



Teresa Ruspi

MSOL, Executive Director & Co-founder of The LRJ Foundation, Mindset and Leadership Consultant

Teresa Ruspi Stann, a native of Pennsylvania and currently resides in Georgia with her three daughters. Teresa graduated from Marywood University, Pennsylvania, with a BA in Nutrition & Dietetics, and a MA from Mercer University in Organizational Leadership, with a focus in Nonprofit Business Management. Teresa is an experienced Executive Director with a history of working in mental health program development, wellness, public speaking, community partnerships, and organizational leadership. A fun fact, Teresa is an identical twin sister, Karla, and together founded the LRJ Foundation in 2012. In her spare time she enjoys fitness training, cooking, and traveling.

Teresa's vision is to share with you what her unstoppable team strives for each day, which is a mission to transform the attitudes, choices, and behaviors of our youth and community. Her team strives to accomplish this mission through school partnerships to implement mental health education, empathy, and connection, which are the most powerful protective factors for suicide prevention.