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RENOVASANDIEGO.COM

**October 7, 2025**

**To Whom It May Concern,**

It is with great enthusiasm that I write this letter of recommendation for **Kathryn (Kate) Elliott**. I have had the privilege of knowing Kate both as her employer and mentor through her work with **Renova San Diego**, a nonprofit organization providing mental health services to couples, families, and individuals.

Kate originally joined Renova as an intern, drawn to the opportunity to contribute to a **female-led organization** that integrates both nonprofit community service and private clinical practice. From the beginning, she demonstrated initiative, insight, and a deep commitment to improving mental health accessibility for youth and families.

As part of her internship, Kate took a leading role in **building partnerships with local school districts**. Through her initiative, we met with her high school principal and district staff to assess student mental health needs. Kate was instrumental in **designing and facilitating a student needs survey**, which provided critical data to help us identify areas of concern. Based on these findings, she helped **create and launch an on-campus mental health support group**, providing students with meaningful access to counseling, peer support, and mental-health education that had not previously existed.

Kate's organizational skills, professionalism, and ability to connect with both adults and adolescents have been invaluable to our mission. Her thoughtful communication style, strong follow-through, and capacity to coordinate complex projects with sensitivity to human dynamics set her apart as a natural leader in mental health advocacy.

In recognition of her exceptional performance, I offered Kate a paid position as my **Administrative Assistant** in addition to her internship. In this role, she has consistently exceeded expectations—anticipating needs, managing logistics, and maintaining the highest standard of integrity in every task she undertakes.

It is with **the highest commendation** that I recommend **Kate Elliott**. Her combination of compassion, initiative, and professionalism will make her an outstanding asset to any university or organization fortunate enough to have her.

Sincerely,

DocuSigned by:  
A handwritten signature in black ink, appearing to read "Lisa J. Palmer-Olsen".

**Dr. Lisa J. Palmer-Olsen, LMFT #37577**

Executive Director, Renova San Diego, Inc.

Emotionally Focused Therapy Trainer and Supervisor