

Your Path to Progress at Compass

What to expect as a patient

Your Care at Compass: At Compass, your treatment plan is built around you. Here's how we work to give every patient the best chance for lasting wellness:

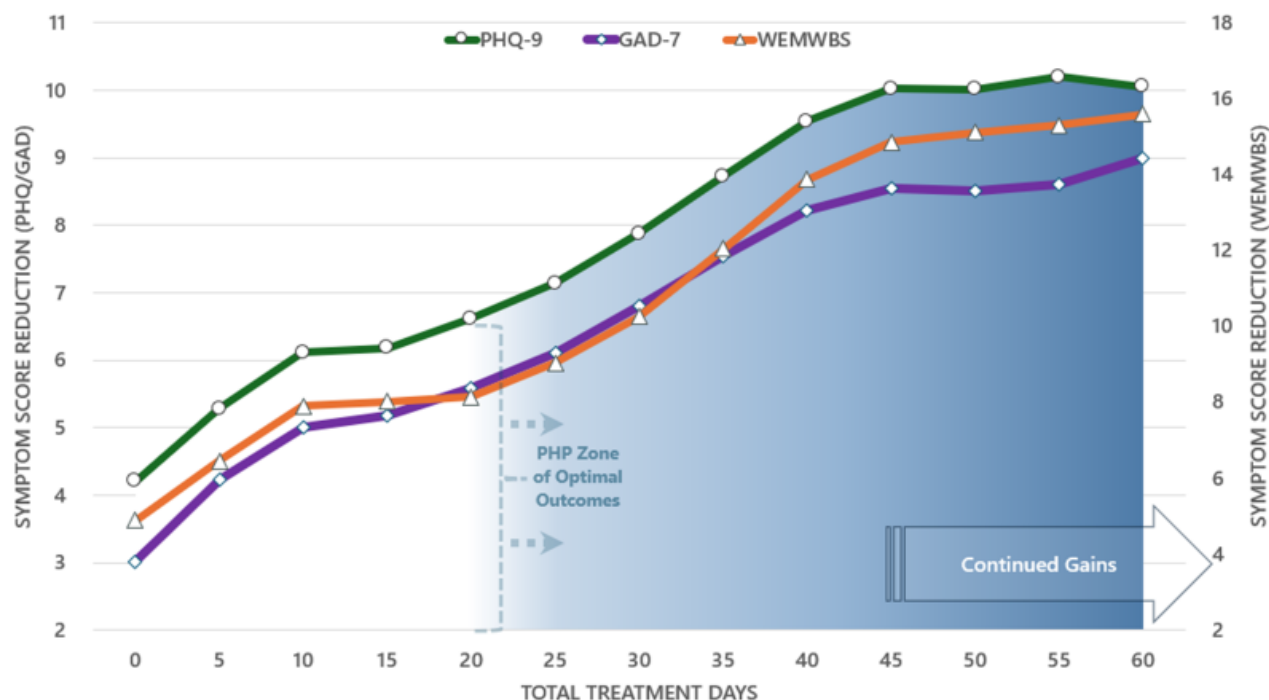
Personalized Planning: We consider the complexity of your needs to create a care plan that fits your life.

Data-Guided Decisions: Evidence from real patient outcomes helps determine the right length and intensity of treatment.

Smooth transitions: Clear step-down and discharge criteria help you move safely from one level of care to the next.

Ongoing Check-Ins: Regular assessments track your progress so we can adjust and maximize the benefits of treatment

Recovery Curve: Symptom Relief and Well-Being by Treatment Day



Compass Care Principles

Symptom Reduction & Increased Safety

Are you feeling and doing better? Have safety-related concerns improved?

Levels of Distress & Functioning

Has your distress level decreased? Has your ability to effectively engage in various domains of life increased?

Evidence-based,
Patient Centered,
Outcomes
Driven Care

Goal Attainment

How much progress have you made toward your goals and objectives?

Treatment Guidelines

Have you had the opportunity to effectively engage and achieve your goals through the Compass-recommended approaches?

Treatment Guidelines

Recommended Treatment Days

Have you completed the prescribed number of PHP and IOP days that lead to maximum symptom reduction and the lowest likelihood of needing to return to treatment?

Treatment Adherence & Engagement

Has your attendance and engagement in treatment been supported by your treatment team? Has Compass helped you overcome any barriers to access and involvement that have arisen?

SMART Planning

Have you been able to develop attainable and measurable goals and objectives with your treatment team so that you can monitor your progress?

Model Adherence

Have you participated in evidence-based treatment interventions, including CBT, DBT, ACT and other specialized models (ex: ERP, CPT) as appropriate, to best support your progress?