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April Spotlight: National Stress Awareness Month

April is recognized as National Stress Awareness Month, a time dedicated to increasing awareness around stress, mental health, and the importance of emotional well-being, especially across healthcare, education, and leadership environments.

At AEHP, this aligns directly with our commitment to human-centered leadership, trauma-informed care, and supporting professionals who serve in high-impact roles.

Why this matters in our work:

Healthcare and behavioral health professionals face increasing burnout and workforce strain

Students, especially neurodivergent learners, require emotionally supportive learning environments

Leaders must balance compliance, outcomes, and human connection
What we're reinforcing this month:

Practical stress-reduction strategies for professionals

Trauma-informed leadership approaches

Systems that support, not overwhelm, the people within them

Because strong systems start with supported people.

April marks a significant milestone for AEHP with the launch of the Behavioral Health & Crisis Platform (BHCP) and the continued expansion of the Neurodivergent Virtual Learning Platform (NVLP). BHCP delivers a structured, clinician-supported approach to crisis response with real-time risk assessment, AI-guided de-escalation, and coordinated, compliance-ready communication across care settings. At the same time, NVLP is advancing personalized, inclusive education through individualized learning plans, AI-driven support, and flexible pathways that extend from K-12 into workforce readiness, expanding access, dignity, and opportunity for every learner. As we move forward from March into April, one thing is clear:

We are not just building programs.

We are building pathways, for people to grow, lead, and find purpose.

From the success of our conference to the expansion of BHCP and NVLP, AEHP continues to stand at the intersection of:

- Mentorship
- Innovation
- Human-centered systems

At AEHP, everything we do is rooted in one belief: When people are supported, systems improve.

When systems improve, lives change.

Because at the end of the day, all we have left in this world is each other.

Dr. Kay

Stephen Boyd



Conference Spotlight: From Potential to Purpose

The “Potential to Purpose Mentorship and Leadership Conference” was more than an event, it was a movement.

We brought together emerging leaders, experienced professionals, and purpose-driven individuals committed to growth, mentorship, and impact. The energy in the room reflected what AEHP stands for: connection, elevation, and action.

Key outcomes and highlights:

- Powerful mentorship connections formed across disciplines
- Real conversations about leadership, purpose, and navigating today’s challenges
- A shared commitment to lead with intention and humanity

This conference reinforced a truth we carry forward:

Leadership is not a title, it's a responsibility to guide others toward purpose.



Member Spotlight

Stephen Lamont Boyd is a Licensed Nursing Home Administrator who earned his Bachelor’s degree in Healthcare Administration in 2023. He brings years of experience working with individuals with disabilities, along with a strong background in senior living leadership, including his role as a former Executive Director at Commonwealth Senior Living.

Currently serving as a Sales Director at Commonwealth Senior Living, Stephen is passionate about making a meaningful difference in the lives of seniors and their families. He is dedicated to guiding individuals through important care decisions while helping improve quality of life with compassion and expertise.