

Let's Talk About It!



With

Scott Dudley & Maria Wyatt



Wellness Radio



--- IMPERIAL COUNTY ---
Behavioral Health Services
MENTAL HEALTH & SUBSTANCE USE RECOVERY

Mindfulness and Horses

Week of May 1

Mindfulness encourages you to disengage from the media and take in the sights and sounds of the moment while relaxing while clearing your mind from thinking, stress and worries. Horses have an acute ability to be in the moment that allows them to pick up on our subtle body language cues and emotions. When combining mindfulness and horses the horses helps us to become more in touch with our emotions and help us heal from our past traumas. Jennifer Cohen Harper talks about this mindfulness practice and its development during pandemic lockdown as a way for people to reconnect with nature.

Guest Speaker: Jennifer Cohen Harper-Founder and CEO-Little Flower Yoga

Applied Suicide Intervention Skill Training (ASIST)

(Originally aired on April 2022)

Week of May 8

This workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical and practice-oriented workshop. The Behavioral Health Department has utilized ASIST training for suicide intervention for over 20 years. Now available monthly to our schools and our community members, ASIST contributes to a suicide safer community. Join us and learn more.

Guest Speaker: Dalia Pesqueira, LMFT- Licensed Marriage and Family Therapist- Behavioral Health Manager- Youth and Young Adults Services

Casa Serena

(Originally aired on December 2021)

Week of May 15

Sometimes people in our community suffer serious mental health symptoms that are disrupting their lives. They need a safe harbor, a port in the storm, to stay safe and avert a potentially dangerous mental health crisis. Casa Serena provides that safe harbor, providing supportive elements of in-patient services for those who are having a mental health crisis before the crisis escalates. Join us as Deputy Director, Maria Ruiz, talks more in depth about this new program.

Guest Speaker: Maria Ruiz, MSW- Deputy Director Mental Health Triage and Engagement Services

Dialectical Behavior Therapy

(Originally aired on June 2021)

Week of May 22

Dialectical Behavior Therapy (DBT) provides clients with a new set of skills to manage painful emotions and decrease conflict in relationships. This therapy focuses on four areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. DBT is an evidenced-based treatment program incorporating individual therapy, group therapy, and a therapist consultation team. This comprehensive approach is a new addition to the stable of evidence-based practices embraced by Behavioral Health, join us to hear more.

Guest Speaker: Daphna Peterson, LCSW-DBT Therapist
Christopher Conley, MSW, RSW-DBT Clinician Portland DBT Institute

Best S.T.E.P. Forward

(Originally aired on November 2021)

Week of May 29

Best S.T.E.P. Forward is an organization that is rapidly growing throughout Imperial Valley from Calipatria in the north to Calexico in the south. Best S.T.E.P. Forward hosts programs for children of all abilities. The acronym S.T.E.P. stands for Sports, Theatre, Expression, and Perseverance. They believe in "having fun while learning the fundamentals and structure of the organization." Join us as we speak with Jacqueline Riddell as she shares her personal experience and what she's learned from parenting children who are differently abled, to the birth and growth of a non-profit to support those children and youth.

Guest Speaker: Jacqueline Riddell- Best S.T.E.P. Forward CEO/Founder- Coach Coordinator- Calipatria PAL President

TUNE IN



Thursdays at 8 am



Sundays at 7am



Sundays at 7pm

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