



**FOR IMMEDIATE RELEASE**

## **NE Delta HSA Launch New Radio Program Entitled “It Is What It Is”**

**(MONROE, LOUISIANA) – Nov. 20, 2017** – Northeast Delta Human Services Authority (NE Delta HSA) has launched a new radio show entitled, “It Is What It Is.” This innovative talk show features Clinical-Community Psychologist and NE Delta HSA Executive Director, Dr. Monteic A. Sizer.

It Is What It Is seeks to give voice and perspective to those battling and seeking to overcome challenges associated with poverty, mental illness, addiction and developmental disability. The show gives listeners valuable information and life strategies on how to navigate broken family and social systems that often restrict individuals from being all they were born to be.

Each hour long segment is moderated by Public Information Director, Tenille T. Terry. The program airs every Wednesday morning at 9 a.m. on KOUS 96.3 FM (Monroe, Louisiana), online and via phone. Listeners are able to submit questions across NE Delta HSA's social media platforms and share personal stories and experiences on how they overcame some of life's most difficult challenges.

“Human beings are resilient when hope and opportunities are present,” said Dr. Sizer. “Our mission with this talk show is to help guide and equip those who are trying and willing to help themselves through some of life's most difficult circumstances. We aim to inspire, challenge and empower those seeking a better life,” he stated.

It Is What It Is Radio Show was created out of the need to address conflating societal coping issues within one’s present state. Providing a more realistic outlook and introducing different perspectives on one’s current position in life. It’s the goal of NE Delta HSA that this new platform will help expand its primary focus by utilizing untraditional governmental agency mediums.

Listen live on 96.3 FM KOUS (Monroe, LA), online at [www.kouslive.com](http://www.kouslive.com) or via phone by dialing (712) 832-2648.

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## **About Northeast Delta Human Services Authority (NEDHSA)**

Northeast Delta Human Service Authority manages the operation of community-based programs to improve the quality of life for individuals with major mental illness, developmental disabilities and addictive disorders. NE Delta HSA accomplishes this by utilizing a nationally-recognized and integrative approach that identifies and addresses behavioral and primary health care needs. Our agency operates through collaboration with regional partners in business, prevention, education and care in 12 parishes (Caldwell, East Carroll, West Carroll, Ouachita, Lincoln, Madison, Franklin, Morehouse, Jackson, Tensas, Richland and Union). NEDHSA is devoted to delivering programs and services that encourage citizens of Northeast Louisiana to reach their full human potential. Three tenets guide these efforts: excellent customer service, greater access to services and competent, quality care.

For additional media resources:

Video Link: [https://youtu.be/iHd\\_uJB3UhE](https://youtu.be/iHd_uJB3UhE)

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