

## **Lived Experience**

I have lived with a diagnosis of severe bipolar I disorder with psychosis and extended periods of suicidal depression for over 20 years. My condition has caused five severe psychotic manic episodes, suicidal depression, three involuntary psychiatric hospitalizations, an arrest while manic (dismissed), personal and career disruptions, and isolation and withdrawal. I have been in recovery since 2018, which I define as living a full and meaningful life made possible through an integrative approach to my mental health, based on hope, knowledge, and self-determinism supported by a strong support team of family, my pets, peers, and doctors. My life's mission is to inspire others to believe that mental illness recovery is possible and to help them reach it.

**Personal Website**      katherineponte.com

## **Mental Illness Professional Experience**

- |                  |   |                    |
|------------------|---|--------------------|
| 2018-<br>Present | <p><b><i>ForLikeMinds</i></b><br/><i>forlikeminds.com</i><br/>Founder<br/>New York City Certified Women-Owned Business<br/>ForLikeMinds.com is an online peer support community dedicated to the recovery and wellness of people living with or supporting someone with mental illness, substance use, or a stressful life event. It allows members to anonymously connect and communicate one-on-one and in groups based on shared conditions, events, and a broad range of demographic attributes. This person-driven approach facilitates more relevant and relatable connections. Members in similar circumstances share their lived experience to inspire and seek hope and information among the 20,000 member community.</p>   | New York, NY, U.S. |
| 2021-<br>Present | <p><b><i>Program for Recovery and Community Health (PRCH),<br/>Department of Psychiatry, School of Medicine, Yale University</i></b><br/><i>medicine.yale.edu/psychiatry/prch/</i><br/>Faculty Member, Lecturer in Psychiatry (2020 collaborator, 2021-present Faculty Appointment)<br/>The Yale Program for Recovery and Community Health conducts collaborative research, evaluation, education, training, policy development, and consultation. PRCH works to transform behavioral health programs, agencies, and systems to be culturally responsive and re-oriented to facilitating the recovery and social inclusion of the individuals, families, and communities they serve. It seeks to promote the recovery, self-determination, and inclusion of people experiencing psychiatric disability, addiction, and discrimination through focusing on their strengths and the valuable contributions they have to make to their communities. Contributed to research on how the financial services and retail industries could better serve low income people, particularly people with mental illness.</p> | New York, NY, U.S. |
| 2019-<br>Present | <p><b><i>Bipolar Thriving</i></b><br/><i>bipolarthriving.com</i><br/>Founder, Bipolar Recovery Coach<br/>BipolarThriving provides mentoring based on lived experience to people affected by bipolar disorder. This peer-based service seeks to better treatment outcomes by inspiring hope and demonstrating the possibilities of living with mental illness; employing strategies to better interact with health care providers based on shared decision-making; helping define life goals grounded in</p>   | New York, NY, U.S. |

medical stability and recovery-focused self-care practices; and promoting better communication to grow caring partnerships.

### **Non-Mental Illness Professional Experience**

1987–2017    ***Diverse Roles***    Toronto, ON, Canada, São Paulo, SP, Brazil, and New York, NY, U.S.

Founder, Ecostasy: Environmentally Sustainable Boutique (named Planet Green Changemaker, <https://bit.ly/2Z9JKPN>); Real Estate Investor; Associate, Boutique Investment Bank; Summer Associate, Leading Investment Bank; Foreign Legal Consultant, Tozzini, Freire, Teixeira e Silva, Advogados; Foreign Legal Consultant, Goulart Pentead, Iervolino & Lefosse, Advogados; Barrister & Solicitor, Aird & Berlis; Student at Law, Borden Ladner Gervais, and Summer Intern: Advocacy Center for the Elderly, Canadian Imperial Bank of Commerce–CIBC, Cassels Blaikie, and BMO Nesbitt Burns.

### **Military Service**

1988–1989    ***Private***    London, ON, Canada,  
(part-time)    Canadian Forces Primary Reserve (Militia) – 4th Battalion, The Royal Canadian Regiment

1987–1988    ***Private***    Toronto, ON, Canada,  
(part time)    Canadian Forces Primary Reserve (Air)

### **Education**

First-generation high school graduate.

1999–2001    ***The Wharton School, University of Pennsylvania***    Philadelphia, PA, U.S.  
(top ranked business school by U.S. News & World Report and Financial Times)  
Master of Business Administration

1997–1999    ***FGV – Fundação Getulio Vargas***    São Paulo, SP, Brazil  
(top ranked business school in Brazil)  
Courses on Business Administration and Management, Monetary Policy, and Foreign Investment.

1991–1994    ***Osgoode Hall Law School, York University***    Toronto, ON, Canada  
(a leading law school in Canada)  
Juris Doctor

1988–1991    ***University of Western Ontario***    London, ON, Canada  
Bachelor of Arts (Administrative and Commercial Studies, Public Administration and Public Policy and Political Science)

### **Other Post-Secondary Education**

2020–2021    ***New York University***    New York, NY, U.S.  
Certificate in Professional Coaching

**Mental Illness Volunteer Work**

- 2018–  
Present ***National Alliance on Mental Illness–New York City (NAMI–NYC)*** New York, NY, U.S.  
*naminycmetro.org*  
Director  
NAMI–NYC helps individuals and families affected by mental illness build better lives through education, support, and advocacy. As one of the largest affiliates of NAMI, the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness, NAMI–NYC works collaboratively with state affiliates and NAMI, and with other stakeholders in the community, to educate the public, advocate for legislation, reduce stigma and improve the mental health services.
- 2019–  
Present ***Psych Ward Greeting Cards, 501(c)(3) non-profit*** New York, NY, U.S.  
*Mental Illness Recovery, Inc: EIN: 86-3778007*  
*psychwardgreetingcards.org*  
Founder  
Psych Ward Greeting Cards is a leading psychiatric hospital outreach program. Every month they visit or send packages to psychiatric hospitals to offer peer support and hope to patients and distribute donated greetings cards with heartfelt messages and gifts. They currently collaborate with Gracie Square Hospital, Lenox Hill Hospital, NewYork–Presbyterian Westchester Behavioral Health Center, Payne Whitney Clinic, NewYork–Presbyterian Hospital and NYC Health + Hospitals/Bellevue in New York as well as Yale New Haven Psychiatric Hospital. Since the start of the program, they have reached well over 10,000 patients. The program collaborates with the leading mental health non-profit in the U.S. exclusively working with people living with serious mental illness, Fountain House.
- 2018–  
Present ***National Alliance on Mental Illness Blog*** New York, NY, U.S.  
*nami.org/blogs/nami-blog*  
Contributor  
NAMI Blogs are resources for people who are interested in mental health, addressing the latest research, stories of recovery, ways to end stigma and strategies for living well. Most importantly, they feature the voices of people impacted by mental illness. See publication section.
- 2017–  
Present ***The Stability Network*** New York, NY, U.S.  
*thestabilitynetwork.org*  
Member  
Members tell mental health stories to diverse audiences and bring facts, perspectives and awareness about mental health through a wide variety of sources. They also collaborate with each other and with outside organizations to advocate for mental health, connect others to resources and drive change.

**Non-Mental Illness Volunteer Work**

- 1992–1996 ***Leading Education Advocate*** Toronto, ON, Canada  
Member, Toronto Mayor’s Committee on Community and Race Relations; Co-founder and Member, Portuguese Canadian Coalition for Better Education; Journalist, Família Portuguesa (Ontario Portuguese community newspaper); Creator and Organizer, Petition to Ontario Minister of Education

to call attention to high school dropout rate of over 40% in Toronto's Portuguese-Canadian community. Collected over 3,000 signatures, which led to mainstream press (Toronto Star and CityNews – leading media in Toronto) attention and meeting with Ontario Minister of Education and two pilot projects to address dropout rate; Member, Toronto Board of Education Strengthening Educator, Parent and Child Relationships Working Group; Co-founder and Member, Portuguese-Canadian Student Federation; and Outreach Education Program Coordinator, University of Toronto Portuguese Association.

### **Current Professional Qualifications**

1996	Qualified as a Barrister and Solicitor in Ontario, Canada
2017	New York Certified Peer Specialist-Provisional
2018	Certified Psychiatric Rehabilitation Practitioner
	Languages: English (native), Portuguese (fluent)

### **Mental Illness Continuing Education**

2023	<b><i>Psychiatric Rehabilitation Association</i></b>	Remote, U.S.
	Bridging Community Gaps: Photovoice   Ethics: Being Your Best and Staying Out of Trouble   Focusing on the Peer Workforce, Recovery Measures and Bottom-line Impact   Motivational Interviewing   Peer Support Services to Address the Health and Wellness of People Living with Serious Mental Health Challenges   Psychosis: Working with Young Adults Experiencing Severe Distress   Serious Career Development for Youth with Serious Mental Health Conditions   Staying Healthy and Hopeful: Managing Compassion Fatigue	
2022	<b><i>The Institute of Trauma and Trauma-Informed Care</i></b>	Remote, U.S.
	Trauma 101: Introduction to Trauma and Trauma-Informed Care	
2022	<b><i>Recovery Tech &amp; TRB Connections</i></b>	Remote, U.S.
	Harm Reduction: A Practical Approach	
2019	<b><i>Exponents</i></b>	New York, NY, U.S.
	Medicated Assisted Treatment (MATS) / Medication Supported Recovery (MSR)	
2019	<b><i>Exponents</i></b>	New York, NY, U.S.
	Peer Ethics Training	
2019	<b><i>SBIRT</i></b>	Remote, U.S.
	Core Training Activity: Screening, Brief Interventions, and Referral to Treatment	
2016	<b><i>Intentional Peer Support</i></b>	Philadelphia, PA, U.S.
2016	<b><i>Urban Justice Center</i></b>	New York, NY, U.S.
	Mental Health Project, Community Advocacy Course	

2015	<b>Relias Academy</b> Various courses, including: A Culture-Centered Approach to Recovery   Bipolar and Related Disorders   Cognitive Behavioral Therapy   Co-Occurring Disorders   Diagnosis and Treatment of Anxiety Disorders   Dialectical Behavioral Therapy An Introduction   Family Psychoeducation: Introduction to Evidence-Based Practices   Introduction to Trauma-Informed Care   Mental Health Recovery and WRAP: Key Recovery Concepts   Motivational Interviewing   Overview of Depressive Disorders   Overview of Personality Disorders   Overview of Psychopharmacology   Overview of Severe Persistent Mental Illness   Person-Centered Planning   Posttraumatic Stress Disorder   Schizophrenia and Medications   Schizophrenia Spectrum and Other Psychotic Disorders   Self-Advocacy and Recovery   Solution-Focused Therapy   Structured Group Therapy   Suicide Assessment and Treatment   Understanding Borderline Personality Disorder.	Remote, U.S.
2015	<b>Connecticut Community for Addiction Recovery (CCAR)</b> Recovery Coach Academy Recovery Coach training	New York, NY, U.S.
2015	<b>National Council of Behavioral Health</b> Mental Illness and Recovery Disorders and Symptoms Certificate	Remote, U.S.
2015	<b>National Council of Behavioral Health</b> Mental Illness and Recovery Theories and Techniques Certificate	Remote, U.S.
2015	<b>National Alliance on Mental Illness</b> Peer-to-Peer	New York, NY, U.S.
2015	<b>Copeland Center</b> Wellness Recovery and Action Plan (WRAP) Facilitator	Brattleboro, VT, U.S.
2015	<b>Mental Health First Aid &amp; Recertification (2019)</b> Mental Health First Aid	Remote, U.S.
2015	<b>LivingWorks Education</b> Applied Suicide Intervention Skills (ASIST)	New York, NY, U.S.
2015	<b>Depression and Bipolar Support Alliance</b> (In affiliation with the Appalachian Consulting Group) Peer Specialist Training and Examination	Colorado, U.S.
2015-	<b>New York Academy of Peer Services for New York Peer Specialist Certification Board</b> Action Planning for Prevention and Recovery   Choosing the Life One Wants   Community Organizing   Creating Person-Centered Service Plans   Cultural Competency for Peer Providers   Development of Community Assets   Documentation for Peer Support Services   Essential Communication Skills (Active Listening and Reflective Responding)   Ethics in Peer Support Navigating Complex Relationships   Goal is Recovery   Harm Reduction   Historical Roots of the Community Mental Health System   Historical Roots of the Peer Support Services   Honest, Open, Proud Program (HOP) Introduction   HOP Consider the Pros and Cons of Disclosing   HOP There Are Different Ways to Disclose   HOP Telling Your Story   HOP Follow up   Housing Related Peer Support Services   Human and Patient Rights in New York   Importance of Advocacy   Individual Placement and Support (IPS) Model of Supported Employment   Insurance Parity   Integrated Dual Disorder Treatment (IDDT)   Introduction to Person-Centered Principles   Motivational Interviewing   Moving Beyond Disability   Multicultural Interaction Skills for Peer Supporters   Olmstead: The Continued Mandate of De-Institutionalization   Peer Delivered Service Models   Peer Leadership   Peer Wellness Coaching   Peer Model: Overview of Peer Services   Peer Model: Peer Values and Practices   Peer Model: Power of Peer Support   Peer Model: Understanding Peer Services   Peer Support in Criminal Justice Settings   Person-Centered Intake and Assessment   Psychiatric Advance Directives   Recovery Centers in New York States   Recovery Through Psychiatric Rehabilitation Principles   Rehabilitation Act and the	Remote, U.S.

American with Disabilities Act (ADA) | Self-care for Peer Providers | Stigma and Self-Disclosure | Social Security Entitlements | Supervising Peers Specialists-Key Concepts | Supervision of Peer Support Providers | Supported Employment Specialist Core Competencies | Supporting Financial Wellness: From Hardship to Hope | Trauma-Informed Peer Support | Whole Family Health and Wellness

### **Honors**

- 2021 Mogens Schou Award for Public Service and Advocacy | International Society for Bipolar Disorders (ISBD) | [Link](#) (highest honor in bipolar disorder community).
- 2021 Speaker at NewYork-Presbyterian Westchester Behavioral Health Center Psychosocial Rehabilitation Department Grand Rounds.
- 2019 Innovative Women Leaders in Global Mental Health | Columbia University Global Mental Health Programs. | [Link](#)
- 1991-1995 Portuguese Ministry of Foreign Affairs Scholarship; D.S. Teixeira & Associates Business Achievement Memorial Scholarship; J.S.D. Tory Research and Writing Award; Federation of Portuguese Canadian Business & Professionals Scholarship for Law; and University of Western Ontario In-Course Scholarship.

### **Mentor**

Larry Davidson, Ph.D., Professor of Psychiatry, Program for Recovery and Community Health, Department of Psychiatry, School of Medicine, Yale University, leading mental health recovery scholar. He is the author and co-author of over 450 publications on the processes of recovery from and in serious mental illnesses and addictions and the development and evaluation of innovative policies and programs to promote the recovery and community inclusion of individuals with these conditions. | [Link](#)

### **Recognition**

Patrick Corrigan, Distinguished Professor of Psychology, Illinois Institute of Technology, Director, Center for Health Equity, Education and Research (CHEER), leading stigma scholar has called Katherine a "thought leader in the recovery space." | [Link](#)

### **Medical Support**

Joseph Goldberg, M.D., Clinical Professor of Psychiatry, Icahn School of Medicine at Mount Sinai, leading serious mental illness psychiatrist with specialization in bipolar disorder | [Link](#)

### **Memberships**

Global Mental Health Peer Network  
 International Society for Bipolar Disorders  
 Law Society of Upper Canada  
 Mental Health Innovation Network  
 National Alliance on Mental Illness  
 National Alliance on Mental Illness-New York City  
 National Association of Peer Supporters  
 Patient Innovation  
 Psychiatric Rehabilitation Association  
 The Stability Network  
 Wharton Alumni Club of New York

## **Videos**

A Recovery Journey. Published on Aug. 11, 2018. | [Link](#), as of Jan. 2023, over 1,000,000 views on Facebook  
That Conversation About Mental Illness. Published on Mar. 24, 2019. | [Link](#), as of Jan. 2023, over 400,000 views on Facebook.

## **Writings**

### **Books**

• K. Ponte (2020) with contributions, *ForLikeMinds: Mental Illness Recovery Insights* (2<sup>nd</sup> Edition). Independently Published. Foreword by Larry Davidson, Ph.D. | [Link](#)

Excerpt from Foreword:

"I have been waiting for over 30 years for someone to write a book like this – an instructive and very practical guide – directly applicable to the everyday lives of persons living with mental illnesses and their loved ones – offering them a hand and leading them step by step through many of the lessons Katherine has had to learn mostly on her own – from creative, dogged, and prolonged efforts to find a way to build and maintain a full life in the face of a serious illness."

Cited as a Book of Note in Duckworth MD, K., *You Are Not Alone: The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families* (2022) Zando.

• K. Ponte, *Your Mental Health Recovery Workbook: A Workbook to Share Hope*. (2023) Trigger Publishing. | [Link](#).

Review in *Psychiatric Times*, Dec. 4, 2023 | [Link](#).

Endorsements by leading mental health scholars, clinicians, and non-profit leaders, a leading hospital, a person living with serious mental illness and a parent. [See here](#). Endorsement by Professor Larry Davidson, PhD, Program for Recovery and Community Health, Department of Psychiatry, School of Medicine, Yale University, leading mental illness recovery scholar:

"With this workbook, Katherine has distilled many of the important lessons she has learned from and about living with a serious mental illness over the previous two decades. Combining her own life experiences with valuable techniques she has learned from others, she offers the reader a near exhaustive array of strategies for making the most of their daily life challenges, whether or not they have to do directly with mental illness or the stigma associated with it. Both persons living with mental illness and their loved ones and supporters can benefit from the practical and effective approach that Katherine brings to the work of everyday life. Limiting each topic to one page enables readers to go at their own pace and to pick and choose the topics or challenges most relevant for them at any given time without feeling overburdened or overwhelmed. All in all, this is a tour de force not only for persons living with a mental illness and their loved ones, but for anyone who feels in the need for some practical, down to earth guidance on how to make the most of life."

• K. Ponte and I. Goncalves, *Loving Someone with a Serious Mental Illness: Caring for Your Loved One and Yourself on the Journey to Mental Health Recovery* (forthcoming 2025) New Harbinger Publications. | [Link](#)

## Family Planning Tool

K. Ponte *et al.*, Collaborative Care Plan, 2020. | [Link](#)

## Academic Peer Reviewed Journals

- K. Ponte, "Educators, Here's How to Be a Mental Health Ally," *Inspiring Minds by Harvard Business Publishing Education*, May 4, 2022 | [Link](#)
- K. Ponte et al, Phase-based concerns of caregivers for individuals with a bipolar disorder, *International Journal of Social Psychiatry*, Mar. 28, 2023 | [Link](#)
- K. Ponte, Being a Mental Health Ally, *HBR Guide to Better Mental Health at Work* (HBR Guide Series) Paperback, Harvard Business Review – Sep. 27, 2022.
- K. Ponte, A Kind Gesture in the Psych Ward, *Schizophrenia Bulletin*, Aug. 23, 2022 | [Link](#)
- K. Ponte, Being a Mental Health Ally, *Harvard Business Review*, May 9, 2022 | [Link](#)
- K. Ponte et al., Tele-Mental Health Utilization Among People with Mental Illness to Access Care During the COVID-19 Pandemic, *Community Mental Health Journal*, Feb. 10, 2021. | [Link](#)
- K. Ponte et al., COVID-19 Concerns among persons with mental illness, *American Psychiatric Association, Psychiatric Services*, Sep. 3, 2020. | [Link](#)
- K. Ponte, A Risk Too Big Not to Take: A Story of Recovery, *American Psychiatric Association, Psychiatric Services*, Feb. 11, 2020. | [Link](#)
- K. Ponte, Stigma, Meet Hope, *Schizophrenia Bulletin*, Feb. 20, 2019. | [Link](#)

## Mental Health Blogs

A leading mental health blogger, widely followed over the last five years on a diverse range of important issues affecting the mental illness community. Expertise in identifying, researching, and writing about these topics. Highly skilled at raising awareness of mental illness and advocating for positive change. Strong experience at translating clinical and academic topics into highly accessible plain English, while sharing unique insights based on lived experience. Blog posts have been highly praised by mainstream, academic, and clinician readers.

### National Alliance on Mental Illness Blog – NAMI Blog

Blog posts consistently rank at the top of Google search results for relevant mental illness related keyword searches. As of Jan. 2023, over 750,000 views.

All blog posts written by K. Ponte as sole author, except where noted.

- Combatting Loneliness and Social Isolation in People with SMI, *NAMI Blog*, Aug. 7, 2023 | [Link](#)
- Early Psychosis Intervention, *NAMI Blog*, May 12, 2023 | [Link](#)
- Certified Peer Specialists: An Untapped Opportunity, *NAMI Blog*, Apr. 7, 2023 | [Link](#)
- Pursuing Motherhood While Living with Mental Illness, *NAMI Blog*, Mar. 3, 2023 | [Link](#)
- K. Ponte et al. Mental Health Resolutions for the New Year, *NAMI Blog*, Jan. 4, 2023 | [Link](#)
- What I Learned on My 20-year Mental Health Journey, *NAMI Blog*, Oct. 17, 2022 | [Link](#)
- Understanding Bipolar, *NAMI Blog*, Aug. 21, 2022 | [Link](#)
- How Parents Can Support their College Students' Mental Health, *NAMI Blog*, Jun. 6, 2022 | [Link](#)
- Understanding The Early Warning Signs of Mental Illness, *NAMI Blog*, May 9, 2022 | [Link](#)
- Developing Effective Anti-stigma Interventions, *NAMI Blog*, Apr. 15, 2022 | [Link](#)



- Understanding Mental Illness Triggers, *NAMI Blog*, Jan. 10, 2022 | [Link](#)
- K. Ponte et al., How to Prepare for Your Psychiatric Appointment, *NAMI Blog*, Dec. 10, 2021 | [Link](#)
- K. Ponte et al., Advice for Mental Illness Caregivers, *NAMI Blog*, Nov. 10, 2021 | [Link](#)
- Overcoming Stigma: Helping People Accept Their Mental Illness Diagnoses, *NAMI Blog*, Oct. 4, 2021 | [Link](#)
- Bipolar Depression: The Lows We Don't Talk About Enough, *NAMI Blog*, Sep. 22, 2021 | [Link](#)
- K. Ponte et al., Serious Mental Illness Recovery: The Basics, *NAMI Blog*, Aug. 11, 2021. | [Link](#)
- Navigating My Relationships with Religion While Living with Mental Illness, *NAMI Blog*, Jul. 23, 2021. | [Link](#)
- Understanding Schizophrenia, *NAMI Blog*, May 17, 2021. | [Link](#)
- Lived Experience Matters: Coming Out and Sharing, *NAMI Blog*, Apr. 12, 2021. | [Link](#)
- Criminal Justice Involvement of People with Serious Mental Illness, *NAMI Blog*, Mar. 22, 2021. | [Link](#)
- The Many Impacts of Self-Stigma, *NAMI Blog*, Feb. 8, 2021. | [Link](#)
- A Letter to Those Struggling with Mental Illness, *NAMI Blog*, Jan. 11, 2021. | [Link](#)
- What Should I Gift My Loved One with Mental Illness, *NAMI Blog*, Dec. 2, 2020. | [Link](#)
- The Remarkable Human Animal Bond, *NAMI Blog*, Nov. 20, 2020. | [Link](#)
- Why Everything is a Mental Health Issue When You Cast Your Ballot, *NAMI Blog*, Oct. 14, 2020. | [Link](#)
- Suicide: Saving Lives Now and Beyond, *NAMI Blog*, Sept. 9, 2020. | [Link](#)
- The Ways We Can Address the Social Determinants of Mental Health, *NAMI Blog*, Aug. 6, 2020. | [Link](#)
- Embracing the Diversity Within Us, *NAMI Blog*, Jul. 7, 2020. | [Link](#)
- The Mental Health Movement in the Workplace, *NAMI Blog*, June 10, 2020. | [Link](#)
- Talking about Mental Illness: Reaching In, *NAMI Blog*, May 20, 2020. | [Link](#)
- Addressing Emotions with Mental Illness, *NAMI Blog*, May 15, 2020. | [Link](#)
- Coronavirus: Building Mental Health Resilience, *NAMI Blog*, Apr. 20, 2020. | [Link](#)
- Coronavirus: Mental Health Treatment, *NAMI Blog*, Apr. 15, 2020. | [Link](#)
- Finding the Best Medication Regimen, *NAMI Blog*, Mar. 30, 2020. | [Link](#)
- Coronavirus: Mental Health Coping Strategies, *NAMI Blog*, Mar. 20, 2020. | [Link](#)
- The Many Forms of Mental Illness Discrimination, *NAMI Blog*, Mar. 11, 2020. | [Link](#)
- Two Antidotes to Stigma, *NAMI Blog*, Feb. 3, 2020. | [Link](#)
- Ways to Manage and Cope with Stress, *NAMI Blog*, Jan. 13, 2020. | [Link](#)
- Preventing and Preparing for a Mental Health Crisis, *NAMI Blog*, Dec. 9, 2019. | [Link](#)
- K. Ponte et al., How Families Can Work Together, *NAMI Blog*, Nov. 4, 2019 | [Link](#)
- People with Mental Illness Can Work, *NAMI Blog*, Oct. 21, 2019. | [Link](#)
- K. Ponte et al., Suicide Prevention for College Students, *NAMI Blog*, Sep. 23, 2019. | [Link](#)
- Turning Suicidal Ideation into Hope, *NAMI Blog*, Sep. 11, 2019. | [Link](#)
- Mental Health Challenges in Immigrant Communities, *NAMI Blog*, Jul. 22, 2019. | [Link](#)
- K. Ponte et al., Mental Health Challenges in the LGBTQ+ Community, *NAMI Blog*, Jul. 17, 2019. | [Link](#)
- My Reality During a Psychotic Episode, *NAMI Blog*, Jun. 12, 2019. | [Link](#)
- Shared decision-making: Getting A Say in Your Care, *NAMI Blog*, Apr. 17, 2019. | [Link](#)
- Finding the Best Psychiatrist for You, *NAMI Blog*, Apr. 8, 2019. | [Link](#)
- That Time in the Psych Ward, *NAMI Blog*, Mar. 11, 2019. | [Link](#)
- Coping with Mental Illness: What Not to Do, *NAMI Blog*, Jan. 25, 2019. | [Link](#)
- The Stages of My Mental Illness, *NAMI Blog*, Nov. 7, 2018. | [Link](#)
- The Power to Create Change Comes from Within, *NAMI Blog*, Oct. 24, 2018. | [Link](#)

### *Psychology Today Blog*

Loving Someone With Serious Mental Illness: How caregivers and their loved ones can reach mental health recovery together. *Psychology Today Blog*, Jun. 22, 2024. | [Link](#)

*bpHope Blog*

As of Jan. 2023, over 125,000 views.

- 7 Things to Keep in Mind when Thinking About Returning to Work, *bphope*, Mar. 12, 2020. | [Link](#)
- 5 Steps to Help You Learn from Past Manias & Avoid Future Relapses, *bphope*, Jan. 2, 2020. | [Link](#)
- Everything You Need to Know About “Coming Out” About Your Bipolar Disorder, *bphope*, Sep. 11, 2019. | [Link](#)
- From Helicoptering to Collaborating: Working on Recovery with Loved Ones, *bphope*, May 29, 2019. | [Link](#)
- A Mental Health Diagnosis in College: What Parents Need to Know, *bphope*, Mar. 8, 2019. | [Link](#)

*Other Mental Health Blogs*

- Taking a Medical Leave, *Thrive Global on Campus*, July 27, 2020. | [Link](#)
- Cards of Hope, *The Stability Network Blog*, Jan. 15, 2020. | [Link](#)
- What Do Students & Professors Need to Know About Academic Accommodations, *Thrive Global on Campus*, Jul. 7, 2019. | [Link](#)
- Culture Matters to Mental Health, *The Steve Fund Blog*, Jul. 3, 2019. | [Link](#)
- Here’s What Parents Need to Know About Their College-Age Child’s Mental Health, *Thrive Global on Campus*, Jun. 30, 2019. | [Link](#)
- Hope Starts with Mutual Peer Support, *Fountain House Blog*, Jun. 25, 2019. | [Link](#)
- Being Our Own Mental Health Advocate, *The Stability Network Blog*, Feb. 11, 2019. | [Link](#)
- I Was Diagnosed on Campus, and It Led Me to a New Opportunity, *Thrive Global on Campus*, Jan. 11, 2019. | [Link](#)
- Mental Health Lite, *Psychology Today Blog*, Jan. 10, 2019. | [Link](#)

**Podcast**

- 6 Behaviors to Avoid When Coping with Mental Illness, *Giving Voice to Depression Podcast*, Feb. 26, 2019. | [Link](#), as of Jan. 2022, nearly 5,000 listens.

**Speaking Engagements**

- K. Ponte, Disruptive Psychiatry, Oppenheimer and Lumanity (virtual) Jun. 27, 2023.
- K. Ponte, Patient Advocate: Expert Perspectives on the Management of Cardiometabolic Burden in Bipolar I and Bipolar II: Integration of Novel and Personalized Treatment Options, HMP Global (virtual), Mar. 29, 2023.
- K. Ponte, Speaker at NewYork-Presbyterian Westchester Behavioral Health Center Psychosocial Rehabilitation Department Grand Rounds (virtual), Apr. 13, 2021.
- K. Ponte et al., Bipolar Depression: Beyond Improvement of Depressive Symptoms, International Society of Bipolar Disorders-ISBD (virtual), May 13, 2021.
- K. Ponte et al., Bipolar Depression: Beyond Improvement of Depressive Symptoms, World Federation of Societies of Biological Psychiatry-WFSBP, Copenhagen, Denmark (virtual), Jun. 29, 2021.
- K. Ponte et al., Bipolar Disorder Across the Spectrum: Novel Screening Tools and Treatment Options, U.S. Psych Congress, San Antonio, TX (in-person), Oct. 31, 2021.
- K. Ponte et al., CME Institute, Physicians Post-graduate press, publishers of the Journal Clinical Psychiatry, series on bipolar, New York, NY (video), May 6, 2020.

**Social Media – ForLikeMinds Facebook Page**

[ForLikeMinds Facebook Page](#)

As of Feb. 1, 2024: +100,000 Followers

### **Press**

- “For those battling mental illness, cards deliver hope during the holidays”, *YaleNews*, Dec. 21, 2021. | [Link](#)
- Larry Davidson and Katherine Ponte, *Behavioral Health News*, Serious Mental Illness Recovery, Fall 2021 Issue, Oct. 7, 2021 | [Link](#)
- “COVID-10 pandemic takes added toll on those with mental illness: We’re suffering some real stuff”, *CNN*, Oct. 12, 2020 | [Link](#)
- “How some New Yorkers with Mental Illness are Coping During the Pandemic,” *The City* (NYC), May 19, 2020. | [Link](#)
- “People with Mental Illness Concerned About Worsening Illness, Access to Treatment During Pandemic,” *American Psychiatric Association Psychiatric News Alert*, Apr. 30, 2020. | [Link](#)
- “How My Bipolar Disorder Treatment Has Helped,” *WebMD*, Apr. 6, 2020. | [Link](#)
- “This is going to compound your problems,” *CBS News*, Mar. 16, 2020. | [Link](#)
- “Watchlist: New and notable ventures from Wharton Alumni,” *Wharton Magazine*, Apr. 19, 2019. | [Link](#)
- “These are the most common misconceptions of bipolar disorder, according to someone who lives with it,” *INSIDER*, Nov. 10, 2018. | [Link](#)
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### **Personal**

I was born into and proudly raised in one of the poorest neighborhoods in Toronto, Canada. My parents immigrated to Canada from São Miguel, Azores, Portugal. Throughout grade school and high school, I excelled academically, played varsity basketball and soccer, and played the trumpet in school bands. I attended one of the most prestigious high schools in Toronto, Jarvis College Institute and completed my high school studies early. Notably, people in the Portuguese-Canadian community in Toronto have a high school dropout rate of approximately 40%. I completed my Bachelors degree in three years. After the completion of my law degree, I travelled to São Paulo alone with no prior connections where I lived for three years and secured positions with two leading law firms in Brazil.

I am a citizen of Canada, Portugal, and the United States. I have lived on the Upper West Side in New York City for over 20 years and the Catskills with my spouse and tremendous supporter Izzy and our adorable British Shorthair Mel and irresistible Frenchie Lu.