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**About Compass...**

**Mission Statement**

Our purpose is to improve the health and independence of individuals, couples and families, with tailored services to meet specific needs.

Compass Mental Health, LLC provides exceptional psychological services, through education, knowledge and insight.

**Quick Tips**

**New Year's Resolution**



1. **Create a plan:** Setting a goal without formulating a plan is merely wishful thinking.
2. **Make a commitment to your goal:** Acknowledge setbacks and promise yourself that a setback will not allow you to abandon your goal.
3. **Break it down to manageable slices:** Instead of choosing a resolution to keep for an entire year, set small goals each month.
4. **Remain flexible:** Expect that your plan can and will change
5. **Plan your rewards:** Reward yourself on the small goals, to keep yourself motivated to reach your overall goal.

**Crisis 101**

What is a crisis?

A crisis is a situation that is, at a moment in time, perceived as insurmountable to an individual. If the individual perceives a situation as a crisis...then it is a crisis. A crisis can last four to six weeks.

What factors influence a crisis?

- 1) A vulnerable state and / or an altered level of functioning
- 2) A hazardous event and /or a perceived level of danger
- 3) Lack of resources
- 4) Lack of social support system
- 5) Drugs and / or alcohol

What are some general crisis-precipitating risk factors?

- Abuse
- Death of a family member
- Completed suicide by family or friend
- Financial problems
- Major medical issues
- Relationship problems
- Substance use



**Coaching:** Vision without action is a daydream. Action without vision is a nightmare.

**Quote of the Month**

“To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better...to know even one life has breathed easier because you have lived, this is to have succeeded.  
 - Ralph Waldo Emerson -

**Laugh of the Month**

As the doctor completed an examination of the patient, he said, "I can't find a cause for your complaint. Frankly, I think it's due to drinking."

"In that case," said the patient, "I'll come back when you're sober."

**Compass Mental Health, LLC**

4500 N 32 Street ☎ Suite 104 ☎ Phoenix, Arizona 85018  
 Phone (602) 224-7050 ☎ Fax (602) 795-6472  
 www.CompassMentalHealth.com

For feedback, questions, comments or concerns contact Corey Pruitt: Corey@CompassMentalHealth.com