



# *United Ways PATH for Students*

## **What is the PATH program?**

PATH is a school-based mental health program supported by United Way Fox Cities. Through this program, a mental health therapist comes to your child's school so that your child does not miss as much class time. This also reduces barriers like parents taking time off of work or having transportation issues. United Way partners with multiple agencies in the community to provide therapists, and the partner agency at your child's school is Catalpa Health.

## **How much does it cost?**

Catalpa Health will bill your child's insurance carrier, just as they would if appointments were held in the clinic. **If Catalpa Health is out of network with your insurance or you do not have insurance, Catalpa Cares may be an option for you.** The goal of PATH is to make therapy available to all students, so Catalpa will work with you to overcome any financial barriers.

## **How can on-site mental health therapy be helpful for children?**

Just like adults, children and teenagers can have mental health conditions such as depression, anxiety, and ADHD. They can also struggle with feelings related to grief and loss or from other traumatic experiences. We know that when a child has a mental health condition, it can impact them in all areas of their life. Providing mental health therapy early on can help them to become more resilient, more confident, and more skilled at identifying their needs. All of this will also help children and adolescents to be more successful in relationships with others.

## **How does my child get scheduled for PATH therapy?**

Contact your school social worker to discuss having your child referred for PATH. You are also able to call Catalpa directly at (920)750-7088 to ask about the PATH Program. Catalpa will schedule your first appointment with the PATH therapist, but future appointments will be scheduled directly between you and the therapist.

## **Do I need to attend the appointments?**

A parent or guardian must attend the first appointment with the therapist to develop a treatment plan/goals for therapy. This can be in person or virtually. Additionally, every 90 days a parent or guardian must electronically sign the treatment plan to continue services.