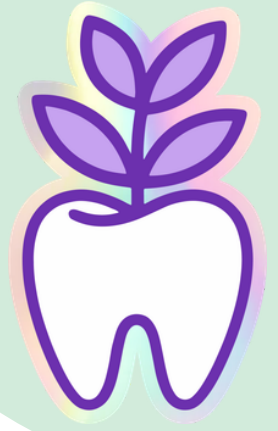


Rooted In Care, Rising In Purpose

RDH | SPEAKER | MENTOR | ADVOCATE



♥ MY MISSION

At Rooted in Care, Rising in Purpose, the mission is to empower dental professionals to connect clinical excellence with personal purpose. By bridging advocacy, education, and mentorship, Lisa helps dental hygienists rise, as leaders, educators, and change-makers, while staying rooted in compassion and care.

Every session, collaboration, and partnership is designed to spark meaningful growth, strengthen professional identity, and create lasting impact within our communities and the field of oral health.

MEET LISA HUITRON, BSDH, RDH, RDA

Lisa Huitron is a California-based dental hygienist, educator, and advocate who has dedicated over 20 years to advancing oral health and professional empowerment. As the founder of Rooted in Care, Rising in Purpose and Student Relations Council Chair for the California Dental Hygienists' Association, Lisa is a passionate voice for leadership and advocacy in the dental hygiene profession.

Her speaking engagements blend evidence-based education with real-world experience, encouraging clinicians and students alike to find balance, purpose, and confidence. Through storytelling and connection, Lisa inspires others to remember why they chose this profession—and how they can use it to change lives.

**Contact Me
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SIGNATURE TOPICS

- **Vaping, Neurodivergence & Vulnerability:** A Public Health Perspective
- **Understanding Addiction & Taking Action:** A 2-Part Nicotine Cessation Series
- **The Vaping Generation:** What Dental Professionals Are Missing
- **Adolescent Vaping:** What Teens Won't Tell You (But Their Mouth Will)
- **Sensory-Smart Dentistry:** Reducing Overstimulation in the Dental Chair
- **Beyond Compliance:** Treating Neurodivergent Patients with Dignity & Strategy
- **Rooted in Care, Rising in Purpose:** Finding Your "Why" in Dental Hygiene
- **From the Clinic to the Capitol:** How Dental Hygienists Shape the Future of Oral Health

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NICOTINE / VAPING COURSES

Vaping, Neurodivergence & Vulnerability: A Public Health Perspective



This course explores the intersection of nicotine use, neurodivergence, and vulnerability through a public health lens. Participants will examine how sensory processing, behavioral regulation, and social determinants contribute to increased risk of nicotine use in certain populations. Dental professionals will gain strategies to identify risk factors, deliver inclusive care, and implement prevention-focused interventions.

Learning Objectives

- Identify risk factors contributing to nicotine use in vulnerable populations
- Explain the relationship between neurodivergence and behavioral regulation
- Recognize how social and environmental factors influence vaping behaviors
- Apply inclusive, patient-centered cessation strategies
- Integrate prevention into clinical and community settings

Suggested Audience: RDHs, dentists, public health professionals, educators

Format: Lecture, workshop, keynote

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2-PART SERIES

Understanding Addiction & Taking Action: A 2-Part Nicotine Cessation Series



PART 1

Nicotine Is Not Just a Habit: Understanding Addiction, Dopamine & Behavior

Nicotine addiction is a complex neurobiological process, not simply a habit. This course explores how nicotine affects the brain's reward system, including dopamine release, behavioral conditioning, and reinforcement. Participants will learn how to apply behavior change models to support effective, patient-centered cessation conversations.

Learning Objectives

- Describe nicotine's effect on the brain and dopamine pathways
- Differentiate habit, dependence, and addiction
- Explain behavioral conditioning and triggers
- Apply Motivational Interviewing and TTM
- Improve patient communication around cessation

Suggested Audience: RDHs, students, clinicians

Format: Lecture, workshop, keynote

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2-PART SERIES

Understanding Addiction & Taking Action: A 2-Part Nicotine Cessation Series



PART 2

From Detection to Intervention: Chairside Nicotine Cessation That Actually Works

Dental professionals are in a unique position to identify early signs of nicotine use and intervene. This course provides practical, evidence-based strategies for implementing chairside nicotine cessation, including the 5A's framework, brief interventions, and workflow integration.

Learning Objectives

- Identify oral and behavioral signs of nicotine use
- Implement the 5A's model
- Deliver a 3-minute intervention
- Discuss cessation tools and referrals
- Document and integrate into practice

Suggested Audience: RDHs, students, clinicians

Format: Lecture, workshop, keynote

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The Vaping Generation: What Dental Professionals Are Missing



This course examines current vaping trends and their oral and systemic implications. Participants will learn to identify early clinical signs and implement prevention-focused patient education strategies.

Learning Objectives

- Identify oral manifestations of vaping
- Explain systemic effects of e-cigarettes
- Recognize early warning signs
- Deliver prevention-focused education

Suggested Audience: Students, new graduates, practicing hygienists

Format: Lecture, workshop, keynote

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Adolescent Vaping: What Teens Won't Tell You (But Their Mouth Will)



Adolescents often conceal nicotine use, but oral indicators can reveal early exposure. This course focuses on identifying subtle signs and navigating effective communication with teens and caregivers.

Learning Objectives

1. Recognize early oral indicators in adolescents
2. Understand teen risk behaviors
3. Communicate effectively with teens
4. Engage caregivers in prevention

Suggested Audience: Students, new graduates, practicing hygienists

Format: Lecture, workshop, keynote

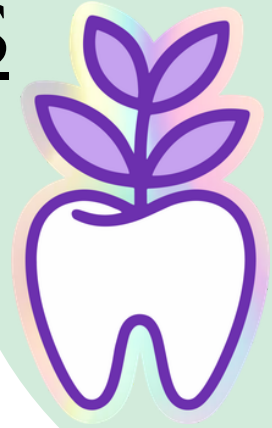
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NEURODIVERGENCE COURSES

Sensory-Smart Dentistry: Reducing Overstimulation in the Dental Chair



Dental settings can be overstimulating for some patients. This course provides practical strategies to modify environments and improve patient comfort.

Learning Objectives

- Identify sensory triggers
- Modify the operator environment
- Implement sensory-support strategies
- Improve patient tolerance

Suggested Audience: Students, new graduates, practicing hygienists

Format: Lecture, workshop, keynote

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Beyond Compliance: Treating Neurodivergent Patients with Dignity & Strategy



This course challenges traditional compliance-based models and introduces patient-centered, trauma-informed care strategies for neurodivergent individuals.

Learning Objectives

- Define neurodivergence
- Identify communication differences
- Apply trauma-informed care
- Improve patient trust and outcomes

Suggested Audience: Students, new graduates, practicing hygienists
Format: Lecture, workshop, keynote

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LEADERSHIP / PURPOSE

Rooted in Care, Rising in Purpose: Finding Your “Why” in Dental Hygiene



Reconnect with your purpose and reignite your passion for dental hygiene. Through self-reflection and storytelling, attendees explore how aligning personal values with professional goals leads to fulfillment, resilience, and impact. ✨

Learning Objectives

- Identify core values that influence motivation and career satisfaction.
- Recognize signs of burnout and rediscover intrinsic motivation.
- Develop strategies to align daily practice with long-term purpose.
- Create a personal mission statement to guide professional decisions.

Suggested Audience: Students, new graduates, practicing hygienists

Format: Lecture, workshop, keynote ✨

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ADVOCACY / POLICY

✦ From the Clinic to the Capitol: How Dental Hygienists Shape the Future of Oral Health



Empower hygienists to use their voice to influence ✦ policy, drive access to care, and elevate the profession. Learn how to bridge clinical experience with legislative action to create lasting change.

Learning Objectives

- Explain the role of advocacy in promoting health equity and professional growth.
- Identify key legislative processes and organizations influencing dental hygiene.
- Develop confidence in communicating with lawmakers and leaders.
- Create an action plan to engage in professional advocacy.

Suggested Audience: Students, educators, hygienists, dental professionals

Format: Lecture, workshop, panel

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✦ Honorarium ✦

SPEAKING & SOCIAL MEDIA COLLABORATION FEES



Lunch & Learn / Meeting
(Up to 90 minutes) \$1,500 +
expenses

Half Day
(Up to 3 hours) \$2,000 + expenses

Full Day
(Up to 6 hours) \$3,500 + expenses

Webinar / Virtual CE
(Up to 2 hours) \$800
(2-4 hours) \$1200

Exhibit Hall / Panel Appearance
(1–3 hours) \$750–\$1,200
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1 story feature + mention \$250

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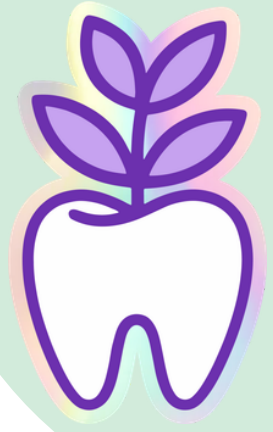
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Testimonials



Lisa was a wonderful “Big” during dental hygiene school. As someone who entered the profession later in life after years as an RDA, I felt understood and supported by her. We connected almost daily over the realities of hygiene school and life, and her honesty, insight, and encouragement made a meaningful difference. I’m grateful for the professional and personal friendship we built along the way.

— Kandice Pliss, BSDH, RDH, RDA

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