



## **Thank you for thinking of Catalpa Health in your fundraising efforts!**

Catalpa Health is able to provide mental health services for more than 9,000 kids and families in the Fox Valley and Waupaca each year thanks in part to community-minded individuals and organizations like you who make financial donations and investments in mental wellness. Nearly half of the families we serve are of financial need; your donations allow us to continue to serve the kids in our community.

Here's a bit more on Catalpa Health, including:

- History on formation of Catalpa Health
- Services offered and kids served
- How services are delivered during COVID-19
- Partnership with Be Safe Wisconsin to help reduce the spread of COVID-19

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### **Catalpa Health History and Information**

In 2006 the Fox Cities Leading Indicators for Excellence (LIFE) Study identified mental health services for kids as a growing area of need. Youth Risk Behavior Survey (YRBS) data indicated that one in four Fox Cities 10th graders had experienced depression and 14% had attempted suicide in the past year.

At that time, none of the local healthcare systems provided a full spectrum of mental health services, resulting in limited access to services due to insurance, scheduling, communication and patient flow challenges across three different systems.

In 2010 community leaders convened CEOs from Affinity Health System (now Ascension), ThedaCare and Children's Wisconsin to discuss and develop a better way to meet the mental health needs of kids in the Fox Cities.

From these discussions Catalpa Health was born, opening in November of 2012 to provide outpatient mental health services for kids from birth through age 18.

#### **About Catalpa Health**

Catalpa Health is a pediatric outpatient mental health and wellness clinic that serves more than 9,000 kids annually. Mental health services are provided through clinics in Appleton, Oshkosh and Waupaca, and more than 50 school-based therapy sites. Catalpa provides therapy, psychology and psychiatry services, and works with kids and their families, to help kids be their best kid selves. Kids of all ages benefit from these services – from birth, through age 18. For more information visit [www.catalpahealth.org](http://www.catalpahealth.org) or call 920.750.7000. To access services, call this number and you'll be offered an initial appointment, on average, within five days. (Sometimes, the wait can extend a few days longer if a high-volume time.)

Catalpa Health has four members who invest annually to make this care possible: three health systems (Ascension, Children’s Wisconsin and ThedaCare), and the community. Without community support, this care would not be possible.

### Services during COVID-19

The health and safety of kids, families and Catalpa team members is our top priority. Catalpa Health is currently offering mental health services via telehealth (video) for existing clients and new families seeking somewhere to turn. Services available include therapy and psychiatry (medication management). Appointments are available by calling 920.750.7000. This new video telehealth platform is available thanks to a generous investment from the J. J. Keller Foundation!

Curious to see how easy it is to access a video appointment once you’ve scheduled it? Here’s an online tutorial to walk you through: <https://www.youtube.com/watch?v=3RHwxXjbJ0s&feature=youtu.be>

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## Join Us In Our Commitment to Reducing Community Spread



Covid-19 has changed the way we all work and live. Catalpa Health is committed to the health and wellness of our community, and is part of Be Safe Wisconsin: a broad and ongoing group of like-minded organizations and individuals dedicated to amplifying the importance of a sustained commitment to safe behaviors in the evolving fight against COVID-19.

As an organization supported by our three member health systems – Ascension, ThedaCare, and Children’s Wisconsin – we are also committed to the mental health and wellness of our fellow healthcare workers as they care for our community during this pandemic.

If hosting fundraising efforts to benefit Catalpa Health and support community wellness, we ask that you commit to doing so in a way that follows CDC and Be Safe Wisconsin guidelines around reducing COVID-19 community spread. For more information visit [www.besafewisconsin.org](http://www.besafewisconsin.org).

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