

# STRONG COMMUNITY PARTNERSHIPS IN ACTION

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Building a Community Focused on Mental Health for Kids



## Speaker Introduction

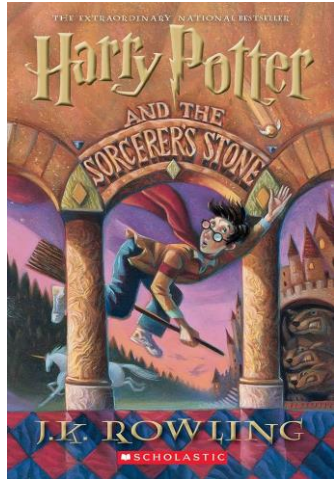


### **Scott Radtke, MSE, LPC, NCC** **Chief Clinical Officer** **Catalpa Health**

Scott provides clinical oversight of program development and clinical solutions, and ensures the overall efficiency and effectiveness of Catalpa services. Scott joined Catalpa as Day Treatment Manager in February 2016. He has worked in the counseling field for over twenty years and has significant clinical and leadership experience, as well as a passion and commitment to the mission and families served by Catalpa.

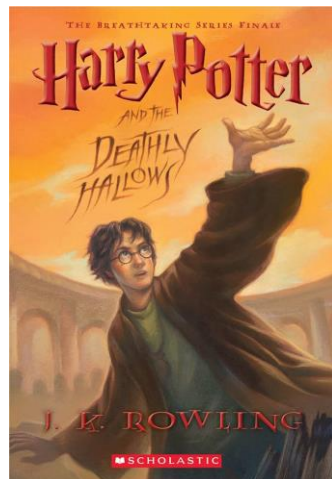
Prior to working at Catalpa, he served as the Associate Dean of Student for Health and Wellness at Lawrence University. Scott earned his bachelor's degree in psychology and his master's in counseling from the University of Wisconsin Oshkosh.

## Speaker Introduction



*Love as powerful as your mother's for you leaves it's own mark. To have been loved so deeply, even though the person who loved us is gone, will give us some protection forever."*

— Albus Dumbledore, Harry Potter and the Sorcerer's Stone



*Words are, in my not-so-humble opinion, our most inexhaustible source of magic. Capable of both inflicting injury, and remedying it.*

– Albus Dumbledore, Harry Potter and the Deathly Hallows

# Agenda

## Who We Are

Catalpa Health's History  
Healthcare System Collaboration

## Partnerships

Community Partners  
Benefits & Challenges of Collaboration

## Books for Brains

Adverse Childhood Experiences  
Risk and Protective Factors  
Literacy and Mental Health

## How We Grow

The Future of Collaboration



**If you could, how many of  
you would relive your  
childhood in today's world?**

# One-of-a-Kind Collaboration

Every few years the United Way conducts the LIFE study to understand the biggest challenges in our community → 2006 showed a lack of children's mental health support.



**2006**

A few local psychiatrists who worked with children moved out of the area leaving a big gap



**2009**

Children's Wisconsin opened a small clinic in Appleton to bring additional psychiatry presence to the area and the clinic saw over 5,000 referrals within a few months of opening



**2010/2011**

Community member brought CEOs of Affinity (Now Ascension WI), ThedaCare, and Children's Wisconsin together and said, "There has got to be a better way to serve the children from our area."



**2012**

Catalpa Health was created and mental health services were rolled under Catalpa (except for in-patient care)



Who We Are

# Why Catalpa?



The **Catalpa Tree** is recognized as a symbol of **strength**, **shelter** and **protection** and is known for its heart-shaped leaves.

Catalpa Health is a **501(c)(3) nonprofit** supported by funding and donations from our amazing community partners and business and individual donors.

# Our Mission

Helping children and families improve their mental health and wellness.



**Catalpa Health.**

Mental Health & Wellness For Kids

Ascension Wisconsin • Children's Wisconsin • ThedaCare



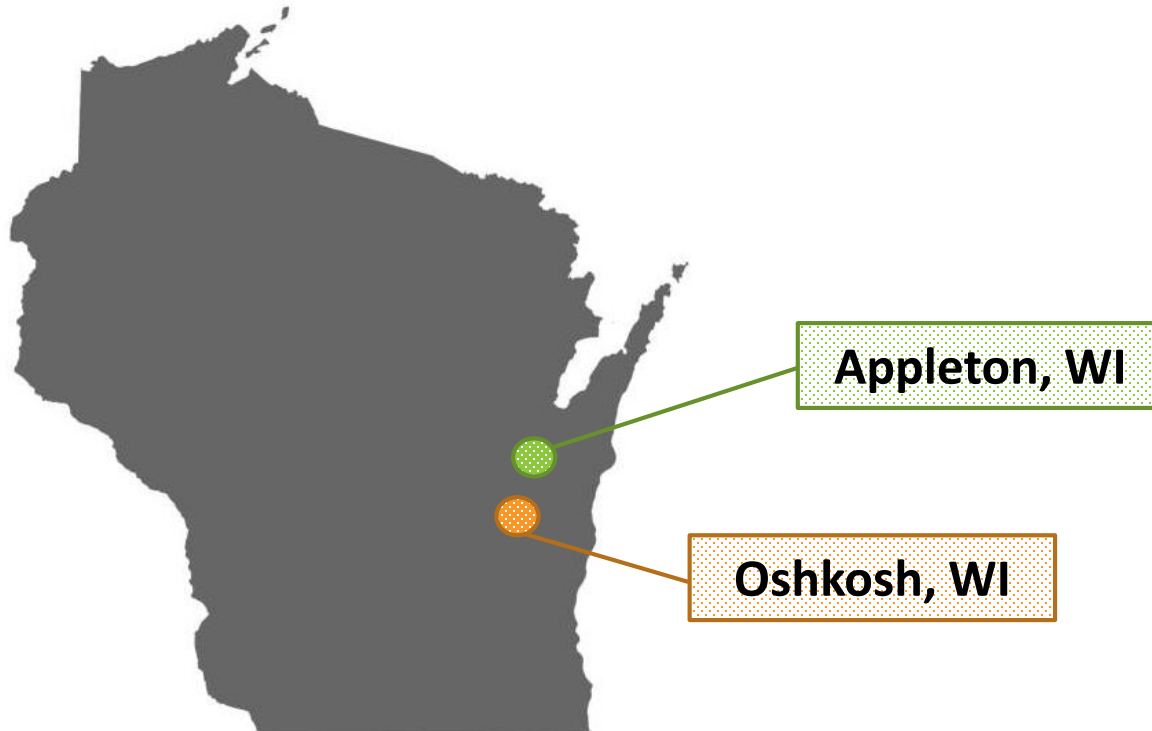


Who We Are

# Our Locations

## 2 Primary service clinics:

Services include mental health therapy, psychiatry, testing and certain specialized clinics / programs.



## 30+ School-based clinics:

Clinicians provide therapy on-site at over 30 Fox Valley school locations.

# Service Lines

It's not just about availability – we provide innovative programs to ensure any child who comes to Catalpa has the support they need.

- Intake
- Psychiatry
- Psychological and Neuropsychological Testing
- Mental Health Therapy
- Mental Health Consultation



Partnerships

# Community Partners



United Way Fox Cities



WISCONSIN



# Benefits of Collaboration



More comprehensive safety net for kids and families

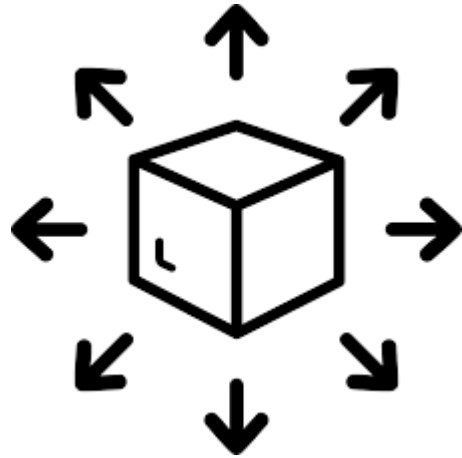


Increased networks for support



Better access for families

# Challenges of Collaboration



Distribution of resources and funding



Goal alignment



Communication gaps leading to duplicative work

# Books for Brains



Helping children and families improve their mental health and wellness



A community where children have the best start in life



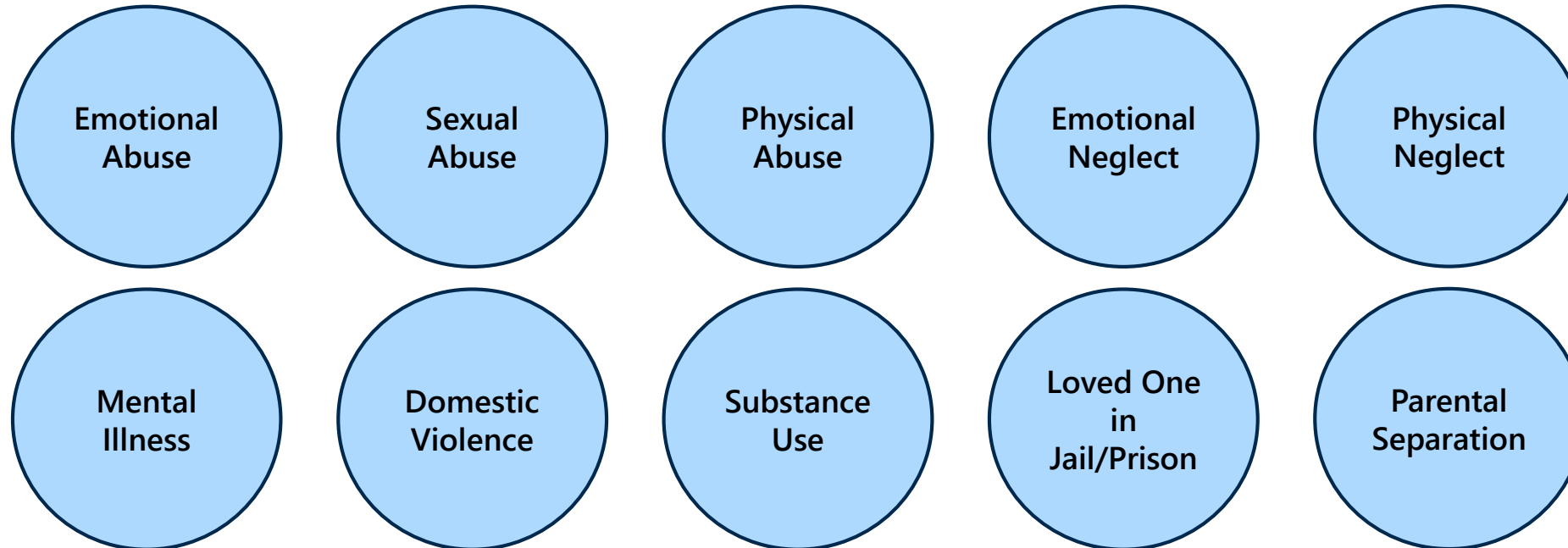
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Working with trusted medical professionals to support parents and encourage healthy child development



# Adverse Childhood Experiences

Adverse childhood experiences (ACEs) are stressful or traumatic events that can happen to children before they turn 18.



<https://www.dhs.wisconsin.gov/aces/index.htm>

# Long-Term ACEs Impact

**64%**

of adults in the United States reported they had experienced at least one type of ACE before age 18

**17%**

adults reported they had experienced four or more types of ACEs before age 18

**21,000,000**

depression cases in adults potentially could have been avoided by preventing ACEs in their childhood before age 18

<https://www.cdc.gov/aces/about/index.html>



# Risk and Protective Factors

## **Risk Factors → Increase ACEs Likelihood**

- Low literacy levels in family/community
- Limited access to books
- Families with low levels of education
- Communities with high rates of poverty
- Communities with limited access to mental health services

## **Protective Factors → May Decrease ACEs Likelihood**

- High literacy levels in family/community
- Access to books and educational reading materials
- Families that encourage the importance of school
- Communities with access to mental health services

# Literacy and Mental Health

## Early Bonding

Reach Out and Read parents are 2.5X more likely to read with their infants, toddlers and preschoolers

**LEADING  
TO**

Safe, stable and nurturing relationships that support child development and positive mental health

# Literacy and Mental Health

## Language Development

Reach Out and Read  
children see language  
development  
improvement  
(up to 3-6 months)

**LEADING  
TO**

Children hitting  
developmental  
milestones

# Literacy and Mental Health

## Annual Wellness Visits

Reach Out and Read families demonstrate higher attendance rates for well visits

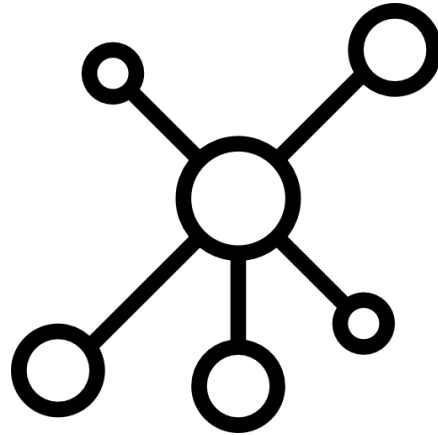
**LEADING  
TO**

Earlier detection of potential mental health concerns

# The Future of Collaboration



Recognize a need in the community



Identify your network of support and community partners



Align on mission and goals

# QUESTIONS?

# THANK YOU!

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**Catalpa Health**<sup>®</sup>

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