



Kate Martino, LAC, NCC

Kate is a Licensed Associate Counselor and National Certified Counselor at [Inspire Wellness](#), and she received a Master of Arts in Clinical Mental Health Counseling from Fairleigh Dickinson University. She completed her Bachelor's degree from The College of the Holy Cross, where she majored in Psychology. Kate previously worked as a Mental Health Associate at High Focus Center and monitored adolescent clients in partial hospitalization and intensive outpatient treatment groups. She currently specializes in working with youth, high school, collegiate, and professional athletes by providing mental strategies to help them reach optimal performance in their sport. In addition to enhancing athlete performance, Kate addresses mental health issues and develops individualized treatment plans to fit each client's needs. Kate was a 12 Letter Varsity athlete at Summit High School, competing in soccer, basketball, and lacrosse. She was a member of the 2013 NCAA Division I Women's Lacrosse National Championship Team at the University of North Carolina and finished her lacrosse career at Holy Cross.

Lindsey Scarmozzi

Lindsey is a Graduate Intern currently pursuing her Master's Degree in Clinical Mental Health Counseling at Fairleigh Dickinson University. Lindsey has various clinical interests, including sports performance, anxiety, depression, and other mood disorders. In addition to working with our Inspire Wellness team, Lindsey has over five years of experience coaching soccer at the collegiate and academy levels and over three years of experience in fitness management. Lindsey utilizes a solutions-based approach with her clients and tailors treatment to best serve the specific needs of her clients.