



Kriya Lendzion
 LCMHC, LCAS, CPS
 Licensed School Counselor

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PROFILE

Over 20 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

Understanding & communicating with adolescents
 Preventing and intervening in addictive/self-destructive behaviors
 Public Speaking
 Parent Coaching
 Group Facilitation and Team building
 Curriculum Design
 Multi-Cultural Competence
 Motivational Interviewing

PROFESSIONAL LICENSES & CERTIFICATIONS

NC Licensed School Counselor	2010
Licensed Clinical Mental Health Counselor	2008
Licensed Clinical Addictions Specialist	2008
Certified Prevention Specialist	2008
Nationally Certified Counselor	2003

EDUCATION

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

PROFESSIONAL EXPERIENCE

SUBSTANCE USE/ADDICTION EDUCATOR, CONSULTANT, CURRICULUM DESIGNER, TRAINER, SPEAKER	2012-PRESENT
<i>SELF-EMPLOYED – NATIONALLY</i>	
<ul style="list-style-type: none"> • Conduct drug and alcohol/addiction education programs for 6th-12th grade students • Facilitate parent education workshops 	

- Conduct professional development for educators
- Provide consultation for school administrators and youth organizations re: prevention of substance use and other self-destructive behaviors.
- Produce curricula for schools/youth organizations re: healthy decision-making
- Provide speaking presentations at conferences, summits, and other events

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

- Conduct school counseling program at 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,
- Conduct 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
- Conduct comprehensive drug education

ADDICTION & MENTAL HEALTH THERAPIST

2021-2022

SOLSTICE EAST, WEAVERVILLE, NC

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

5TH-8TH GRADE SCHOOL COUNSELOR

2008-2021

EVERGREEN COMMUNITY CHARTER SCHOOL, ASHEVILLE, NC

- Conduct comprehensive school counseling program for 5th-8th graders in Expeditionary Learning School, including individual, group and crisis counseling
- Instruct 6-8th grade enrichment classes on social/emotional life skills and drug education
- Developed and coordinate school-wide student advisory/SEL program
- Coordinate Peer Mediation and Peer Education programs
- Positive Discipline coach
- Advise student GSA
- Advise Student Social Justice League leadership group
- Conduct Staff PD and Parent education on child social, emotional, mental and behavioral health

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.
- Provided comprehensive substance use education

SUBSTANCE USE THERAPIST**2007-2008***OCTOBER ROAD, INC - 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, FL*

- 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 alternative school for adjudicated youth.
- Instructed daily psycho-educational Life Skills class on social skills, mental and emotional coping skills, sexual responsibility, drug education, employability skills.
- Collaborated case management with Dpt of Juvenile Justice and 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 full caseload of 13 and provided individual, crisis, family and group counseling, at 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 residential treatment center
- Managing clinical paperwork.

GRADUATE ASSISTANT FOR SUBSTANCE ABUSE AND WELLNESS PROGRAMS**1999-2002***ROLLINS COLLEGE - WINTER PARK, FL*

- Designed and implemented nationally recognized substance anti-misuse 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 Peer Education program.
- Coordinated annual large-scale Community Wellness Fair.

EDUCATION INTERN**1992-1993***UP WITH PEOPLE CAST 92B – INTERNATIONAL*

- Traveled to 11 different countries with organization focused on intercultural understanding, service, musical performance and leadership development
- Planned & conducted educational leadership activities for cast of 150 participants

ASSISTANT DRUG & ALCOHOL PROGRAM COORDINATOR**1992***ROLLINS COLLEGE - WINTER PARK, FL*

- Developed Community Drug & Alcohol Resource Guide
- Assisted with development of Peer Educator student training
- Cooperated with Points of Light Foundation on Orlando Anti-Drunk Driving Campaign

PRESENTATIONS

"Preventing and Addressing Student Vaping"

Georgia Dpt of Education, Virtual, Nov 19, 2024

"Addiction-Proofing Our Student 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 Julianeska, 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"

GA 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

"Not on OUR Watch: Understanding, Preventing & Addressing Student Substance Use"

Nash County Schools, Rocky Mount, NC. Jan 29, 2024

"Not on OUR Watch: Understanding, Preventing & Addressing Student Substance Use"

Ventura County Schools, Ventura CA Nov 2, 2023

- "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
- "Preventing and Intervening in Student Substance Use"
NC School Counselors Conference. Greensboro, NC. Nov 8, 2018
- "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
- "Giving Students GPS: Guidance & Protection Through Substances"
NC Charter School Conference. Sunset Beach, NC. July 16, 2018
- "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

"Giving Students GPS: Guidance & Protection Through Substances"

Break by the Lake: WNC School Support Services Conference. Cullowhee, NC. Oct 5, 2018

"Teaching Social-Emotional Learning Through Advisory"

NC Charter School Conference. Sept, 2008

PODCAST, SUMMIT & MEDIA INTERVIEWS

Podcasts & Webcasts

"Lessons in Prevention: Red Ribbon Week Edition"

ASCA I Hear You Say Podcast, Ep. 42, Oct 30, 2024

"Sneaky Ways Video Apps Keep Teens Watching"

SmartSocial, Sept 26, 2024

"Preventing Summer Substance Use"

Thriving with Teens Summit, June 20, 2024

"Having Impactful Discussions with Our Teens About Drugs & Alcohol"

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: The Updated Conversation"

Integrative Family Medicine of Asheville, Dec 13, 2023

"Drugs and the Internet"

SmartSocial, Aug 4, 2023

"The Crisis for Teen Girls"

Michael Scott Unleashed, Apr 17, 2023

"What to Do When We Discover Our Teen's 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 Lenzion: 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 15, 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

- "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 CLIENTS: Parent, Staff and/or Student Education

Northfield Mount Hermon School, Northfield, MA
 The Asheville School, Asheville, NC
 St Andrews Episcopal School, Potomac, MD
 Ventura Unified School District, CA
 Tracy Unified School District, CA
 Noble Academy, Greensboro, 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
Franch 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
Carolina Day School, Asheville, NC
Hanger Hall School, Asheville, NC
Invest Imagine Collegiate, Asheville, NC
Asheville City Elementary Schools, Asheville NC

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

- Buncombe County Coalition for Drug-Free Youth, General Member, 2016-present, Board member, 2020-present
- Up With People Mentorship Program, Mentor 2024
- Algernon Sydney Sullivan Fellows Mentorship Program, Mentor 2024
- 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