



Reflections from our families

"Before treatment I had a hard time operating in regular situations and continued to indulge in negative coping mechanisms. IOP taught me how to deal with my emotions in a healthy way and perceive the world through a positive, optimistic lens."

"I am so thankful to the IOP staff for supporting my daughter in making positive changes in her life. Since leaving IOP, she obtained her driver's license, started sewing and painting again, and spends time with her friends."



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



Intensive Outpatient Program for Teens



Intensive Outpatient Program (IOP) for Teens

What is IOP?

Catalpa Health's Intensive Outpatient Program is for middle and high school students who are transitioning to a lower level of care after being discharged from a residential program, inpatient hospitalization, day treatment program – or are in need of a higher level of care than typical outpatient counseling can provide.

Students spend 3-4 hours per day, 5 days per week in intensive counseling that includes:

- group therapy
- individual and family therapy
- experiential therapy and life skills
- psychiatric services (includes medication management)



Who pays for IOP services?

Most insurance companies will cover the cost of IOP services if your child needs that level of care, and if the company is in-network with Catalpa Health. We encourage you to contact your health plan to verify coverage.

How does my child get connected?

Your child may be referred to us by a physician, a mental health clinician, a school counselor, or a county social worker. Or you can inquire about IOP on your own. A formal referral is not required to enter the program.

How do we get started?

The first step is to call our IOP Coordinator at 920-702-6797, who will gather some initial information and answer your questions about the program.

If we determine that our IOP is the right fit for your child, one of our team members will guide you through the admission process.

If other programs or services seem to be a better fit for your child, we will provide recommendations and referrals to best meet his or her needs.

