

## Compass Health Treatment Recommendations



### **Outpatient Therapy Services**

Compass Health therapists are compassionate, highly skilled, and committed to providing services that are proven to be effective. Our therapists assist children, adults, and families to make positive changes that help them to live full, productive, healthy lives.

Treatment is a partnership between you and your therapist. **Our role** is not to tell you what to do, but rather to make an accurate assessment to guide you in the development of treatment strategies that work for you, and to guide you in the accomplishment of your goals, within the context of a therapeutic, trusting confidential relationship. **Your role** is to provide us with accurate information upon which we will base our recommendations, to partner with us to accomplish your goals and to be consistent in keeping your appointments. We have found that those most successful in therapy are those who make a commitment, are consistent and take an active role in their treatment. Your open, honest communication will help your therapist do the best possible job to assist you in achieving your goal(s).



### **Psychiatry Services**

As a part of our wrap-around team approach, psychiatry services can provide an additional layer of support for Compass Health patients, when needed. Many people who struggle with mental health challenges and persons with serious brain disorders such as severe and persistent mental illness often utilize medications as part of their treatment process. For adults and children battling depression, attention-deficient disorders, anxiety, grief, or addictive disorders, medications may bring relief to some (or all) of the symptoms he or she is experiencing.

Every individual receiving psychiatric services needs an assessment by a psychiatrist or psychiatric advanced practice nurse. This assessment is used to determine both the need for medication and the management of the medication regimen. Compass Health Network can provide this assessment along with:

- Education regarding the effects of the medication and its relationship to the person's behavioral health disorders
- Prescription of medications
- Ongoing monitoring of the medication's effects



### **Adult CPR Community Psychiatric Rehabilitation**

Just like other chronic medical conditions (diabetes, heart disease, COPD, etc.), people with chronic and challenging behavioral health issues can be treated successfully and live full, productive, healthy lives. With the assistance of an integrated team, patients with chronic behavioral health challenges will create a Wellness Plan to meet their unique needs. Wellness plans might include goal-oriented skill building, employment, and educational supports, linking to natural and flexible community supports, psychiatry, counseling, primary care, and dental services. These services and supports assist those with serious behavioral health challenges while remaining in the community to live their best life.



### **Youth CPR Community Psychiatric Rehabilitation**

The Youth CPRC program is a direct skill-building service for children with a diagnosis of a serious emotional disturbance and their families. Most services will occur in the home with parent and child and will be scheduled at times that are convenient to you, including evenings and weekends. Your child and family will receive support and assistance from a treatment team of professionals that is focused on meeting the specific needs of your child and family.



### **Substance Use Disorder (SUD) Treatment for Adults and Adolescents**

Compass Health Network provides a full continuum of behavioral healthcare services including comprehensive psychiatric and substance use disorder treatment services that focus on the needs of each person and utilize the most cost-effective methods of care.

Initially, we will provide an assessment, and then, together we will reach an understanding of your treatment goals and what we can do to help you achieve these goals. Our team of professional staff, including psychiatrists, physicians, counselors, and social workers supports our comprehensive approach to treatment.



### **Primary Care**

We believe that by connecting the mind with the body, we serve the whole person. Services include family medicine, internal medicine, well-woman services, geriatric care, and primary/preventative health. We can help manage chronic diseases such as diabetes, heart disease, high blood pressure, COPD, and asthma. Pediatric services include well-baby check-ups, well and sick child exams, physicals, and immunization.



### **Dental**

Compass Health Network provides children and adults with exceptional dental care and ongoing preventative oral health services in a courteous and compassionate atmosphere. Compass Health Network's Cavity Free Kids Club is open to anyone 17 and under. Every month a winner will be drawn from cavity-free club members.

*Compass Health Network accepts Medicaid Accepted, United Healthcare Community Plan, Healthy Blue, Home State Health, and Show Me Healthy Kids.*