Catalpa Health is a one-of-a-kind, not-for-profit organization that specializes in building mental health and wellness in kids ages 2-18 across the Fox Valley and northeastern Wisconsin.

Whether there are struggles with depression, anxiety, behavioral problems, anger or relationship issues, or other concerns, our goal is to provide children, teens, and their families the right care . . . at the right time . . . close to home.

Based in Appleton, we also have treatment centers in Oshkosh and Waupaca.

For directions and current office hours, please visit:

catalpahealth.org
www.facebook.com/catalpahealth
442 N. Westhill Blvd., Appleton, WI 54914

United Way Fox Cities

Concerns before STARS treatment:

“I was so worried about getting sick at school that I would actually feel sick and not want to go.”

“I had this habit of pulling my hair and picking my skin. Kids and teachers started to notice, and that made me uncomfortable. I wanted to stop, but didn’t know how.”

“I was so afraid of what others would think of me that I barely would talk with anyone. And that made it super hard to make friends.”

“My thoughts about germs took over my life! I couldn’t concentrate on other things, stopped hanging out with my friends, and spent lots of my time washing my hands and trying to avoid germs.”

“I get this feeling in the back of my neck and in my legs like I have to stretch. Sometimes I need to scrunch up my face. I didn’t know how to explain to other people that the random movements were tics and not something I could control.”

Results after STARS treatment:

“When I first had OCD, it controlled my life. I was really stressed out. Now, it’s sooooo easier. I can stand up to OCD and say no. I get better grades now, too.”

(an 11-year-old)

“I’m doing things that I would never do before. I’m not afraid anymore.”

(a 14-year-old)

“You have to work hard, but you can earn prizes!!! You shouldn’t be scared to come to STARS, you should be happy because they will help you feel better. You can feel more confident and have more courage in yourself.”

(a 9-year-old)

“I want my daughter to hear me say this: ‘I am so proud of her.’ To see how much progress she has made in just a few months has been awesome. I didn’t have to help her get breakfast this morning . . . she just did it!”

(a dad)
Worry can be a healthy and normal emotion.

But sometimes, anxiety, worry, or fear in kids results in more serious symptoms, such as:

- the fear of talking in front of others
- avoiding certain people or places
- obsessing about bad things happening

These types of symptoms may require specialized treatment.

That’s why three of our Catalpa Health therapists have become specially trained in anxiety therapy and conditions related to it (such as tics and hair-pulling). And that’s why Catalpa Health has launched an advanced specialty area that we call STARS – Specialized Treatment for Anxiety and Related Symptoms.

STARS serves kids ages 3-18, and focuses on behavior change.

Are you concerned about:

- declining grades?
- recurrent or obsessive thoughts?
- avoiding social situations?
- pulling of hair or skin?
- struggles with speaking in social situations?
- tics (including voice and movement)?

If so, our STARS therapists can help. They’ll use techniques such as Exposure with Response Prevention Therapy and Habit Reversal Training to get to the root cause, not just the symptoms.

What’s the next step?

- If your son or daughter is new to Catalpa, call our Catalpa Access Line – 920.750.7000. One of our call center team members will ask you a series of questions to help assure that you get to the appropriate type of care.

- If your child is already seeing a Catalpa therapist, and the therapist feels that more advanced treatment would be helpful, he or she will make a referral into STARS.

Currently, our STARS team includes three Catalpa clinicians who have completed advanced training.

You’ll find more information about these providers on the Catalpa website: go to www.catalpahealth.org and click on Our Providers.

Questions about STARS or Catalpa Health in general? Call our Catalpa Access Line at 920.750.7000.