

Comtrea to Merge with Compass Health Network

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Effective July 1, 2023, Community Treatment Incorporated (Comtrea) will merge with Compass Health Inc. (Compass Health Network). After integrating under the unified banner of Compass Health Network, the agencies plan to serve an estimated 120,000 people annually, with a combined workforce of over 4,200.

Comtrea was established in 1973, to support a halfway house and has evolved into a Community Mental Health Center/Federally Qualified Health Center providing primary care, dental services, mental health, domestic violence services, children's advocacy centers, and substance use treatment. In reference to the upcoming merger, Sue Curfman, President and CEO of Comtrea, "The need for more comprehensive health care and greater access to mental health services, substance use treatment, dental services, and primary care has never been greater. This merger delivers on this need with the expansion of current and new services, investments in our county, and an expanded workforce. We share the same mission, values, and commitment to delivering care with compassion, dignity, and respect. We truly are stronger together."

Compass Health Network is a large integrated provider of behavioral health, primary care, and dental services. In addition to being a Certified Community Behavioral Health Organization and Community Mental Health Center, Compass is a Federally Qualified Health Center. This past year, Compass became one of Missouri's 988 crisis call centers and now operates four behavioral health crisis centers and Royal Oaks Psychiatric Hospital. "This merger will bring additional services to Jefferson County and improve access to

care. Within the next year, additional locations for consumers to receive services will be launched. Compass' efforts as a center of excellence in integrated healthcare will be expanded with the addition of the Comtrea team." said Tim Swinfard, CEO of Compass.

Plans are in place to assure a smooth transition for both Comtrea staff and patients. Officials from both organizations want to reassure all those served by Comtrea that they will continue to receive the excellent care to which they are accustomed during and after the merger process.

Visit Compass Health Network's website at www.compasshealthnetwork.org for information about current services, service locations, and providers.

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How Social Media Affects Mental Health

Globally, 59% of humans spend about 2 hours on social media every day.

Like it or not, social media continues to have a real-world impact on so many aspects of life. What's more, social media habits can alter a person's mental and physical health.

On one hand, social media can help isolated individuals feel

less lonely. On the other, it can cause a person to feel insecure, anxious, or stressed. Have you ever felt this way after browsing online?

Exposure to so much content has its pros and cons.

Learn more about how social media could be impacting your mental health below.

The Effects of Social Media on Mental Health

Social media use has serious consequences on adult and youth mental health.

For some, social media provides an outlet for expression and social connection. For others, it becomes a breeding ground for bullying, negative content, and fear.

The way social media impacts you depends on the content you're consuming. With that in mind, your behavioral health is linked to your online actions.

You can check to see the effect social media has on you by becoming more mindful. Take note of your emotions as you scroll, see certain content, or read through comments.

The Social Media Impact of Engagement Algorithms

Have you noticed that you're feeling more negative after using social media? If so, then it might be more than a coincidence.

Facebook's algorithms value your negative reactions way more than your normal likes. In fact, your feeds consider angry reactions 5 times as valuable as normal likes!

If you respond angrily to a post, then you're likely to see 5 times as much of that type of content in the future.

You can combat this by refusing to use angry reactions. Don't give negative content any of your attention at all.

This very important social media hack can solve most negative social media problems.

Possible Social Media Dangers You Need to Know About

Social media can cause and contribute to mental health conditions like:

- Anxiety
- Depression
- Body image issues
- Cyberbullying
- Insomnia
- FOMO
- Validation seeking

What's more, social media can also become addictive. If you frequently use social media, then it's best to attempt to fill your feed with positive posts.

You should also make sure not to spend too much time online. Like all things, balance is key. You can minimize the negative consequences of social media by balancing it with in-person socialization or other hobbies.

The Link Between Social Media and Mental Health Issues

Regardless of how you view social media, it's obvious that it's here to stay. To ensure you use it wisely, you'll want to keep what you've learned in this article in mind. The link between social media and mental health issues is clear.

Too much social media can be either disastrous or empowering

depending on how you use it.

If you know someone who struggles with mental health issues, then take the first step today. You can contact us to learn more about how our services might be able to help.

How Do I Find a VA Primary Care Provider

Far too many Americans are putting off their overall health care. Did you know that more than 100 million Americans do not have a primary care provider (PCP)? This means that they are less likely to follow up with specialists, stay current with vaccinations, and focus on a healthy lifestyle.

For America's veterans, primary care is too important to ignore. They face shorter life expectancies than the average person. For example, female veterans have a life expectancy of just 63 years old.

Read on to learn how to find a family doctor in Missouri. Explore topics such as tips for finding a doctor and how to use VA benefits.

What Is the Mission Act?

Many veterans are under the impression that they need to receive medical care at a Veterans Affairs (VA) facility. While this was true for decades, the passing of the Mission Act in 2018 changed everything.

Veterans can now seek approval to see non-VA doctors. There are a number of eligibility criteria that veterans need to meet before receiving approval.

For example, veterans can seek outside care if their VA facility does not provide a particular service. For female veterans, two examples are maternity care and IVF.

There are also provisions for driving distance and waiting time. If a veteran needs to wait more than 20 days for a visit with VA providers, they can seek outside care. Also, veterans do not need to drive for more than 30 minutes for an appointment.

How to Find Private Doctors for Veterans

Once you receive approval to receive care outside the VA system, it is time to find a doctor. Selecting the right doctor is crucial for your health.

There are common attributes to look for when searching for a doctor. Continue reading for a brief description of each characteristic.

Positive Reputation

A consistent reputation for delivering quality care is critical. Word of mouth is one way to see if a provider has a positive reputation.

The internet is also a powerful tool for validating a friend or family member's referral. You can read patient reviews on Google or social media. Here, you can learn from other patients' experiences and avoid facilities with too many poor reviews.

Health Insurance

As a veteran, you do not have private health insurance. Instead, your care falls to the Department of Veterans Affairs.

You cannot just show up at any doctor's office and expect to

receive care. Instead, you need to verify that the healthcare organization takes payment from the VA.

Proper Services

Lastly, you need to verify that the doctors provide the services you are looking for. It is important to set medical goals that you are looking to achieve when seeing a primary doctor.

Some want to reduce their cholesterol while others need to monitor diabetes. Regardless of your medical goal, make sure that this medical provider offers what you need.

Your Guide to Finding a Primary Care Provider

You are now ready to find a PCP in Missouri. There are some important steps like verifying they have a positive reputation and offering the services you are looking for.

If you are looking for a primary care doctor in Missouri, contact us today to schedule an appointment.