

Services

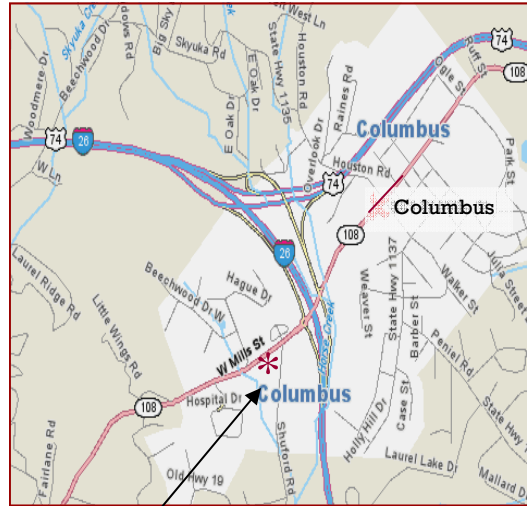
For persons with mental health, substance use and medical illnesses

- Consultation
- Individual Therapy
- Group Therapy
- ACES (Assessment—Counseling—Evaluation—Support) Group
- School Based Clinical Services
- Crisis Assessment
- Psychiatric Evaluation
- Medication Management
- Brief Health Physical
- Wellness Services
- Recovery Coaching
- Development of a Life/Health Plan
- Education and Prevention
- Support
- Faith-based Counseling—when requested

POLK WELLNESS CENTER
Polk County Community
Health & Wellness Center, Inc.

LOCATION

Columbus Professional Center
801 West Mills Street Suite B
Columbus, NC 28722

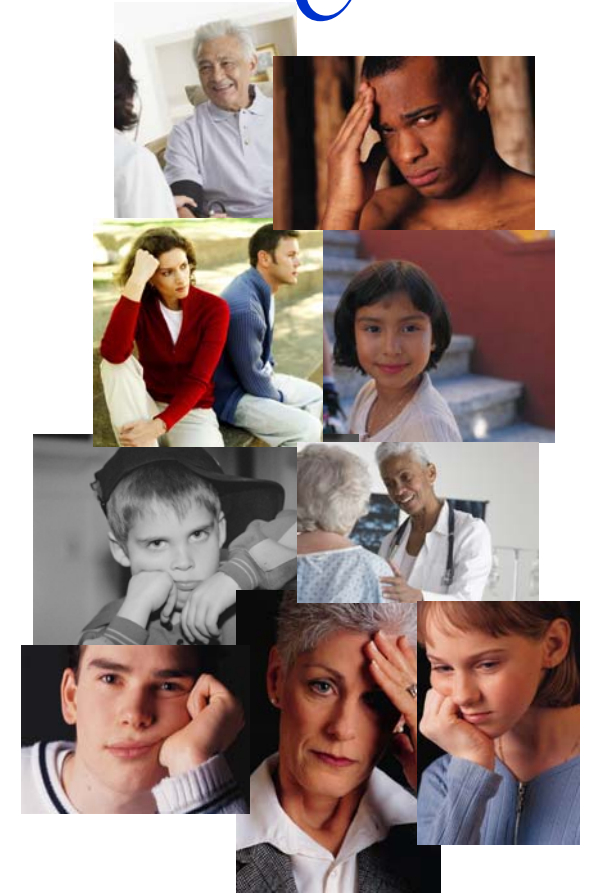


Polk Wellness Center
is located between I-26 and
St. Luke's Hospital

Mailing address:
P. O. Box 130
Columbus, NC 28722

Phone: 828-894-2222
Fax: 828-894-2229
www.polkwellness.org
Email us at:
info@polkwellness.org

Polk Wellness Center



Columbus Professional Center
801 West Mills Street Suite B
828-894-2222

A LOOK BEHIND OUR DOORS

Staff

Gordon Schneider, PhD
Psychologist/Clinical Director

Jeff Viar, DO
Physician/Medical Director

Janet Howell, PA-C
Physician Assistant

Catherine Myton, PhD, ARNPC
Psychiatric Consultant

Wendy McEntyre, LPN
Nurse

H. Stan Bayne, LPC, LCAS
Therapist

Jim Nagi, LCSW
Therapist

Randy Grant, LCSW
Therapist

Rob Fuller, P-LCSW
Therapist

Anne Marie Lester, MS, LPC
Executive Director

Mary Jo Stark
Office Manager

Our Mission/Vision

MISSION: We are a community of providers offering comprehensive health and wellness services in an atmosphere that fosters respect for all we serve, regardless of their ability to pay.

VISION: Polk Wellness Center is a collaborative effort using a comprehensive, integrated model to provide primary care, mental health/substance abuse, prevention, education wellness and recovery support services. We strive to empower those we serve to utilize their strengths and take an active role achieving and maintaining their health. We are committed to ensuring that our services are available, accessible and acceptable.

Who is the Center For?

- Residents (All Ages) of Polk, and when staffing allows, surrounding NC counties
- Persons who struggle with emotional difficulties, mental health illnesses, relationship problems, addictions or substance use disorders will be assessed for clinical appropriateness
- Persons who need a family doctor
- Uninsured (*Sliding Fees based on Financial Assessment*)
- Persons with private insurance, Medicaid or Medicare

Hours

- 8:00 am-5:00 pm Monday, Wednesday through Friday
- 8:00 am—7:00 pm Tuesday
- Crisis services are available during these hours Monday through Friday

How to Make an Appointment

- Schedule an appointment by calling 828-894-2222
- If you are in crisis, you may walk in to schedule an appointment
- Referrals are accepted from other professionals, the Department of Social Services, schools, probation officers, churches, local pastors, and other community agencies

Recovery Management

Our philosophy endorses the principle of RECOVERY from any addiction, mental health and/or health problem. It is our hope that individuals will have significant improvement in the quality of his/her life as well as added meaning and purpose. It is a model that supports the following:

- Individuals should be empowered to direct their own recovery.
- An individual's strengths and talents play a vital role in recovery.
- Therapy involves the whole person: mind, body and spirit.
- Good mental health involves community and being involved in healthy support systems.
- A healthy lifestyle is needed for good mental health and this includes exercise and nutrition.

What Services are Offered

The Wellness Center offers

- Assessment, individual and group therapy for mental health, substance use disorders and co-occurring disorders and also for phase-of-life problems, relationship problems and periods of emotional distress, such as depression and anxiety
- Consultation to community agencies
- Psychological and Psychiatric and Medical Evaluations
- Prevention, education and wellness services that will promote a healthy lifestyle
- An integrated model that addresses caring for the mind and body

ACES Walk-in Program

The Assessment-Crisis-Evaluation-Support (ACES) Program is offered on a walk-in basis from 9:30 to 11:30 am, Monday through Friday. Individuals who may be suffering from a crisis, who are dealing with acute emotional needs, or who may just need a supportive environment to improve coping skills may participate in the program. Participants will receive a brief medical screening, supportive care, and if needed, see a therapist for an evaluation.