

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

April
2026



Adolescent Substance Use Disorder, Harm Reduction

Aired on April 2023
Week of April 6

Harm reduction is an approach that emphasizes engaging directly with people who use drugs to prevent overdose and infectious disease transmission. Substance use treatment has evolved to include these lifesaving interventions such as Narcan, Fentanyl test strips, and linkages to county resources.

Guest Speaker:
Christen Magana, Program Supervisor
Adolescent Substance Use Disorder
Treatment Program

Soaring Hawks

Aired on May 2025
Week of April 13

The Soaring Hawks Program was created to provide comprehensive services and to support adolescents whose emotional or behavioral challenges significantly impact their ability to thrive at home, school, and within the community.

Guest Speakers:
Berenice Flynt, Program Supervisor
Vista Sands and Soaring Hawks
Pedro Sosa, Mental Health Rehab
Specialist
Soaring Hawks

Men's Mental Health

Aired on July 2025
Week of April 20

Men often face unique barriers when seeking mental health support, which makes education and outreach especially important. Join us as we address men's mental health, the cultural factors that influence it, and how we can better support the men in our community.

Guest Speaker:
Claudia Quintanilla, Behavioral Health
Therapist
Adult Services

Rite Track

Aired on October 2025
Week of April 27

Marysol Medina, Program Director with Rite Track Youth Services, shares how their proven programs equip youth with skills and guidance to make positive choices and build a brighter future.

Guest Speaker:
Marysol Medina, Program Director
Rite Track

TUNE IN



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