

Let's Talk About It!



Wellness Radio



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

Day Out Center

WEEK OF MARCH 31

Brawley Day Out Center is an all-inclusive, preventative, and personalized care program that is designed to support participants in achieving their individual goals while providing much-needed respite for caregivers and families. The Brawley Day Out Center helps to fostering greater independence in familiar surroundings by helping participants maintain their quality of life for as long as possible.

Guest Speaker: Veronica Negrete
Director of Brawley Day Out Center

Positive and Adverse Childhood Experiences (PACEs)

Originally aired on April 2023

WEEK OF APRIL 7

PACEs refers to research about the significant effects of positive and adverse childhood experiences (PACEs) and how they work together to affect our lives. Having a supportive friend or partner, living in a safe neighborhood, and having access to nutritious food are all things that are shown to be positive influences. There is research linking each of these positive experiences to better health and increased resilience that may offset adverse experiences and promote happier, more successful youth lives!

Guest Speaker: Frank Spesia, M.Ed, MGA
Positive and Adverse Childhood Experiences (PACEs) Coordinator St. Joseph County Department of Health, Indiana

Adolescents Substance Use Disorder Harm Reduction

Originally aired on April 2023

WEEK OF APRIL 14

Harm reduction is an approach that emphasizes engaging directly with people who use drugs to prevent overdose and infectious disease transmission. Harm reduction helps improve physical, mental and social wellbeing of those served. This program offers low-threshold options for accessing substance use disorder treatment and other health care services. Substance use treatment has evolved to include these lifesaving interventions such as Narcan, Fentanyl test strips, and linkages to county resources. Join us as we explore harm reduction strategies utilized at Imperial County Behavioral Health, Substance Use Disorder Adolescent Clinics.

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

Self-Harming Behaviors in Youth and Young Adults

Originally aired on March 2021

WEEK OF APRIL 21

What is self-harm? NAMI defines it as: self-harm or self-injury by hurting yourself on purpose. The thoughts or actually hurting yourself are a sign of emotional distress. Post-pandemic and the particular stress on youth and young adults, the risks of self-harming behaviors have probably never been more pronounced. Please join us as therapist Maricruz Bermudez talks more in depth about the signs and symptoms and the different interventions and help that are available for young people that are experiencing self-harm.

Guest Speaker: Maricruz Bermudez, LFMT
Behavioral Health Supervising Therapist Youth and Young Adult Services

Cancer Resource Center Of The Desert and Mental Health

Originally aired on February 2024

WEEK OF APRIL 28

When someone receives news from their medical provider that the diagnosis is cancer, the news can be devastating. Receiving this type of news can affect the person's emotions as well as their immediate family and friends. Fortunately, there are emotional support resources. Join us as Helen Palomino, Chief Executive Officer Of The Cancer Resource Center of The Desert, talks more about this important topics and the resources available.

Guest Speaker: Helen Palomino, LCSW
CEO, Cancer Resource Center Of The Desert

TUNE IN



Thursdays at 8 am



Sundays at 7am



Sundays at 7pm

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