

Celebrate Healthcare Workers During National Health Center Week 2023!

Despite our best efforts, there is no way to adequately express our gratitude to healthcare centers and workers. There are [22 million](#) Americans working in the healthcare industry. That makes up 14% of the United States workforce.

They are all directly responsible for saving lives. During the Covid-19 pandemic, these workers put their own lives at risk to help others.

Without health centers, our medical heroes do not have a place to perform these miracles. Read on to learn all about National Health Center Week in 2023. Explore topics such as the background of National Health Center Week and how scheduling a health checkup honors the workforce.

What Is National Health Center Week?

National Health Center Week takes place every August. It is sponsored by the National Association of Community Health Centers (NACHC).

The objective of the week is to celebrate the accomplishments of community health centers. The organizers also seek to raise awareness of the 1,400 community health centers operating in the United States.

Delivering exceptional patient care is a total team effort. While doctors and nurses are a critical part of patient care, it is important to recognize the many other contributors. Everyone from board members to janitorial staff deserves to be celebrated.

What Is a Community Health Center?

Many people do not understand the purpose of a community health center. There are millions of Americans without health insurance. Many more have health insurance but struggle with affordability.

Besides cost and health insurance, there are other barriers that prevent people from receiving quality healthcare. Distance and language are two other common issues for patients.

Community health centers were launched in 1965 to break down these barriers. The idea was to build a health center within the community to serve all their medical needs.

Since then, more than [1,400 community health centers](#) have been built across the United States. Many of these centers fall under the Compass Health Network in Missouri.

What Can You Do to Support Healthcare Workers?

Celebrating healthcare workers for one week is not enough. The best thing that you can do is help make their job easier.

Healthcare workers do not enjoy seeing their patients struggle with serious ailments. It is an incredible mental burden to see patients in pain or lose their lives. Instead, they would prefer to see you receive preventative care and proactively treat health issues before they escalate.

You can do this by scheduling a checkup at a community health center. Here, the medical staff will perform a comprehensive patient examination. They will review blood work and spot any potential issues that require further examination.

Donations are also welcome at community health centers. Your [donations](#) are invaluable for providing medical workers with the supplies they need on a daily basis.

Your Guide to National Health Center Week 2023

You now understand the importance of community health centers and the workers that keep them running. Go ahead and thank a medical worker today for all their hard work. These heroes deserve all the recognition as they uphold the community's quality of life.

If you want to take action for National Health Center Week in 2023, [contact](#) us today to schedule your health checkup.

Going Back to School: Tips for Overcoming Anxiety and Bullying

Do you have an anxious student on your hands? If so, then you're far from alone. About [1 in 3 students](#) will experience an anxiety disorder before they reach 18.

What's more, data for that statistic was all compiled before 2020.

Since that time, the world has only become more stressful and anxiety-ridden. So, it's likely that statistic has only gone up.

The good news is overcoming anxiety and bullying in school is not only possible but within reach. By taking a few steps before school starts, you can lay a healthy foundation for your student to thrive.

Keep reading to learn our top five tips on how to deal with elementary school bullies.

1. Focus on Communication With Your Child

One of the biggest reasons you may have an anxious student on your hands is because of a lack of communication. Some children [don't feel safe enough](#) to express what's happening to them.

Since they likely don't have the coping skills needed to deal, they may suffer silently.

For that reason, you must focus on communicating with your child. You can't help your child through something you don't know is happening.

2. Normalize Student Anxiety

One thing that can help foster communication is normalizing student anxiety. In the past, society tended to downplay [behavioral health](#) issues like anxiety.

You can be the change you want to see by normalizing these issues for the next generation. Explain how every student will get anxious at some point. Then, explain the difference between productive and negative anxiety.

3. Talk About How to Handle Elementary School Bullies By Identifying Them First

Another thing you need to normalize is bullying. Explain to your child that bullies have always existed, and they always will exist. Bullying does not stop once kids reach adulthood.

That's why you need to help your child identify and recognize bullying first. From there, you can start to discuss how to handle these situations when they come up.

4. Research and Discuss Coping Mechanisms

You should instruct your child to stay as far away from the bully as possible. Teach your child how to assert healthy boundaries and stand up for themselves.

Tell them who to report to if the other child continues to be disruptive.

5. Schools on Bullying: What Policies Are in Place?

Depending on the situation, you may need to consult with the school about what's happening.

Learn what policies are in place, and verify they are being upheld. Take the necessary steps to escalate the situation to protect your child. Research your options if the school isn't cooperating.

Overcoming Anxiety and Bullying in School

If you have a child going to school soon, then you must consider anxiety and bullying. These factors are present at all ages in school, and your child will get exposed if they're in public school.

The good news is that overcoming anxiety and bullying in school is possible with these tips.

Keep communication open, normalize anxiety, and talk with your student. Discuss coping mechanisms, and consider talking to the school if things progress.

As a parent, you know that protecting your child is paramount. If you're worried about their mental health, then we can help. [Contact](#) us to learn more about our services.

Back to School – Get Your 6

Month Dental Check Up Done Before School Starts

Did you know that only [50% of children](#) on Medicaid have yearly dental appointments?

As the summer comes to an end, parents and children are gearing up for another exciting school year. Fresh notebooks, new backpacks, and trendy outfits all make the checklist. However, dental health is often overlooked.

To ensure your child's teeth are healthy during the school year, ensure you schedule a dental check up. Below is a guide that delves into why you should opt for a dental checkup before the new school year.

Ensures Proper Teeth Development and Oral Health

Children's teeth are constantly evolving. As a parent, you need to ensure the teeth are coming in correctly and without any complications.

Dental check ups are vital for monitoring the growth and development of your kid's teeth. It can help you detect issues like misalignment or overcrowding early. This can lead to timely orthodontic interventions.

Prevents Absences and Poor Academic Performance

It's estimated that millions of school hours are lost each year because of dental issues. If your child experiences dental pain, they may also find it difficult to concentrate on their studies. This can lead to decreased academic performance.

Routine dental visits can prevent unnecessary absences. Good [dental care](#) can also help your child focus on their education.

Allows for Preventive Care

Tooth decay is one of the most common childhood dental issues. The combination of vending machine snacks and school lunches can significantly contribute to the risk of cavities.

A dental check up can identify any signs of tooth decay. The dentist can perform a thorough cleaning to reduce decay. Additionally, they will offer valuable tips on proper oral care and dietary choices for your child.

Boosts Your Child's Confidence

Dental issues can affect your child's self-esteem. They may not be able to smile or talk with confidence. A 6-month dental checkup can help your child achieve a healthy and attractive smile. When they start the new school year with a [clean and beautiful smile](#), they will feel more self-assured.

Improves Overall Health

Dental health is intricately linked to general well-being. Neglecting your kid's dental problems can have significant consequences.

If your child has untreated dental issues, they may experience pain and discomfort. This can hinder their ability to eat properly and get the necessary nutrients. As a result, it can compromise their overall physical and mental well-being.

Prioritizing dental check ups can ensure that any dental problems are quickly addressed. It can prevent them from escalating into more serious health concerns.

Balances Busy Schedules and Dental Care

As the school year progresses, the schedule becomes busier with academic commitments and extracurricular activities. It can cause dental care to become less of a priority.

This is why getting a dental check up before the school year

starts is important. It can set a strong foundation for maintaining regular dental visits throughout the year. As a result, you can instill good oral habits in your child.

Schedule a Dental Check Up for Your Kid Today

A routine dental check up before school starts can make a world of difference in your child's well-being. It ensures their teeth are strong and healthy. Need to book a dental check up for your child?

Look no further than Compass Health Network. We provide comprehensive dental care for children. [Contact us today](#) to book an appointment.

Phelps Health and Compass Health Network Announce Partnership and Transition of Services

FOR IMMEDIATE RELEASE

Contact: Deborah R. Frost, Ph.D., Compass Health Network VP of Corporate Services

Phelps Health and Compass Health Network Announce Partnership and Transition of Services

[Rolla, MO] – Phelps Health and Compass Health Network announced a partnership to improve behavioral healthcare in the region today. Under the terms of the agreement, Compass

Health Network will assume the operation for Phelps Health behavioral outpatient services and support the psychiatric professional services of the inpatient behavioral health program beginning December 1, 2023.

Compass Health will lease and renovate space on the third floor of the Phelps Health Delbert Day Cancer Institute for a behavioral health outpatient clinic and autism diagnostic center.

"We are excited to work with Phelps Health to improve the health and well-being of our community," said Tim Swinfard, CEO of Compass Health Network. *"This is a great opportunity to expand our behavioral health services and provide our patients with even more comprehensive care."*

The collaboration is mutually beneficial. *"Our organizations have different strengths that can be combined to ensure our patients receive the care they need when they need it,"* said Jason Shenefield, CEO of Phelps Health. *"Compass Health will continue to provide our patients exceptional behavioral healthcare, and we can focus on our other core service areas."*

The transition is expected to be seamless without disrupting patient treatment, care, or service locations. All existing team of Phelps Health behavioral health physicians, providers, and staff will transition to Compass Health employees if they wish, so our patients will continue to be able to see the healthcare professionals they know and trust.

"Patients will be notified of this transition well before the change-over date on December 1, and staff will be available in the months leading up to the transition to answer any patient questions or concerns about their care," Shenefield said. *"Compass Health will operate the behavioral health outpatient facilities previously provided by Phelps Health, so patients can continue to see their providers in a familiar location."*

Both Shenefield and Swinfard are excited about the potential

the collaboration creates to improve patients' health in the community. *"Working together, we can make a significant difference in the lives of those we serve,"* said Shenefield.

Please direct questions to Deborah R. Frost, Ph.D., VP of Corporate Services at dfrost@compasshn.org or (573) 578-2962.

About Phelps Health

Phelps Health serves over 200,000 residents in south-central Missouri. Phelps Health is county-owned, non-tax supported, and overseen by a five-member elected board. Phelps Health employs more than 1,900 people, including 100-plus providers. Phelps Health, which includes a hospital licensed for 240 patient beds, serves a six-county area, with its main campus and several clinics in Rolla, Missouri. Phelps Health also has clinics in Salem, St. James, Vienna, and Waynesville, Missouri. For more information, visit phelpshealth.org.

About Compass Health Network

Compass Health Network is a leading healthcare provider in Missouri that offers a comprehensive range of health services, including primary care, behavioral health, and dental health services. With a focus on quality, affordability, and accessibility, Compass Health is dedicated to improving the health and well-being of the community. For more information, please visit compasshealthnetwork.org.