

POLARA STAR

A place where everyone feels they belong

Q4 2023

Welcome



Please give a warm welcome to Dr. Lisa Emmans, our new Integrated Care/Primary Care Doctor. Dr. Emmans will play a vital role in our Whole Person Care services, which emphasize the significance of addressing not only physical health but also mental, emotional, social, and spiritual well-being. Born and raised in Phoenix, Arizona, Dr. Emmans pursued her lifelong dream of becoming a doctor in Colorado. Starting her career as an Emergency Medicine Physician, she later completed an Internal Medicine residency. With nearly 30 years of experience, mostly in Arizona, we are happy to have Dr. Emmans as a valued member of our team. She has already begun interacting with many of you, and we couldn't be more delighted.

POLARA HEALTH INTEGRATED CARE

The Grand Opening date of our new Polara Health Integrated Care Clinic on Gail Gardner in Prescott, is yet to be determined. The delay is contributed to unexpected challenges that have arisen in the final stages of construction. We are committed to ensuring that the new facility meets the highest standards of safety, comfort and functionality for both clients and staff. Our team is working diligently to expedite the completion of the new clinic. We are excited for the opening and can't wait to share it with you.

Call today to make an appointment with our Integrated Care Team and/or talk with your Therapist or Case Manager to learn more.



Our whole person care extends to our children and family services. We provide award winning, family-focused, strength-based, clinically sound, integrated services to help families and children grow.

928-445-5211 | polarahealth.com



OUR NEW PHONE SYSTEM

We have recently upgraded our phone systems and implemented new extensions. To ensure a smooth routing of your call, we kindly ask you to utilize our Access Call Center Ambassadors. Simply stay on the line, request to be connected to the specific person you wish to speak with, and make note of their new extension number for future reference.

DID YOU KNOW...



that the Polara Star is the brain child of our **Partner Advisory Council (PAC)**. The PAC convenes on a regular basis with the purpose of discussing Polara Health-related matters, introducing and deliberating on fresh ideas, and providing us with valuable client feedback on the performance of our organization. The council is formed with current clients who are dedicated to making a positive impact for fellow clients, by bringing forth novel ideas and offering their unique perspectives during the meetings.

A few things the PAC accomplished in 2023

- The Quarterly Polara Star Newsletter
- Enhanced and expanded disabled parking spaces at all of our facilities
- The 2023 Art With Lived Experience Event



Video created by Arizona Community Foundation



Appreciate You!

Scan the QR code to learn of Rory's journey with Polara Health and his involvement with the PAC.

IMPORTANT REMINDERS:



- **Polara Cares Adult Holiday Party - December 8th**
Ask your Therapist/Case Manager for more information
- **Polara Star Newsletters can be found on our website**



- **Polara Health Client Portal - Sign Up Today**
Our front desk personel can help or call our main number



Acknowledging that the holidays can pose unique challenges for some individuals, we understand that it can impact one's emotional well-being, sense of connection, and belonging. We want to assure you that our support services are accessible throughout the holiday season, with our dedicated team available 24/7 to provide assistance.

- Additional Support: Talk to your Case Manager about scheduling a spot at the Adult Recovery Team Meetings.
- Crisis Stabilization Unit: Our CSU offers round-the-clock support, allowing you to seek assistance at any time of the day or night. Our dedicated crisis team is always on hand to meet you wherever you may be in your journey.
- 988: Call or text 988 and talk with a trained professional. They are there to help you.

