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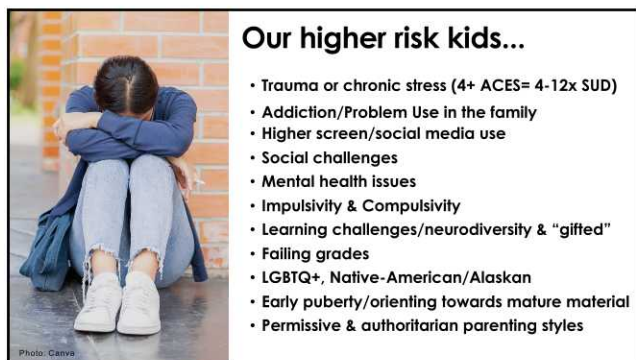
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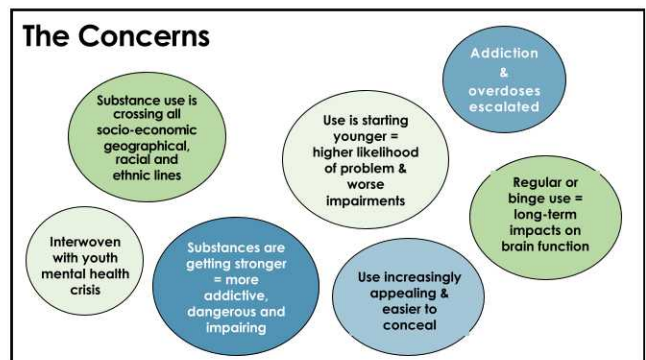
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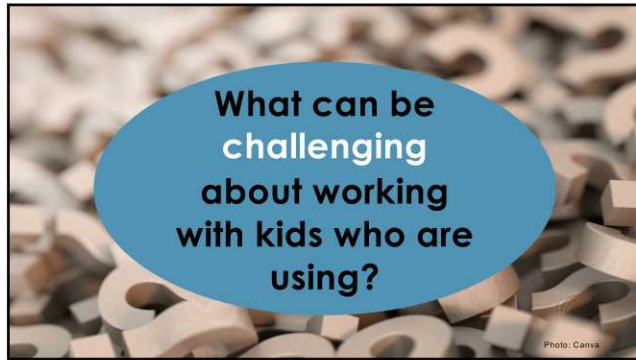
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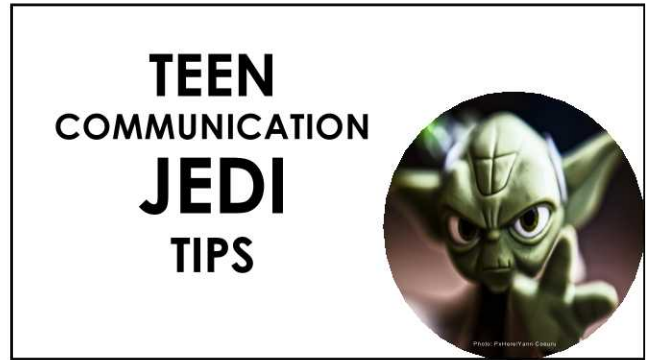
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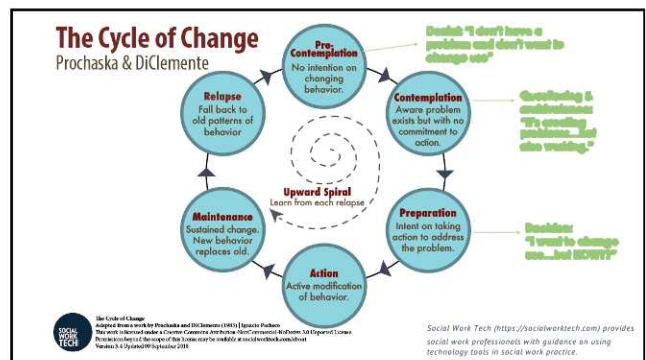
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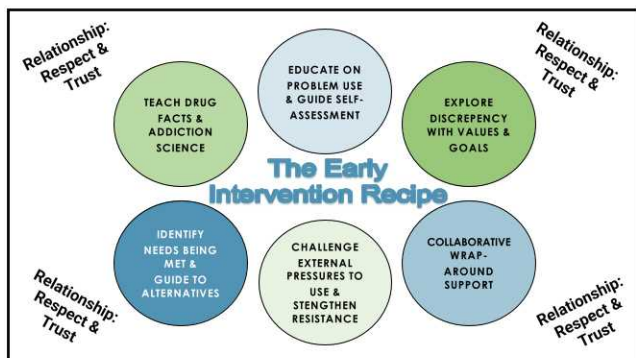
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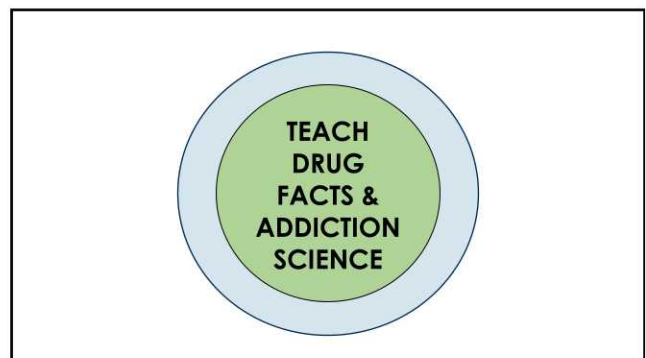
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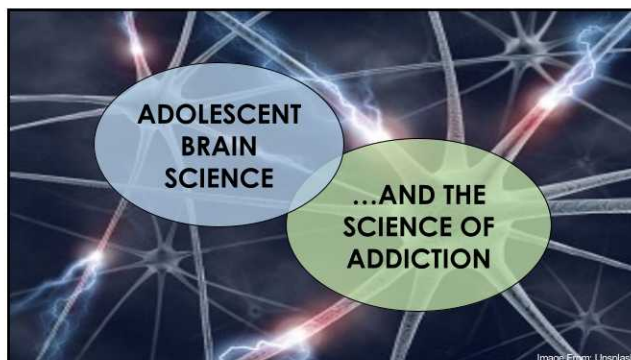
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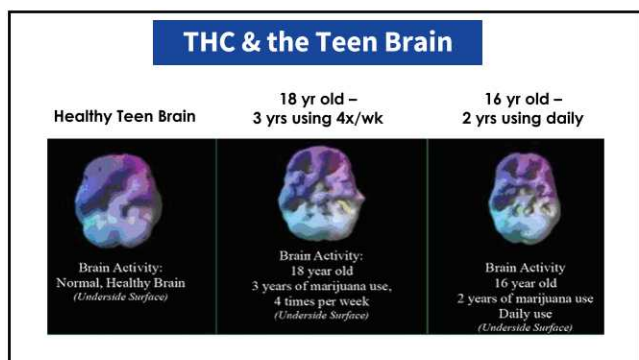
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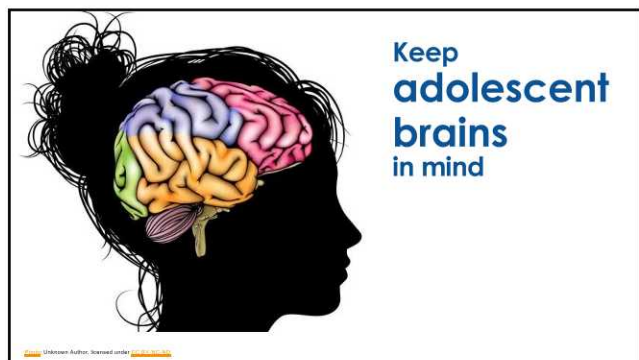
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SHORT TERM
impacts & risks
along w/long-term

- Poisoning/overdose
- Motor coordination/Accidents
- Judgment/cognition
- Brain chemistry/mood
- Sleep

AND

- Brain growth/cognitive damages
- Physical damages
- Mental health
- Problem use/Addiction/withdrawal



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Zachary Corona
13 y.o
Vape
THC + fentanyl
+PCP
Seizure, coma,
now disabled
GA

Dalilah Guerrero
12 y.o
Died from 1
fentanyl-
laced
Oxycodone
CA

19 y.o
Developed
Cannabis-
Induced
Psychosis from
vaping THC
Died by suicide
CO

Johnny Stack

Solomon Wynn
15 y.o
Died from
lung illness -
vaping
nicotine
since 13
NC

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Use tragic examples of *kids like THEM...*

But use SCARE TACTICS & "DRAMA" sparingly!

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Encourage trusted sources & critical analysis of information

Agendas, biases, who studied and how, source of "expertise"

WISCONSIN DEPARTMENT OF HEALTH SERVICES
MID-YEAR
SCHOOL REPORT CARD 2023
CASHCROSS | HEALTHCARE | 25

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Harm Reduction Approach

Photo: Open Chicago

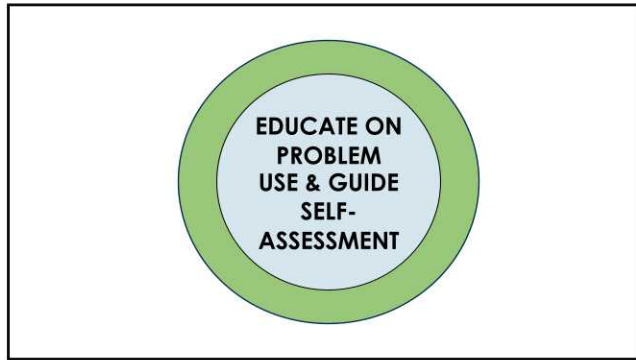
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Acknowledge and explore hypocrisies and complexities

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Advantages to NOT using & delaying

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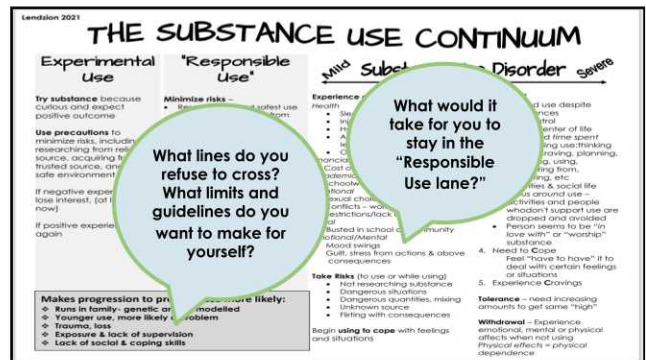


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ADDICTIVE BEHAVIOR SELF-ASSESSMENT	
Have you engaged in the behavior more often or for longer than you meant to?	
Have you wanted to and tried to cut down or stop the behavior but haven't managed to?	
Do you spend a lot of time on the behavior (including planning, thinking about, talking about, doing, recovering from, covering up, repairing consequences of)?	
Do you have cravings and urges to do your behavior?	
Does your behavior interfere with your relationships with friends, family or teachers?	
Do you continue engaging in your behavior even though you have a physical or psychological problem that has been caused by or is made worse by the behavior?	
Have you had to increase how much or the intensity of the behavior in order to get the same "rush" / affect from it?	
Do you get physically, emotionally or psychologically uncomfortable or anxious when you don't have access to your behavior/object which is relieved when you engage in it again?	
TOTAL BOXES CHECKED	

2-3 = Mild Disorder
4-5 = Moderate Dx
6+ = Severe Dx

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SBIRT/CRAFT+N – Screening, Brief Intervention and Referral to Treatment

The CRAFT+N Interview

Part A

During the PAST 12 MONTHS, on how many days did you:

- Use any substance (alcohol, weed, etc.) more than intended?
- Use any substance (alcohol, weed, etc.) more than intended?
- Use anything else to get high (not other people's drugs, pills, or substances) to feel better, relax, or cope with stress?
- Use a coping strategy (drugs, alcohol, weed, etc.) to feel better, relax, or cope with stress?

Part B

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part C

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part D

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part E

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part F

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part G

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part H

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part I

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part J

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part K

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part L

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part M

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part N

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part O

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part P

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part Q

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part R

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part S

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part T

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part U

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part V

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part W

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part X

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

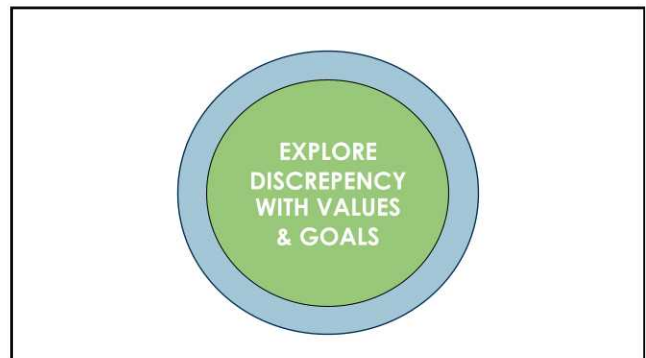
Part Y

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

Part Z

Have you ever been in a car accident or gotten into a fight while using alcohol or drugs?

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Values Rating
Rate each VALUE on a 1-5 scale (1 = not important, 5 = very important)

VALUE	1	2	3	4	5
Ability to Help Others					
Artistic Talent and Skill					
Attractive Features					
Belonging and Fitting In					
Career Satisfaction					
Creativity and Innovation					
Deep Friendships					
Education and Intelligence					
Equality & Justice					
Financial & Material Health					
Family					
Health					
Humor					
Independence					

How am I In Harmony with My Values?

MY TOP VALUES: _____

WINS MY SUBSTANCE USE IS IN HARMONY WITH MY VALUES

LOSES MY SUBSTANCE USE IS NOT IN HARMONY WITH MY VALUES

“How IS use conflicting with who you believe in being, and what you want for yourself?”

“Or how could it if you continue using the way you are?”

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CHANGE RULERS

TWO ROADS

On a scale of 1-10 how much do you genuinely want to cut back on use?

...how much do you think use is negatively affecting your life?

Keep using just as you are

Change something about your use

Photos: PowerPoint Stock Photo

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COST-BENEFIT ANALYSIS WORKSHEET
SMART Recovery

Using substance use as a coping strategy (or being used by others)

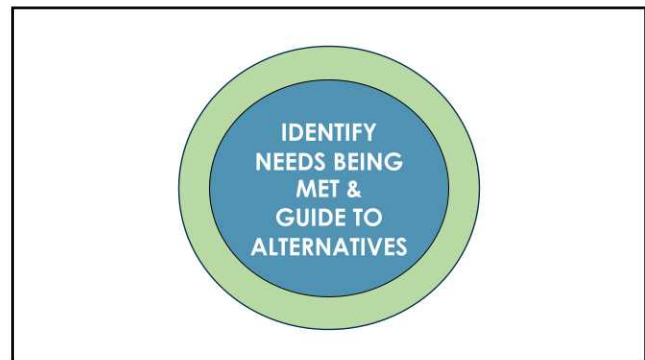
STAY	Benefits (concrete and meaningful)	STAY	Costs (concrete and meaningful)

Not using substance as a coping strategy (or being used by others)

STAY	Benefits (concrete and meaningful)	STAY	Costs (concrete and meaningful)

https://www.smartrecovery.org/worksheets/cost-benefit-analysis

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6 Adolescent Psycho-Social Needs

Fun & Excitement
Thrilling, exciting, new experiences, overcoming scary challenges

Belonging
Feeling accepted & part of something/a group

Independence & Control
Feeling “grown up,” having freedom to make choices & have some control over your life

Identity & Purpose
Knowing who you are & having a sense of worth

Confidence & Competence
Liking yourself & feeling good at something

Coping/Security
Ability to cope with stress & discomfort

They will use what's convenient & works!

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How I can meet my needs for

FUN & EXCITEMENT (thrill, excitement)	BELONGING (feeling accepted and "part of")
IDENTITY/PURPOSE (knowing myself & my values)	INDEPENDENCE/CONTROL (feeling "grown up" and "in control")
CONFIDENCE/MASTERY (feeling good about self & abilities)	COPING & SECURITY (managing stress & discomfort)

Help them find & strengthen alternatives
(pre-contemplation to action)

- “What was that experience like?”
- “What are you getting from using?”
- “Sounds like it's really helping you ____”
- “If people don't have some other alternatives in their toolbox to deal with life, they can get dependent on vaping as their only option. Are you willing to brainstorm some other ways of?”
- “I know you felt vaping helped you make new friends at first, but it sounds like it's giving you a reputation you don't want.”

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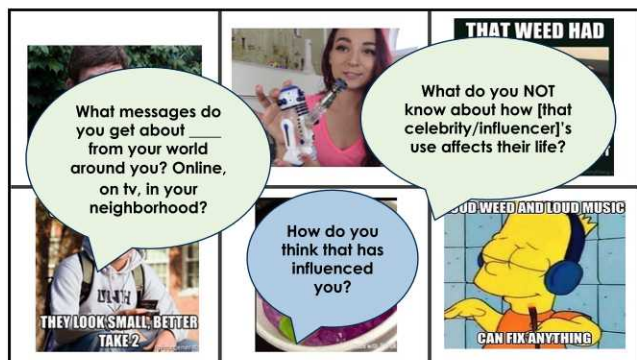
Stanford Teaching Drugs Conference 2026
Kriya Lendzion, LCMHC, LCAS, CPS

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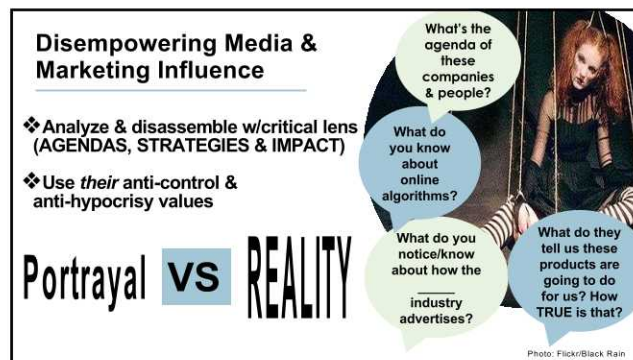
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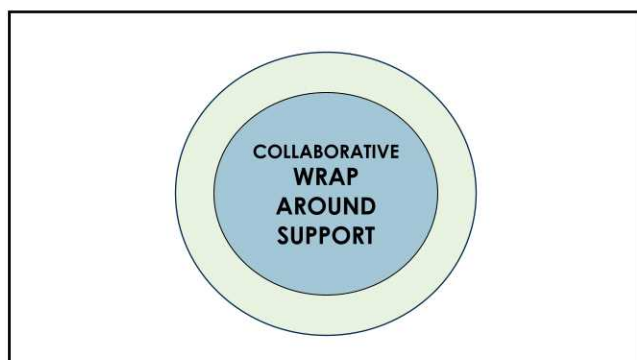
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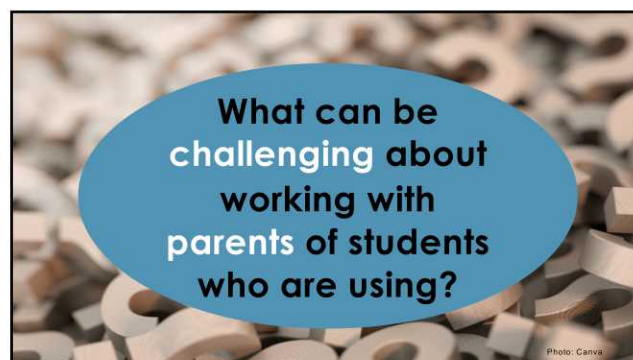
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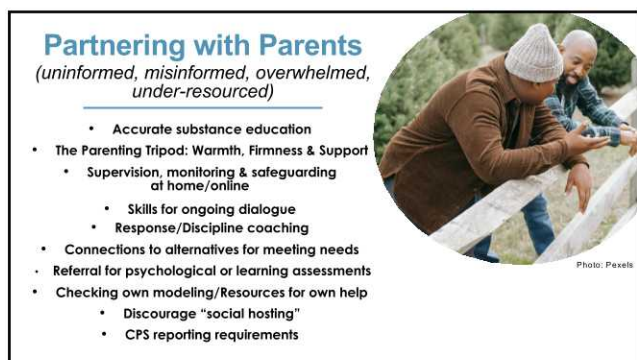
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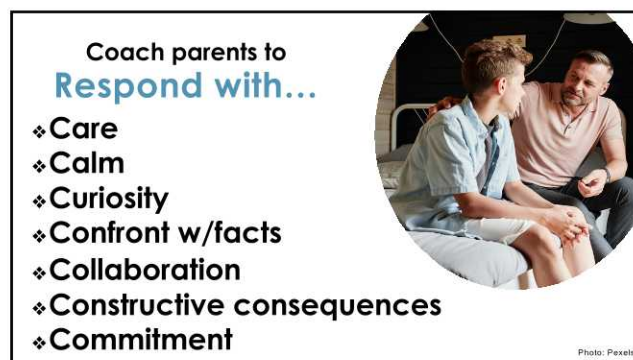
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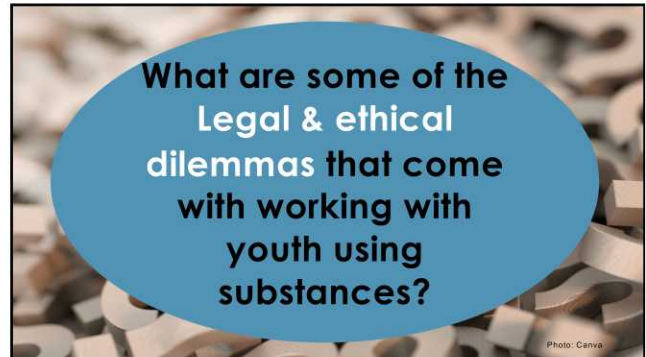
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