

WHY MILESTONES

A Whole-Community Approach to Wellness

CULTURALLY RESPONSIVE

Programming designed to honor and reflect the diverse communities we serve.

TRAUMA-INFORMED

All programs grounded in trauma-informed principles promoting safety, trust, and empowerment.

PREVENTION-FOCUSED

Emphasizing early identification, wellness habits, and resilience before crisis occurs.

MEASURABLE & ACCOUNTABLE

Clear metrics, evaluations, and participant success plans ensure programs deliver real impact.

PARTNER WITH US

We welcome co-designing programs tailored to your community's specific needs and culture.

Thomas Skeeter

CEO & Chief Mental Health Officer

Pamela R. Browne

Senior Vice President

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Milestones Mental Health LLC

— Healing begins here. —



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Empowering Minds. Strengthening Communities.

“To empower individuals, families, and communities through accessible, compassionate, and culturally responsive mental health support.”

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OUR PROGRAMS

Serving Every Stage of the Journey

Milestones Foundations

Early Childhood Education & Mental Health

- Social-emotional learning (SEL) activities & curricula
- Parent & caregiver engagement workshops
- Educator training on trauma-informed classroom practices
- Culturally responsive, partnership-ready model

Milestones Academy

Middle & High School Mental Health & Leadership

- Mental health literacy: stress, identity & emotional regulation
- Peer leadership development & youth advocate training
- Mindfulness, boundary-setting & coping skills
- Structured pathways to clinical support when needed

Gift · Drift · Shift · Uplift (GDSU)

Peer Support Certificate Program — 6 Weeks | 12 Hours

- For frontline staff, peer mentors & community helpers
- Recognize strengths, early warning signs & safe next steps
- Certificate Completion Ceremony upon graduation
- Pre/post assessments & Provider Success Plan



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CORE COMPETENCIES

What We Bring to Every Partnership

Mental Health & Wellness Programming

Trauma-informed, culturally responsive programs for all ages.

School & Community Partnerships

Collaborative programming with schools, nonprofits, and community organizations.

Workforce Development & Training

Certificate programs that build peer support capacity in frontline providers.

Measurable Outcomes & Evaluation

Pre/post assessments, completion metrics & participant success plans.

The Empowered Village — School Wellness Partnership

A 10-month dual-track wellness initiative for school communities

FOR TEACHERS & ADMIN

- Stress reduction & emotional regulation
- Work-life balance & energy renewal
- Enhanced classroom climate

FOR PARENTS & CAREGIVERS

- Confidence & emotional resilience
- Stronger parent-child connection
- Practical home wellness tools

Key Topics Across All Sessions

Stress · Boundaries · Burnout Prevention · Emotional Regulation · Mindfulness · Community



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