



Above: Compass Health Wellness dental care providers pose with the participants of the Big Fish Bright Future Kid's Fishing Tournament, sponsored by Hawthorn Bank, on September 17. Seven children competed in the tournament on the same day that adult anglers from all over the state set out in the Big Fish Bright Future Fishing Tournament. This year's event brought in 35 boats, including the winning team of Jarrod Campbell and Doug Schilling, both of Clinton.

Right: Diane Coletta, Vice President of Human Resources for Compass Health, takes a picture as her father-in-law Don Tabor waves as they set off in the Big Fish Bright Future Fishing Tournament on September 17 at Buckshaw Resort on Truman Lake in Clinton, Mo.



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Help make Compass Better & Better



The Accessibility and Inclusion Committee continues to seek a representation of the Compass Health family to better care for those who choose to come to our organizations for their health care needs. If you're interested in making

Compass as welcoming as possible to all of our communities' citizens and your fellow employees, please email [Kendra Hines](#), Director of Clinical Quality Improvement, or [Jennifer Frye](#), Director of Employee Engagement.



CompassHealthNetwork.org

Program Spotlight: Compass Health Prevention

September is national Suicide Prevention Month and Compass Health continues its advocacy to bring deaths by suicide to an end.

Missouri ranks 17 out of 50 states in suicide completion with 1,017 suicide deaths in 2014, the most recent year that statistics are available. For those from 15 years to 24 years old, suicide is the second

leading cause of death behind homicide.

Although females attempt suicide twice as often as males, males are four times more likely to complete suicide. Girls are as much as four times more likely attempt suicide following sexual abuse; boys are about 11 times more likely. LGBTQ youth are nearly three-and-a-half-times more likely to attempt a suicide and twice as likely to complete suicide due to discrimination and harassment.

Some warning signs to watch for:

- Giving away possessions.

- Increased alcohol/drug use.
- No purpose in life.
- Decreased activities.
- Sudden mood change, either good or bad.
- 'I want to kill myself.' 'I want to die.'

These statements should be taken seriously. Direct questioning reduces suicidality so do ask "Are you thinking of killing yourself?" and be prepared to follow up with, "Do you have a plan?," "Do you have means?"

Answering releases tension decreasing

suicidality for the moment.

Follow up with medical and/or psychological care is still recommended.

Never leave a suicidal person alone.

The more positive experiences a young person has, the less likely they are to be depressed or attempt suicide. Thus, it behooves us all to model kind behavior; to be a friend; offer a smile, a compliment, an ear or shoulder; to be a positive experience to someone.

Compass Prevention is promoting Suicide Prevention Month September 2016 within their communities and working with community coalitions to engage the conversation, reduce the stigma, and educate through evidence based and best practice programs such as Signs of Suicide (SOS) and Question, Persuade, Refer (QPR).

Upcoming substance abuse and suicide prevention education programs are planned at Morgan County Schools and Bowling Green Public Schools. Prevention coordinators Laura Powell and Anita Jurkowski will address the Missouri School Counselors Association members on SOS at their annual conference in November.

The entire Pathway's Prevention Team will participate in ACT MO's Annual Prevention Conference November 14-16. Please follow the Compass Prevention Facebook page to see stories of hope, survival, and recovery.

Email Jurkowski or call her at (573) 644-4745 to learn about free Mental Health First Aid (MHFA) or Signs Of Suicide (SOS) Programs.

Psychiatrist honored as Distinguished Fellow



Dr. Duru Sakhrani, M.D.

Dr. Duru Sakhrani, a child psychiatrist who serves customers in Raymore, Warrensburg, and Wentzville, recently became a Distinguished Fellow with the

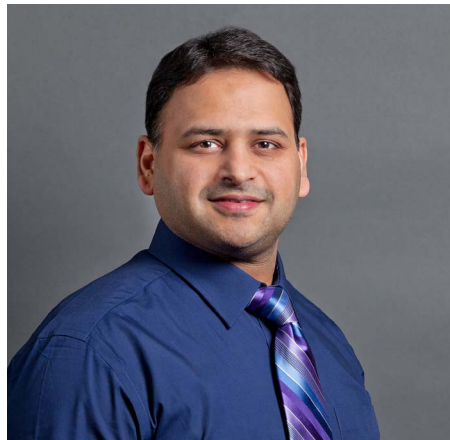
American Academy of Child & Adolescent Psychiatry.

Doctors earn the recognition for a high level of training, skill and experience in child and adolescent psychiatry. According to the Academy, a Distinguished Fellow represents "excellence in a psychiatrist's professional career and their positive contribution to the field."

She is just one of two Eastern Missouri Region physicians to receive the honor this year. Dr. Sakhrani also serves as the Region's chapter president and will represent the area at the Academy's annual meeting next month in New York City during which she will receive her award.

Earlier this year, Dr. Sakhrani was also named one of St. Louis' "Top Docs" in the field of child psychiatry by her peers.

Pathways provider co-author on published paper



Dr. Gaurav Kulkarni, M.D.

Pathways Community Health psychiatrist Gaurav Kulkarni, M.D., recently had a paper published in the Journal of Clinical Psychology. Joining four other authors, a synopsis of the group's paper "Serotonin Syndrome: Prophylactic Treatment With Cyproheptadine" can be found at Psychiatrists.com.

However, the full text is only available to those registered with The Primary Care Companion for CNS Disorders. Instructions to register are on the site.

Health Fair Winners Announced

CONGRATULATIONS to Jennifer Johnson, from the Jefferson City office, for winning \$25 in the final early bird drawing! Register for your health fair appointment through Balance to make certain you have

a spot reserved.

The top teams in the Get Fit Challenge were placed into a drawing. The winning team members are: Jeff Wall, Lisa Foster, Stephanie Young, Linda Orfield, and Aaron Smith. Each member drawn will receive a \$25 direct deposit: They logged an average of over 7,000 minutes of exercise during the six-week challenge!!

Three individuals were also drawn for a \$25 deposit! Congrats to:

- Margaret Chessey, St. Charles
- Kelly Morris-Duhamell, Warrensburg
- Stephanie Desselle, Pineville

Congrats to all our winners! Thank you everyone for your participation in the BETTER & BETTER with Balance program!!

Nominations for Compass employee awards due Sept. 30

It's time to nominate your co-worker for their dedication to our BETTER & BETTER culture, excellent team work, outstanding customer service, leadership skills, loyalty to Compass Health Network, and community involvement! Please use the forms found on Sharepoint or on Crider's Idrive to submit your nominations by September 30. Remember, you can re-nominate a past nominee. Use as much detail as possible to help your nominee get selected!

Compass Champion



This award is designed to recognize the commitment to the BETTER and BETTER Pledge and those who personify the "Way" of a Compass Champion. They go above and beyond their regular duties to ensure BETTER and BETTER service, health, and lives for themselves, their peers, and our customers. Recipients will receive a Better & Better certificate, a B2 pin, and a \$50 direct deposit.

Summit Team Award



This award recognizes teams of staff whose accomplishments, actions, or behaviors enhance the BETTER &

BETTER culture and support the organization's mission, vision, and values. One team per region will be selected by the CEAT and Ambassador Teams each quarter. The supervisor of the winning team will receive a \$10 per team member budget to celebrate. Each member of the winning team will also receive a Summit Team Pin and a certificate.

You've Been Caught AIM-ing to be BETTER & BETTER



Don't forget you can recognize your peers anytime with the You've Been Caught AIM-ing to be BETTER & BETTER award!! AIM-ing to be BETTER & BETTER award recipients complete their regular job duties with excellence. Their actions and behaviors consistently represent Compass Health Network's BETTER & BETTER culture as well as Inspire Hope and Promote Wellness. Email a copy for Crider employees to Glenda Gish or Pathways employees to Amber Setzer, and their supervisor, then present the award! This award is about the praise not the prize. Nomination forms are also available to Pathways and Royal Oaks employees on SharePoint and to Crider staff on the I:Drive under Human Resources/Misc. Forms/Employee_Recognition_Awards.

Achievements

- Katy Albin, Royal Oaks Hospital, earned a promotion to a Physician Support Specialist.
- Jessica Ashley, Columbia-Garth, earned a promotion to Psychology Resident.
- Shannon Binder, Royal Oaks Hospital, earned a promotion to Expressive Therapy Assistant.
- Janna Brackett, Rolla, earned a promotion to Integrated Health Specialist.
- Kora Davis (Belt), Eldon, earned a promotion to ITCD Specialist.
- Elainna Embry, Rolla, earned the status of Licensed Practical Nurse and a promotion to Outpatient Nurse.
- Jessica Harmon, Wentzville, earned a promotion to Central Reception Supervisor.
- Whitney Hines, Columbia-Garth, earned a promotion to Supervising Therapist.
- Tiffany Jenkins, Rolla, earned her Masters of Counseling.
- Angel Menefee, Cedar Ridge Treatment Center, earned a promotion to Addiction Recovery Technician Supervisor.
- Steven Miller, Clinton, earned the status of Provisional Licensed Professional Counselor and earned a promotion to Counselor.

Anniversaries

Susan Schragger	Wentzville	28
Alan Greimann	Windsor	24
Randal Chapman	Windsor	24
Saundra Overton	Windsor	24
Jay Gatzemeyer	Clinton	23
Diane Coletta	Wentzville	23
Laura Heebner	Wentzville	21
Satnam Mahal	Columbia	20
Charles Lindsay	Warrensburg	19
Celeste Filis	Clinton	17
Cynthia Hill	Warrensburg	16
Kathy Kindle	Warrensburg	16
Howard Turner	Columbia	16
Alissa Karnes	Odessa	16
Victoria Walker	Wentzville	16
Karen Coin	Raymore	15
Ryan Paxton	Windsor	13
Christie Vermillion	Camdenton	11
Mollie Ohrenberg	Windsor	11
Rachel Oehrke	Windsor	11
Gena George	Windsor	11
Emily Stocking	Clinton	10
Debbie Anderson	Clinton	10
Karista Gill	Eldon	10
April Thompson	Windsor	10
Lori Wheatley	Clinton	9
Allan Jenkins	Clinton	9
Robert Wissman	Clinton	9
Billie Wells	Columbia	9
Jeannie Stettnichs	Windsor	9
Cheryl Locke	Harrisonville	8
Pappa Ehimare	Columbia	8
Jessica Lyon	Clinton	8
Lucinda Levings	Columbia	8
Rissa Hartman	Cuba	8
Brandy Friend	Jefferson City	8
Jeannie Karr	Warrenton	8
Daniel Moreau	Marksville	7
Angel Clemens	Clinton	7
Angela Petray	Lexington	7
Julie Mitchell	Camdenton	7
Kristen White	Windsor	7
Bette Brethauer	Windsor	7
Karie Boehmer	Wentzville	7
Tiffany Cooper	Washington	7
Donald Jones	St. Peters	7
Shevrick Kelley	O'Fallon	7
Stefanie O'Neill	Wentzville	7
Angela Stonum	O'Fallon	7
Clarissa Lovell	Odessa	6
Rita Tadych	Columbia	6
Jonathan Rosenboom	Warsaw	6
Jennifer Johnson	Jefferson City	6
Lisa Downey	Waynesville	6
Benjamin Menary	Rolla	6
Doris Webb	Rolla	6
Julie Wallace	Wentzville	6

Anniversaries

Corey Bramlett	Jefferson City	5	Cynthia Bowser	Jefferson City	2
Kristine Fountain	Harrisonville	5	Carol Jeffries	Odessa	2
Rebecca Michael	Camdenton	5	Terry Steiner	Warsaw	2
Whitani Beck	Columbia	5	Lillian Tschudi	Raymore	2
Brooklyn McCrorey	Camdenton	5	Kymerlee Ash	Warsaw	2
Barbara Becker	Wentzville	5	Lilette Jantzen	El Dorado Springs	2
Martin Becker	Wentzville	5	Connie Esry	El Dorado Springs	2
Maryann Brennan	Wentzville	5	Debra Hubbard	El Dorado Springs	2
Aaron Hammond	St. Peters	5	David Taylor	Pineville	2
Valerie Kiefner	Wentzville	5	LaWanda Galberth	Pineville	2
Kathleen Kimberly	O'Fallon	5	Jonathan Davis	Pineville	2
Debra Menne	O'Fallon	5	Diane Berg	Waynesville	2
Victoria Michel	Wentzville	5	Lisa Barnes	Wentzville	2
Geovanni Sikaffy	Wentzville	5	Angela Boone	Union	2
Nancy Stephan	Osceola	4	Robert Carr	St. Charles	2
Katera Mowry	Lebanon	4	Sally Carver	Wentzville	2
Amina Amin	Columbia	4	Lindsay Heisner	Wentzville	2
Melissa Rayl	Nevada	4	Megan Swaback	Wentzville	2
Allyson Hook	Raymore	4	Melissa Hildebrandt	Cuba	1
Heather Hawkins	Odessa	4	Robert Gulart	El Dorado Springs	1
Tammy Landsberg	Windsor	4	Diane Weiss	Clinton	1
Joyce Dubea	Wentzville	4	Jennifer Richards	Fulton	1
Marlon Harvey	O'Fallon	4	Jesse Wood	El Dorado Springs	1
Michelle Horvath	Wentzville	4	Timberly Lappin	Harrisonville	1
Deborah Johnson	Clinton	3	LuAnn Anderson	Nevada	1
Christopher Neill	Warrensburg	3	Marilyn Ledbetter	El Dorado Springs	1
Tammy Ramsey	Salem	3	Kaci Story	Harrisonville	1
Diane Walker	Cuba	3	Bethany Mootz	Warrensburg	1
Kimberly Baty	Rolla	3	Sarah Decker	Eldon	1
Virginia Intelisano	Columbia	3	Kristina Wallace	Rolla	1
Peggy Beauchamp	Raymore	3	Marla Gilbert	Cedar Ridge	1
Robert James	Columbia	3	Alisa Massie	Cedar Ridge	1
Jessica LaFarge	Clinton	3	David Gilhaus	Marshall	1
Shelly Tabone	Lebanon	3	William Patrickus	Cedar Ridge	1
Amber McCadney	Columbia	3	Allison Goodman	Sedalia	1
Shawn Allen	Windsor	3	Gina Enrietto	Warsaw	1
Joy Blair	O'Fallon	3	Stephanie Wilson	Clinton	1
Sandra Frederick	O'Fallon	3	Linda Osteen	Pineville	1
Martha Dunahee-itchell	O'Fallon	3	Make'da James	Lake Charles	1
Kristen Myers	Wentzville	3	Dianne Faintich	Wentzville	1
Star Seeger	Wentzville	3	Sarah Jeter	Windsor	1
Jill Taylor	St. Charles	3	Danielle Kelly	Windsor	1
Tawfik Benghozi	Pineville	2	Kelsey Hayes	St. Charles	1
Matthew Brown	Jefferson City	2	Stacey McCanless	Washington	1
Jennifer Bedrosian	Rolla	2	Amanda Wilkinson	Union	1
Kristina Miller	Butler	2	Jenna Wonish	Wentzville	1
Angela Newman	Clinton	2	Megan Hacker	St. Charles	1
LaKesha Wilson	Clinton	2	Pamela Haynes	Wentzville	1
Michelle Jaques	Warrensburg	2	Elizabeth McClain	St. Charles	1
Anita Jurkowski	Columbia	2	Kristiene Rhinehart	O'Fallon	1
Christine Day	Waynesville	2	Jaime Strauss	Warrenton	1
Mary Schlotzhauer	Marshall	2	James Holzschuh	Washington	1
Kayla Moshier	Waynesville	2	Jane Stephens	Union	1
Glenda Smith	Odessa	2			
E. Melendez-Bonnot	Lebanon	2			
Jenny Brame	Lebanon	2			
Quincy Berry	Columbia	2			

Happenings



Members of the Governing Board of Directors made a stop at the new Children's Center that opened this month. Pictured from left to right: (Front row) Dennis Daugherty, Rebecca Culler, Joi Niedner; (Back row) Rich Metz, Board Chairman Tim Larimore, J.C. Smith, Mitchell Mills, Rod Reid.

Several providers from Crider Health Center gathered for breakfast Sept. 20 in Wentzville. The event provided an opportunity for providers from all the medical services to meet and learn more about each other.



Crider Health Center President Laura Heebner, standing, talks with members of the dental staff during a gathering of Crider providers Sept. 20 in Wentzville.