

Let's Talk About It!

Wellness Radio

Co-hosts: Patricia Arevalo-Caro and Alfonso Ruiz



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

July
2025



Men's Mental Health

WEEK OF JULY 7

Men often face unique barriers when seeking mental health support, which makes education and outreach especially important.

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

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

Dialectical Behavior Therapy

Originally aired on June 2021

WEEK OF JULY 14

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

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

Mindfulness and Horses

Originally aired on May 2023

WEEK OF JULY 21

Mindfulness invites us to disconnect from media distractions and become fully present, tuning into the sights, sounds, and sensations of the moment. It helps clear the mind of stress, worries, and overthinking, allowing for deeper relaxation and awareness. Horses, naturally attuned to the present, are susceptible to our subtle body language and emotions. When we combine mindfulness with time spent around horses, their presence can guide us toward emotional awareness and healing from past trauma. Jennifer Cohen Harper highlights this powerful practice, noting its rise during the pandemic lockdown as a meaningful way for people to reconnect with nature and themselves.

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

Laughter Yoga

Originally aired on October 2023

WEEK OF JULY 28

Laughter Yoga is a unique wellness practice that combines intentional, sustained laughter with yogic breathing techniques. Rooted in the idea that voluntary laughter offers the same physical and psychological benefits as natural laughter, this joyful approach promotes well-being, reduces stress, and boosts mood. Join us for a conversation with a certified Laughter Ambassador, Mayra Reyes, as we explore the techniques behind Laughter Yoga and the powerful benefits it can bring to your daily life.

Guest Speaker: Mayra L. Reyes, LCSW, Laughter Ambassador, Laughter Yoga

TUNE IN



Thursdays at 8 am



Sundays at 7am



Sundays at 7pm

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