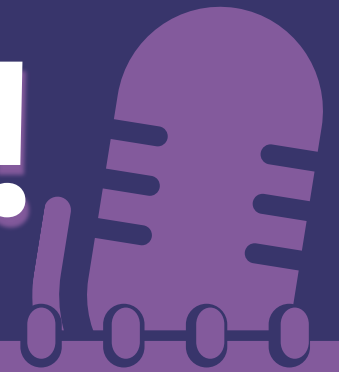


Let's Talk About It!



Wellness Radio

Co-hosts: Patricia Arevalo-Caro & Alfonso Ruiz



IMPERIAL COUNTY
Behavioral Health Services
MENTAL HEALTH & SUBSTANCE USE RECOVERY
Hope, Wellness and Recovery



Men's Mental Health

Week of June 1

Originally aired July 2025

Join us as we speak with Claudia Quintanilla about the importance of addressing men's mental health, the cultural factors that can influence emotional well-being, and how we can better support the men in our lives on their journey toward healing, connection, and resilience.

Guest Speaker:
Claudia Quintanilla
Behavioral Health Therapist
Imperial County Behavioral Health, Adults Division

Post-Traumatic Stress Disorder (PTSD)

Week of June 8

Originally aired March 2021

PTSD is a condition that can develop after a person experiences or witnesses a traumatic event causing individuals to experience anxiety, sadness, anger, difficulty concentrating, trouble sleeping, or feeling constantly on alert. Support and treatment are available to help individuals heal and recover.

Guest Speaker:
Bianca Nelson, LCSW
Licensed Clinical Social Worker

P.E.T Program and Foster Program

Week of June 15

Originally aired January 2025

Imperial County Behavioral Health Services, in collaboration with the Humane Society of Imperial County, identifies shelter dogs with the potential to be professionally trained to provide emotional support and comfort to clients during appointments and community outreach events.

Guest Speaker:
Ernesto De La Rosa, CSW
Monica Hernandez, CSW
Brooke Hester, PET Handler

Imperial Valley LGBT Center

Week of June 22

The Imperial Valley LGBT Resource Center offers comprehensive programs, support groups, and valuable resources. The Center is dedicated to empowering individuals and fostering a stronger, more connected community.

Guest Speakers:
Carmen Mejorado, CEO (Chief Executive Officer)
John Michael Ramirez, COO (Chief Operating Officer)
Imperial Valley LGBT Resource Center

Healthy Habits

Week of June 29

Building healthy habits can positively impact mental health by reducing stress, improving mood, and supporting cognitive function. Practicing simple healthy habits daily can help lower the risk of depression and improve overall emotional well-being.

Guest Speakers:
Jessica Martinez-Smith, ACSW
Clinician
Children Services



Thursdays at 8 am



Sundays at 7am



Sundays at 7pm

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If you have any question's you would like answered on the show, please send an email to: wellnessradio@co.imperial.ca.us