

Laurie Griswold-Krupski, Ph.D., LMHC, MS, NCTTP, CRC, CHES, NBC-HWC

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<https://transformativehealthwellness.com/>

MISSION STATEMENT: Experiential mental health counselor, trainer, researcher, and supervisor seeking to assist individuals, couples, and groups to build more fulfilling levels of intimacy and face barriers to connection. Versed in integrative modalities of resilience, mindfulness, creative, and expressive therapies. Advocate of living one's best improv life through embodied presence and play.

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 and Mindfulness focus
Master of Science, Rehabilitation Counseling Psychology, Addiction, June 1997, UB, GPA 3.75
Bachelor of Arts, Psychology, February 1995, UB, GPA 3.80, *Summa Cum Laude*, High Honors

EMPLOYMENT- Counseling

1/24 – Present **Experiential Counselor, Mind, Body, and Soul Counseling**, NY. Provide relational mental health counseling
5/23 – Present **Experiential Counselor/Facilitator, Charlie Health**, NY. Provide MH treatment and relational process groups
8/22 – Present **Personalized Recovery Oriented Services (PROS) counselor, Clinical Trainer/L&D Specialist, BestSelf Behavioral Health**, NY. Provide group experiential counseling in mindfulness, DBT, CBT, resilience, intimacy, improvisational play, and mind-body stress management. Clinical trainer of group process and EHRs.

EMPLOYMENT- Training and Supervision

4/20 – 7/22 **Trainer/Partner/Coach, Organizational Wellness and Learning Systems (OWLS)**, TX Provided individual and team resilience coaching programs utilizing well-being leadership, small-business dialogue, and humble inquiry.
7/21- 1/22 **Senior Program Manager/Trainer, North American Quitline Consortium**, AZ Facilitated network dialogues, nationwide stakeholder communications, & best practice technology-mediated services in 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 **Clinical 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 group treatment 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.

EMPLOYMENT- Health and Wellness Promotion and Research

8/10 to 12/10 **Head Academic Advisor, College Support Program**, Buffalo, NY. Provided academic, career, resilience and well-being support to students with Autism, Asperger's syndrome, and Attention-Deficit Hyperactivity Disorder.
9/09 to 8/10 **Community Health Program Planning Project Analyst, P² 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 Air Force Base**, AZ, Improved engagement, retention, and mission readiness among airmen through health, well-being, and resilience promotion.
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.

LICENSE/CERTIFICATIONS

LMHC Licensed Mental Health Counselor in NY, 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

COUNSELING AND/OR TRAINING IN SCHOOLS, MENTAL HEALTH CLINICS, OR HEALTHCARE FACILITIES

10/21- present	<u>Preventionfocus, LLC</u> . Provide resilience to thrive workshops, well-being leadership, small business dialogue, and team awareness to schools and businesses struggling with communication, connection, lost productivity, and stress. Sites included West Buffalo Charter, Williamsville Elementary, Middle, and High Schools, Botanical Gardens, Buffalo Museum of Science, The Foundry, and Best Self.
9/23 – 2/24	<u>The Resilience Lab</u> , NY. Provide individuals and couples with experiential counseling.
8/22 – 9/23	<u>Hillview Counseling</u> , NY. Provide individuals and couples with experiential counseling.
6/21- 2/22	<u>Carroll County Coalition for Public Health</u> , Provide weekly resilience to thrive, virtual groups, preventing substance use among teenagers and young adults in the hospitality industry.
4/20- 7/22	<u>OWLS (Organizational Wellness and Learning Systems)</u> , Provide individual, team, and organizational resilience programs to substance use/behavioral health programs and school districts.
7/20- 7/21	<u>UHG, Sanvello</u> , 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	<u>Roswell Park Comprehensive Cancer Center Accredited Tobacco Treatment Specialist Training</u> , 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	<u>ASHLine Lead curriculum and clinical protocol developer</u> offering tailored services to disadvantaged audiences such as those reporting low income, mental illness, or cultural barriers.
4/17-7/17	<u>UMASS and Roswell Park Tobacco Treatment Specialist Training</u> , provided tobacco dependence treatment certification training for local healthcare professionals serving patients and providers.
10/13 to 6/14	<u>Lead Curriculum Developer and Trainer for Wegmans Healthy Lifestyle/Quit Tobacco Club</u> . Developed in-person and online wellness and trauma-informed content for facilitator curriculum.
1/12-3/12	<u>Nurse Tobacco Cessation Training Department of Behavioral Health, Americare, NY</u> . Provided tailored instruction for treating tobacco dependence among individuals with mental illness.
10/09 to 8/10	<u>Community Health Planner, P² Collaborative of WNY</u> Educated communities on Triple Aim Health Planning models emphasize care, health, and cost analyses.
11/06 to 8/09	<u>Health and Wellness Distance Learning, DMAFB</u> Expanded reach by providing distance learning wellness educational training to airmen stationed at bases overseas.

GRADUATE-LEVEL SUPERVISION OF DOCTORAL AND MASTER STUDENT RESEARCH

9/2000 -12/2004	<u>Master's Student</u> Supervisor, University at Buffalo, CSEP counseling internship placements.
8/2017 – 4/2018	<u>Master's Student</u> Supervisor, University of Arizona, ASHLine. Counselors are investigating Action and Commitment Therapy applications to individuals seeking tobacco dependence treatment.
9/2015 – 3/2017	<u>Doctoral Thesis</u> , Committee for NY Department of Health and the 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.

UNDERGRADUATE/GRADUATE INSTRUCTION

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

PUBLICATIONS

- Bennett, J., **Krupski, L.**, Chan, A., Conigliaro, C. (2026) "Resilience to Thrive Coaching: An evidence-informed pilot study of core competencies." *Journal of Positive Psychology*. (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, Phoenix, 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 the 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 24th EuroChrie 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 NY at Buffalo, 2005)." *Counseling & Educational Psych*.
- 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.
- Bihr, 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

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| 07/2021 – 1/2022 | <i>Project CONNECT: Quitlines Promoting Lung Cancer Screening, MD Anderson Implementation Study</i> supporting eight Quitlines using multiple digital referral pathways promoting decision-aid tools |
| 10/2018 – 5/2020 | <i>Increasing the Capacity and Infrastructure of the Roswell Park Tobacco Treatment Service</i> Project
Goals include comparing prevalence and quitting among tobacco-using cancer patients. |

10/2017 to 5/2017	<i>Comparing Guided Imagery to Standard of Care at a State Quitline.</i> Project goals include comparing imagery interventions for their effectiveness on engagement and quit rates.
3/2017 to 12/2017	<i>Gender Differences in Utilization of Services and Cessation Outcomes at a State Quitline.</i> Project goals include retrospective analyses of data trends and future implications for protocols.
11/2014 to 3/2017	<i>Promotion of Low-Dose CT Screening for Early Detection of Lung Cancer Among NYS Smokers Calling a Quitline.</i> 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	<i>Gain Framed Text-Messaging for Telephone Quitline Callers.</i> Project goals include conducting a randomized, pilot clinical trial among quitline callers to compare tailored gain-framed messages to tailor standard-care text messages for their effect on 30-week abstinence rates.
5/2012 to 1/2015	<i>Pilot Study of Varenicline vs. Nicotine Patch Delivered by a Telephone Quitline.</i> 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	<i>Does Combination Nicotine Replacement Therapy for Smoking Cessation Influence Quitting Behavior?</i> 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	<i>Emerging Technologies Promote Community-based Smoking Cessation in Diverse Urban and Rural Populations.</i> Project goals tested the comparative effectiveness of voice recognition and practice enhancements in community-based primary care medical offices compared to standard care.
6/2010 to 6/2013	<i>Quit Experiences Among Light Daily Smokers Who Contact the New York State Smokers' Quitline (NYSSQL).</i> 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	<i>Promoting Tobacco and Cancer Control: Reducing Alcohol Use to Promote Smoking Cessation.</i> 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	<i>Data miner,</i> 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	<i>Data Analyst,</i> Ongoing data briefings to ACC Squadron Commanders.
9/2004 to 7/2006	<i>Alcohol and Drug Project Coordinator,</i> University-Wide First-Year Experience Development, delivery, and evaluation of an effective social norms curriculum.
9/2002 to 12/2005	<i>Chair of UB Alcohol and other Drug Research Advisory Group (ADRAG)</i> UB departments, Amherst Task Force and the Research Institute on Addictions are improving prevention programs.
9/2000 to 11/2006	<i>Research Coordinator:</i> 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	<i>Chair of UB's Violence Prevention Research Team (VPT)</i> Collaborative effort among service and academic departments to assess student perceptions around the victim assistance protocol.

PROFESSIONAL TRAININGS

Applied Improvisational Network (AIN) Virtual Conference (November 2025),
American College of Lifestyle Medicine, Lifestyle Medicine & Food as Medicine (June 2025)
BNA Coaching, Improv Workshop Series (March 2025)
The Hackett Center for Mental Health Trauma and Grief Center, Multidimensional Grief Therapy (Aug 2024)
OWLS, Ripple Effect of Well-Being Multi-Level and Multicultural Resilience (April 2024)
We-Shift Institute, The Mindful Alliance (March 2024)
Rhythm2Recovery (March 2024), Toronto, CA
The Connoisseur of Time: An Invitation to Presence. A three-part workshop (March 2023)
Applied Improvisational Network (AIN) Virtual Conference (December 2022), Vancouver, CA (Sept 2023)
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)
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)

CERTIFICATION DATES

Licensed Mental Health Counselor (LMHC) #017003, November 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

2020-2023 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)

PROFESSIONAL PRESENTATIONS AND PERFORMANCES

Krupski, L. and Cuban Rueda dance team (2025, September) Salsa for a Cure, Puchos Community Center & Roswell Park, NY

Krupski, L. and S. Smist (2025, August and November). "Playful Improv in West Coast Swing Dance." Rochester, NY.

Krupski, L. & M. Smith (2025 March) "Resilience & Thriving " West Seneca Schools Continuing Education through Preventionfocus, Buffalo, NY.

Krupski, L. & M. Smith (2024 June) "Resilience & Thriving " Little Treasures Child Care Continuing Education through Preventionfocus, Buffalo, NY.

Krupski, L. & M. Smith (2023 August, 2024 November) "Resilience & Thriving " Ken-Ton Schools Continuing Education through Preventionfocus, Buffalo, NY.

Krupski, L. & M. Smith (2023 March) "Resilience & Thriving " CHC Learning Center Continuing Education through Preventionfocus, Buffalo, NY.

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

Krupski, L. & M. Smith (2022 August thru 2024 March) "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 the 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 the 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 the 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 the 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, MO.

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 the 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 the 24th 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 21st Century. Paper presented at the 11th 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 Girls' and Women's Sports Day. Division of Athletics, UB, Buffalo, NY.
- Krupski, L. (2004, Nov). Self-Care Leisure in Education. Paper presented at the 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 the 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.