

**Laurie G. Krupski, Ph.D., MS, NCTTP, CRC, CHES, NBC-HWC, MHC-P**

<https://transformativehealthwellness.com>

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**MISSION STATEMENT:** Experiential mental health counselor, trainer, and supervisor seeking group supervisor role. Versed in integrative modalities of resilience, mindfulness, creative arts, and experiential therapies (e.g., somatic awareness, drama, play, and applied improvisation).

**EDUCATION**

**Advanced Certificate in Clinical Mental Health Counseling**, Medaille University, May 2023, GPA 4.0  
**Doctor of Philosophy**, Counselor Education, Counseling, School and Educational Psychology, State University of New York at Buffalo (UB), Feb 2005 GPA 3.80, Instructional Effectiveness, Mindfulness and Wellness  
**Master of Science**, Rehabilitation Counseling Psychology, Addiction, June 1997, UB, GPA 3.75  
**Bachelor of Art**, Psychology, February 1995, UB, GPA 3.80 *Summa Cum Laude*, High Honors

**EMPLOYMENT**

5/23 – Present **Experiential Counselor, Charlie Health**, NYC. Virtual Group Facilitator with adolescents/young adults for mental health.  
7/22 – 09/23 **Clinical Trainer & Innovator, BestSelf Behavioral Health (BBH)** Advancing Clinical and Group Processes.  
8/22 – Present **Personalized Recovery Oriented Services (PROS) counselor, (BBH) NY**. Providing in-person experiential group counseling in mindfulness, emotional regulation, impulse control, resilience, anxiety, depression, & social skills.

8/22 – 9/23 **Mental Health Counselor, Hillview Counseling**, NY Offering individual/couples experiential counseling.

10/21 – 8/23 **Trainer, Preventionfocus, Inc.** NY Provide resilience, well-being leadership, small business dialogue, and team awareness to schools and businesses struggling with communication, connection, lost productivity, and stress.

4/20 – 7/22 **Trainer/Partner/Coach, Organizational Wellness and Learning Systems (OWLS)**, TX Provide individual and team resilience coaching programs utilizing well-being leadership, small-business dialogue, and humble inquiry.

7/21 – 4/22 **Group Facilitator, Carroll County Coalition for Public Health**, NH Provided resilience groups to young adults.

7/21- 1/22 **Senior Program Manager, North American Quitline Consortium**, AZ Facilitated network dialogues, nationwide stakeholder communications, and best practice technology-mediated services among online learning communities.

7/20 – 7/21 **Mental Health Coach Training Manager, DEI Leader, Sanvello, United Health Group**, MN Created onboarding and continuing education curriculum and facilitated mindful, virtual groups for mental health concerns.

6/18 – 5/20 **Training Coordinator, Project Manager, Roswell Park, Health Behavior Dept.**, Buffalo NY Managed the Tobacco Treatment Specialist training program accreditation and implementation including group process and treatment planning. Managed the Tobacco Treatment Service providing experiential group counseling to patients.

3/17 – 6/18 **Clinical Training Manager, Ashline, University of Arizona**, AZ Provided evidence-based mental health training, continuing education, coaching, group counseling, clinical protocols, mindfulness, and supervision to counselors.

1/11 to 8/17 **Clinical Training Manager, Roswell Park Cessation Services, NYS Smokers Quitline**, NY Trained and provided clinical onboarding, continuing education, experiential communication, supervision, and advocacy to 50+ coaches on clinical and operational, evidence-based standards of practice incorporating mental health competencies.

8/10 to 12/10 **Head Advisor, College Support Program**, Buffalo NY Provided academic, career, and resilience support to students with Autism, Asperger's syndrome, and Attention-Deficit Disorder, using experiential learning.

9/09 to 8/10 **Community Health Program Planning Project Analyst, P<sup>2</sup> Collaborative of WNY** Analyzed ER utilization to reduce unnecessary visits among low-income families and connect them to available community support.

11/06 to 8/09 **Health Promotion Manager, Chickasaw Nation Contractor, Davis Monthan Airforce Base** AZ Improved engagement, retention, and mission readiness among airmen through resilience, coaching, and group counseling.

8/06 to 12/06 **Health Educator, Campus Health & Research Reviewer, Human Subjects, University of Arizona**, AZ Evaluated social marketing campaigns and provided experiential learning, leadership programming, and group support among fraternities and sororities around eating disorders. Trained faculty on ethical research standards.

1/05 to 7/06 **Assistant Director, Wellness and Evaluation, Wellness Education, University at Buffalo, Student Affairs** Assisted with the evaluation of health promotion, experiential learning, group facilitation, and mindfulness.

8/98 to 12/04 **Director, Living Well Center, UB** Wellness consultant, and addiction specialist. Created meta-mentoring, wellness minor, continuing education, mind-body complementary, and social-norms curriculum maximizing engagement.

**CERTIFICATIONS**

Certified Health Education Specialist, Rehabilitation Counselor, Well-Being Leadership, National Board-Certified Health and Wellness Coach, Tobacco Treatment Specialist, Resilience and mindful Coach; National Certificate in Tobacco Treatment Practice; Resilience and Thriving, Empowered Health Consciousness, Six Sigma training; Building Online Communities; Ballroom Dance; Neuromuscular Integrative Action

**SOFTWARE**

Zoom, Google Suite, SPSS, Amos, SAS, Survey Monkey, Qualtrics, Microsoft, Office (Publisher, Excel, Word, Access) Learning Management Systems, (e.g., Microsoft, Canvas, Blackboard, D2L, Brightspace, Articulate Storyline, Captivate, Camtasia, Panopto, Tango), SharePoint, Twitter, Adobe Connect, ON24, Cerner Millennium

## TRAINING PROVIDED IN SCHOOLS, HEALTHCARE FACILITIES, AND LEARNING COMMUNITIES

- 10/21- present Preventionfocus, Provide virtual and in-person Resilience and Thriving training to West Buffalo Charter, Williamsville Elementary, Middle and High Schools, Botanical Gardens, Buffalo Museum of Science, The Foundry and Best Self. Provided team awareness and small business dialogue services.
- 4/20- 7/22 OWLS (Organizational Wellness and Learning Systems), Assist to provide individual, team and organizational resilience programs to substance use/behavioral health programs and school districts.
- 6/21- 2/22 Carroll County Coalition for Public Health, Provide weekly resilience to thrive, virtual groups, preventing substance use among teenagers and young adults in hospitality industry.
- 7/20- 7/21 UHG, Sanvello Provide competency-driven, evidence-based training to mental health coaches in Resilience, Mindfulness, CBT for Anxiety, Substance Abuse, Depression, Insomnia, Trauma
- 9/18- 1/20 Roswell Park Comprehensive Cancer Center Accredited Tobacco Treatment Specialist Training, Provide quarterly training for healthcare professionals on Prevalence of Tobacco Use, Incidence of Tobacco-Related Diseases, Health Disparities, Assessment and Treatment Planning, Relapse Prevention, Trauma-Informed, Goal Setting, Law and Ethics, and Professional Development.
- 3/17-5/18 ASHLine Lead curriculum and clinical protocol developer offering tailored services to disadvantaged audiences such as those reporting low income, mental illness, or cultural barriers.
- 4/17-7/17 UMASS and Roswell Park Tobacco Treatment Specialist Training, provided tobacco dependence treatment certification training for local healthcare professionals serving patients and providers.
- 10/13 to 6/14 Lead Curriculum Developer and Trainer for Wegmans Healthy Lifestyle/Quit Tobacco Club Developed in-person and online wellness and trauma-informed content for facilitator curriculum.
- 1/12-3/12 Nurse Tobacco Cessation Training Department of Behavioral Health, Americare, NY. Provided tailored instruction for treating tobacco dependence among individuals with mental illness.
- 10/09 to 8/10 Community Health Planner, P<sup>2</sup> Collaborative of WNY Educated communities on Triple Aim Health Planning models emphasize care, health, and cost analyses.
- 11/06 to 8/09 Health and Wellness Distance Learning, DMAFB Expanded reach by providing distance learning wellness educational training to airmen stationed at bases overseas.
- 7/05& 7/06 Coordinator for Festive Cultural Activity UB English Language Institute Facilitated 4<sup>th</sup> of July Dancing/drumming social activity for participants of the Summer Institute for African Educators
- 1/05 to 12/06 Social Dance Instructor for International Students, UB Offered weekly dance lessons to assist with life skill development and social adjustment strategies.
- 1/03 to 12/06 Cultural Awareness Education, Amherst Elementary, Middle and High Schools Provided cultural education, resiliency development, and social skill enhancement workshops.
- 3/04 Stress Management Counselor Training, Buffalo Downtown Clinic, Chemical Dependency Clinic  
2/03 Stress and the Body-Mind Connection. Program of Professional Social Work, UB, New York.  
5/02 Stress and Time Management: Two-day Training, La Farge Corporation, Buffalo, New York.
- 1/00 to 12/05 Amherst Task Force member, Amherst, NY Assisted with the promotion of asset development and resiliency building in Amherst elementary, middle, and high schools.
- 9/99 to to12/04 Prevention Education Consultant for Suicide Awareness Training, UB Provided education and crisis intervention to administrators, middle and high school students.
- 1/98 to 9/03 Binge Drinking Video; Alcohol Overdose Prevention, UB Directed, created and circulated on the dangers of binge drinking to local high schools interested in resiliency training.
- 4/97 to 8/98 Group Education Teacher, Cardinal O'Hara High school Facilitated resiliency groups.
- 9/94 to 5/95 PASS Program, North Tonawanda Lowry middle school Provided counseling to at-risk students.

## UNDERGRADUATE/GRADUATE INSTRUCTION

- 6/2021 to 10/2023 Southern New Hampshire University Substance Use: Prevention to Treatment (HSE 351)  
Substance Use Counseling Theory (HSE 352)
- 8/2017 to 12/2017 University of Arizona, MEZCOPH (Mel and Enid Zuckerman College of Public Health)  
Multicultural Health Beliefs (HPS 535)
- 8/2013 to 12/2015 University at Buffalo, Athletics, and Recreation  
Beachbody PIYO Pilates/Yoga (ATH 155); Les Mills Body Pump and Latin Rhythms (ATH 174)
- 8/2010 to 12/2010 Counseling, School and Educational Psychology  
Introduction to Rehabilitation Counseling (CEP 463)
- 11/2006 to 2/2007 Counseling, School and Educational Psychology  
Singapore, Career Development (CEP 680SG)
- 1/2006 to 5/2006 University of New York; Buffalo, First Year Experience  
Introduction to Wellness Peer Education (UBE 110)
- 1/2000 to 5/2006 University of New York at Buffalo, Athletics  
Social Dance, American and Latin Rhythms (ATH 153)
- 8/2005 to 12/2005 University of New York at Buffalo, CSEP  
Multicultural Counseling (CEP 634)
- 9/2003 to 12/2003 University of New York at Buffalo, CSEP  
Introduction to the Rehab of Sub Abuse & Addiction (CEP 504)
- 1/2003 to 5/2003 University of New York at Buffalo, CSEP  
Imagery and Relaxation in Counseling (CEP 611)
- 9/2001 to 12/2003 D'Youville College, Arts, Sciences, Professional Studies  
Career Discovery Coaching (CDP 101)
- 9/2002 to 12/2002 University of New York: Buffalo, Exercise Nutritional Sciences  
Fundamentals of Wellness (ES 102)
- 9/1999 to 5/2002 University at Buffalo Experience  
Wellness Peer Education and Coaching (UBE 499)
- 6/1999 to 8/1999 Canisius College, Education  
Principles of Rehabilitation Coaching (EDU)
- 1/1998 to 5/1998 Daemen College, Psychology  
Psychology of Disability and Rehabilitation (PSY 329)
- 8/1997 to 12/1997 University of New York at Buffalo, CSEP  
Introduction to Rehabilitation Counseling (CEP 453)
- 1/1997 to 4/1997 University of New York at Buffalo, Psychology  
Psychology of Drug Addiction (PSY 351)

## GRADUATE-LEVEL SUPERVISION OF DOCTORAL AND MASTER STUDENT RESEARCH

- 8/2017 – 4/2018 Masters Student Supervisor, University of Arizona, ASHLine. Counselors investigating Action and Commitment Therapy applications to individuals seeking tobacco dependence treatment.
- 9/2015 – 3/2017 Doctoral Thesis, Committee for NY Department of Health and University Medical University at South Carolina applies natural language processing (NLP) and machine learning methods to extract sentiments of audio calls that may predict quit attempts or successful smoking cessation.
- 9/2000 -12/2004 Masters Student Supervisor, University at Buffalo, Three counseling internship placements.

## PUBLICATIONS

- Bennett, J., **Krupski, L.**, Chan, A., Conigliaro, C. (2023) "Resilience to Thrive Coaching: An evidence-informed pilot study of core competencies." *Journal of Positive Psychology*. (in process)
- Burton, R., **Krupski, L.**, Anastasio, L., Nakasato, Y., Matsui, H. (2023). "Adolescent Values Cross Culturally: Acceptance of Society's Values. A Cross-cultural comparison." (in process)
- Lowenstein, L, I-Wen E. P., Bailey, L., Strader, T., **Krupski, L.** Lettieri, J., Leal, V., & Volk, R. North American Quitline Consortium (2022). *Project CONNECT: An Implementation Guide for Quitlines*, 2022. Phoenix, Arizona
- Krupski, L.** North American Quitline Consortium (2021) *Learning Community Report: Recommended Best and Promising Practices on Technology-Mediated Services for Quitlines*, Learning Community, Pheonix, AZ
- Sheffer, C., Stein J., Petrucci, C., Mahoney, M., Johnson S., Giesie, P., Carl, E., **Krupski, L.**, Tegge, A., Reid, M., Bickel W., and A. Hyland (2020) "Tobacco Dependence Treatment in Oncology: Initial Patient Clinical Characteristics and Outcomes from Roswell Park Comprehensive Cancer Center." *International Journal of Environmental Research and Public Health*: 17, 3907; doi:10.3390/ijerph17113907
- Brady, B.R., Nair, U. S., Gerald, J. K., Yuan, N., **Krupski, L.A.**, Thomson, C. A. (2019) "Higher Quality Quit Date goal setting enhances quit attempts among quitline callers. *Tobacco Prevention & Cessation*. 2019; 5 (June) 20. Doi: 10.18332/tpc/109537.
- Yuan, N. P., Nair, U. S, Crane, T. E., **Krupski, L.**, Collins, B, & Bell, M. L. (2019) "Impact of changes in home smoking bans on tobacco cessation among quitline callers." *Health Educ Res* . 2019 Jun 1;34(3):345-355. doi: 10.1093/her/cyz008.
- Allen, A. M., Yuan, N. P., Wertheim, B. C., **Krupski, L. K.**, Bell, M. L., Nair, U.S. (2018) "Gender Differences in Utilization of Services and Tobacco Cessation Outcomes at a State Quitline." *Translational Behavioral Medicine* doi 10.1093/tbm/iby083
- Sharma, A., Bansal-Travers, M., Celestino, P., Killion, S., **Krupski, L.**, O'Connor, R. (2018) "Focus groups and in-depth interviews to guide development of lung cancer screening informational materials." *Journal of Cancer Education*
- Krupski, L.**, Cummings, K.M., Hyland, A., Toll, B., Mahoney, M., Carpenter, M., Carlin-Menter, S. (2014). "Cost and Effectiveness of Combination Nicotine Replacement Therapy in Heavy Smokers Calling a Quitline." *Journal of Smoking Cessation*.
- Krupski, L.**, Cummings, K.M., Hyland, A., Carlin-Menter, S., Toll, B., Mahoney, M. (2013). "Nicotine Replacement Therapy Distribution to Light Daily Smokers Calling a Quitline." *Nicotine and Tobacco Research*. Oxford University Press.
- Krupski, L.**, & Kandampully, J. (2006) "Managing for Excellence: The Wellness concept within tourism and hospitality". *Proceedings of the 24<sup>th</sup> Euro Chrie Conference, In Search of Excellence for Tomorrow's Tourism, Travel, and Hospitality Thessaloniki, Greece*.
- Torres Rivera, E. & **Krupski, L.** (2005) *School counseling in Singapore: A new path for the 21st Century* in S. Zgliczynski (Ed.) *Proceedings of Counselors Across Borders: 11th International Counseling Conference, Bangkok, Thailand*, 37-42.
- Krupski, L.** (2005). "Promoting mindfulness and readiness to change: A comparison of teaching strategies for college students mandated to alcohol and drug education (Doctoral dissertation, University of New York at Buffalo, 2005)." *Counseling and Educational Psychology*.
- Burton, R., **Krupski, L.**, & Anastasio L. (2002) "Perspectives on morality: Issues of youth in the USA." in Nakasato, Y., Matsui, H. (Eds.) *Moral Perspectives of Japanese Youth: Evidence from International Survey on Morality*.
- Bihl, S. & **Krupski L.** (2001) "Wellness-based prevention and intervention program." In Anderson's (Ed) *Sourcebook of Promising Practices: Campus Alcohol Strategies: Support and Intervention Services*.
- Krupski, L.** (Producer, Writer, Director) (1996) *Making Choices: College Student Drinking* [Motion picture]. United States, L. Frasier Company.

## RESEARCH PROJECTS

- 07/2021 – 1/2022 *Project CONNECT: Quitlines Promoting Lung Cancer Screening, MD Anderson Implementation Study* supporting eight Quitlines using multiple digital referral pathways promoting decision-aid tools
- 10/2018 – 5/2020 *Increasing the Capacity and Infrastructure of the Roswell Park Tobacco Treatment Service Project* Goals include comparing prevalence and quitting among tobacco-using cancer patients.
- 10/2017 to 5/2017 *Comparing Guided Imagery to Standard of Care at a State Quitline.* Project goals include comparing imagery interventions for their effectiveness on engagement and quit rates.
- 3/2017 to 12/2017 *Gender Differences in Utilization of Services and Cessation Outcomes at a State Quitline.* Project goals include retrospective analyses of data trends and future implications for protocols.
- 11/2014 to 3/2017 *Promotion of Low-Dose CT Screening for Early Detection of Lung Cancer Among NYS Smokers Calling a Quitline.* Project goals include testing the impact of three interventions (mailings, in-depth messaging, and direct transfers to lung cancer screening programs) to promote lung cancer screening
- 6/9/2015 to 3/2017 *Gain Framed Text-Messaging for Telephone Quitline Callers.* Project goals include conducting a randomized, pilot clinical trial among quitline callers to compare tailored gain-framed messages to tailored, standard-care text messages for their effect on 30 weeks abstinence rates.
- 5/2012 to 1/2015 *Pilot Study of Varenicline vs. Nicotine Patch Delivered by a Telephone Quitline.* Project goals included assessing the feasibility of delivering varenicline to NYS Smokers' Quitline (NYSSQL) to assess short-term cessation rates and cost-effectiveness for varenicline, compared to the nicotine patch.
- 6/2010 to 6/2012 *Does Combination Nicotine Replacement Therapy for Smoking Cessation Influence Quitting Behavior?* Project goals involved assessing smoking cessation outcomes among heavy smokers who call NYSSQL and are randomized to either usual care (counseling + a two-week supply of nicotine patches) or combination therapy (counseling + a two-week supply of nicotine patches and lozenges).
- 9/2010 to 3/2017 *Emerging Technologies Promote Community-based Smoking Cessation in Diverse Urban and Rural Populations.* Project goals tested the comparative effectiveness of voice recognition and practice enhancements in community-based primary care medical offices to standard care.
- 6/2010 to 6/2013 *Quit Experiences Among Light Daily Smokers Who Contact the New York State Smokers' Quitline (NYSSQL).* Project goals involved investigating interest in using nicotine replacement therapy (NRT) among light daily smokers (defined as 1-9 cigarettes daily) to assess preferences for types of NRT (gum vs lozenge), and to compare quit rates in a group of light daily smokers provided with a two-week supply of free NRT with quit rates among light daily smokers when NRT was not offered as part of standard services.
- 10/2009 to 9/2010 *Promoting Tobacco and Cancer Control: Reducing Alcohol Use to Promote Smoking Cessation.* Project goals included developing an alcohol intervention for smokers who drink at hazardous levels and are calling a telephone Quitline to test for improved smoking cessation outcomes.
- 9/2009 to 8/2010 *Data miner,* Generated reports based on public health data (e.g. sparcs, BRFFS) to guide programmatic efforts to decrease unnecessary emergency room visits.
- 11/2006 to 8/2009 *Data Analyst,* Ongoing data briefings to ACC Squadron Commanders.
- 9/2004 to 7/2006 *Alcohol and Drug Project Coordinator,* University-Wide First-Year Experience Development, delivery, and evaluation of effective social norms curriculum.
- 9/2002 to 12/2005 *Chair of UB Alcohol and other Drug Research Advisory Group (ADRAG)* UB departments, Amherst Task Force and the Research Institute on Addictions improving prevention programs.
- 9/2000 to 11/2006 *Research Coordinator:* Adolescent Values Cross-Culturally Coordinated data analyses among international partners from the USA, China, Japan, Korea, Cyprus, Turkey, and Poland.
- 9/2000 to 12/2004 *Chair of UB's Violence Prevention Research Team (VPT)* Collaborative effort among service and academic departments to assess student perceptions around victim assistance protocol.

## **LEADERSHIP, MIND-BODY MOVEMENT, TRAUMA, CULTURAL IMPROV AND RESILIENCE TRAININGS**

*The Connoisseur of Time: An Invitation to Presence.* A three-part workshop (March 2023)  
*Applied Improvisational Network (AIN) Virtual Conference* (December 2022)  
*Small Business Wellness Initiative. "A survey for dialogue."* OWLS Organizational Wellness and Learning Systems (March 2022)  
*Well-Being Leadership Certification, HYLANT/OWLS Organizational Wellness and Learning Systems* (March-May 2022)  
*Reconnect for Resilience Training, Trauma-Informed, Resiliency Focused, Strength-Based Body-Centered* (Feb 2022)  
*Treating Traumatized Teens and Emerging Adults in a Global Pandemic: Development, Attachment, and Therapy* (Jan 2022)  
*Shift Network, Facilitating Your Body's Magic through Aston Kinetics* (Jan 2021-March 2021)  
*Shift Network Somatic Movement Summit Embodied Practices for Wellbeing, Resilience and Optimal Aging* (Apr 2020)  
*National Wellness Conference, Reimagining Wellness, online* (July 2020), *Keys to Thriving*, Kissimmee, FL (October 2019)  
*UPLIFT Buffalo, Buffalo's First Mindfulness Festival*, Buffalo, NY (September 2019)  
*Mentoring Matters Conference, Making Youth Stronger*, Niagara University, Niagara, NY (April 2019)  
*Memorial Sloan Kettering's Tobacco Treatment Training in Oncology*, New York City, NY (March 2019)  
*Peace, Love and Power Community Conference, Mindfulness, Trauma and Resiliency, Restorative Justice* (Apr 2018)  
*Building Communities in Online Courses Professional Development Training*, University of Arizona (Feb 2018)  
*Illuminaire Management Leadership Training*, Roswell Park (August 2015 to March 2016)  
*Spiritual Journey: El Camino Del Santiago* Paris, France to Madrid, Spain (August 2007)  
*Outdoor Recreation and Education (AORE) conference* in Buffalo, NY (October 2005)  
*17-day Outdoor Recreation and Educational Backpacking and safety*, Alaska (May 2005)  
*Thai Culture: Cooking, traditional dance, and temple visits.* Thailand. (December 2005)  
*African Dance and Drumming* three-week camp in Guinea, West Africa (December 2004)  
*Leisure Education and the SPA Industry*, Bolzano, Italy (November 2004)  
*Buddhist Meditation* Mt. Hiezan, Japan, *Tea Ceremony*, Toyo University, Japan (December 2001,2003)  
*Thai Culture: Cooking, traditional dance, and temple visits.* Thailand. (Dec 2005)  
*Dance Movement Therapy*, Kinnections, Rochester, NY (July 2002- 2004)  
*Neuromuscular Integrative Action (NIA)* brown belt in Portland, Oregon (August 2018) (July 2003); blue belt in Austin, Texas (July 2001); white belt in Portland, Oregon (July 1999)

## **PROFESSIONAL PRESENTATIONS AND PERFORMANCES**

Krupski, L. (2023, January) "Mental Health Support" Moog, Inc. Nationwide Virtual Training.

Krupski, L. & M. Smith (2022, October, November, December) "Resilience & Thriving" Williamsville Schools Continuing Education through Preventionfocus, Buffalo, NY.

Krupski, L., Haggarty, M., Smith, M. (2022, April) "Resilience and Thriving" Best Self staff, through Preventionfocus, Buffalo, NY

Krupski, L., Haggarty, M., Smith, M. (2022, February) "Resilience and Thriving" West Buffalo Charter Schools, through Preventionfocus, Buffalo, NY

Krupski, L. (2022, January) "Resilience and Thriving" Williamsville Public Elementary, Middle and High Schools, through Preventionfocus, Buffalo, NY

Krupski, L. (2021, December) "Resilience and Thriving", The Foundry through Preventionfocus, Buffalo, NY

Krupski, L. (2021, December) "Resilience and Thriving", Botanical Gardens through Preventionfocus, Buffalo, NY

Bennett, J., Krupski, L. and C. Conigliaro (2021, November) "Resilience to Thrive Coaching: Pre and Post Analysis of a New Training Model." Poster Presented at Lifestyle Medicine Conference, Fort Worth, Texas.

Krupski, L. (2021, October) "Resilience and Thriving" Buffalo Science Museum through Preventionfocus, Buffalo, NY.

Krupski, L., Pappas, C., Meissner, E, Pope, H., & S. Larson. (2021, June) "Stereotypes & Mindfulness: Cultural Ambassador Lunch & Learn Series." Presented by UnitedHealth Group and Sanvello.

Krupski, L., Meissner, & E, Pope, H. (2021, June) "Dealing with Change: Resilience." Sanvello.

Krupski, L., Meissner, & E, Pope, H. (2021, June) "Dealing with Change: Psychological Safety." Sanvello.

Krupski, L., Meissner, & E, Pope, H. (2021, June) "Dealing with Change: Wellness Self-Care." Sanvello.

Krupski, L., Meissner, & E, Pope, H. (2021, May) "Dealing with Change: Effective Communication." Sanvello.

Jacobs, O., Krupski, L., Pappas, C., Meissner, E, Pope, H., & S. Larson. (2021, May) "Broadening our Perspectives & Mindfulness: Cultural Ambassador Lunch & Learn Series." Presented by UnitedHealth Group and Sanvello.

Jaber, A., Meissner, E, Pappas, C., Krupski, L., Pope, H., & S. Larson. (2021, Apr) "Introduction to Unconscious Bias & Mindfulness: Cultural Ambassador Lunch & Learn Series." Presented by UnitedHealth Group and Sanvello.

Krupski, L., Short, E., Pearson-Collins, S., Johnson, J., Sheffer, C. E., Webb Hooper, M. (2019, Aug) "Training the Tobacco Control Workforce: Tobacco-Related Disparities and Health Equity. Poster presented at National Conference on Tobacco or Health"; Minneapolis, MN.

Sheffer, C., Hyland, A., Krupski, L., Mahoney, M., Reid, M., Petrucci, C., Brown, A., and Serrano, R. (2018, October) "Increasing the Capacity and Infrastructure of the Roswell Park Tobacco Treatment Service". Poster presentation at National Cancer Institute P30 supplemental Cancer Center Cessation Initiative Meeting, Madison, Wisconsin.

Celestino, P; Bansal-Travers, M; Hyland, A; Reid, M; Krupski, L; Fine, J; Sharma, A; O'Connor, R (2017, March) "Preliminary Results for Promotion of Low-Dose CT Screening for Early Detection of Lung Cancer Among Smokers Calling a Quitline." Poster presentation at National Conference for Tobacco and other Health.

Krupski, L. on behalf of Rojewski, A., Hyland, A., Mahoney, M., Cooper, L., Celestino, P., Koutsky, J., Pike, S., and Toll, B. (2017, March) "Feasibility of Delivering Varenicline Through a Telephone Quitline to Promote Smoking Cessation. Poster presentation at National Conference for Tobacco and other Health.

Pike S. and Krupski, L. (2017, March) "Welcome Back: Strategies to Re-engage Relapsed Tobacco Quitline Users" Presentation at the North American Quitline Consortium Conference, Austin, TX.

Celestino, P. and Krupski, L. (2017, March) "Coach vs No Coach for Online NRT & Phone vs. Online User, Reach and Quit Behavior." Presentation at the North American Quitline Consortium Conference, Austin, TX

Krupski, L., Jones, L., Osinski, S., and Higgins L. (2016, November) West coast swing, Jive and Charleston dance performances at Burchfield Penny Arts Center, Buffalo, NY.

Krupski, L. and Smith P. (2016, October) Latin Dance Performance at Hispanic Heritage Festival, Roswell Park Cancer Institute, Buffalo, NY.

Krupski, L. and Smith P. (2016, July) Glen Falls Art Festival African and Latin Dance Performance, Williamsville, NY.

Krupski, L. and Killion, S. (2016, July) "Web-based service options for tobacco cessation." Affinity HealthCare, NY.

Krupski, L. and Killion, S. (2016, April) "Web-based service options for tobacco cessation." CDPHP, Capital District Physicians Health Plan (CDPHP), Buffalo NY.

Krupski, L. and Gonawicz, M. (2016, March) "Overview of ENDS (Electronic Nicotine Delivery Systems) including e-cigarettes." Presentation at the Niagara Frontier Conference of CASA, Williamsville, NY.

Krupski, L., Smith, D. and Smith P. (2015, November) International Awareness Dance Performance, UB, Buffalo NY.

Krupski, L. and Smith, D. (2015, October) Duke Ellington Dance Performance, Studio 710, Downtown Buffalo, NY

Krupski, L. and Smith, P. (2015, September) Salsa and Bachata Dance Performance at Hispanic Heritage Festival, Roswell Park Cancer Institute, Buffalo NY

Krupski, L. and Pike S. (2015, August) "Feasibility of Delivering Varenicline through a Telephone Quitline to Promote Smoking Cessation" Presentation at the North American Quitline Consortium Conference, Atlanta, GA

Krupski, L., Wassum K., King, B., Fiore, M. (2015, August) Expert Panel "ENDS: Considering the Quitline Caller's Perspective." Presentation at the North American Quitline Consortium Conference, Atlanta, GA.

Krupski, L.; Dumitru, P., Osinski, S., Jones, L. (2015, July) Charleston Dance Performance at Glens Falls Park, Wlms NY

Krupski, L. and Smith, D. and Smith P. (2015, May) Cinco de Mayo Latin Dance Performances, UB, Athletics

Krupski, L. and Smith, D. and Smith P. (2015, February) Salsa and Hustle Dance Performances, Roswell Park

Krupski, L. (2013, October) "Work-Life Fit. Moving Forward by Creating Optimal Environments." Presented at NYS Department of Labor's International Association for Workforce Professionals (IAWP) Conference, Hamburg NY.

- Krupski, L. and Smith, D. (2013, September) Salsa performance at Hispanic Awareness, RPCI, Buffalo NY.
- Krupski, L., Celestino, P. (2012, August) "Distribution of NRT to Heavy and Light Smokers Calling a Quitline" Poster presentation at the National Conference on Tobacco or Health, Kansas City, MI.
- Krupski, L., Celestino, P. (2012, August) "Distribution of NRT to Heavy and Light Smokers Calling a Quitline" Poster presentation at the North American Quitline Consortium Conference, Kansas City, MI.
- Krupski, L., Celestino, P., Toll, B. (2012, August) "Implementing a brief alcohol use intervention to boost Quit success." Presentation at the North American Quitline Consortium Conference, Kansas City, MI.
- Krupski, L., Bax P. (2012, January) "Tobacco Cessation Training for Nurses" Presented to the Department of Behavioral Health, Americare, NY.
- Krupski, L. (2011, October) "Healthy in = Healthy out. Mindful Awareness for Optimal Living." Presented at NYS Department of Labor's International Association for Workforce Professionals (IAWP) Conference, Hamburg NY.
- Krupski, L. (2011, September) "Grief and Loss for Counselors and Caregivers of persons with a life-threatening illness." Presented at Graduate School of Education's Grief counseling class, University at Buffalo, NY.
- Krupski, L. (2011, August) "Health Professionals Training around Life-threatening Diseases." Training for senior nursing care professionals at Beechwood Continuing Care, Getzville NY.
- Krupski, L. (2009, August) "A Retrospective Analysis of the Effects of Tobacco Use and BMI on Air Force Fitness Requirements: Resultant Implications for Commanders and Health Care Providers." Poster presentation at 12th Annual Force Health Protection Conference, Albuquerque, NM
- Kandampully, J. & Krupski, L. (2006, October) Managing for Excellence: The Wellness Concept within Tourism and Hospitality. Presented at 24<sup>th</sup> Eurochrie Congress Hospitality and Tourism Conference, "In Search of Excellence for Tomorrow's Tourism, Travel, and Hospitality" in Thessaloniki, Greece.
- Krupski, L. (2006, April) Finding/Keeping Love Later in Life Presentation at Recreation and Intramural Services Employee Wellness Fair, University at Buffalo, New York.
- Krupski, L. (2006, March) Adolescent Values Cross-Culturally. A poster presentation at the Society of Research on Adolescence (SRA) conference in San Francisco, California.
- Torres Rivera, E. & Krupski, L. (2005, December) School Counseling in Singapore: A New Path of the 21<sup>st</sup> Century. Paper presented at the 11<sup>th</sup> International Counseling Conference, "Counseling Across Borders", Bangkok, Thailand.
- Krupski, L. (2005, August) Alcohol and Drug Education Presentation at Hall Director and Resident Assistant Training Conference, Canisius College, Buffalo New York.
- Krupski, L. (2005, July). Nutrition and Wellness Presentation at Dance Masters of America, Inc. Student Honors Intensive Program, Buffalo New York.
- Krupski, L. (2005, July) Dancing in Different Worlds: Relating on Creative Levels presented at the English Language Institute's African Teachers Summer Learning Seminar, University at Buffalo, NY.
- Krupski, L. (2005, May). Change Management Presentation and Training for the Student Response Center's Staff Educational Services, University at Buffalo, New York.
- Krupski, L. (2005, April). Spirituality and Stress Management Presentations at Recreation and Intramural Services Employee Wellness Fair, University at Buffalo, New York.
- Krupski, L. (2005, March) Managing Stress, Even at your Desk Presentation at the Uniting Across Campus Conference, Academic Advising, Buffalo, New York.
- Krupski, L., Epstein, S., Silby, C., Maxwell, P. & Mitchell, V. (2005, February). Speaker on Panel Discussion entitled, More than a Game in recognition of National Girl's and Women's Sports Day. Division of Athletics, UB, Buffalo NY.
- Krupski, L. (2004, Nov) Self Care Leisure in Education. Paper presented at Leisure Futures Conference Bolzano, Italy.
- Krupski, L. (2004, July). Nutrition and Wellness Presentation at the Dance Masters of America, Inc. Student Honors Intensive Program, Buffalo New York.
- Krupski, L. (2004, April) Adolescent Acceptance of Society's Values Paper presented at the Conference on Human Development in Washington, D.C.



Krupski, L. (2004, March). Stress Management Presentation, Buffalo Downtown Clinic, Chemical Dependency Training,

Krupski, L. (2003, February). Stress and the Body-Mind Connection Presentation as part of the Program of Professional Social Work Continuing Education, University at Buffalo, New York.

Krupski, L. (2002, October). Getting into their world: Exploring creative mind/body techniques in active learning to reach mandated college students regarding their substance use and abuse. Paper presentation at Conference on Treating Addictions in Special Populations, Binghamton New York.

Krupski, L. (2002, May). Stress and Time Management: Two-day Training and Consulting at La Farge Corporation, Cement Industry, Buffalo, New York.

Krupski, L. (2002, July). Creatively Engaging Students in Learning, National Wellness Conference Poster Presentation, Stevens Point, Wisconsin.

Krupski, L. (2002, June) Creating a Mentoring Program Paper presented at the National Association for Student Personnel Administration Conference, Communities of Courage: Campuses Emerging in a New Reality, Buffalo New York.

Krupski, L. (2002, January) Stress Breaks Presentation at the Center for Teaching and Learning, UB.

Krupski, L. (2002, January) Navigating Stress through Movement Keynote Presentation at Emerging Leaders Forum, Leadership Development Center, University at Buffalo, Buffalo, New York.

Krupski, L. (2001, September) Partners in Peer Education Paper presented at CSPA, Silver Springs, New York.

## **CERTIFICATION DATES**

Licensed Mental Health Counselor (LMHC) anticipated May 2025

Advanced Certificate in Mental Health Counseling, Medaille College, May 2023

National Board-Certified Health and Wellness Coach (NBC-HWC) , July 2022

Well-Being Leadership Certification, HYLANT/OWLS Organizational Wellness and Learning Systems (March-May 2022)

Resilience Coach Certification, OWLS, Organizational Wellness and Learning Systems, May 2020

Resilience and Thriving Facilitator Certificate Kissimmee, Florida, October 2019

Empowered Health Consciousness Facilitator Certificate Kissimmee, Florida, October 2019

National Certificate in Tobacco Treatment Practice (NCTTP), May 2018

Blue Belt exam and course in Lean Six Sigma, 2012

Les Mills Body Combat, November 2016; Les Mills Body Pump, Dec 2012

Certified Trainer Tobacco Treatment Specialist (T4), University of Massachusetts, July 2016

Tobacco Treatment Specialist (TTS), University of Massachusetts, April 2016

AFAA Group Fitness, March 2015; PIYO Pilates/Yoga October 2013; Zumba, September 2012

Certified Circle of Life Coach, 2008; Certified Mindful Coach, 2004

National Certified Health Education Specialist (CHES) #13840, 2007

Certified Instructor for American Lung Association, 2007

Passed National Certified Counselor (NCC) exam, April 2004

Certified Brown Belt in Neuromuscular Integrative Action (Nia), 1998, 2018

Certified Rehabilitation Counselor (CRC) #015798, 1997

## **VOLUNTEER COMMUNITY SERVICES/NETWORKS**

2020-Present Dallas Fort Worth Organizational Development Network; Resilience Community of Practice Monthly Convener

**AWARDS :** #1 HAWC at a Large Air Force Base (2007); Ten Years Exemplary Service (2005); Service Excellence Award, Student Affairs (2005); Collaboration for Healthy Communities (2002); College Teamwork & Leadership Award (2000); NYS Friend in Prevention (1999)