

Let's Talk About It!

June 2022

Wellness Radio

<https://bhs.imperialcounty.org/>

For access to services please contact:
(442) 265-1525 or 1-800-817-5292

SCHEDULE:

TOPIC:

GUEST SPEAKER:



With **Scott Dudley**
& **Maria Wyatt**

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

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Week of
June 6th

Dispelling the Myth of Violence and Mental Illness

(Originally aired on April 2014)

Historically, society has perceived people with mental disorders as being more violent and dangerous than other folks, resulting in a public perception of those suffering mental illness as being more dangerous members of our community. Nothing could be farther from the truth. Dr. Grohol shares the facts.

John Grohol, Psy.D.
Founder of PsychCentral
Health Network

Week of
June 13th

Northend Family Resource Center: Mental Health and More!

Maria Nava-Froelich has spent decades building a Family Resource Center located at Calipatria High School that services a variety of human needs for the residents of the Calipatria/Niland area. Let's Talk About It gets together with Ms. Nava-Froelich to talk about the history, growth, and vision of the Resource Center, along with the supports available and how having this type of resource not only offers an access point to behavioral health supports, it helps support wellness by meeting a diverse list of community needs.

Maria Nava-Froelich
Calipatria-Niland Family
Resource Center Director

Week of
June 20th

Teen Challenge: Stress, Anger Management and Mindfulness

(Originally aired on December 2017)

Youth and Young Adults face an emerging world of cellphones, social media, academics, relationships and parents, all while experiencing the biological changes and challenges of adolescence. Data indicates that both anxiety and depression are increasing common in youth populations, Debilitating stress or anger, internalized or externalized can result. Mindfulness techniques, framed towards youth, can help.

Dalia Pesqueira, LMFT
Licensed Marriage and
Family Therapist
Behavioral Health Manager
Youth and Young Adult
Services

Week of
June 27th

Holistic Outreach Prevention & Engagement (HOPE) Program

The intent of the HOPE Program is to engage individuals who have no prior history receiving mental health services, and to enhance the support for individuals who are currently receiving outpatient services. ICBHS will implement a set of new holistic wellness activities focused on mindfulness, fitness, and music/art (mind, body and soul). Referrals to the HOPE Program will be generated through ICBHS crisis and youth outpatient services. Upon admission to the HOPE Program, the wellness coordinator will assess the client's strengths and needs and collaboratively develop an individual wellness program designed to reduce the need for higher level behavioral health services.

Johanna Pinedo, LFMT
Licensed Marriage and
Family Therapist
Program Supervisor
Youth and Young Adults
El Centro

