



Let's Talk About It!



Wellness Radio

Co-hosts: Patricia Arevalo-Caro & Berenice Flynt



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

October
2026



Portland Identification and Early Referral

Week of October 5

The Portland Identification and Early Referral (PIER) program provides multifamily groups where clients, families, and social supports can meet with clinical staff and other PIER families to learn about troubling symptoms. The program emphasizes recovery, resiliency, client-centered decision-making, and an optimistic therapeutic approach.

Guest Speaker:
Yesenia Valdivia,
Behavioral Health Therapist
Dr. Sudhakar Ravada
Clinical Psychologist
Imperial County Behavioral Health

Dealing with Grief

Week of October 12

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines grief as the emotional, mental, and/or physical response to a loss, often due to death but also encompassing other life changes, such as the end of relationships, loss of identity, or illness. Join us as Behavioral Health Therapist, Gracie Baker talks about different strategies and services available to help deal with grief.

Guest Speaker:
Gracie Baker
Behavioral Health Therapist
Imperial County Behavioral Health
Children Services

Area Agency on Aging (AAA)

Week of October 19

The Area Agency on Aging protect, assist and advocate for individuals by coordinating community based services to maintain their independence at home; and protecting the assets and managing the estates of those who have passed away. Joins as director, Sarah Enz explains in depth the services that they have to offer.

Guest Speaker:
Sarah Enz
Director Imperial County Area Agency
on Aging and
Public Administrator/Guardian

Healing the Valley: Inside the Imperial Valley College

Week of October 26

Join us as Director of Student Health Services, Lupita Castro, discusses the variety of services and resources available to support students. Learn more about how Student Health Services helps promote student health, well-being, and overall success throughout their college experience.

Guest Speaker:
Dr. Lupita Castro, DSL, LMFT
Director Student Health Services
Imperial Valley College

TUNE IN



Thursdays at 8 am



Sundays at 7am



Sundays at 7pm

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like answered on the show,
please send an email to:
wellnessradio@co.imperial.ca.us