



Reflections from our families

"I definitely felt welcome from the first day and I love that the intake process put us with the perfect counselor to fit my son's needs."

"It was nice to feel supported and to know we are not alone in dealing with our child's mental health needs."



Catalpa Health is a one-of-a-kind, not-for-profit organization that specializes in building mental health and wellness in kids from birth to age 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. Plus, we offer on-site counseling services in schools and community organizations throughout northeast Wisconsin.

For addresses, directions and current office hours, please visit:

catalpahealth.org
www.facebook.com/catalpahealth



United Way Fox Cities



Getting Started with Catalpa

How we connect you with the right care at the right time



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We're in this together

You may have concerns about your child's mental health. Or maybe a doctor or school counselor has suggested your child needs some specialized help.

Whatever the case, we know that reaching out for help for your child can be difficult, and we want you to know you are not alone. We're your partner on this journey. We understand, and we're here to help and give you hope.



So... where do I start?

STEP 1:

Ask for an **initial assessment appointment** by calling the Catalpa Health Access Line at 920.750.7000. From 8 am to 4:30 pm Monday through Friday, you'll speak with a Catalpa representative. If you call after hours, you can leave a voice message and a representative will return your call as soon as possible.

STEP 2:

Complete the **initial assessment appointment**

You and your child will meet with a Catalpa Care Connector, a mental health therapist who will recommend a **mental health service plan** and ongoing treatment providers who will be most helpful for your child and family.

He or she will also describe our treatment specialties, where they are located, and will set up an appointment with the recommended provider(s).

Tips for the initial assessment appointment:

- Please arrive 30 minutes early to complete necessary paperwork.
- If you need to cancel, please give us at least 24 hours' notice.
- Parent(s) or guardian must be present with the child.
- If you need to bring siblings with you to Catalpa, please arrange for a caregiver to be with them, so you and your child can focus on the assessment.

STEP 3:

Treatment appointments

The next step will be meeting with your child's ongoing treatment provider(s). You'll review the initial assessment, focus on relationship-building and goal-setting, and develop a treatment plan that will set your child on the path toward healing. If medications are recommended, they will be prescribed at this stage. Treatment can last from a few sessions to six months or longer, depending on your child's needs.

An overview of Catalpa mental health services

Catalpa offers several key services on what is called the "continuum of mental health care:"

- **Office visits (outpatient care)** – Meetings with a therapist (who provides mental health therapy), psychologist (who provides testing or mental health therapy), or a psychiatric team member (who provides medication management) that typically last 30-60 minutes. Who the meeting is with and how many visits per month depends on what your child needs.
- **Case management** – Specially trained individuals coordinate therapy, financial, legal and medical services to help your child live successfully at home and in the community.
- **Therapy groups** – An opportunity for kids to benefit from being with other children going through similar situations. Catalpa typically offers therapy groups on topics such as regulating emotions, anxiety and depression, anger, social and interpersonal skills, mood management, chronic illness, and ADHD.
- **Intensive Outpatient Programming** – An intensive program for teens who need more than office visits, but who do not need to be treated in a hospital or a residential setting. Or, for teens who have been hospitalized, made progress, but are not yet ready to be completely dismissed from daily care.
- **Community-based treatment** – We partner with United Way, local school districts and other agencies to provide mental health services in the community – where kids are – to minimize barriers to care. That allows for early identification and more timely treatment. Most of this care happens in local schools.

Please note: Catalpa will sometimes refer families to partnering agencies in the community for specialized services or if the wait time for Catalpa services is too long.