

Relationship Therapy and Consultation

Elsa Kraus LLC

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September 16th, 2025

Economic Development Authority

EDA Micro-Grant Request
City Hall, Council Chambers
801 Washington Street
Northfield, MN 55057

Dear Grant Review Committee,

I regret to inform you that I am unable to attend the September 29th, 2025, meeting to provide an overview of my project that I am requesting financial support for. Below you will find an explanation for my absence and a brief description of the project. I also included a more detailed document outlining the grant proposal for you to review.

My closest friend, who lives out of state, needs care while she recovers from the birth of her child. Due to her circumstances, I am unable to change the date that she needs support. I apologize for any inconvenience this may cause as you consider this grant request.

I want to express my sincere interest in obtaining funding through the Economic Development Authority to support the expansion of my mental health practice, Elsa Kraus LLC, doing business as Relationship Therapy and Consultation (RTC). RTC is dedicated to providing accessible, trauma-informed, and evidence-based mental health services, training, and organizational consultations to the Northfield area and state.

Since opening in 2017, my practice has grown to meet the increasing demand for mental health support that addresses the shortages in relationship/family-centered therapy, that is both deeply informed by the impact of unresolved trauma, or post-traumatic stress disorder (PTSD), and addictions/substance abuse. In 2023, and again in 2024, I added contracted pre-licensed mental health professionals to expand the RTC team.

We specialize in an evidenced-based treatment called Narrative Exposure Therapy, that assists in the recovery from unresolved trauma/PTSD, which often is a root cause for addictions/substance abuse, anxiety, depression, and eating disorders. We provide individual (child and adult), couple/partner, family, and group therapy, as well as clinical training, supervision, and organizational consultations. This growth has revealed both the deep need for our services and the limitations of our current physical space.

With support from the EDA micro-grant, we plan to furnish two additional office spaces at our current location. The \$5000 grant will all go towards one of the two additional spaces. One of the offices will be more geared toward child therapy. The total office space expansion is budgeted at a minimum of \$10,200. This expansion of office space will allow us to serve an estimated forty additional clients/families per week, and to have the capacity to provide on-site group therapy, training, and consultations. Our growth goals for group therapy, training, and consultations are, at a minimum, to double our current offerings by the end of the year, in 2026. A transition of the contractors to W-2 employees will also take place, as their caseloads increase.

Mental health care is more critical now than ever due to a convergence of social, economic, and public health challenges that have significantly increased mental health needs across all demographics. Increased awareness of the effectiveness of mental health services has also contributed to growing demand. At RTC, we believe that a community cannot be truly healthy, safe, or resilient unless its members have access to the support and resources needed to maintain mental and emotional well-being. Decades of research reflect how individual mental health is deeply connected to one's relationships, and the overall health and strength of a community. We strive to help the whole community thrive by recognizing that when people are emotionally well the whole community thrives.

I welcome the opportunity to discuss this request further and provide any additional information you may need. Thank you for considering my application materials and for your commitment to advancing mental health care access and equity.

Warm regards,

Elsa Kraus, MS LMFT

Founder and Director

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