



**Sara Frierson**  
**MHC III**  
**Columbia Area Mental Health Center**

Sara Frierson works tirelessly to provide her patients with quality and attentive care. She is dedicated to her patients and often creates space in her schedule see patients in crisis. She maintains a high caseload with productivity that typically exceeds expectation. Sara works hard to balance the needs and demands of patients; despite her high caseload and very packed schedule, her collaborative documentation numbers are usually at 100%. She pays careful attention to ensure her other documentation is also completed in a timely fashion.

Ms. Frierson worked with the new Level of Care system to disposition inactive cases and assign levels of care to all patients. Two years ago, she accepted the challenge to participate in the first roll-out of the Dialectical Behavioral Therapy (DBT) Learning Collaborative. Although she was initially skeptical, Sara continued to meet or exceed productivity, exceed collaborative documentation expectations, and provide exceptional case management and follow-up with her patients. She was receptive to the idea of beginning a DBT group over the summer for the first time, and worked with a fellow staff member to develop the group. She researches weekly how group will run and has successfully engaged and sustained the group. She has managed to do this all while still attending DBT consultation.

Ms. Frierson is a diligent worker and a reliable co-worker. She is eager to help others on the unit to ensure they are supported and have the knowledge they need. Her combination of training in substance abuse, trauma, and DBT are great assets to our unit.