



Compass Health
Network

FIND YOUR PATH

Compass Health Network is dedicated to pursuing educational enrichment, collaboration and study, and offers numerous opportunities for internships, practicums, and clinical rotations. These opportunities are mentored experiences in which a practicing therapist, counselor, or clinical supervisor volunteers to give personal instruction, training, and supervision to a student. This experience offers an opportunity to get to know a particular field of study, understand the realities of the career, discover likes and dislikes, and to experience a workplace setting.



Core Outpatient Treatment Services

- ▷ Individual, couples, group, and family therapy with children, adolescents, and adults
 - Professional team of LPCs, LCSWs, and Psychologists
- ▷ School-Based Behavioral Health (in local schools)
- ▷ Crisis and Same Day Access to services
- ▷ Psychological Assessment
- ▷ Psychiatric/Medication Management
- ▷ Federally Qualified Health Center (FQHC)
- ▷ Substance Use Disorder Treatment
 - Intensive outpatient group and individual treatment for adults
 - Intensive outpatient and residential treatment for adolescents
- ▷ Community Based Behavioral Services and Support
 - Integrated Health Specialists work with adults in the community
 - Housing program for Developmentally Disabled adults

A little about the area . . .

Rolla, Missouri located in Phelps County abounds in outdoor activities including numerous springs, forested hills and rivers.

- ▷ Population: 20,390
- ▷ Seven local restaurants
- ▷ 89 degrees -- average high (July)
- ▷ 25 degrees -- average low (January)
- ▷ University of Science and Technology
- ▷ Less than 100 miles from St. Louis, Jefferson City, Columbia and Springfield





Compass Health
Network

MEET OUR TEAM of professionals



Dr. Deborah Frost

Vice President of Regional Corporate Services, Southeast

Dr. Frost began her tenure with Compass Health in 2001 as a licensed Psychologist. In her current role as VP of Corporate Operations, she oversees new contract development, program coordination, community relations, regional expansion, and charitable fundraising for the Southern Region of Compass Health. In addition, Dr. Frost is responsible for Psychology Intern and Resident supervision and training. Dr. Frost completed her Doctorate at West Virginia University and was classically trained in Behavioral Therapies and Geriatric Psychology. She completed her doctoral internship at the Brockton VA/Harvard Medical School and specialized in Medical Psychology prior to relocating to rural Missouri. She is published in several American Psychological Association texts and periodicals in the areas of Geropsychology and Medical Psychology.



Dr. Sara Lea

Psychologist

Dr. Lea earned her doctoral degree in Psychology in 2018 at Oklahoma State University. She completed her internship and post-doctoral residency at Compass Health Network in Rolla, MO. She has training and experience in a variety of settings, including community mental health, residential treatment, academic medical centers, schools, college counseling centers, and FQHC. Dr. Lea has specialty training in child psychology and has co-authored 11 peer reviewed publications focused on cognitive deficits associated with Attention-Deficit/Hyperactivity Disorder. In addition, Dr. Lea is a certified PCIT therapist, co-leads adult and adolescent DBT groups, and has specialty training in psychological assessment across the lifespan. She also has experience and interest in teaching, training, and disseminating academic research to staff and students. Dr. Lea's theoretical orientation is cognitive-behavioral/behavioral.

