

Kriya Lendzion

LCMHC, LCAS, CPS,
ICAADC, ICPS
Licensed School Counselor

HOME ADDRESS
Asheville, NC

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SOCIAL MEDIA
@KriyaCounselor
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Over 30 years of experience with counseling, instruction, staff development, parent education and consultation in middle, high school and college settings on the topics of prevention and early intervention into substance use and other addictive behaviors. Comfort and competence working with racial, cultural and LGBTQ+ diversity, and operating with a consistent equity lens. Creative and strengths-based orientation.

AREAS OF EXPERTISE

Adolescent mental health
Preventing and intervening in addictive/self-destructive youth behaviors
Understanding & communicating with adolescents
Parenting adolescents
Public speaking
Curriculum design
School system consultation
Multi-Cultural competence
Group facilitation & teambuilding

PROFESSIONAL LICENSES & CERTIFICATIONS

Internationally Certified Advanced Alcohol & Drug Counselor (ICAADC)	2025
Internationally Certified Prevention Specialist (ICPS)	2025
NC Licensed School Counselor (lapsed)	2010
Licensed Clinical Mental Health Counselor (LCMHC)	2008
Licensed Clinical Addictions Specialist (LCAS)	2008
Certified Prevention Specialist (CPS)	2008
Nationally Certified Counselor (NCC) (lapsed)	2003

EDUCATION

MA	Mental Health Counseling Rollins College, Winter Park, FL	2003
	Addiction & High-Risk Youth Studies Metropolitan State College of Denver	1994-1998
BA	Sociology Rollins College, Winter Park, FL	1992
High School		
	Northfield Mt Hermon, Northfield, MA	1988

PROFESSIONAL EXPERIENCE

SUBSTANCE USE/ADDICTION EDUCATOR, CONSULTANT, CURRICULUM DESIGNER, TRAINER, SPEAKER **2012-PRESENT**

THRIVEWISE, LLC (SELF-EMPLOYED) – NATIONALLY

- Conduct drug and alcohol/addiction education programs for 6th grade-college students
- Facilitate parent education workshops
- Conduct professional development for educators
- Provide consultation for school administrators and youth organizations re: prevention of & intervention into substance use and other self-destructive behaviors.
- Produce curricula for schools/youth organizations re: healthy decision-making
- Provide keynotes, breakout sessions and PD trainings

PRIVATE THERAPIST & PARENT/FAMILY COACH **2011-PRESENT**

SELF-EMPLOYED - ASHEVILLE, NC

- Provide brief solution-focused counseling, psychoeducation, and referrals to adolescents and parents for purposes of prevention and early intervention in substance use and other addictive and self-destructive behaviors
- Conduct family education and coaching on communication and building mutual trust

5TH-8TH GRADE SCHOOL COUNSELOR **2022-2024**

RAINBOW COMMUNITY SCHOOL, ASHEVILLE, NC

- Conducted school counseling program at a holistic private school, including individual, group, and crisis counseling, and parent coaching.
- Provide curriculum development, classroom instruction, staff training, and administrative consultation on SEL and mental health issues,
- Conducted comprehensive substance use and addiction education

MIDDLE SCHOOL COUNSELOR **2022-2023**

FRENCH BROAD RIVER ACADEMY FOR GIRLS, ASHEVILLE, NC

- Conduct individual, group, and crisis counseling
- Facilitate groups on social and emotional coping skills
- Provided ongoing consultation to administration on student crisis, mental health, and school culture issues
- Conducted comprehensive substance use and addiction education

ADDICTION & MENTAL HEALTH THERAPIST **2021-2022**

SOLSTICE EAST, WEAVERVILLE, NC

- Conducted individual, group, and family therapy to 14-18- year-old girls and their families at Residential Treatment Center
- Provided case management, including collaboration with Educational Consultants, courts, hospitals, and schools.
- Facilitated Substance Use Treatment group

MIDDLE SCHOOL COUNSELOR **2015-2019**

HANGER HALL SCHOOL FOR GIRLS, ASHEVILLE, NC

- Instructed classes on social and emotional coping skills for 6-8th grade girls.
- Provided ongoing consultation to administration on student crisis, mental health, and school culture issues
- Conducted individual crisis counseling
- Conducted comprehensive substance use and addiction education

5TH-8TH GRADE SCHOOL COUNSELOR **2008-2021**

EVERGREEN COMMUNITY CHARTER SCHOOL, ASHEVILLE, NC

- Conducted a comprehensive school counseling program for 5th-8th graders in Expeditionary Learning School, including individual, group, and crisis counseling
- Developed and instructed SEL and comprehensive drug education programs
- Developed and coordinated school-wide student advisory/SEL program
- Pioneered and coordinated Peer Mediation and Peer Education programs
- Positive Discipline coach
- Advised student GSA & Social Justice League
- Conduct Staff PD and Parent education on child social, emotional, mental and behavioral health
- Founded and directed school DEI Board committee and led-school wide programming

SUBSTANCE USE THERAPIST **2007-2008**

OCTOBER ROAD, ASHEVILLE, NC

- Designed and facilitated Intensive Outpatient Program for adults
- Conducted substance abuse assessments
- Individual and family substance abuse/dual diagnosis counseling
- Provided on-call crisis services
- Facilitated psychiatric admissions
- Coordinated Case Management services with mental health, medical and psychiatric providers, as well as DOJ and referring agencies.

PROFESSIONAL CONSULTANT AND SPEAKER **2001-2007**

SELF EMPLOYED - CENTRAL FLORIDA

- Conducted presentations on substance use, eating disorders, addiction, and sexual responsibility for local colleges, high schools, and church youth groups.

SCHOOL COUNSELOR **2006-2007**

PACE CENTER FOR GIRLS, ORLANDO

- Provided gender-responsive personal, guidance, crisis, and family counseling, community referrals, case management, and psycho-educational groups at alternative middle/high school for high-risk girls.
- Facilitated staff trainings on substance abuse issues.
- Advised Student Government & "Green Team" Environmental Club
- Directed Chorus
- Chaired Wellness Committee

SCHOOL THERAPIST & LIFE SKILLS TEACHER **2003-2006**

EUGENE GREGORY MEMORIAL YOUTH ACADEMY, SANFORD, FL

- Conducted individual and group substance abuse, mental health, and anger management counseling at an alternative school for adjudicated youth.
- Instructed daily psycho-educational Life Skills class on social skills, mental and emotional coping skills, sexual responsibility, drug education, and employability skills.

- Collaborated on case management with Dpt of Juvenile Justice and the Sheriff's office.
- Created and directed Service Learning and Leadership Development programs.

SUBSTANCE USE THERAPIST **2003-2004**

GROVE COUNSELING CENTER, SANFORD, FL

- Conducted comprehensive substance abuse assessments and referrals with adults and adolescents
- Provided individual and group counseling to adolescents on substance abuse, anger management, and smoking cessation
- Conducted behavior management group for Middle School boys at alternative school for high-risk and expelled students.

SCHOOL COUNSELOR INTERN **2002-2003**

BETA CENTER, ORLANDO, FL

- Maintained a full caseload of 13 and provided individual, crisis, family, and group counseling at an alternative middle/high school for pregnant and parenting teen girls.
- Provided case management, community referrals, and coordination with agency providers.

SUBSTANCE USE COUNSELOR INTERN **2002**

CENTER FOR DRUG-FREE LIVING, WINTER PARK, FL

- Conducted individual and group counseling with co-ed adult clients at a residential treatment center
- Managing clinical paperwork.

GRADUATE ASSISTANT FOR SUBSTANCE ABUSE & WELLNESS PROGRAMS **1999-2002**

ROLLINGS COLLEGE, WINTER PARK, FL

- Designed and implemented a nationally recognized substance abuse campaign
- Conducted presentations on substance abuse and eating disorders for college classes, residential halls, and Greek organizations.
- Conducted individual and group motivation interviewing and psycho-education counseling for alcohol policy violators.
- Developed and advised the Peer Education program.
- Coordinated annual large-scale Community Wellness Fair.

PRESENTATIONS

"Addiction-Proofing Our Students in an Addictive World"
Florida School Counselors Association Conference, Orlando, FL, Oct 16, 2026

"DeMISTifying Vaping: Prevention & Responding to Our Kids' Nicotine & Cannabis Use"
Milford & West Haven CT Prevention Councils, Virtual, Sept 29, 2026

"DeMISTifying Vaping: Preventing & Intervening in Student Nicotine & Cannabis Use" (full days)
GA Dpt Of Education, Tifton & Macon,, GA, Sept 14 & 15, 2026

"THC Teen-Whispering: Gaining Trust and Influence in a Pro-Cannabis Culture"
CT Prevention Conference, Hartford CT, Sept 9, 2026

"Catching Them Upstream: Early Intervention with Adolescents Using Substances"
CT Clearinghouse, Virtual, Sept 3, 2026

"Screen-Conscious Parenting to Reduce Risk & Conflict"
Alteryx Parent Support Network, Virtual Aug 27, 2026

"THC Teen-Whispering: Gaining Trust and Influence in a Pro-Cannabis Culture"
CADCA Midyear Training Institute, Orlando FL, July 13 2026

"Addiction Proofing Our Students in an Addictive World"
Innovative Schools Summit, Las Vegas NV, July 9. 2026

"Addiction-Proofing Our Youth in an Addictive World" (full day)
SERAC CT, Norwich. CT, June 2026

"Addiction-Proofing Our Youth in an Addictive World"
"Vapelife, Liberty & The Pursuit of Fat Clouds: Preventing and Addressing Youth Vaping"
CT school Counselors Conference, May 21, 2026

"Addiction-Proofing Our Youth in an Addictive World"
"DeMISTifying Vaping: Preventing & Intervening in Student Nicotine & Cannabis Use"
Association of Independent Schools of New England (AISNE), Norwood, MA, May 7, 2026

"Catching Them Upstream: Early Intervention with Adolescents Using Substances"
Addiction Resource Center Spring Training Series, Virtual, April 29, 2026

"Catching Them Upstream: Early Intervention with Adolescents Using Substances"
Stanford Cannabis (and Other Drugs) Awareness & Prevention Conference, April 22, 2026

"DeMISTifying Vaping: Preventing & Intervening in Student Nicotine & Cannabis Use"
GA Dpt of Education. Virtual, April 20, 2026

"Addiction-Proofing Our Youth in an Addictive World"
National Youth Advocacy & Resiliency (NYAR) Conference, Savannah, GA, March 3, 2026

"Beyond 'Just Say No': Empowering Drug-Resistant Students (full day)
DuPage County Institute Day, Illinois Prevention Network, Feb 27, 2025

"Vapelife. Liberty & The Pursuit of Fat Clouds: Impactful Prevention & Early Intervention Into Youth Nicotine & THC Use (for professionals)"
SERAC CT, Virtual, Feb 19, 2026

"DeMISTifying Vaping: Preventing & Intervening in Our Kids' Nicotine & THC Use (for parents)"
SERAC CT, Virtual, Feb 17, 2026

"The High Stakes of Marijuana: School Strategies for Cannabis Prevention & Peer Led Intervention"
National Peer Program Conference, Orange Beach. AL, Feb 10 & 12, 2026

"Youth Cannabis Use: Risks, Realities & Prevention Strategies"
Drug Education Council, Fairhope, AL, Feb 11, 2026

"Catching Them Upstream: Early Intervention With Adolescents Using Substances"
CAPTASA Conference, Louisville, KY, Jan 30, 2026

"Vapelife, Liberty & The Pursuit of Fat Clouds"
Palmetto State School Counselors Conference, Jan 23, 2026

"Addiction-Proofing Our Youth in an Addictive World"
Connecticut Clearinghouse, Virtual, Jan 15, 2026

"Talk Early, Talk Often: Communicating to Prevent and Intervene in Marijuana Use"
Catalyst CT Hub, Virtual, Nov 18, 2025

"Catching Them Upstream: Early Intervention with Adolescents Using THC"
Hazelden Betty Ford Youth Cannabis Summit, St Paul, MN, Nov 12, 2025

"VapeLife, Liberty & The Pursuit of Fat Clouds: Early Intervention Into Adolescent Nicotine & Cannabis Vaping"
Addiction Resource Center Fall Training Series, Virtual, Nov 5, 2025

"DeMISTifying Vaping: Preventing & Intervening in Students Nicotine & Cannabis Use"
Iowa School Counselors Association Pre-Conference, Des Moines, Iowa, Nov 2, 2025

"Beyond 'Just Say No:' Empowering Drug-Resistant Students in Our Schools"
Substance Awareness Coalition Leaders of Arizona, Virtual, Oct 22, 2025

"DeMISTifying Vaping: Preventing and Addressing Student Nicotine & Cannabis Use"
KY School Counselors Association, Lexington, KY, Sept 11, 2025

"DeMISTifying Vaping: Preventing and Addressing Student Nicotine & Cannabis Use"
NC Charter School Conference, Wilmington, NC, July 17, 2025

"Catching Them Upstream: Counseling Substance Using Students"
American School Counselor Association Conference, Long Beach, CA, July 14, 2025

"Talking THC With Teens"
Johnny's Ambassadors Cannabis Conference, Lone Tree, CO, June 25

"Preventing and Addressing Student Vaping"
GA School Safety and Homeland Security Conference, St Simons Island, GA, June 18, 2025

"Parenting in An Addictive World: When to Step In & How to Help"
Operation Parent Webinar, May 6, 2025

"Vapelife, Liberty & The Pursuit of Fat Clouds: Preventing and Addressing Youth Vaping"
NC Prevention Conference, Lake Julaneska, NC, April 24, 2025

"Catching Them Upstream: Preventing & Intervening in Student Substance Use"
NC School Counselors Assoc. Western Region Conference, Asheville, NC, April 11, 2025

"Parenting for Prevention: Preventing Overdose & Addiction"
Stanford Teaching Cannabis Youth Conference, Virtual, April 9, 2025

"Vapelife, Liberty & The Pursuit of Fat Clouds: Preventing and Addressing Student Vaping"
Massachusetts School Counselor Association Conference, April 7, 2025

"Having Impactful Conversations About Drugs"
Shasta County Dpt of Health & Human Services, April 3 & 4, 2025

"Preventing & Addressing Student Vaping"
Northeast Georgia RESA. Athens, GA, March 20, 2025

"Not on OUR Watch: Preventing & Addressing Student Substance Use" (full day)
DuPage County Institute Day, Illinois Prevention Network, Feb 28, 2025

"Addiction-Proofing Our Students in an Addictive World"
Palmetto State School Counselors Conference, Hilton Head, SC, Jan 25, 2025

"Not on OUR Watch: Preventing & Addressing Student Substance Use"
Ventura County Schools In-Service, Virtual, Jan 6, 2025

"Preventing and Addressing Student Vaping"
Georgia Department of Education, Virtual, Nov 19, 2024

"Addiction-Proofing Our Students in an Addictive World"
Georgia School Counselors Association Conference, Savannah, GA, Nov 8, 2024

"Preventing and Addressing Student Vaping"
American School Counselor Association Webinar, Virtual, Oct 24, 2024

"Addiction-Proofing Our Students in an Addictive World"
Virginia School Counselors Association Conference, Hampton, VA, Oct 11, 2024

"Vapelife, Liberty & The Pursuit of Fat Clouds: Preventing and Addressing Student Vaping"
Summer Counselors Conference, Virtual, July 27, 2024

"Supporting Children of Addiction in Schools"
American School Counselors Conference, Kansas City, MO. July 14, 2024

"Vapelife, Liberty & The Pursuit of Fat Clouds: Preventing and Addressing Student Vaping'
American School Counselors Conference, Kansas City, MO. July 14, 2024

"Catching Them Upstream: Intervening Early in Youth Substance Use"
Addiction Professionals of North Carolina Conference, Lake Julaneska, NC. April 25, 2024

"Intervening Early in Youth Substance Use"
Lecture: Lenoir Rhyne University, Asheville, NC. April 24, 2024

"Talking THC: Having Impactful Conversations With Our Kids About Cannabis"
Stanford Cannabis Youth Prevention Conference, Virtual. April 18, 2024

"Vapelife Liberty & The Pursuit of Fat Clouds: Preventing and Addressing Student Vaping"
Georgia School Counselors: J.O.T, Online. March 26, 2024

"Having Impactful Conversations with Our Kids About Drugs"
Hanley Foundation, Online. Feb 12, 2024

"Student Substance Use: Current & Emerging Trends of Concern"
NC Student Mental Health Initiative Collaborative, Online. Feb 13, 2024

"Addiction-Proof Yourself (High Schoolers)," and "Not on OUR Watch: Understanding, Preventing & Addressing Youth Substance Use (For Adults)" Keynote
525 Prevention Summit, South Bend, IN. Sept 26-27, 2023

"Addiction-Proof Yourself (Middle & High Schoolers)" Keynote
DEA Youth Opioid Summit, Las Vegas, NV. Sept 19, 2023

"Vapelife Liberty & The Pursuit of Fat Clouds: Preventing and Addressing Student Vaping"
American School Counselors Association Conference, Atlanta, GA. July 15, 2023

"Vapelife Liberty & The Pursuit of Fat Clouds: Preventing and Addressing Student Vaping"
North Carolina Association of Independent Schools, Virtual. Mar 28, 2023

"Vapelife Liberty & The Pursuit of Fat Clouds: Preventing and Addressing Student Vaping"
NC School Counselors Association Western Region Conference, Asheville, NC, Mar 24, 2023

"Addiction-Proofing Our Students in an Addictive World"
North Carolina Association of Independent Schools, Virtual. Mar 2, 2023

"Addiction-Proofing our Students in an Addictive World"
South Korean Sandplay Therapy and School Counselor Associations, Virtual. Jan 14, 2023

"Addiction-Proofing our Students in an Addictive World"
American School Counselor Association ASCA@ Home Conference, Virtual. Dec 1, 2022

"Supporting Children of Addiction in Our Schools"
Cherokee County Schools, Cherokee, NC. Nov 10, 2022

"Clinical Intervention in Adolescent Substance Use"
NC Addiction Fellows Conference, Sept 10, 2022

"Addiction-Proofing our Students in an Addictive World"
American School Counselor Association Conference, Austin, TX. July 11, 2022

"Addiction-Proofing our Students in an Addictive World"
American School Counselor Association Conference. Las Vegas, NV. July 12, 2021

"Addiction-Proofing our Community's Kids"
Racial Equity: Reimagining Asheville & Buncombe County: Asheville, NC. May 2021

"Addiction-Proofing our Students in an Addictive World"
NC School Counselor Association Drive-In Conference.
Triad Region. Virtual. April 28, 2020

Western Region. Virtual. April 17, 2020

"Addiction-Proofing our Students in an Addictive World"
NC School Counselor Conference. Concord, NC. Nov 14, 2019

"Not on Our Watch: Preventing Substance Use & Self-Destructive Behavior in our LGBTQ Youth"
Carolinas Conference on Queer Youth. Charlotte, NC. Oct. 18, 2019

"Vaping: The New Face of Youth Addiction"
Buncombe County Schools Advisory Boards. Black Mountain, NC. Oct 15, 2019

"What's Hot, What's Hype & What's Legit: New School Drug Ed for Educators"
NC Charter School Conference. Cherokee, NC. July 23, 2019

"Being an Addiction-Proof Teen"
WNC Youth Opioid Summit Keynote. Black Mountain, NC. March 21, 2019

"Not on Our Watch: Preventing & Intervening in Student Substance Use"
WNC Youth Opioid Summit Adult Training. Black Mountain, NC. March 21, 2019

"What's Hot, What's Hype & What's Legit: New School Drug Ed for Educators"
NC Association for Independent School Counselors & Nurses Conference. Greensboro, NC. March 8, 2019

"New School Drug Ed for Educators"
NC Association for Independent Schools Conference. Greensboro, NC. Oct 26, 2018

"Preventing and Intervening in Student Substance Use"
NC School Counselors Conference. Greensboro, NC. Nov 8, 2018

"Giving Students GPS: Guidance & Protection Through Substances"
Break by the Lake: WNC School Support Services Conference. Cullowhee, NC. Oct 5, 2018

Giving Students GPS: Guidance & Protection Through Substances"
NC Charter School Conference. Sunset Beach, NC. July 16, 2018

"Teaching Social-Emotional Learning Through Advisory"
NC Charter School Conference. Sept, 2008

PODCAST, SUMMIT & MEDIA INTERVIEWS

Podcasts & Webcasts

"Addiction-Proofing Your School"
The Deans Roundtable, Ep

"The Party Girl Myth: Recovery, Identity & Youth Alcohol Prevention"
Sober LIfe Rocks Ep. 101, June 10, 2026

"Teen Whispering: Ask. Listen. Guide."
LaunchFamily Podcast, Ep. 53, May 13, 2026

"Having Impactful Discussions with Our Teens About Substance Use"
Reconnect With Your Teen Virtual Summit, May 22, 2026

"Don't Wait: How to Intervene Before It's Too Late"
Step Up to Save Our Children, Ep. 29, April 23, 2026

"Teens, Screens & Drugs 3.0"
Integrative Family Medicine of Asheville, Nov 6, 2025

"Creating Systemic Prevention & Diversion in Schools"
The Drug Prevention Power Hour, August 11, 2025

"Empowering Teens: Navigating Substance Use Prevention"
High School Counseling Conversations Podcast, Ep. 163, April 21, 2025

"How to Addiction-Proof Your Students"
School Counseling Simplified Podcast, Ep. 242, April 1, 2025

"Lessons in Prevention: Red Ribbon Week Edition"
ASCA I Hear You Say Podcast, Ep. 42, Oct 30, 2024

"Addiction Resources for School Counselors"
Counselor Accents Podcast, Sept 3, 2024

"Preventing Summer Substance Use"
Thriving with Teens Summit, June 20, 2024

"Having Impactful Discussions with Our Teens About Substance Use"
Raising a Happy Healthy Teen Summit, Mar 8, 2024

"Preventing and Responding to Substance Use"
Thriving with Teens Summit, Nov 30, 2023

"Teens, Screens & Drugs 2.0: The Updated Conversation"
Integrative Family Medicine of Asheville, Dec 13, 2023

"Drug Use & The Internet: The Impact of Vaping on Today's Youth"
SmartSocial, Aug 4, 2023

"The Crisis for Teen Girls"
Michael Scott Unleashed, Apr 17, 2023

"What to Do When We Discover Our Teens Using Addictive Substances"
Speaking of Teens Podcast Ep 43, Mar 2023

"The Truth About Teen Substance Use & How You Should Approach It"
Speaking of Teens Podcast Ep 42, Mar 2023

"Having Impactful Discussions with Our Teens About Drugs & Alcohol"
Raising a Happy Healthy Teen Summit, Mar 8, 2023

"Substance Use in Schools"
My K12 Career Show Mar 4, 2023

"Teens, Screens & Drugs"
Integrative Family Medicine of Asheville, Dec 7, 2022

"Pros & Cons of Social Media Challenges"
Smart Social VP Program. Aug 30, 2022

"The Art of Teen Whispering for Connection & Influence"
Overcoming Teen Angst Summit Nov 22, 2022

"The Art of Teen Whispering"
Best Mom Ever Summit. Sept 4, 2022

"Preparing Teens to Navigate Today's Risky Party Scene"
Empower Your Teen Summit, Aug 19, 2022

"Kriya Lendzion: Teen Whisperer"
Don't Be Foodish Podcast. June 7, 2022

"From Hot Mess to Teen Whisperer"
Un-caped Heroes Podcast Ep 291. Mar 28, 2022

"A Career of Inspired Passion"
Empowerography Podcast. Ep S01 Ep 294. Feb 20, 2022

"Interracial Parenting and Teen Whispering"
Stay at Home Mom, Yeah Right! Feb 1, 2022

"Message in a Bottle: A Teen Addiction Story"
Relatively Damaged Parents Podcast, Nov 12, 2021

"Addiction-Proofing Our Teens"
Messy Bun Podcast Ep048: Apr 26, 2021

"Pandemic Parenting: What our Kids Are Experiencing Right Now"
Integrative Family Medicine of Asheville, Apr 9, 2021

"Raising Confident, Mature, Independent Teens"
ManageUp Podcast Ep116, Apr 5, 2021

"Preventing & Responding to our Teens' Substance Use"
Healing is Possible FB Live, Feb 16, 2021

"Earning Our Teens' Respect"
Healing is Possible FB Live, Feb 9, 2021

"The Positive Impact of Social Media on Adolescents"
Smart Social Podcast/Webcast, Dec 29, 2020

"Authentic Development of an Inner Compass"
Purposeful Parenting Period, Nov 3, 2020

"Preventing Our Kids from Abusing Drugs"
Parenting Power Podcast, Oct 2019

"Preventing & Responding to Our Teens' Substance Use"
Sacred Parenting Summit, Oct 30, 2017

Other Media Interviews

"Confronting an Epidemic of Drug Use in Schools"
Paige Truitt, Edutopia, Jan 26, 2024

"The imperfect calculus of reopening NC schools as COVID-19 cases rise"
Brian Gordon, Fayetteville Observer. Oct 12, 2020.

"WNC school adapts lesson plans to focus on students' mental health"
WLOS, April 30, 2020

"Coronavirus: School leaders virtually address student mental health services amid closures"
Brian Gordon, Citizen Times. Mar 18, 2020

"Supporting kids' mental health in the pandemic"
Brook Bolen, AVL Today. July 21, 2020

"Unsatisfied with mental health education, Asheville students push to create their Own"
Brian Gordon, Citizen Times. Dec 23, 2019

PUBLICATIONS (Authored)

"Addressing Vaping: What School Counselors Can Do"
American School Counselor Association Newsletter, Nov 2024

"Addiction-Proofing Our Students in an Addictive World"
K12 Digest, Oct 2024

"Avoiding Addiction: Educate and Protect Students"

American School Counselor Association Newsletter, May 2023

"Preventing and Intervening Early with Our Students"
ASCA School Counselor Magazine: Risky Behavior Edition. Vol 59/No 2, Nov/Dec 21

SCHOOL & CHURCH CLIENTS: Parent, Staff and/or Student Education

Northfield Mount Hermon School, Northfield, MA
Brooks School, N Andover, MA
St Andrews Episcopal School, Potomac, MD
Charles E Smith Jewish Day School, Rockville, MD
Howard County Public Schools, MD
Maret School, Washington DC
Wishtenaw County Intermediate School District, MI
Warren City Schools, OH
Ventura Unified School District, CA
Tracy Unified School District, CA
Shasta County Schools, CA
San Bernardino Unified School District, CA
Indian Prairie School District, IL
DuPage County Schools, IL
Brookfield Public Schools, CT
Douglasville County Schools, GA
Ware County Schools, GA
The Asheville School, Asheville, NC
Carolina Day School, Asheville, NC
Christ School, Asheville, NC
Cannon School, Concord, NC
Noble Academy, Greensboro, NC
Nash County Schools, NC
Mountain Community School, Hendersonville, NC
The Learning Community School, Swannanoa, NC
Artspace Charter School, Swannanoa, NC
Buncombe County Schools, Asheville, NC
Francine Delany New School for Children, Asheville, NC
French Broad River Academy Asheville, NC
Evergreen Charter School, Asheville, NC
Odyssey Community School, Asheville, NC
Franklin School of Innovation, Asheville, NC
Rainbow Community School, Asheville, NC
Hanger Hall School, Asheville, NC
Invest Imagine Collegiate, Asheville, NC
Asheville City Elementary Schools, Asheville, NC
St James Episcopal Church, Black Mountain, NC
Jubilee Church, Asheville, NC
Universal Unitarian Church, Asheville, NC
Longwood Hills Congregational Church UCC, Longwood, FL
Rollins College, Winter Park, FL
Coastal Alabama Community College, Fairhope, AL

SPECIALIZED TRAINING

Digital Health for Children and Teens (13 hrs) – Dec 2022

Equity Literacy Institute: Racial Equity Facilitator Training (10hrs)- Oct 2020

Equity Literacy Institute: Becoming Anti-Racist (10 hrs) – Aug 2020

Racial Equity Institute: Level 1 Training (10 hrs) - Sept 2018

PROFESSIONAL MEMBERSHIPS

NAADAC/APNC (National Association for Alcoholism and Drug Abuse Counselors/Addiction Professionals of North Carolina)

ASCA/NCSCA (American/North Carolina School Counselor Associations)

COMMUNITY LEADERSHIP & SERVICE

- Theory & Innovation Support Hub (TISH) Stakeholder Advisory Board, 2025-current
- Northfield Mount Hermon Alumni Council, DEI Committee, 2025-current
- Buncombe County Coalition for Drug-Free Youth, General Member, 2016-present, Board member, 2020-present
- Up With People Mentorship Program, Mentor 2024-present
- Algernon Sydney Sullivan Fellows Mentorship Program, Mentor 2024-present
- CoThinkk Social Change Philanthropy Organization – 2018-present
- Evergreen Social Justice Curriculum Steering Committee – 2020-2021
- Evergreen Equity Leadership Team, Founder - 2009-2021
- Asheville Educators for Equity – 2014-16
- YWCA Stand Against Racism Committee – 2012-13
- Safe Schools for All WNC Anti-Bullying Coalition – 2009-2011