

Healthy Babies, Healthy Children, Healthy Life: A Symposium



Healthy Mothers,
Healthy Babies
Coalition of Palm Beach County

Symposium Presenters

Eugenia Millender, Ph.D.

Dr. Eugenia Millender is a psychiatric nurse practitioner who is currently an Associate Professor and Graduate Coordinator within the Psychiatric Mental Health NP Certificate Program at Florida State University's College of Nursing. Her areas of expertise include stress, trauma, and diabetes that is often expressed among minority groups and under-served populations in the United States.

Dr. Millender has published several papers that describe the mental health and substance use among minorities in South Florida. Her work has helped to illuminate important facts about morbidity and mortality among minority populations. Work with vulnerable populations has taken Dr. Millender to Haiti, Panama, and Peru where she and others provided comprehensive health care for individuals and communities. She is Vice Chair of Center for Child Counseling's Board of Directors.

Veronique Mead, MD, MA, SEP, PPNP

Veronique was an Assistant Professor of Family Medicine and Obstetrics at the New Hampshire-Dartmouth Family Practice Residency program before changing careers to retrain as a Somatic Therapist at Naropa University. She integrates findings from diverse fields of research into a new paradigm for making sense of chronic illness. Her work also helps identify, repair and prevent risk for the epidemic of chronic behavioral, emotional and other chronic conditions in parents and children. This paradigm is informed by therapist training as a pre and perinatal professional (PPNP), as a Somatic Experiencing Practitioner (SEP), exploration through personal, developmental, relational and other trauma work to understand her chronic illnesses, and exploring the possibilities for healing and recovery from this new lens. Veronique is a speaker, teacher and writer who shares the science on her blog Chronic Illness Trauma Studies.com to support the need for trauma-informed care in medicine and beyond.



Stephanie De La Cruz, LMHC, RPT-S, Clinical Director, Clinical Services

Stephanie De La Cruz, a Licensed Mental Health Counselor, received her Bachelor of Arts degree in Psychology at Boston University, and then completed her Master of Science degree in Counseling Psychology at Northeastern University in Boston, MA. Stephanie has been working in the mental health field since 2008, and has experience working with both adults and children in various settings. She has provided individual, group, and family therapy in both English and in Spanish. Stephanie is passionate about working with young children and their families, as well as incorporating other important figures in their lives to ensure they are able to grow in a supportive environment. Stephanie has assisted many children and their families who have experienced and/or witnessed violence in the home or in the community, have a history of trauma, abuse, and who have emotional, behavioral, and social difficulties.

During her professional career, Stephanie has been trained in Child-Parent Psychotherapy (CPP), Child Centered Play Therapy, Trauma Systems Therapy, Eye Movement Desensitization and Reprocessing (EMDR) and Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Stephanie has been a qualified supervisor for the state of Florida since Nov. 28, 2016 for Registered Mental Health Counseling Interns. Stephanie is Child Parent Psychotherapy rostered, an EMDR certified therapist and a Registered Play Therapist Supervisor.



Nida Paul, LMHC, Senior Therapist, Education and Prevention Services

Nida Paul is a Licensed Mental Health Counselor and National Certified Counselor who has worked with children and families since 2010, with a primary focus on working with young children and their parents, caregivers, and families.

Nida received her Master's of Science Degree in Mental Health Counseling from Nova Southeastern University and has training in Child-Centered Play Therapy (CCPT), Group Play Therapy, Infant Mental Health, Child-Parent Psychotherapy (CPP), Eye Movement Desensitization and Reprocessing (EMDR), and Trauma-Focused Cognitive Behavioral Therapy. Nida has been instrumental in enhancing CFCC's CCSEW Program and 'A Way of Being with Children' manual and virtual curriculum.

Nida is passionate about working with children and families who experienced trauma and helping them heal from these adverse experiences. She provides individual, group, dyadic, and family therapy and focuses on providing Child-Parent Psychotherapy to children and parents who suffer from post-traumatic stress and attachment issues. Nida has been a qualified supervisor with the state of Florida since 2017. She provides trainings for caregivers and providers in variety of topics including the impact of Trauma and ACEs on children to help adults promote resiliency in children.