	Jacqueline Awe interviews Charity Lee from Ella Foundation; Tadisha Sams-Young from Coordinator of Disability Services at SSU; Bria Anderson, Master level intern; and Stephen Williams MSW intern	Friday, 12.1.2023 12 pm – 1 pm	Guests discuss compassion fatigue, and the intense emotional components that is involved in the social work/care takers field. Also discussed: how easily it is to become tapped out as a counselor, social worker, care takers, etc., as well as the importance of knowing when to take a break, and engage in self-care.
1.30.2017	Jaqueline Awe interviews Ms. Lisa Wiggins from Youth Families and Emerging Adults Services Integration Coordinator for Gateway Behavioral Services for Savannah Counseling.	Friday, 12.8.2023 12 pm – 1 pm	Ms. Wiggins talks about the organization and the services they have to offer, and the steps to take to gain access to those services.
2.17.2017	Jacqueline Awe and Tadisha Young talk about Disability Services.	Friday, 12.15.2023 12 pm – 1 pm	Information about what disability services looks like on SSU's campus is provided. Additionally, the definition of disability services is addressed as well what it is like to live with a disability, and what people in the community to know about those living with disabilities.

