

POLARA STAR

A place where everyone feels they belong

Q1 2023



WE ARE EXPANDING

Polara Health is expanding and relocating facilities into Prescott as part of a focused effort to broaden our whole-health model to more people who require combined mental health and primary care services.

"Our environments need to match our compassionate care," said Tamara Player, Polara Health CEO.

"Our current hospital has served us well, and was designed to be state-of-the-art in 2005, but there has been a lot more innovation in how to design psychiatric hospitals."

In 2023 we will open 3 new locations in Prescott - Whipple Street, Sandretto Drive, and Gail Gardner Way. We are also involved in the Connections Center located at the new Prescott jail due to open this year.

All in all, with the expanded spaces in these facilities, Polara Health is growing from 11 to 14 facilities, growing from 24 total beds to 44 across the county, including outpatient clinics in both Camp Verde and Cottonwood. It will also expand Polara Health's staffing for various direct care providers. At this time, Polara Health is advertising for 30 additional positions to its current workforce of about 400 employees.



Children's Services Offers FREE Educational & Support Groups via Zoom:

- Support Group for Parents, Care-Givers and Grandparents of Special Needs Children - Monthly
- Community Connections - Connection and Support Geared Towards Foster, Foster-Adopt and Kinship Care-Givers - Quarterly

You can register for these support groups on our website in the Learning Center. Register today!

928-445-5211 | polarahealth.com

Do you know we offer a broad range of support groups?

FOR ADULTS:

ADULT THERAPY

Anger Management
Courage to Change
Depression/Anxiety (CBT)
LGBTQ
Grief & Loss
Expressive Art
Eating Disorder
Trauma Support Group
Stress/Meditation Management
Seeking Safety
Depression/Anxiety
DV Education
Rainbow Resilience
Perspectives Through Painting
Relationships and Boundaries
Adult Autism - Communication 101
Adult Autism - Anger Management

PEER SUPPORT

Thrive
DBT Skills Training
Mindful Movement
Walking Warriors
Creative Writing
Women's Group
Painting with Feelings



SUBSTANCE ABUSE

EOP - Gratitude
EOP- Acceptance
EOP - Freedom Aftercare
Substance Abuse Education
EOP - Extensive Outpatient
IOP - Intensive Outpatient

SENIOR PEER SUPPORT

AGES 60+

Blind/Low Vision
Blind/Low Vision Caregivers
Grief & Loss
Mindful Meditation
Men's Group
Women's Group



Clients can speak with their Case Manager, Therapist or DSP to get more information on our groups.

FOR CHILDREN & FAMILIES

Autism Group: 2 Groups - Communication 101 and Anger Management

Coping Cats- A program for children who experience anxiety in social situations. Participants learn about emotional regulation and coping skills for dealing with difficult emotions in various settings.

DBT Skills Training - Coed, ages 14-18. DBT refers to dialectical behavioral therapy. It's an approach to therapy that can help one learn to cope with difficult emotions.

Little Connections: Behavioral health skills training and developmental group for ages 2-5. The primary goal is to help build connections, manage emotions and successfully transition to a larger school or childcare setting.

MBCT-C - Ages 8 to 12 years, a mindfulness-based cognitive therapy group for children who experience anxiety, depression, trauma, and other neurodevelopmental disorders that interfere with their well-being or daily functioning.

Outpatient Recovery Program: Ages 13-17, individual or group format based on MRT and the Seven Challenges.

Seeking Safety - An 8-week program for adolescence ages 13+ This group is a therapeutic program for teens who are struggling from the impact of trauma, substance abuse, and/or post-traumatic stress disorder (PTSD) resulting in unsafe coping skills.

Neurosequential Model for Caregivers (NMC)- Parenting education offered to foster and kinship adopt caregivers. The Neurosequential Model is a developmentally sensitive, neurobiology-informed approach to clinical problem solving.

Trauma-informed Parenting - A class for parents and caregivers of all aged children. Rooted in self-compassion and self-reflection, this class helps parents understand stress, trauma, and the nervous system's role in behavior.

