



Date aired: ____ 5/9 ____ Time Aired:

Weekly Public Affairs Program

Show # 2021-19

Total running time: 29:30 (with optional exit at 24:00)

1. **Christy Kane, PhD**, Trauma Psychologist, Licensed Mental Health Counselor, CEO of 360 Focus Mental Health, author of *"Fractured Souls and Splintered Memories: Unlocking the 'Boxes' of Trauma"*

Dr. Kane said America suffered from a mental illness pandemic even before COVID-19 appeared, but the problem greatly accelerated from 2019 to 2020. She said data indicates that the need for mental health services for children increased by 98% in the past year. She also estimated that 90% of the overall population is struggling mentally to deal with changes related to COVID-19.

Issues covered:

Length: 8:53

**Mental Illness
Pandemic**

2. **Jennie Romer**, Recycling Expert, author of *"Can I Recycle This? A Guide to Better Recycling and How to Reduce Single-Use Plastics"*

Americans love to recycle but Ms. Romer said many are misinformed when it comes to what items are recyclable and what are not. She outlined the most common items that consumers incorrectly believe can be recycled and why. She explained why only 9% of the plastic ever produced has been recycled.

Issues covered:

Length: 8:22

**Recycling
Environment
Government Policies**

3. **Thomas Beckman, MD**, Fellow in Advanced General Internal Medicine at the Mayo Clinic

Many patients seek a second opinion before treatment for a complex medical condition. Dr. Beckman led a study at Mayo that found that only 12 percent of second opinions confirm that the original diagnosis was complete and correct. He explained what illnesses should merit the pursuit of a second opinion.

Issues covered:

Length: 4:58

Personal Health