

# NEWSLETTER

## VOLUME 1 / ISSUE 1

### MEET YOUR NEW CHIEF INTERN

Hello, my name is Arelly Gonzalez, M.A. I go by Allie. I am an IHC Intern at Compass Health Network.

I am a Behavioral Health Consultant. I am located at the Worley Clinic in Columbia, MO.

3 things about me is that (1) it is my 1<sup>st</sup> time being in a different state, (2) I love rollercoasters and (3) I am a big time foodie!



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*"Life is not about waiting for the storm to pass, but about learning to dance in the rain." – Vivian Greene.*

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As I write this, I'm struck by the blend of excitement and uncertainty that the start of this journey brings. It's like standing at the ocean's edge, wondering what the waves will bring. Over the past month, while transitioning to internship, I've had much time to reflect on how life mirrors the predictable and unpredictable sea.

I watched the waves roll in on my last beach visit to Huntington Beach in California. I saw how the ocean's rhythm was both steady and chaotic. Those waves resembled the path many of us walk as graduate students and professionals, especially during uncertain times.

Starting an internship and being in a new state feels like riding those waves. Even though I've researched and prepared, there's always that lingering sense of unpredictability. It reminded me of the early stages of the pandemic when our world flipped from in-person to virtual in what felt like a heartbeat. From telehealth to shifting precautions, we've navigated more than we ever thought possible—and yet, here we are, stronger and more adaptable than before.

In these moments of transition, I'm reminded of how far we've all come. We've faced countless challenges, adapted to new ways of learning and working and grown in ways we might not have imagined. And now, as we step into this new phase, it's okay to embrace the uncertainty and ride the wave, trusting that we'll find our rhythm along the way.

I'm excited—beyond excited, really—about what lies ahead. Starting this internship has already taught me so much, and I know there's more to come. So, let's face this journey together, riding the waves, embracing the unpredictability, and growing alongside one another.

I'm looking forward to getting to know each of you. Expect future emails about social events and meetings! If you need to contact me, my email is [ag28144@compasshn.org](mailto:ag28144@compasshn.org). Here's to the next chapter! 🌊