



# COMPASS

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## WHEN TO REFER & HOW WE CAN HELP

### WHAT IS COMPASS VIRTUAL?

Compass Virtual provides evidence-based Partial Hospitalization (PHP) and Intensive Outpatient (IOP) programs for individuals in a patient-centered environment—all while still maintaining life at home. In 2011 child, adolescent, and adult psychiatrists David Schreiber, MD, and Claudia Welke, MD, founded Compass Health Center after recognizing their community's need for intensive non-hospital based psychiatric care. Today, Compass is Illinois' largest and most respected PHP/IOP program, with over 40 full-time psychiatrists/PNP's and 350+ masters-level clinicians. Our virtual offering, Compass Virtual, was launched in 2020 in response to Covid-19 but has proven to be a tremendously popular and effective means of delivering care to patients facing a range of access barriers unrelated to the pandemic.

### WHAT SERVICES DO WE OFFER?

Our comprehensive treatment model includes group, individual, and family therapy, as well as psychiatry and medication management. Group therapy establishes a safe space where our patients learn and develop coping skills from expert clinicians and build connections with peers. In addition, each patient is assigned a dedicated individual therapist, a separate family therapist, and a psychiatrist. These clinicians create a unique care team intensely focused on the clinical needs of each patient. Additionally, adolescent patients work closely with an education specialist during the school year. Compass Virtual programming is conducted 100% online yet provides patients with the same quality of care they would receive through in-person treatment.

### WHEN TO REFER TO PHP/IOP?

Our age-based virtual programming is available to adolescents (13+) and adults (18+) with mood and/or anxiety disorders (including OCD) that severely impact their daily functioning at home, work, or school.

Do you know an individual who:

1. Was recently hospitalized due to psychiatric concerns?
2. Needs more support than is traditionally offered in outpatient therapy?
3. Lacks access to high quality, evidence-based care in their community?
4. Expressed or had a history of expressing thoughts of suicide or self-harm?
5. Refuses to engage in their regular responsibilities such as work or school?
6. Appears to struggle with activities of daily living such as proper hygiene and nutrition?
7. Shows notable signs of increased agitation with or isolation from friends or family?
8. Suddenly withdrawals from previously enjoyed activities or social outlets?
9. Displays disproportionate emotional response to a stressful experience?

To refer a patient or schedule an intake, please call us or visit our website to submit an inquiry.



#### ILLINOIS LOCATIONS

CHICAGO  
NORTHBROOK  
OAK BROOK  
VIRTUAL



COMPASSHEALTHCENTER.NET



877.552.6672

