



# YOUTH COUNSELING



  
**RAWHIDE**  
YOUTH SERVICES

# OUR GOALS

**At Rawhide, we have a very clear goal: to transform the lives of the youth we serve. To show them how to make healthy choices. To inspire them to realize their potential. To equip them with the tools for success. To help them heal.**

Rawhide is a faith-based 501(c)(3) organization that provides Wisconsin's at-risk youth and families a full array of residential and community-based services to help them overcome life's challenges

## OUR EXPERTISE:

Our counseling services provide a range of individual, group and family sessions to care for a variety of emotional and mental health concerns:

- Suicidal thoughts or actions
- Depression
- Anxiety
- Post-Traumatic Stress Disorder (PTSD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Academic struggles
- Behavior problems
- Anger management
- Grief and loss
- Family or relationship issues (e.g., bullying)
- Sexual, psychological, or physical abuse or trauma
- Poor self-esteem
- Substance abuse

## TREATMENT METHODS:

Rawhide therapists are licensed by the state of Wisconsin with master's degrees and use a blend of therapeutic styles and approaches, including:

- CHAPS Equine-Assisted Therapy
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Brainspotting
- Client-centered Therapy
- Dialectical Behavior Therapy (DBT)
- Exposure Response Prevention (ERP)
- Acceptance and Commitment Therapy (ACT)
- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Alcohol and Other Drug Assessment (AODA)
- School-based Therapy
- Play Therapy Techniques
- Art Therapy Techniques



**Stress And  
Anxiety**



**Depression**



**Trauma**



**Substance  
Abuse**



**Grief and  
Loss**



**Academics**

# CHAPS EQUINE-ASSISTED THERAPY

## Healing Through Connection

For some youth, spending time with a horse can help break down barriers, allowing them to work through trauma and overcome behavioral and mental health struggles, such as anxiety, depression, trauma, ADHD, suicidal thoughts and more.

Our CHAPS Equine-Assisted Therapy program creates a safe, judgment-free zone and builds trust—not just with the horse but also between youth and therapist.

As individuals interact with horses, they respond in ways that are characteristic to how they approach challenges in their life.

Youth and families utilizing equine-assisted therapy services will learn more about themselves through interactions with horses in a variety of activities.

**Equine therapy is available at our Fond du Lac, Shiocton, New London, Milwaukee and Neenah locations.**

# WHAT TO EXPECT

**Youth and their families can schedule in-person or telehealth appointments at one of our eight locations.** Once an appointment is scheduled, our administrative staff will gather initial information to help pair youth with the appropriate therapist based on their needs. The first appointment will focus on gathering information pertinent to treatment with an in-depth assessment for the therapist and youth to get acquainted. In the following sessions, therapists will work closely with youth and their families to implement and adjust the appropriate treatment plan.



**To schedule an appointment,  
call 877-300-9101 or visit [Rawhide.org](http://Rawhide.org).**



## LOCATIONS:

### **Appleton**

Westhill Professional Park, 446 Westhill Boulevard  
Suite 6, Appleton, WI 54914

### **Fond du Lac**

N5682 County Road K, Fond du Lac, WI 54937 \*

### **Greater Milwaukee**

Bank Five Nine, 5555 N. Port Washington Road  
Suite 207, Glendale, WI 53217

143 E. Lincoln Avenue, Milwaukee, WI 53207\*

### **Green Bay**

Park Business Center I, 926 Willard Drive,  
Suite 228, Green Bay, WI 54304

### **Neenah**

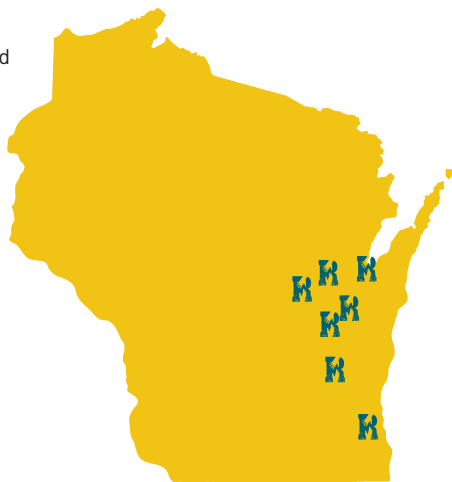
2692 County Road GG, Neenah, WI 54956\*

### **New London**

E7475 Rawhide Road, New London, WI 54961\*

### **Shiocton**

N5367 Mayflower Road, Shiocton, WI 54170\*



**We also offer school-based  
therapy in New London,  
North Fond du Lac,  
Fond du Lac and Greater  
Milwaukee schools.**

\*These locations also offer CHAPS Equine-Assisted  
Therapy services.