



January 2023

I have known Katherine Ponte since July 2019. She has been a peer support volunteer on the inpatient psychiatric unit at Lenox Hill Hospital where I am the manager of Creative Arts Therapies. Katherine has provided monthly groups for our patients where she shares her experience with mental illness and recovery and the work of her organization For Like Minds. She has been so generous and caring with the patients and each time brings supportive materials. Katherine brings greeting cards designed and written for patients in psychiatric units by volunteers with their own mental illnesses. This program has been touching for our patients and consistently inspires helpful discussions on mental health recovery, support, and wellness.

From the start of her involvement with our unit, it was apparent how passionate Katherine is about her work in mental health peer support and advocacy. Katherine is open and vulnerable in sharing her experiences and challenges. She speaks in a very honest and direct way, which has always seemed to resonate with our patients. She gives practical advice about mental health recovery and building a sense of wellness and happiness. Katherine is also a great listener and does an excellent job of making patients feel heard and acknowledged. She is thoughtful and generous with her resources, always bringing materials geared to help patients feel supported and cared about.

I highly recommend Katherine for peer-to-peer work. She has a natural and genuine way of connecting with peers and a tremendous investment in her work. She has reached our patients in a manner that is so beneficial and motivational. I have every confidence that she will bring this degree of dedication and compassion to everyone she works with.

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