



## **Catalpa Therapy Groups**

*Catalpa Health currently offers therapy groups on the seven topics listed below. If you are already a Catalpa client, discuss your interest with your Catalpa provider. If you are not a Catalpa client, call the Catalpa Health Access Line at 920.750.7000 to schedule a mental health examination by an intake specialist through our Access Center.*

### **Anxiety**

**Arrow–Anxiety Group** – For ages 8-11, this group helps children increase their confidence and courage and reduce anxiety by learning coping skills and relaxation techniques. It includes tips for changing negative thoughts into positive ones and positive self-talk.

### **Anger**

**ABCs of Anger: An Anger Management Group** – For ages 9-11, this group helps children decrease aggression, verbal outbursts and other expressions of anger through relaxation and talking about triggers of anger, choice-making and consequences, and how one's anger affects others.

### **Mood management**

**Middle School Mood Management Group (3Ms)** – For students ages 11-14 who need help with anxiety, depression or another mood disorder. This group helps them understand how their thoughts, feelings and actions can impact their mood.

### **Chronic illness**

**CHILL Group: Kids with Chronic Illness Living Life** – Separate groups for ages 11-14 and 15-18, CHILL groups provide an environment of support to people living with a chronic illness and/or chronic pain. Members learn coping skills, how to improve their self-esteem, how to better relate in social settings and peer relationships, how to change unhelpful thoughts into positive perspectives, and how to improve their ability to manage stress and pain.

## Social skills

**SOAR Group: Social Opportunities and Reflection** – Offers kids ages 12-16 the opportunity to learn and practice social skills to be better able to develop and keep relationships. Includes such topics as conversational skills, how to choose appropriate friends, handling arguments and disagreements, appropriate use of humor, handling rejection, teasing, bullying, rumors, and gossip. There is a concurrent group for parents.

## Anxiety and depression

**Teen Girls Group** – This group helps girls ages 14-16 connect, share, and find healthy coping strategies around anxiety, depression, self-esteem, relationship issues, and changing thinking patterns.

**Teen Girls Group: Step Down Group/After-care** – An extension of the previous group, this helps girls continue to share and connect with peers to decrease symptoms and develop healthy coping strategies.

**HeArt Group: Healing through Expression and Art** – This group uses art and expressive therapy to help high school students replace negative self-talk with positive, realistic and empowering self-talk. It helps them learn and implement calming skills, communicate emotions more effectively, and improve their social skills and self-confidence through expression and positive interpersonal relationships with other group members.

## ADHD (Attention Deficit Hyperactivity Disorder)

**Being the Best Me with ADHD** – Separate groups for Kindergarten-Grade 2 and Grades 3-5 to help improve overall function in kids with ADHD. Includes focus on self-regulation skills, school problems, social skills and self-esteem.

Concurrent groups for parents build strengths to better manage behaviors, teach behavior modification strategies, and reinforce topics learned in the children's groups.

**Hocus Focus** – Helps students in Grades 6-8 develop skills to manage symptoms of ADHD. Includes discussion of executive functions, organization, time management, focus, and study strategies.

A concurrent parent group reinforces topics learned in the children's group.