



AFTERwords

A Newsletter from SIERRA TUCSON®

Spring/Summer 2008

Celebrating 25 years!

Congratulations, Sierra Tucson, on 25 years of bringing the love! There is no better or more special place on the planet as Sierra Tucson to work on yourself. Congratulations to all the staff who have created a healing environment for everyone who has entered through its doors.

We thought it would be important for you to get to know some of the Sierra Tucson staff members who helped us get to 25 years. I asked each of the following staff a different question—from what they like about working at Sierra Tucson to what they do for self-care. Enjoy...

Where do you see Sierra Tucson in the next 25 years?

“25 years from now... A good friend tells me to think about the generations before us, and how they made us who we are today. And the generations ahead of us, and the impact we will have on them. As we reach 25 years as a center, I am reminded of all the staff—their passion, hard work, dreams, sacrifices, teachings, growth, energy, families, and blessings—all this and more that went into the making and running of Sierra Tucson.

“I think about all the patients and their families—their struggles, pain, hope, healing, changes, and blessings—and how they help to shape Sierra Tucson as it exists today. I think of all the referring professionals that trusted, guided, supported, and believed in the work we do, and our belief and support of them, as well.

“I see us as an organism that grows and changes as a result of the staff, patients, families, trends, referring professionals, and ownership. Where we are going is a manifestation of our collective vision, communication, understanding, and courage. There is no place on earth like Sierra Tucson. It is and always will be a place of profound change, acceptance, support, and expertise. It is a vortex of common understanding and mission to heal, to care for, and, most importantly, to inspire with love and compassion. The journey continues...” ~Keith Arnold

*Keith Arnold
Executive Director
Joined Sierra Tucson in 1995*



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What is it like to return to Sierra Tucson to work at this place where you received treatment?

“Being an alumni of 18 years, it’s an honor and a privilege to work on this side of the chair. I love watching the miracles. Intake has a special vantage point of seeing people from the first call to clap out. What a blessing to see the transformations and remember just how far I’ve come, too!” ~Andrea Stotsky

*Andrea Stotsky
Intake Coordinator
Joined Sierra Tucson in 2007*



(Continued on page 3)

Alumni World Tour

2008 Upcoming Alumni World Tour Dates

can be found at www.SierraTucson.com and in the biweekly Alumni eNews, "Beyond the Miracle."
Sierra Tucson's alumni and family members are invited to join our Alumni Coordinators at the following events!

*This is not a complete list of events, but it shows alumni events attended by Tim McLeod and/or Patty Reyna.
Be sure to check our website for additions and changes.*

June 17	Syracuse, NY - Alumni Workshop: "The Seven Powerful Steps to Self-Care," by George Daranyi
July 14	Charlotte, NC - Alumni Support Group
July 15	Atlanta, GA - Alumni Support Group
July 16	Birmingham, AL - Alumni Dinner
July 17	Nashville, TN - Alumni Workshop
August 8-10	Tucson, AZ - Sierra Tucson Alumni Reunion, S.T.A.R 21
August 19	Columbus, OH - Alumni Support Group
August 20	Indianapolis, IN - Alumni Dinner
September 9	Scottsdale, AZ - Alumni Support Group
September 10	Los Angeles, CA - Alumni Support Group
September 11	Philadelphia, PA - Alumni Support Group
September 15	Northern NJ - Alumni Support Group

"Beyond the Miracle"



Have you signed up to receive Sierra Tucson's Alumni eNews, "Beyond the Miracle"? Don't miss the great encouragement and biweekly event updates from our Alumni Coordinators.

To subscribe, visit www.SierraTucson.com and click on the "Alumni eNews" button!

Progressions Program

Sierra Tucson's new Progressions Program is now available to Sierra Tucson alumni, those who have completed treatment at another inpatient facility, or individuals who will benefit from an intensive workshop! The Progressions Program was developed from feedback received from staff, professionals in the field, and alumni to more fully prepare individuals for the challenges of living in recovery.

In this intensive 2- to 4-week program, specialized treatment planning gives greater exposure to people, places, and situations that may trigger reactions and cravings. Balanced with expert therapeutic guidance, participants gain advanced recovery tools and are equipped for the many challenges to be faced in their journey.

The program's "experiential workshop" format teaches individuals to evaluate choices, become aware of self-sabotaging behaviors, and take responsibility for behavioral changes. This is an exceptional opportunity to focus on personal relapse prevention needs and work on deeper issues to enjoy a full and meaningful life.

Components of the Progressions Program may include:

- Develop specific, personal recovery plans
- Intensify participation in a Twelve-Step fellowship
- Expand intuitive skills to help individuals make healthy choices
- Individual Life Coaching
- Address vocational/career change issues
- Opportunities for outings (Twelve-Step meetings, dinners, hikes, etc.) within a safe setting to practice and process coping skills
- Specialized therapies such as EMDR, Pain Management services, and Integrative Therapies
- Two-Day Couple's Workshop
- Parenting Skills Group

Those who need help with an active addiction or disorder typically require a minimum of 30 days for effective treatment. Each person is assessed on a case-by-case basis to determine if the Progressions Program will meet their needs.

For more information, please call Sierra Tucson's Intake Department at **800-842-4487**. ★

Staff Questions & Answers (Continued from page 1)

Nancy Jarrell, M.A., LPC, EAP
Assistant Clinical Director
Joined Sierra Tucson in 1996



“One of the most astounding features of Sierra Tucson is the physical environment. I have always felt that there is something very sacred about this place, which is directly impacted by the location itself. Thirty-plus years ago, before Sierra Tucson was even an idea, I used to ride my horse through this area. I would frequently find pottery shards and Hohokam Indian petroglyphs on many of the large boulders that used to be out in the desert. Since I started working here, although the area looks somewhat different, I have frequently felt and seen both patients and staff access a very spiritual resource for healing, involving not only the incredible services and modalities that we have to offer, but also the magical and inspiring environment.

“What also makes ST such a special place is the dedication and genuine love that I have felt from staff and the care and compassion they feel for our patients. I know of no other place where I could walk into my job and receive so many hugs and such positive feedback in the course of one day. Sierra Tucson changes the lives of many of our patients but also has significantly changed mine, as my time here has aided in my growth as a more spiritual and connected part of the community.” ~Nancy Jarrell

What do you like most about your job?

“I love working with family members, educating them and mentoring them through the process of early discovery and recovery for themselves regarding codependency patterns and the possibilities of hope for the future.” ~Michelle Madsen

Michelle Madsen, M.Ed., LISAC, CADAC
Family Therapist III
Joined Sierra Tucson in 1990



Karla Synkelma, R.N.
Registered Nurse
Joined Sierra Tucson in 1998

What is it about your job that you love the most?



“When I was hired at Sierra Tucson in 1998, I worked PRN for about six months and then was hired on full-time. I am a registered nurse, and I primarily work as the medication resource nurse. Sierra Tucson has been a blessing to me and my family. The schedule I work has allowed me to raise my family without missing out on activities and family time. What I love most about my job is my coworkers. They are phenomenal. The miracles that we see happening on a daily basis are amazing and would not happen if not for the knowledgeable, talented staff that are employed here.” ~Karla Synkelma

Being a therapist can be stressful.

What do you do in your off-time to recharge your batteries?

“What I like to do in my down time for self-care is ride my Harley, go to meetings/connect with recovery friends, work on my latest remodel project, read, listen to music (yes, rock and roll!), connect with my family, and daily use of prayer and meditation. Trips to Mexico (beach time) are especially therapeutic.

“By doing these things, I maintain my sanity, continue my recovery, and enhance my ability to be compassionate.” ~Pat Williamson

Pat Williamson, M.S., LPC, LISAC
Unit Therapist
Joined Sierra Tucson in 2006



Jan Robinson
Administrative Lead to
Clinical Program Director
Joined Sierra Tucson in 1990

You have worked for many years at Sierra Tucson behind the scenes.

What is it that makes Sierra Tucson such a special place for you to work?



“The staff make Sierra Tucson special... they not only help patients, but they help other staff realize that this isn't just a job—it is a contribution to help change the world into a better place for all of us, year after year... one patient and one day at a time.” ~Jan Robinson



Staff Questions & Answers (Continued from page 3)

David Osinga, CET II, CSAC, CCGC
Unit Therapist
Joined Sierra Tucson in 1991



You do a wonderful job balancing your career and personal time. Do you have any tips for the alumni about how you accomplish this?

“I work to live—vs.—live to work. I keep making my life the adventure of a lifetime... nobody else can do that for me! I try not to confuse what I do with who I am. I try not to take myself as seriously as I take my life.”
~David Osinga

Ronnie Morgan
Unit Assistant Coordinator
Joined Sierra Tucson in 2003



What is it about your job that you love the most?

“There are several things I enjoy about my job—first, the patients—meeting them when they arrive and seeing the transformation when they discharge from treatment. Being able to play a part in this journey brings fulfillment to my heart!” ~Ronnie Morgan

Shannon Spollen
Event & Conference Coordinator
Joined Sierra Tucson in 2004



You shared with me that one of the events you look forward to each year is the Alumni Reunion; why is that?

“Though I spend most of my time coordinating events for professionals, the Alumni Reunion always has a special place in my heart. It is so easy to get caught up in the details of everyday work and life, all the while losing focus of the bigger picture and why I love working at Sierra Tucson—because it is a place of healing, of change, and of miracles.

“While I work a lot in the background with Tim and Patty to put the Reunion together, most of my involvement is actually during the event. One of my favorite things to do is to work at the registration table. I am always excited to see people as they arrive—some feeling very anxious and others very relieved to be back to a safe place. Whether someone is struggling with their recovery or the strongest they’ve ever been on their journey, there is so much to be taken in, be it through work done in workshops or through laughter inspired by a 12-Step comedian. No matter how someone walked through the door on Friday, I always see them leave on Sunday with a renewed sense of strength, love, and self.

“What I love most about being a part of the Reunion is the gratification I get simply by being there. For me, the gratification comes not in the form of words on an evaluation or a comment someone makes as they leave. It comes to me in the stories of transformation I hear alumni share with each other while we’re on the hike or in the tears of an alumni who has just given a coin to a patient and found out they are from the same small town. Nothing else I do at Sierra Tucson can fill me up so entirely in such small ways and bring that big picture focus back into clear view. The Reunion is a constant reminder of my own gratitude, of how blessed I am to work at such a special place and to witness one miracle after another.”

Alumni Nights at Sierra Tucson

New in 2008, one Saturday evening each month will be “Alumni Night” at Sierra Tucson! This evening will include dinner and a time for alumni to give back to the current patients by sharing your experience, strength, and hope in a panel format. (Alumni must be discharged at least 30 days before returning for Alumni Night.) You must contact Tim McLeod at **866-638-1650** or **AlumniCoordinator@SierraTucson.com** to be placed on the list of those attending. The following dates are scheduled for 2008 Alumni Nights:

January 19	April 19	July 19	October 11
February 16	May 17	August 16	November 15
March 15	June 21	September 13	December 13





S.T.A.R. 21

21st Annual
Alumni Reunion

"Reclaiming the Moment"
August 8-10, 2008

at the Westward Look Resort, Tucson, Arizona

Don't miss this chance to enjoy entertainment, workshops, and friends!

Where are you? What time is it? What are you?

Schedule (See website for more details!)

Friday, August 8, 2008

- 9:00 a.m. Begin Sign-in/Select Workshops; Lunch on own
- 6:00 p.m. Dinner, Dr. Mark Pirtle
- 9:00 p.m. Alumni-led 12-Step Meeting

Saturday, August 9, 2008

- 7:30 a.m. Continental Breakfast
- 8:30 a.m. Morning Workshops
- 11:45 a.m. Lunch
- 1:00 p.m. Afternoon Workshops
- 2:30 p.m. Free Time
- 5:30 p.m. Dinner, Recovery Comedian Mark Lundholm Kid's Pizza Party
- 8:30 p.m. Dance Celebrating Sierra Tucson's 25th Anniversary
- 9:00 p.m. Alumni-led 12-Step Meeting

Sunday, August 10, 2008

- 7:30 a.m. Bus to Sierra Tucson
- 8:15 a.m. Brunch at Sierra Tucson
- 9:30 a.m. Alumni Speaker Miles A.; Closing
- 11:30 a.m. Buses leave for Tucson Airport/Westward Look

Saturday Workshops

Please visit our website, www.SierraTucson.com (click on Alumni Resources, then Reunion), for up-to-date information on Reunion Workshops for adults and children.

Cost & Registration

The Reunion cost is \$175 per adult or \$150 per child (7-17 years of age). This includes workshops, presentations, entertainment, meals from Friday dinner through Sunday brunch, transportation Sunday to and from Sierra Tucson, and gift bags to take home. Registration will be accepted through August 4, 2008; no refunds will be given after this date. Space is limited, so don't delay!

Register online at www.SierraTucson.com or call 800-624-5858, Ext. 2132!

Featured Entertainment

Mark Farris Pirtle, D.P.T., CSCS, COMT, Associate Director of Sierra Tucson's Pain Management Program

"Serenity Now!" We are all conditioned by past events, people, places, and things. Such conditioning can perpetuate suffering states like chronic pain and/or addictions. This talk will teach us how to catch, identify, and work with conditioned aspects of ourselves so that, ultimately, a healthier, happier, and truer self can emerge!

Mark Lundholm, Recovery Comedian

Funny man Mark Lundholm is a professional mistake-maker. His resume includes positions such as criminal, street addict, closet wino, mental patient, Catholic altar boy, and divorced father of two. Mark knows about pain and gain in life. His insight into the inherent irony of it all forms a unique foundation for his theatre show, stand-up comedy show, and inspirational speaking engagements. Visit Mark's website at www.MarkLundholm.com.

Hotel & Travel Arrangements

Please refer to our website for complete information about hotels and travel. If you need assistance with travel arrangements or have questions about hotels, call Linda, of Sierra Tucson's Travel Department, at 800-522-1292.

Giving Back - Twelve-Step Path

Sierra Tucson is creating a **"Twelve-Step Path"** for our community to use as a place for contemplation and meditation. The path will be lined with personalized pave stones and 12 benches honoring and remembering the special people who have already begun the recovery journey.

Alumni and family members may reserve a pave stone or bench with your own personal engraved message, e.g., your name, year of graduation, words of encouragement, things you left behind, etc. Your gift will help support the cost of the path and future alumni events and help individuals experience the powerful treatment at Sierra Tucson.



The cost of each pave stone is \$150, and one Twelve-Step bench may be purchased for \$2,500.

The first installation will be complete for S.T.A.R. 21. To be included in the next installation, please place your order by October 1, 2008. Subsequent orders will be accepted until the path is complete. For more information and instructions for ordering, please visit or call 800-537-5579.



Your personalized pave stones and benches will bless all who walk the path with courage, strength, and hope!



Alumni Support Groups

Boulder, CO

When: 2nd Sunday each month
 Time: 6:00 p.m.
 Place: Boulder 1
 5375 Western Avenue
 Boulder, CO 80301
 Contact: Nancy S. 303-527-1830

Atlanta, GA

When: 3rd Tuesday each month
 (Please inquire about dates,
 location, and time.)
 Contact: Richard R. 404-518-1220
 (richard@rossboy.com)

Kansas City, MO

When: Once each month
 (Please inquire about dates,
 location, and time.)
 Contact: Lana E. 816-561-4346
 (qponnie@sbcglobal.net)

New York, NY

When: 1st Thursday each month
 Time: 7:00 p.m.
 Place: Caron Foundation
 New York City Recovery Building
 244 East 58th Street
 (between 2nd and 3rd Avenues)
 New York, NY 10022
 Contact: Frank R. 516-857-7106
 (first@optonline.net)

Columbus, OH

When: 3rd Wednesday each month
 (Please inquire about location and time.)
 Contact: JoCarol R. 614-353-5604
 (reinerjo@aol.com)

London, ENGLAND

When: Once each month
 (Please inquire about dates,
 location, and time.)
 Contact: Rupert Y. 07771 768769
 (rupertmyoung@hotmail.com)

Scottsdale, AZ

When: 2nd & 4th Tuesday each month
 Time: 6:00 - 7:00 p.m.
 Place: Valley Presbyterian Church
 6947 E. McDonald Drive
 Paradise Valley, AZ 85253
 Contact: Robby C. 602-799-8732
 (robert@orchidsound.com)

Washington, DC

When: 1st Sunday each month
 Time: 6:30 p.m.
 (Please inquire about location.)
 Contact: Susan B. 202-686-9221
 (slbales@aol.com)

Chicago, IL

When: Last Wednesday each month
 (Please inquire about location and time.)
 Contact: Ross S. 847-989-0747
 (ross.samotny@gmail.com)
 Jeff B.
 (jeffbelmonti@yahoo.com)

Charlotte, NC

When: 2nd Monday each month
 Time: 6:30 p.m.
 Place: St. John's Episcopal Church
 1623 Carmel Road
 Charlotte, NC 28226
 Dinner to follow meeting.
 Contact: Scott G. 704-560-2130
 (scottgnc@yahoo.com)

Syracuse, NY

When: 1st Monday each month
 Time: 6:30 - 7:30 p.m.
 Place: Manlius Pebble Hill School
 Amons Building
 5300 Jamesville Road
 Dewitt, NY 13214
 Contact: David C. 315-278-5293
 (david.cortese@hotmail.com)
 Adrienne M. 315-247-5004
 (aeichmy1@mymail.syr.edu)

Los Angeles, CA

*This meeting is open to anyone who
 has gone through treatment!*
 When: 2nd & 4th Wednesday each month
 Time: 6:00 - 7:30 p.m.
 Place: Sha'arei Am: The Santa Monica Synagogue
 1448 18th Street
 Santa Monica, CA 90404 (310-453-4276)
 Contact: Bryan F. 310-201-0005
 Stefani U. 310-458-3768

Southeastern FL

When: 3rd Sunday each month
 Time: 6:00 p.m.
 (Please inquire about location.)
 Contact: Glen K. 561-252-6346
 (kukorone02@yahoo.com)
 Jane B. 561-215-2233
 (janeebutler@yahoo.com)

Detroit, MI

When: 1st Thursday each month
 Time: 6:00 p.m.
 Place: Farmington Hills Library
 32737 West 12 Mile Road
 Farmington Hills, MI 48334
 Contact: Gail P. 248-891-3304

Northern NJ

When: 3rd Monday each month
 Time: 7:30 - 9:00 p.m.
 Place: Morristown Memorial Hospital
 100 Madison Avenue
 Morristown, NJ 07962
 Contact: Ron S. 9078-879-1046
 (rbaldrige@aol.com)

Philadelphia, PA

When: 2nd Thursday each month
 Time: 6:30 - 8:30 p.m.
 Place: Vito's Pizza and Sandwiches
 580 Shoemaker Road
 (Village Mart Shopping Center)
 King of Prussia, PA 19406
 Contact: Debbie R. 610-945-4837
 (debra.beth@yahoo.com)
 Bob R. 610-513-6090
 (brball@aol.com)



From the Editor

By Tim McLeod, Senior Alumni Coordinator

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E-mail: AlumniCoordinator@SierraTucson.com

Patty Reyna, Alumni Coordinator
Toll-free Telephone: **888-535-8214**
E-mail: PREyna@SierraTucson.com



Hello, my Friend,

As I shared in the beginning of the newsletter, congratulations to Sierra Tucson on its 25th anniversary! As a patient or family member alumni, if you would like to share a story about your healing experience at Sierra Tucson, we would love to use your writing in a future "Afterwords" or "Beyond the Miracle."

Finally! I have an answer to the question I have been asked since I started working at Sierra Tucson: "Does Sierra Tucson have a program shorter than 30 days so I can come back to reconnect and work on my recovery?" Now, I can say there is, and it is called "Progressions!" For more information on this new program, please call our Intake Department at **800-842-4487**.

The 12-Step path is being constructed, thanks to all of you who have been so generous in supporting the effort. All the pave stones and benches will be in place for you to see at the Alumni Reunion in August. If you can't make it to the Reunion, I promise to include photos of the path in the next newsletter.

If you recall, I referred to Sierra Tucson in the last newsletter as being a School of Transformation. I said that the self-care degree we received at Sierra Tucson is better than any degree you will ever receive at a university on how to handle life on life's terms. This will explain to you the creation of "University of Sierra Tucson" (U.S.T. for short) "School of Transformation." Starting in July 2008, you will begin to notice some changes in how we do things in Alumni Services. For starters, the Alumni eNews, "Beyond the Miracle," will be coming from this address: UniversityofSierraTucson@DesertSerenity.com. Please add this address to your approved e-mail list. Any postal mail you receive after June 1 will have the return address of University of Sierra Tucson. When Event and Conference Coordinator Shannon Spollen books an alumni event, it will be listed as a University of Sierra Tucson Alumni event. If someone ever asks you "What is the University of Sierra Tucson?" you can say "A School of Transformation." If they then ask "What do you receive from this university?" you can tell them "A degree in self-care."

We will soon be creating a U.S.T. website especially for you, the alumni, to connect with other alumni and to share your experience and how you use your degree in self-care to handle each day. It will also have a special area for family members to connect.



There are several University of Sierra Tucson items already for sale in the bookstore. Shannon is shown here modeling one of the t-shirts. If you wish to purchase one of these shirts, please call **800-624-5858** and ask for the Bookstore. For each U.S.T. item sold through our Bookstore, \$1 will be donated to Alumni Services. If you plan to attend S.T.A.R. 21 in August, a U.S.T. shirt will be included in your gift bag.


The use of the word "University" or "self-care degree" to describe Sierra Tucson is not intended to diminish the treatment work that goes on here—or the incredible achievements attained at a college/university. This is a metaphor for us to use in Alumni Services. Thank God for all the staff members who cracked the books to learn to gently crack our struggles open so our light can shine.

Patty is still creating her massive Alumni Contact database. Her vision is to have alumni contacts all over the world, so that no matter where you move or travel to, you can always connect with alumni in that area. If you are interested in being a contact, please communicate with Patty Reyna at **888-535-8214** or PREyna@SierraTucson.com.

Patty and I hope you plan on attending the Sierra Tucson Alumni Reunion, S.T.A.R. 21! The theme this year is "Reclaiming the Moment." The whole weekend will help support your daily process of living in the moment. By the end of the weekend, you will be able to answer and meditate on these three questions:

- Where are you?
- What time is it?
- What are you?

Miles A. will be this year's alumni speaker; I know you will enjoy hearing his story of where he has been and what he does now to bring the love to the recovery community. The Reunion will take place at the wonderful Westward Look Resort and at Sierra Tucson. I hope you make the time for yourself to attend this important weekend created to support and celebrate your ongoing recovery!

Huge blessings,

Tim McLeod

*"Our mission is simple:
encourage the struggling,
celebrate the miracles,
and always bring the love."*

Address correspondence to: Alumni Coordinator
SIERRA TUCSON
39580 S. Lago del Oro Parkway
Tucson, AZ 85739 U.S.A.





S.T.A.R.R.T.
39580 S. Lago del Oro Parkway
Tucson, AZ 85739

Address Service Requested



Celebrating 25 years!
Don't miss S.T.A.R 21
August 8-10, 2008!

Recipe by
Chef Kevin A. Luft

*"Whenever I serve this dish, I get a lot of positive feedback from my guests.
I hope you enjoy this simple backyard grill recipe for a summer lunch or dinner."
~ Chef "K"*



Grilled Flank Steak with Cilantro-Mint Pesto

1 lb. flank steak

Marinade: ¼ cup tamari or soy sauce
1 small ginger root, minced
3 Tblsp. honey
¼ cup sesame oil
1 tsp. coarse ground pepper
3 cloves garlic, minced

The longer you marinate the meat, the more tender and flavorful it will become. I marinate this for as long as two days before cooking. Remember to turn the meat periodically to ensure total submersion in the marinade.

Remove steak from marinade and place on a medium hot grill. For medium to medium-rare, cook each side for 6 to 8 minutes. For medium-well to well, cook each side for 9 to 15 minutes. Serve over mixed greens and pour the pesto sauce over the meat. Grilled vegies and warm flour tortillas are great with this!

1 oz marinated meat = 1 Protein, 1 Fat; Pesto Sauce = Free

Cilantro-Mint Pesto: 2 bunches fresh cilantro
1 bunch fresh spearmint
1 dozen scallions (green onions)
2 Tblsp. freshly squeezed lime juice
2 Tblsp. freshly squeezed lemon juice
3 Tblsp. water
2 Tblsp. olive oil
6 cloves garlic

You must use fresh herbs for this to be a good pesto sauce. Combine all pesto ingredients (except olive oil) in a blender/food processor and process until smooth. While processing, drizzle in the olive oil slowly.