

### **I'm Listening / January / Mental Health Seg 1**

Guest: Dr. Christine Moutier, AFSP and Paul Augustyniak, AFSP

Contact: David O'Leary, Host

Link:

Airdate:

Category: Mental Health

Description: Talk Away the Dark: How to Have Open and Honest Conversations with Loved Ones. We speak with Dr. Christine Moutier, Chief Medical Officer for the American Foundation for Suicide Prevention and Paul Augustyniak about how to have open and honest conversations with loved ones about suicide, suicidal ideation. Through a series of open and honest conversations we demonstrate the importance of talking to people directly about suicide and show what those conversations help to prevent suicide and give people hope.

### **I'm Listening / January / Mental Health Seg 2**

Guest: Dr. Christine Moutier, AFSP and Paul Augustyniak, AFSP

Contact: David O'Leary, Host

Link:

Airdate:

Category: Mental Health

Description: Talk Away the Dark: How to Have Open and Honest Conversations with Loved Ones. We speak with Dr. Christine Moutier, Chief Medical Officer for the American Foundation for Suicide Prevention and Paul Augustyniak about how to have open and honest conversations with loved ones about suicide, suicidal ideation. Through a series of open and honest conversations we demonstrate the importance of talking to people directly about suicide and show what those conversations help to prevent suicide and give people hope.

### **Audacy Conversations-State of the Entertainment Industry / February / Seg 1**

Guest: Ron Perlman, Cynthia Littleton-Variety, Karina Manashil-Mad Solar Productions, Patrick Gomez-Entertainment Weekly, Duncan Crabtree Ireland-SAG/AFTRA

Contact: KNX Charles Feldman and Mike Simpson-Hosts

Link:

Airdate:

Category: Media/Entertainment

Description: Hollywood has always reflected the changing world around it. But we are at a reflection point, coming off a 6 month strike. Streaming services are on the rise and older business models are falling. We discuss what the future of what the entertainment industry looks like and what it means for what we will see and consume.

### **Audacy Conversations-State of the Entertainment Industry / February / Seg 2**

Guest: Ron Perlman, Cynthia Littleton-Variety, Karina Manashil-Mad Solar Productions, Patrick Gomez-Entertainment Weekly, Duncan Crabtree Ireland-SAG/AFTRA

Contact: KNX Charles Feldman and Mike Simpson-Hosts

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### **I'm Listening / March / Mental Health Seg 1**

Guest: Victor Armstrong-AFSP, Steve Siple-AFSP Contributor

Contact: David Glover, Host

Link:

Airdate:

Category: Mental Health

Description: Talk Away the Dark: How to Have Open and Honest Conversations with Men. Men are less likely to talk about their mental health struggles than women, which is why it's so important to break down stigma and open the door for these conversations. Community and friendships are huge protective factors against suicide. We seek to emphasize the critical role that asking someone directly about suicide plays in suicide prevention and demonstrate how to have supportive conversations with loved ones about mental health and suicide prevention.

### **I'm Listening / March / Mental Health Seg 2**

Guest: **Alex Silva-AFSP, Dan Miller-Wounder Warrior Project and Dr. Erin Fletcher-Wounded Warrior Project**

Contact: David Glover, Host

Link:

Airdate:

Category: Mental Health

Description: Talk Away the Dark: How to Have Open and Honest Conversations with Military and Veterans. Veteran populations face difficulties transitioning from military life and have higher rates of suicide compared to the civilian population. We seek to Understand how Veteran and military culture contributes to existing stigmas is essential to being open about mental health challenges and encouraging those who need it to seek help. Support and resources are available for Veterans that can make a major difference to save lives.