

Mental Health Monday 4-28-25

Evidence Based Trauma Informed Strategies to Support Families and Youth

Learn from expert community members with lived experience and system knowledge, and join in a discussion of this important topic.



Jeanette Puskas serves as the Director of Customer Experience, PAXIS Institute, providing guidance and support to organizations as they plan for PAX programming. Jeanette has spent over a decade supporting national and international organizations in implementing, expanding, and sustaining PAX throughout their school and community. Jeanette is also an International PAX Trainer and works closely with local, state, and international sites in strategic planning for large-scale implementation. Jeanette spent over 20 years in Special Education and in Organizational Leadership.



April King serves as a Program Manager for youth support at the Family Involvement Center in Flagstaff, Arizona, where she empowers families as a Parent Peer Support Partner and coordinates services for youth. Previously, she worked as a certified family teacher at Boys Town in Southern California, running a group home to be a surrogate parent to youth who aged out of the foster care system. April also ran a quality childcare program certified through First Things First from her home for ten years. As a mother of seven—four of whom she adopted from foster care—she has firsthand experience with the challenges and rewards of parenting. Additionally, April is a trained TBRI (Trust-Based Relational Intervention) practitioner, using trauma-informed care to build trust and strengthen family relationships.



Suma Hodge is an accomplished licensed professional counselor and behavioral health professional with extensive experience and expertise in trauma, substance abuse, and serious mental illness. She serves as a Regional Clinical Director for MIKID, overseeing trauma-informed care across multiple states. Suma's recently appeared on Fox 10 and Good Morning Arizona to share awareness on mental health, parenting, and therapeutic interventions/warning signs. Suma's commitment is further evident through her mental health advocacy and involvement in educational initiatives. Beyond her professional roles, she is a world-traveler, mom, and an inspiration to many. Suma's diverse roles showcase her dedication to the well-being of individuals and communities, making her a valuable figure in the mental health field.

April 28th 10-11:30am via zoom <https://us02web.zoom.us/j/87805551752>

Presented by the Northern Arizona Peer and Family Coalition and NAMI Yavapai

CONTACT info@napfc.org for more information,

or go to <https://namiyavapai.org/mental-health-monday>

