

Let's Talk About It!



August
2024



Wellness Radio



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

Helping Aggressive Children Manage Their Behavior

(Originally aired December 2023)

WEEK OF AUGUST 5

An overview of the Aggression Replacement Training (ART) model, a cognitive behavioral intervention program designed to help children improve social skills and moral reasoning, better manage anger, and reduce aggressive behavior.

Guest Speaker: Robert W. Oliver, Ed.D. Master Trainer for Aggression Replacement Training

Active Minds Club at IVC

(Originally aired April 2021)

WEEK OF AUGUST 12

Active Minds Club is a student organization established to promote and support healthy student wellbeing through peer awareness and activities. The concept of youth joining together to promote and protect their mental health is a repeating theme at campuses across the Imperial Valley. Our next generation of professional caregivers and helpers are developing helpful and leadership skills while making their schools happier, healthier, and safer. Join us as we discuss the mission, goals and heart of this amazing step towards improving community mental health at Imperial Valley College.

Guest Speaker: Lupita Castro, LMFT Director-Student Health Services, Behavioral Health Care Team Chair, Active Minds Chapter Advisor, and Aileen Sanchez-Active Minds President Imperial Valley College

Processing and Healing Grief

(Originally aired March 2021)

WEEK OF AUGUST 19

Loosing loved ones, freedoms, opportunities, social contacts, practices and habits can result in individuals experiencing what we know as grief. Join us, as therapist Stephannie Ramirez, LCSW acknowledges, validates and discusses different types of losses. Tune in as Stephannie provides both healing and coping mechanisms along with a sense of when grief may be overwhelming and when support may be necessary for recovery.

Guest Speaker: Stephannie Ramirez, LCSW, Licensed Clinical Social Worker

Mindfulness and Horses

(Originally aired May 2023)

WEEK OF AUGUST 26

Mindfulness encourages you to disengage from the media and take in the sights and sounds of the moment while relaxing and clearing your mind from overthinking, stress and worries. Horses have an acute ability to be in the moment which allows them to pick up on subtle body language cues and emotions. The combination of mindfulness and horses helps individuals become more in touch with their emotions and help heal past traumas. Jennifer Cohen Harper talks about this mindfulness practice and its evolution during the pandemic as a way for people to reconnect with nature.

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