

the welfare and needs of others, as well as desire to make a difference in the lives that she encounters. Bonita is also trained in CPR, First Aid, and CPI.

Reida Thomas, Master of Science, Apex therapist

Reida Thomas has worked with LBHS for 19 years. Reida has a wide array of knowledge and skills pertaining to youth and families, through her work with LBHS, community involvement through church, and carrying an honorable rapport with the Valdosta City Schools District. Reida currently provides individual and family therapy through the school based mental health program (Apex) at LBHS. Reida is trained in CANS/ANSA, CPR, CPI, QPR, AMSR, CALM and utilizes various evidence-based practices during her sessions with youth and families. Reida's upbeat personality and positive attitude allows her to develop strong rapport with local youth, families, and community partners.

Glenn "GG" Veal, Master of Science, Apex therapist

Glenn "GG" Veal is a current Apex therapist on track to earning her associate licensure in Marriage and Family Therapy. GG graduated from Valdosta State University's Marriage and Family Therapy program in July of 2022, where she also housed an internship that focused on systemically oriented therapy services to individuals, families, couples, and children. During her time at LBHS, she has work with similar populations by providing therapy services to families, individuals, children, as well as conducting group therapy sessions. GG has enjoyed being able to work with diverse populations and making a difference in many lives. GG hopes to continue this work and spread awareness of mental health in all ages and demographics. GG is trained in CPR First Aid, CPI, QPR, CALM, AMSR, and CANS/ANSA.

Jenna Thomas, Master of Science, Apex therapist

Jenna started her career off by receiving her master's in social work with an emphasis in children, youth, and families. Since graduating two and a half years ago, Jenna was offered the opportunity to work with children and their families within the school systems both in Jacksonville, FL and in Adel, GA. Over the last several years Jenna has obtained multiple certifications to implement mental health and substance use disorder services to youth and their family units. Some of these certifications and trainings include Trauma Focused Cognitive Behavioral therapy, Crisis Intervention, Families Coming Out and In Transition, Youth Mental Health First Aid, QPR, CPI, AMSR, CPR First Aid, CALM, ANSA/CANS, and The Seven Challenges Program. Jenna has experience working with youth ranging from primary age through high school presenting from different backgrounds, experiences, and mental health needs. Jenna has worked with children and their families to address their concerns, trauma, communication styles, and relationships.

Latoya Mays, Certified Peer Specialist Parent (CPA-P)

Latoya Mays has worked at LBHS for a year and a half as a case manager offering education and linkage to local resources to ensure stability. Before coming to Valdosta, Latoya dedicated 5 years to Macon Home Health Services as a Certified Medical Assistance working with disabled youth and adults. Latoya has also worked with youth and families at Adel Family Medicine for two years, where she educated and linked patients to outside resources and assisted patients in administering medications. Latoya is also a Certified Peer Support-Parent and she hopes to utilize her experiences and skills to support parents raising children with mental and substance use disorders. Latoya is currently trained in CPR, First Aid, CPI, QPR, and CALM

