

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

May
2026



Jackson House

Week of May 4

Jackson House is a voluntary residential program using evidence-based treatment with individualized timelines. It provides 24/7 personalized support, helping clients manage symptoms, address mental health challenges, build recovery skills, and live independently.

Guest Speaker:
Carolina Rivas, AMFT
Clinician

Stepping Into Wellness

Week of May 11

Not knowing how to begin a healthy lifestyle that includes balanced nutrition and regular exercise can be difficult. Join us as we speak with Melanie from Power+Motion Studio about taking those important first steps in your fitness journey

Guest Speaker:
Melanie Burke-Phillips, Owner
Power+Motion Studio

High School The Game

Week of May 18

High School The Game is a teen life-strategy board game that captures the high school experience in a fun and relatable way. It encourages conversations about mental health while helping players build social skills through the ups and downs of modern student life.

Guest Speaker:
Sarah Abigail Vera, CEO
Creative Director, Game Designer

Youth Opioid Response Grant (YOR) and Access to SUD Services Week of May 25

The Youth Opioid Response Grant (YOR) expands treatment access for youth and young adults ages 16-25 with opioid or stimulant use disorders. The Adult Substance Use Disorder Treatment Services provide respectful, nonjudgmental care that supports independence and community integration.

Guest Speaker:
Jacob Welch, Certified Substance Use
Disorders Counselor
Adults Substance Use Disorders Treatment
Program

TUNE IN

88.7
RADIO BILINGUE

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like answered on the show,
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