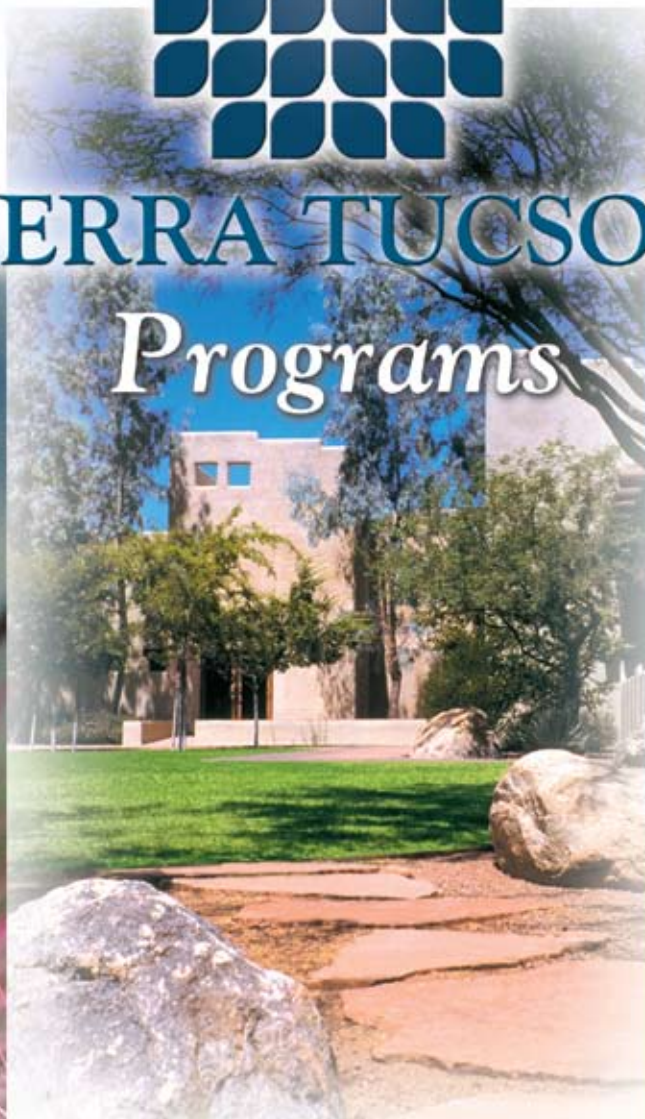




SIERRA TUCSON®

Programs



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Therapies & Services

Since its inception in 1983, Sierra Tucson has become an international leader in the treatment of addictions, mental/behavioral disorders, and chronic pain. Through the various approaches available with traditional, experiential, and integrative therapies, each individual is given numerous opportunities for self-discovery and healing. Sierra Tucson offers more comprehensive treatment than any other treatment center in the country. Assessment Services are available on an inpatient or outpatient basis.

Therapies and services available at Sierra Tucson:

- Full-time Medical & Psychiatric Services
- History & Physical Examination
- Medical Detoxification (if warranted)
- Group Process & Individual Therapy
- Twelve-Step Philosophy & Meetings
- Cognitive-Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Brain SPECT Imaging
- Physical Therapy
- Safe Exercise & Movement Therapies
- Aquatic Therapy
- Biofeedback & Neurofeedback
- Integrative Medicine Consultations
- Nutritional & Fitness Consultations
- Grief & Spirituality Consultations
- Eye Movement Desensitization & Reprocessing (EMDR)
- Integrative Therapies include Acupuncture, Chiropractic, Massage Therapy, Qigong, Reiki, Shiatsu, Somatic Experiencing®, Somato-Emotional-Release Massage, Yoga, and Zero Balancing
- Therapeutic & Recreational Activities include Adventure Therapy, Challenge Course, Climbing Wall, Creative Expression, Equine-Assisted Therapy, Fitness Center, Fitness Groups, Relaxation Classes, Swimming Pool Activities, Basketball, and Volleyball
- Psychological Testing
- Psychotherapy
- Gestalt Techniques
- Psycho-educational Instruction
- Psychodrama
- Psychopharmacology
- Creative Arts Therapy
- Demo Kitchen
- Sleep Restoration Plan
- Meditation & Mindfulness
- Nondenominational Services
- Labyrinth
- Couple's Group Therapy
- Family Program
- Relapse Prevention
- Continuing Care Planning

Alumni Services include follow-up calls, Alumni Support Groups, Alumni Dinners, Workshops, "Beyond the Miracle" Alumni eNews, "Afterwords" Newsletter, and the annual Alumni Retreat.

Addictions & Coexisting Disorders

- Alcohol & Chemical Dependency
 - Compulsive Gambling & Spending
 - Anabolic Steroid Abuse
 - Nicotine Addiction

Sierra Tucson's bio-psycho-social-spiritual approach effectively treats a wide range of addictions and coexisting mental/behavioral disorders. In order to achieve optimum success, Sierra Tucson's multidisciplinary team develops an **individualized treatment plan** for each patient's specific needs. Treatment focuses on the presenting problems and underlying issues that exacerbate the disease. As patients gain new communication skills and learn to build healthy relationships, they can make sound decisions for a healthy quality of life and deeper connections with others.

- **Alcohol & Chemical Dependency** ~ Sierra Tucson's detox protocol is based on the most up-to-date methods designed to keep patients as comfortable as possible and quickly engage them in the treatment process. The Sierra Model® has been clinically indicated for people who have multiple disorders, are polysubstance-addicted, or have had prior relapses. Patients identify issues that have contributed to their dysfunctional behavior as they learn about family systems, relapse triggers, and relapse prevention strategies.

Common coexisting disorders may include:

- **Compulsive Gambling & Spending** ~ A wide range of financial disorders are treated, including compulsive gambling and spending behaviors. Our treatment model focuses on beliefs and attitudes about money, encompassing feelings work, shame reduction, understanding the basic addictive disease concept, family therapy, and recovery through the Twelve Steps.
- **Anabolic Steroid Abuse** ~ Sierra Tucson addresses the unique circumstances that led an individual to use steroids, whether to increase performance, enhance physical appearance, or as a way of participating in high-risk behaviors. A treatment plan is developed for ongoing abstinence and assists patients in acquiring a healthy body image, positive fitness strategies for optimum physical performance, and a balanced approach to life.
- **Nicotine Addiction** ~ Sierra Tucson encourages patients to address all addictions during treatment, including nicotine. In addition to counseling, education, and support groups, Sierra Tucson's physicians offer pharmaceutical agents to aid patients in detoxification and to reduce cravings.

To achieve the most favorable recovery scenario, Sierra Tucson develops a personalized treatment plan that includes elements from medical, psychological, social, spiritual, family, and self-help perspectives. A key part of recovery is Sierra Tucson's Family Program, which utilizes the family systems theory to help patients and family members gain understanding of their behaviors and family dynamics.

Components to the patient's treatment plan, based on individual diagnosis, may include:

- Diagnostic Assessments
- Psychotherapy
- Experiential and group process therapies
- Education on disease, recovery, and aspects of mental disorders
- Twelve-Step programs through support of written First Step work, and attendance at appropriate Twelve-Step meetings such as AA, NA, GA, etc.
- A therapeutic process to address underlying family-of-origin issues
- A safe, therapeutic environment allowing for the release of painful feelings and shame/guilt reduction
- Group topics focusing on money management, repaying debt, interpersonal skills, problem solving, and conflict resolution
- Adventure Therapy
- Equine-Assisted Therapy
- Consultations for grief, loss, spirituality, nutrition, and fitness, as clinically appropriate
- Specialty groups, as needed, to address issues such as trauma, eating disorders, compulsive behaviors, gambling and spending issues, codependency, nicotine cessation, depression, anxiety disorders, etc.
- Eye Movement Desensitization & Reprocessing (EMDR)
- Somatic Experiencing®
- Auricular and Full-Body Acupuncture to decrease withdrawal symptoms
- Integrative Therapies may also include Chiropractic, Massage Therapy, Qigong, Reiki, Shiatsu, Somato-Emotional-Release Massage, and Yoga.
- Relapse Prevention
- Continuing Care assessment and planning
- Comprehensive Family Program

A personalized approach is also applied in the development of a written Continuing Care Plan. The patient, primary therapist, and Continuing Care coordinators work with the referring professional to facilitate a smooth transition and successful recovery upon the patient's return home.

Mood & Anxiety Program

Sierra Tucson's Mood and Anxiety Program (MAP) is designed to meet the needs of people suffering from anxiety or panic disorders, bipolar disorder, obsessive-compulsive disorder, depression, or other affective disorders. This unique program provides individualized treatment plans based on the patient's case history and in-depth evaluations conducted during the Intake process and after admission.

The thorough diagnostic process is facilitated by psychological evaluation and exploration of biological components, medical conditions, medications, and social areas of stress, as well as underlying issues such as family-of-origin, belief systems, developmental stages, personal development, trauma, spirituality, grief and loss, etc.

Following the comprehensive evaluation, patients are assigned to a group based on individual needs and capacities. The therapists in this program utilize an eclectic approach with modalities such as CBT, DBT, experiential, and other solution-oriented therapies. Patients receive individual psychotherapy from both the primary therapist and the attending psychiatrist. Specific therapeutic modalities help patients identify and understand their underlying emotional, interpersonal, and biological issues.

Although all programs at Sierra Tucson incorporate a medical model in treatment, patients in the Mood and Anxiety Program often require special attention to medication management. Sierra Tucson's expert psychiatrists and addictionologists assess each individual and, with the patient's input, determine which (if any) medications are warranted to achieve the most optimal outcome.

Sierra Tucson utilizes Dialectical Behavior Therapy (DBT) Skills Training to build resilience into patients, helping them gain self-worth and confidence. The following four DBT Skills are taught:

- Mindfulness
- Interpersonal Skills
- Distress Tolerance
- Emotional Regulation

Family members and significant others are a central part in healing the entire psychosocial picture. The Family Program is extremely beneficial to patients in all Sierra Tucson programs, including the Mood and Anxiety Program. As family members' understanding of

their loved one's internal thoughts and struggles deepens, they also realize that the mood disorder is not something that he/she can just "snap out of." The patient gains insight in formulating future psychological tasks to correct family dysfunction, and the family learns to practice healthy communication patterns.

Sierra Tucson's bio-psycho-social-spiritual approach integrates a full range of treatment options to meet each patient's specific needs.

Diagnostic and treatment modalities may include:

- Complex Diagnostic Assessment
- Cognitive-Behavioral Therapy (CBT)
- Expert Psychopharmacology
- Psycho-educational Lectures
- Psychotherapy
- Gestalt Techniques
- Eye Movement Desensitization & Reprocessing (EMDR)
- Somatic Experiencing®
- Dialectical Behavior Therapy (DBT) Skills Training
- Therapeutic & Recreational Activities such as Equine-Assisted Therapy, Climbing Wall, and Challenge Course
- Consultations for grief, loss, spirituality, nutrition, and fitness, as clinically appropriate
- Monitored fitness and nutritional plans
- Integrative Therapies may include Acupuncture, Chiropractic, Massage Therapy, Qigong, Reiki, Shiatsu, Somato-Emotional-Release Massage, Yoga, and Zero Balancing
- Family Program
- Relapse Prevention
- Continuing Care planning

Offering a safe, nurturing environment, Sierra Tucson is ideal for those capable of handling an open campus yet in need of intensive therapy and sustained engagement within the patient community.

Patients who complete treatment for mood disorders experience much lower relapse potential for addiction and discover a new level of functioning, confidence, and freedom.

Eating Disorders Program

The Eating Disorders Program at Sierra Tucson provides a specialized treatment focus for male and female patients suffering from anorexia, bulimia, or binge eating disorder/compulsive overeating. Sierra Tucson's holistic treatment addresses the seriousness of eating disorders as well as co-occurring diagnoses such as depression, trauma, or chemical dependency. Staff have expertise in developing individualized treatment plans to help uncover and heal underlying issues. Sierra Tucson's integrative approach treats body, mind, and spirit in the context of healthy families.

Designed for a 45-day length of stay, this program focuses on educating patients, providing meaningful treatment experiences, and allowing for integration of treatment effects to promote long-term healing. A stepped dietary program decreases the initial side effects of beginning a normal diet. Patients are quickly engaged in treatment with the help of herbal and vitamin supplements to increase energy, enhance digestion and absorption of nutrients, balance mood, and ease difficulties with sleep.

The following principles are incorporated into the Eating Disorders Program:

- Mindfulness Training
- Provision of skills and resources to replace current unhealthy personal coping mechanisms
- Encouragement of autonomy in relationship to food and recovery from eating disorders
- Promotion of healthy lifestyle, including healthy body image

Sierra Tucson developed and implemented the Sierra Model® of treatment to bring healing to the whole person. With this bio-psycho-social-spiritual approach, a full range of therapeutic options are accessible to meet each individual's specific needs.

Services available for eating disorder patients include:

- Psychometric Testing for early and thorough diagnosis
- Education about the medical consequences of eating disorders
- Twelve-Step philosophy provides support and a spiritual foundation for recovery
- Psychotherapy
- Cognitive-Behavioral Therapy (CBT)
- Individual consultations with registered dietitian
- Individualized food plan with meal support
- Weekly nutrition groups to address food-related issues
- Nutraceuticals; herbal and vitamin supplements
- Individualized fitness consultation and prescription for exercise
- Weekly body image workshop
- Dialectical Behavior Therapy (DBT) Skills Training
- Therapeutic & Recreational Activities may include Equine-Assisted Therapy, Adventure Therapy, and Creative Expression
- Individual and group sessions to address coexisting issues such as trauma/abuse, PTSD, chemical dependency, mood disorders, grief/loss issues, or compulsive behaviors
- Eye Movement Desensitization & Reprocessing (EMDR)
- Somatic Experiencing®
- Food preparation demonstration by head chef
- Restaurant outing
- Mind-Body Therapies include Integrative Therapies such as Acupuncture, Chiropractic, Massage Therapy, Qigong, Reiki, Shiatsu, Somato-Emotional-Release Massage, Yoga, and Zero Balancing
- Family Program
- Relapse Prevention
- Continuing Care planning

Program for Sexual & Trauma Recovery

The Program for Sexual and Trauma Recovery (PSTR) provides specialized, intensive treatment for patients addressing sexual compulsivity, sex and love addiction, or post-traumatic stress disorder symptoms from adult or childhood sexual abuse or non-sexual traumas. Co-sexual addiction is addressed in the Family Program. Patients may also be chemically dependent and/or have coexisting psychiatric diagnoses. Compulsive behaviors, post-traumatic symptoms, or unresolved sexual trauma are often the cause of relapse in individuals who have completed traditional treatment programs. Sierra Tucson's staff have many years of experience, in-depth training, and compassion to address issues specific to this population and guide patients toward healing.

Patients in this program are assigned to one of two tracks, based on clinical need: "Sexual Compulsivity" or "Trauma/Abuse." Both offer psycho-educational and therapeutic groups specific to the track and are designed for a minimum 45-day length of stay. The Sexual Compulsivity track is based on the Task Model of treatment by Dr. Patrick J. Carnes, utilizing his "Facing the Shadow" workbook and "Recovery Start Kit."

Consistent with other programs at Sierra Tucson, the Program for Sexual and Trauma Recovery utilizes a bio-psycho-social-spiritual approach. A variety of therapeutic tools help patients discover personal, emotional truths concerning fear, trust, honesty, and dependency. The program is constructed to promote each patient's sense of self-worth; teach individuals to participate in creating their physical, emotional, sexual, psychological, and spiritual safety and growth; and assist patients in the development of functional thinking processes and coping mechanisms. Complete assessment, relapse prevention, and continuing care planning are integrated into the treatment process.

The patient invites family members and/or significant others to the Family Program to work together in addressing relationship issues. The intensive four-day Family Program allows patients and family members to identify problems that have had significant impact on the family system, to change attitudes and behaviors within the family, and to clarify the family's role of healthy support. A Couple's Workshop offers couples an opportunity to receive educational and therapeutic support for recovery and begin the healing process.

Program objectives provide individualized treatment interventions, which may include:

- In-depth multi-model Diagnostic Assessment
- Education about trauma and post-traumatic stress disorder and its effective treatment
- Education regarding the disease concept of sexual addiction, co-sexual addiction, and sex and love addiction
- A therapeutic, safe environment that allows the patient to experience pain/shame reduction while exploring memories and perceptions associated with trauma and sexual issues
- Group therapy focused on issues of trauma, sexual abuse, sexual addiction, co-sexual addiction, and sex and love addiction
- Groups and lectures specifically addressing the needs of patients and spouses or significant others
- Twelve-Step meetings held on campus
- Psychodrama to explore and heal traumas and dysfunctional relationships
- Expressive Arts Therapy
- Therapeutic & Recreational Activities such as Equine-Assisted Therapy, Challenge Course, Climbing Wall, etc.
- Individual Eye Movement Desensitization & Reprocessing (EMDR) Therapy
- Somatic Experiencing®
- Integrative Therapies may include Acupuncture, Chiropractic, Qigong, Reiki, Shiatsu, Somato-Emotional-Release Massage, and Yoga
- A Family Program for patients and family members that is both educational and interactive, including couple's group
- Relapse Prevention and Continuing Care planning
- A therapeutic team approach facilitated by trauma and sexual recovery specialists

Pain Management Program

Sierra Tucson offers an innovative and comprehensive mind-body approach for the treatment of chronic pain, with a typical 45-day length of stay. Chronic pain is complex, affecting all parts of one's life. It may be caused or intensified by a combination of physical, mental, emotional, spiritual, social, chemical, nutritional, behavioral, and/or environmental factors.

Pain specialists at Sierra Tucson provide a thorough physical examination and personally evaluate every pain issue from a bio-psycho-social-spiritual approach. The patient receives both medical and psychological interventions and is guided into behavioral, lifestyle, and emotional changes that can help diminish pain perception and increase functionality over time.

Integrated treatment fosters self-awareness and teaches appropriate and effective self-care. Sierra Tucson's broad approach to treatment addresses the simultaneous bio-psycho-social factors that contribute to chronic pain. Various proven therapeutic modalities are utilized to target the underlying causes of pain, so the patient receives the most comprehensive treatment available. Patients are taught to identify and manage the four components of the pain experience: 1) the physical sensation, 2) automatic thoughts, 3) uncomfortable emotional reactions, and 4) self-defeating behaviors that often result from those thoughts and feelings. As patients learn to separate physical sensations from their psycho-emotional responses, stress levels associated with the pain are reduced.

Physical pain, if not well managed, often acts as a primary trigger for addictive processes. Sierra Tucson's highly qualified physicians are experts in developing individualized medication management plans for patients dealing with chronic pain. Treatment seeks to use the fewest medications possible, and abstinence is always preferred. If medication is required, non-addictive medications with fewer side effects are considered first. Occasionally, maintenance opioid regimens are indicated for effective long-term management.

Patients receive thorough pain assessments at regular intervals, allowing our multidisciplinary team to address each person's ongoing needs. Sierra Tucson works with the patient's referring physician to collaborate regarding treatment and aftercare.

Individualized treatment plans may include the following services:

- History & Physical Examination
- Medical Detoxification (if warranted)
- Pharmacological Evaluation and Treatment
- Physical Therapy
- Safe Exercise and Movement Therapies
- Aquatic Therapy
- Specialty Medical Consultations and skilled Nursing Care
- Thorough Psychological Evaluation
- Dialectical Behavior Therapy (DBT)
- Experiential Therapies, including Equine-Assisted Therapy
- Integrative Therapies, including Acupuncture, Chiropractic Care, Therapeutic Massage, and Somatic Experiencing®
- Eye Movement Desensitization & Reprocessing (EMDR)
- Substance Abuse Counseling
- Sleep Restoration Plan
- Meditation
- Anti-inflammatory Nutritional Instruction
- Biofeedback and Neurofeedback
- Pain Flare-up Planning
- Relapse Prevention and Denial Management Counseling

Although no one is guaranteed to leave treatment pain-free, emotional suffering, to a great extent, can be relieved. As awareness, mood, sleep, and physical ability improve, one's quality of life increases and continues to progress after treatment. Patients eventually reach the ultimate goal of long-term pain reduction through physical adaptation, cognitive-behavioral modification, and reconciliation of emotional conflicts. Sierra Tucson's Pain Management Program gives patients the self-care tools to manage, control, and reduce pain, thereby improving their ability to function at high levels and, in essence, to take back their life.

Most individuals with long-standing pain are successfully treated at Sierra Tucson. Chronic pain can include various painful disorders of the neck and back, headaches, neuropathies, oro-facial and arthritic pain, central nervous system sensitivity, musculoskeletal and rheumatic conditions including fibromyalgia, Complex Regional Pain Syndrome (CRPS), and opiate hyperalgesia. Patients who suffer from moderate to severe chronic pain are helped to significantly reduce their pain and gain important skills for optimal living.

Progressions Program

The Progressions Program at Sierra Tucson provides an opportunity for patients to more fully prepare for the next level of recovery. Patients may choose to extend their time in our inpatient, primary treatment environment beyond the initial 30- or 45-day program to gain another 2 to 4 weeks of therapeutic experience and relapse prevention. For patients dealing with chemical dependency, mood or anxiety disorders, eating disorders, trauma, sexual compulsivity, or chronic pain, prognosis improves when they can extend their time in the primary care setting. The Progressions Program is designed to enhance a patient's transition into another level of care, whether that be extended care, an intensive outpatient program, or outpatient therapy.

The Progressions Program is available as a 2- to 4-week program for Sierra Tucson alumni, those who have completed treatment at another inpatient facility, or other individuals who want to further their recovery skills.

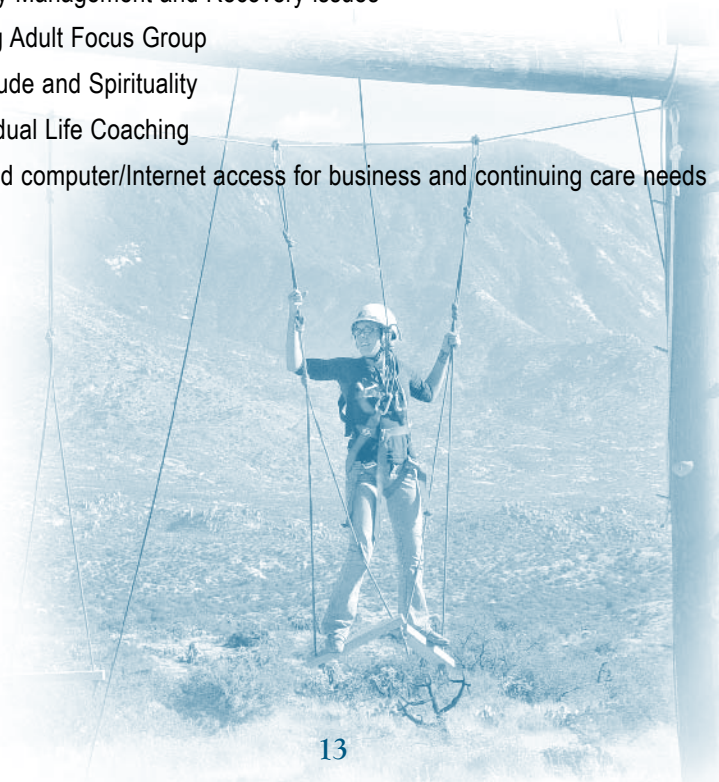
The program is intentionally structured so that individuals have more exposure to people, places, and situations that may trigger reactions and cravings. Specialized treatment planning helps each individual focus on his/her own relapse prevention needs and work on deeper issues to improve quality of life. As a result, patients gain more practice with relapse prevention skills, are better prepared to succeed after discharge, and appreciate the value of continuing care recommendations.

The objectives of the Progressions Program include the following:

- Strengthen relapse prevention and denial management
- Develop specific, personal recovery plans
- Intensify participation in a Twelve-Step fellowship
- Expand intuitive skills to help individuals make healthy choices
- Address vocational/career and life change issues
- Offer a variety of focused work and unstructured assignment time
- Provide opportunities for patients to experience outings within a safe setting to practice and process coping skills
- Specialized therapies such as Eye Movement Desensitization & Reprocessing (EMDR), Pain Management services, and Integrative Therapies
- Two-week EMDR Intensives™ are available for individuals currently in therapy who want to accelerate the healing process

Components of treatment may include:

- Daily morning meditation meetings
- Medical appointments
- Medication Management
- Individual Integrative Therapy appointments
- Life Skills Groups (advanced relapse prevention and denial management)
- Experiential Therapy
- Psychodramatic Role-Play
- EMDR / EMDR Intensives™
- Off-site activities with clinical staff, such as dinner and hike, to provide opportunity for use of relapse prevention strategies
- Off-site and on-site Twelve-Step meetings
- Equine-Assisted Therapy
- Adventure Therapy, including High Ropes elements and Climbing Wall
- Dialectical Behavior Therapy (DBT) Skills Training
- Grief Therapy
- Art Therapy
- Two-Day Couple's Workshop (length of stay may need to exceed 2 weeks to schedule the Couple's Workshop)
- Money Management and Recovery issues
- Young Adult Focus Group
- Gratitude and Spirituality
- Individual Life Coaching
- Limited computer/Internet access for business and continuing care needs



Assessment Services

Sierra Tucson offers in-depth clinical, neuropsychological, and/or educational evaluation for those faced with complex diagnostic concerns. Inpatient and outpatient assessment options are available.

Assessment & Diagnostic Program (ADP)

The Assessment and Diagnostic Program (ADP), traditionally a 4 1/2-day inpatient program, is also available on an outpatient basis. Evaluations can be requested by an individual or as a second opinion by a professional therapist or physician.

The ADP provides a whole-person assessment, encompassing all aspects of an individual's life. In conjunction with medical, psychiatric, and mental health psychological evaluations, specialty consultations may address areas of nutrition, recreation/fitness, pain, addiction, trauma/grief/loss, spirituality, biofeedback/stress, and relationship/family issues.

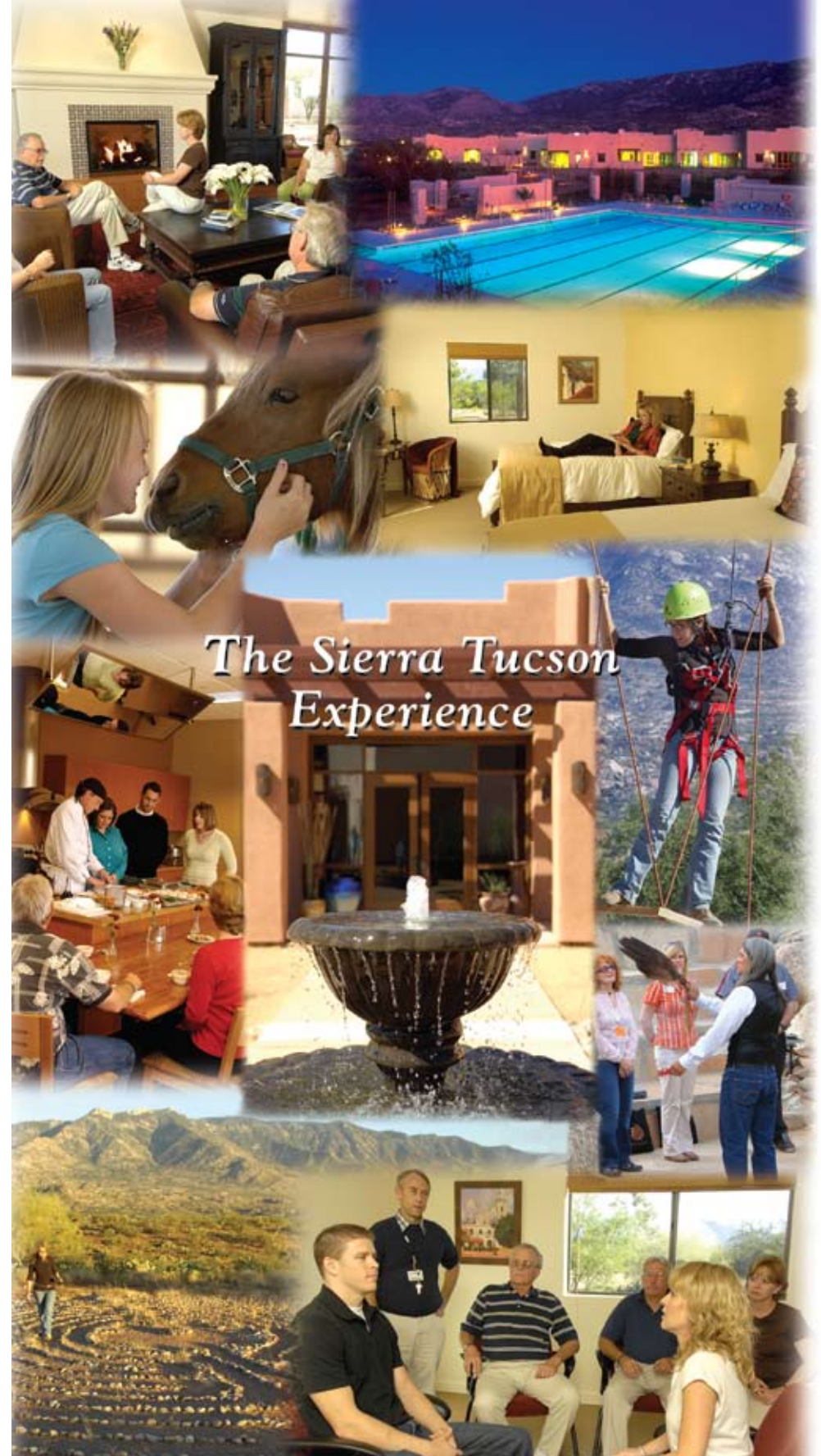
Upon completion of the evaluation process a multidisciplinary team, consisting of physicians (psychiatrists and addictionologists), psychologists, therapists, and other licensed specialists, reviews assessment data and prepares an integrated diagnostic report. The team reviews the written report and treatment recommendations with the patient, referring professional, and other appropriate individuals. Teleconference is available for those who cannot attend in person.

Brain SPECT Imaging

SPECT (Single Photon Emission Computed Tomography) neuroimaging is an optional part of the ADP, whether inpatient or outpatient. SPECT scans are also available as an outpatient service and are always combined with a Psychiatric Evaluation to interpret the scan in relation to the person's clinical history. SPECT imaging produces vivid, three-dimensional pictures of brain physiology, giving data about a brain's functioning and adding biological information to the presenting problem, which can assist with evaluation and treatment.

Outpatient Assessment Services

Outpatient Assessment Services are convenient for those who are behaviorally and medically stable. The outpatient pricing and shorter time frame make in-depth assessment services more affordable and available. A variety of "à la carte" Outpatient Assessment Services are offered at Sierra Tucson. Please call our Intake Department for details.



Family Program

The Family Program is a foundational part of successful treatment at Sierra Tucson, as the involvement of family members and significant others (ages 18 and over) is critical to the patient's recovery process. The four-day Family Program (Monday morning through Thursday evening) is by invitation from the patient and is included in the cost of treatment, excluding travel and accommodations. Once the patient completes the invitation list, a family therapist contacts those invited and sends information regarding the patient's family week.

This intensive program is often a life-changing experience where relationships can begin to heal from confusion, hurt, and misunderstandings. The Family Program is designed to assist patients and family members in identifying problems that have significantly affected the family system; in changing attitudes, and, ultimately, behaviors between family members and patients; and in clarifying the role of healthy support. Therapists model and teach new communication skills, which give the patients and family members a means to change behaviors and enhance the healing process. As family members receive education, develop self-care techniques, and learn how to communicate more effectively, they are guided to work on their own issues and are prepared for new growth and support of the patient's recovery.

A Couple's Workshop offers the patient and spouse an opportunity to tend to their relationship issues and to receive educational and therapeutic support for recovery.



Frequently Asked Questions

Q: What is the average age of patients at Sierra Tucson?

A: The average age of our patients is 37 years old, but we typically have a community filled with a core group of younger and older adults. All ages are represented within the treatment milieu, from 18 to 60-plus.

Q: What is the average length of stay at Sierra Tucson?

A: Length of stay can vary from 2 weeks to 90 days, based on individual needs, program, and clinical progress in treatment. An active addiction or disorder generally requires a minimum 30-day stay. The Eating Disorders Program, Pain Management Program, and the Program for Sexual and Trauma Recovery are designed for a minimum 45-day length of stay; the Progressions Program may run 2 to 4 weeks.

Q: Are there visitation hours?

A: Visiting privileges are given at the discretion of the patient's primary therapist, in accordance with the best interests of the patient. Visitation is generally authorized after five full days of treatment—on Sundays and designated holidays. Visiting hours on Sundays are from 3:30 - 6:00 p.m. Visitors must follow the guidelines for appropriate attire and are asked to not bring any food, candy, soda, gifts, magazines, etc., to any patient. Visitors are required to check in at the main reception desk upon arrival.

Q: What is a typical day like at Sierra Tucson?

A: The patient's day begins early with breakfast at 6:45 a.m. (6:30 a.m. for eating disorder patients). A lecture, education group, and/or community meeting are scheduled on some days. Process groups continue until lunchtime. After lunch, patients attend specialty groups and family programs, depending on their needs and diagnoses. Dinner is served around 5:00 p.m., followed by evening lectures, relapse groups, counseling, assignments, and Twelve-Step meetings. Sierra Tucson's rich day of programming usually ends at 9:00 - 9:30 p.m. Also throughout the day, patients attend specific lectures and consult with doctors and specialty therapists, according to their specific needs. Other therapeutic activities may include EMDR, Acupuncture, Equine-Assisted Therapy, Challenge Course, Yoga, fitness, labyrinth, etc.

Q: Will my health insurance help pay for treatment?

A: Insurance policies and benefits vary greatly. Sierra Tucson's patient services office will help you obtain information about your policy's benefits. Your employer and insurance agent can also be helpful in answering questions. Your insurance company may require concurrent or retrospective review of your medical record during or after treatment. If your insurer believes your care is considered medically necessary according to their criteria, they may certify a few days at a time for your treatment. Sierra Tucson will work with your insurance company to provide clinical information. However, Sierra Tucson has no control over the outcome of these reviews, and approval or payment by your insurer is not guaranteed. Generally, payment is required prior to admission, and any insurance reimbursement goes directly to the insured.



SIERRA TUCSON®

“Compassionate Care, Clinical Excellence”

Dedicated to the prevention, education, and treatment of addictions, mental/behavioral disorders, and chronic pain. Sierra Tucson is dually licensed by the Arizona Department of Health Services as a Psychiatric Hospital and Behavioral Health Residential Treatment Center.

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Proud Member of National Association of Addiction Treatment Providers (NAATP) since 1984
A Member of CRC Health Group
Dual Accreditation by The Joint Commission

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Please note: Information contained in this brochure may change after the date of printing (November 2011).