

# Catalpa Insider

Your support inspires hope for kids

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**Your  
Catalpa  
Update**

2020: Issue 2



" We've become  
a stronger  
family unit... "

- Jenny,  
parent of  
Catalpa Health kiddo



# Catalpa Health Updates

CONTINUING TO SERVE OUR COMMUNITY SAFELY

## You are making a difference.

Since March and the start of COVID19, our work has taken on even greater meaning as kids and families are enduring greater hardships than ever before.

As schools closed in response to the pandemic, we also closed all Catalpa Health physical clinic locations and suspended in-person therapy sessions for the safety of the nearly 300 kids and families that walk through our doors every day, and our team members.

While a difficult change, our families and team have been resilient in healing from a distance. Within two weeks, we transitioned all mental health services (including therapy and psychiatry/medication management) to telehealth (video and audio) for existing client families, and for those newly looking for somewhere to turn. Offering same-week appointments, we continue to be committed to providing care in the safest and most clinically effective way possible.

Now, all families who already have a Catalpa care team or are newly seeking mental health services have access to effective clinical care right where they are.



At the time of this publication, there is no set date to resume in-person services. We continue to monitor and assess the situation based on CDC and Wisconsin Department of Health Services guidelines and recommendations.

Visits continue virtually and can be scheduled by calling us directly at 920.750.7000.

## Because of you...

FAMILY COMES TOGETHER THROUGH TELEHEALTH

*"Therapy helps me through the big stuff. It's like going to the doctor, but for your mind. I would not be doing well if it wasn't for Catalpa and those who support it."  
~ Ava, Catalpa Kiddo*

While our team and families alike agree that we miss seeing each other in person, did you know telehealth offers a clinically effective alternative to meeting in person?

In fact, some families have experienced additional benefits to this new way of accessing services. Jenny, a parent of a Catalpa kid, shared how her daughter Ava, and the family is thriving, thanks to regular telehealth therapy sessions.

Ava had been receiving care through a Catalpa school-based therapy program since the beginning of the school year, and the switch to telehealth has benefited the entire family. This platform allows our providers to meet families where they are, meaning they don't need to fit travel time for an appointment into their busy day.

"Telehealth has given Ava an opportunity to process COVID and not being able to see her friends. It has provided support for her and support for me. Our therapist has helped me see and realize that I'm not alone and there are other families going through the same thing. There is comfort in that," says Jenny.

**You make it possible for services like this to support and inspire hope when its needed most.**

**DID YOU KNOW?** Nearly half of the families we serve are of financial need; and since March that number is growing. Thank you for your ongoing support so families like this can write their own success story on their mental wellness journey.

# Supporter Spotlight

A SPECIAL THANK YOU

J. J. Keller  
Foundation, Inc.

The Catalpa team offers a special thank you to the J. J. Keller Foundation for providing a fast-tracked \$31,200 grant to make telehealth services available for all kids and families through the telehealth platform, Doxy. This investment covers the cost of an annual subscription for each mental health clinician, providing a secure video and audio platform for services such as therapy and psychiatry.

This platform allows for multiple participants, a feature that is essential for group therapy and providing interpretive services. Additionally, it allows therapists to securely share files during the session that are important to the therapy session and treatment plan. This service was up and running within two weeks of the clinic closure!

We anticipate that telehealth services will be used in the short and long-term as we continue to provide the safest, most clinically effective care possible, delivering care to families where they are.

*"It is important for us to consider both short-term implications of the COVID19 pandemic and longer term impacts in our philanthropic investments. We are glad to invest in a way that allows us to not only meet short-term urgent needs for mental health services in our community, but also one that allows us to reimagine how we continue to enhance delivery of care services in the future."*

*~ Heidi Dusek  
J. J. Keller Foundation Executive Director*

**We're grateful for the J. J. Keller Foundation's generous and expedited investment, in a time when our kids and families need us most.**

## Catalpa Wish List

While telehealth offers a safe and clinically effective way to provide mental health services for families, we've identified a growing need.

An important element of therapy is the sharing of resources and tools, typically offered to a child in a clinician's office. Now, tools are limited based on what families have within their homes or are able to access. Nearly half of the families we serve are of financial need, which means that access to even basic arts and craft supplies can be challenging. How can we meet this need for our clients?

**At-home therapy kits for our kids and families! Kits will allow for therapists to more effectively engage with kids during sessions and allow kids to practice coping strategies daily.**

Thanks to a grant from the COVID19 Community Response Fund, established by the Community Foundation for the Fox Valley Region and United Way Fox Cities, with additional generous donations from the community; we have received a \$10,000 grant to meet the immediate need of therapy kits. However, your support is needed to get these into the hands of everyone who needs them.

Please consider a monetary gift that is meaningful to you. With your generosity kids and families will have the tools they need to continue their mental wellness journey from where they are.

*Gifts of support can be made online at [www.catalpahealth.org](http://www.catalpahealth.org) or mailed using the enclosed envelope. Please indicate on your mailing or online giving form if you'd like to designate specifically to therapy kits.*

Questions? Contact Holly Rutter at [holly.rutter@catalpahealth.org](mailto:holly.rutter@catalpahealth.org)

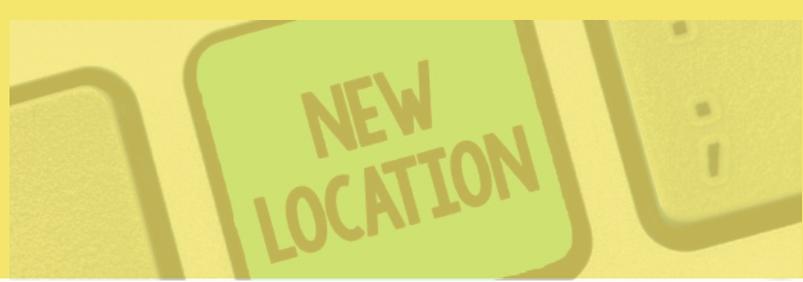


**\$30 gift**

**therapy kit  
materials and  
delivery to one  
family**

# It's Almost Time!

OUR NEW APPLETON CLINIC



In July, we'll officially close the doors at Catalpa Health's very first clinic locations at 442 and 444 N. Westhill Blvd. Beginning in August, we're excited to finally call 4635 W. College Avenue, Appleton our new clinic home.

As we reflect on the last seven and a half years, we never would have imagined that we'd so quickly outgrow the initial space, and that we'd double the number of kids we serve each year from 4,500 to over 9,000!

With your partnership, we've learned to reimagine. A lot! Your investment has expanded the community vision for mental health access, encouraged us, and challenged us to evolve and deliver services to more kids and families. Within clinic walls, in schools and community organizations and now, through telehealth.

This new building will offer important upgrades around our families' comfort and experience, safety and security. Plus, it will continue to carry with it the heart and commitment of the Catalpa team, and you - the community who has made all of this possible.

While we are eager to eventually invite you and the families we serve into our new space, for now we continue to focus on providing safe and clinically effective services via telehealth.

We have not identified a date to resume in-person services at this time. In the meantime, we look forward to showing you around virtually! Follow our social media channels and website for more on this new space and updated information on care delivery.



For more information or to coordinate a visit, please contact Mary Downs at [mary.downs@catalpahealth.org](mailto:mary.downs@catalpahealth.org).



**September 11-12, 2020**

A twist on  
Catalpa's Signature  
Fundraising Event

Guided by the notion that health and safety are at the heart of what we provide at Catalpa, we've made the decision, out of an abundance of caution, to pivot away from hosting an in-person event this year. We're excited to bring the Pop! experience directly to you this year in a safe way - all while supporting local kiddos and families in need of mental health services.

In true to Pop! form, you'll have to register for clues at [www.popupcatalpa.org](http://www.popupcatalpa.org) to learn more along the way!

For sponsorship opportunities contact Trina Doxtator via email at [trina.doxtator@catalpahealth.org](mailto:trina.doxtator@catalpahealth.org).

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