



SPRING 2007

SIERRA TUCSON PROGRAMS

Seven-Day Treatment Programming: Sierra Tucson Tackles a Traditional Obstacle

One of the strongest benefits of inpatient treatment is sustained engagement in ongoing, consistent therapeutic processes. Yet traditionally, one of the main obstacles during inpatient treatment is maintaining strong clinical programming during evenings and weekends.

“Responding to the valuable feedback from patients and professionals, we saw an area that needed attention and took action,” acknowledges Dr. Shari Stillman-Corbitt, Sierra Tucson’s Clinical Director. “Nancy Jarrell, Assistant Clinical Director, has been the absolute engine who has driven tremendous improvements on every level—from scheduling to program content.”

“Sierra Tucson does not settle for established routines when change is needed. So, we tackled the challenge of evening/weekend programming with innovative thinking to create a strong, effective, and continuous treatment schedule.”

~Nancy Jarrell, M.A., LPC, EAP

On February 17, 2007, Sierra Tucson implemented a robust evening/weekend program schedule with two primary goals in mind:

- 1) Develop an intensified program schedule to advance treatment progress and reduce downtime on evenings and weekends, also resulting in improved patient safety
- 2) Refine and enhance programs and lectures to strengthen content

Almost every change that was introduced received immediate positive feedback from patients. “We are very excited that the patients’ experiences are becoming equally valuable and important at all times—whether day or evening or weekend,” exclaims Nancy. The major changes outlined below reflect the impact and strength of the new Saturday schedule, as well as other changes.

Saturday Morning Activities

Structured activities relevant to nature, exercise, and recovery now energize patients on Saturday mornings and complement the treatment process. After breakfast and a Community Meeting, patients are assigned to one of the following 8:30 a.m. activities, based on their individual needs:

- Gym time
- Nature Walk
- Qi Gong
- Off-site Twelve-Step Meeting

New Saturday Morning Process Groups

“I am very excited about adding Saturday morning process groups,” states Dr. Corbitt. “This will truly intensify what we do on weekends.” Patients are assigned to a specific 10:00 a.m. group each week:

- Week 1 – Grief Orientation. An overview presents different kinds of losses to help patients work through unresolved grief. Types of losses may include death; relationship; “loss of self” due to abuse, abandonment, or neglect; disenfranchised losses; or material losses. Patients are familiarized with Sierra Tucson’s three-step grief process, which includes identifying major losses, writing grief letters, and processing the letters in group.
- Week 2 – Genogram Group. “This prepares patients for the Family Program, which is usually scheduled during the third week of treatment,” says Nancy. “The genogram is a tool that uses symbols and diagrams to map traits, behaviors, trauma, addictions, etc. of the family. This exercise often reveals hidden legacies and can help patients connect the dots regarding their families and their own behaviors.”
- Week 3 – Body Tracing Group. The entire community now receives this activity, in addition to Eating Disorder patients. However, instead of focusing on body image, this group heightens awareness of where patients store feelings in their body (e.g., where they feel trauma), and helps them gain personal insight into treatment issues.

(Continued on page 2)

In this Issue

Page

Seven-Day Treatment Programming	1
Letter from the Executive Director	2
Quality of Life Workshops	3
Summit for Clinical Excellence	3
Career Opportunities	3
Meet Shari Stillman-Corbitt, Psy.D.	4



(Continued from page 1)

- Week 4 – Expressive Arts Group. Previously for patients in the Program for Sexual and Trauma Recovery, now everyone benefits from these creative exercises, such as painting, drawing, music, creative writing, and mask-making, which are used to focus on the integration of left- and right-brain strengths.

Two additional groups can also be assigned:

- Talking Circles. This Native American tradition provides a gentle, varied way to help patients with safe disclosure and sharing.
- Professionals Group. For the many professionals in treatment at Sierra Tucson, this group brings to the forefront specific career issues as they relate to recovery.

New Patient Lectures

Many additions and enhancements now ensure that all patients receive more education and processing in areas essential to recovery. New lectures are presented in a rotating series during evenings and weekends (Saturday afternoons at 1:00 p.m.) and one weekday. Staff have honed their presentation skills using a multimedia approach and are cross-trained for alternate topics.

There are ten new (or enhanced) patient lectures in a rotating series:

- Co-Addictive Relationships, by Susie O’Day, M.S., CAP, CMHP
- Cross-Addiction, by Elizabeth Lance, LCSW
- DBT Fundamentals, by Linda Hampton, M.A., LPC, LISAC & Maria Nicholson, M.C., NCC, LAC
- Fitness in Recovery, by Mira Nevitt, ACSM & Rick Newgaard
- Financial Recovery, by Shari Stillman-Corbitt, Psy.D.
- Forgiveness, by Phillip Mitchell, M.A., MFT (CA), MAC
- Healthy Eating in Recovery, by Lee Roach, M.S., R.D.
- Healthy Relationships, by Pat Williamson, M.S., LPC, LISAC

- Mood Disorders, by Linda Hampton, M.A., LPC, LISAC & Maria Nicholson, M.C., NCC, LAC
- Twelve-Step Recovery - Sierra Tucson Style, by James Davis, M.A., LMFT & Trish Seek, LPC, LISAC

Other patient lectures also remain, such as “Mindful Decision-Making” and “Nicotine,” plus the Family Program lectures.

“One exciting addition is the Financial Recovery lecture,” comments Dr. Corbitt. “This is not only for out-of-control spenders or debtors but teaches patients to develop a conscious ‘relationship with money.’ We tend to think the issue is about money, but it’s really about our beliefs and attitudes—about myths we’ve been taught and carry into our own behavior.”

More Process Groups and Recreation

On Saturdays at 2:00 p.m., patients receive increased recreation and therapeutic process time. Assignments may include:

- MAS Orientation
- Addictive Process Group
- EMDR or other specialty therapies
- Pool
- Gym
- Yoga

Beginning at 4:00 p.m., multiple groups serve patients who are assigned to them:

- Mood and Anxiety Program Group
- Program for Sexual and Trauma Recovery Group
- Nicotine Cessation Group
- Family Preparation Group

(Continued on page 3)

Letter from the Executive Director Keith P. Arnold

Dear Friend,

This is such an exciting year for Sierra Tucson. Not only are we expanding our facility and upgrading an already beautiful environment, but as you will read in this issue, we are greatly enhancing and intensifying our programs during the evenings and weekends. Many of these changes are a result of our Monday afternoon meetings with discharging patients. We ask them to share with us the single most important thing they received from Sierra Tucson and the most important thing that needs to be changed. This feedback has led to many changes throughout our program, staff, and facility. We are also very excited to have Dr. Shari Corbitt on board as Clinical Director. Under her leadership with the team, we have the most comprehensive programs to date.

It has been over two years now since we were purchased by CRC Health Group. Still many people ask me, “How has it gone?” CRC has been extremely supportive, giving us more

access to capital than we have ever had to make improvements, an ability to offer a limited number of partial scholarships to patients in need, increased salaries for staff, and the list goes on and on. And they have had a management hands-off approach. We are thankful to them and are proud to be part of their system of incredible care.

There is so much more going on here that I would love to tell you about, but I’ll have to save it for the next issue. Or you can call me in the meantime with questions or suggestions.

As always, we are so grateful to you for your continued support and partnership in helping our collective patients and their families find a better way of life.



With all best wishes,

A handwritten signature in black ink that reads "Keith P. Arnold".

Keith P. Arnold
Executive Director

QUALITY OF LIFE WORKSHOPS!

Sierra Tucson's personalized Quality of Life Workshops provide focused therapy and intense healing to meet the specific needs of families, couples, groups, or individuals.

For information on these amazing 5-day workshops, please call 1-800-842-4487!



SUMMIT 2007
for Clinical Excellence

Presented by Ben Franklin Institute & Sierra Tucson with various co-hosts!

Las Vegas, NV "Advanced Treatments for Eating Disorders" June 21 - 24, 2007	Boulder, CO July 19 - 22, 2007
	Tempe, AZ October 18 - 21, 2007

For information, call 1-800-643-0797 or visit www.BFIsummit.com.



As Sierra Tucson expands and enhances our dynamic programs, exciting career opportunities are being created.

If you are interested in growing with us, please visit our website at www.SierraTucson.com.
(Click on "About Us," then "Careers")

Check often ~ new openings will be listed as they become available.

(Continued from page 2)

Prior to entering treatment, many patients have thought of Friday and Saturday nights as party nights. To help change that mindset, the weekend schedule is structured to teach everyone to relax and have some fun but continue to focus on recovery. Patients receive hope Saturday evenings as a special speaker shares his/her success in recovering from addictions, trauma, mood disorders, etc., and they can sign up for a movie or karaoke. Snack time has been moved up to 8:00 p.m., and lights out is now 10:45 p.m.

Sunday Programming

After Sunday's continental breakfast and All-Community Meeting, patients participate in a spirituality-related activity, followed by brunch:

- Psycho-education into Spirituality
- Labyrinth
- Nature Walk
- Nondenominational Service

Early Sunday afternoon offers specific patient-assigned groups:

- DBT Fundamentals Group
- Origins of Dependency (ODE) Group
- Healthy Sexuality Group

Visitation is allowed Sundays from 3:30 to 6:30 p.m., followed by dinner, Eating Disorders Process Group, and the weekly Clap Out, which has been restructured to help patients direct their focus and sharing on what they've learned during their treatment experience.

Expanding on Essentials

Additional changes created separate 1st Step, 2nd Step, and

3rd Step Groups. "We try to relate the Twelve-Step work to everything that patients are here to treat," says Nancy, emphasizing the groups' pertinence to all areas of recovery.

Patients have traditionally attended Relapse Prevention Groups I, II, and III, and now join in three different Transitions Groups toward the end of treatment. "Utilizing emotional freedom techniques, these groups deepen and integrate what individuals have learned about themselves at Sierra Tucson," advises Nancy. "With relapse triggers already identified, this recovery tool helps patients develop a concrete written plan about how they will handle emotional struggles." Dr. Corbitt adds, "An example of the practical, hands-on exercises that prepare patients for their next step after discharge is creating 'A Day in Recovery' calendar to plan and visualize daily recovery activities."

Dr. Corbitt and Nancy credit Sierra Tucson's exceptional staff for their flexibility and willingness to give of themselves to support the new program development. "Many of our staff have really stepped up to the new challenges to bring about these incredible changes, even accommodating new work schedules," affirms Nancy.

Once again, Sierra Tucson has eagerly embraced extraordinary means to lead the treatment profession. Full seven-day programming now provides comprehensive, ongoing intensity in treatment, helping patients to dig deeper into all parts of themselves to reveal their issues and find true healing.

By Kathy A. Steffens



SIERRA TUCSON®
39580 S. Lago del Oro Parkway
Tucson, AZ 85739

1-800-842-4487

www.SierraTucson.com

“Compassionate Care, Clinical Excellence”

SIERRA TUCSON P R O G R E S S

SPRING 2007

A Member of CRC Health Group
© Copyright 2007 Sierra Tucson®

Meet Shari Stillman-Corbitt, Psy.D. Clinical Director

Dr. Shari Stillman-Corbitt joined Sierra Tucson as Clinical Director in November 2006. Originally from New York, she earned her master's and doctoral degrees from Yeshiva University in New York City. Dr. Corbitt was previously clinical director of the Indian Health Council, Inc., on the Rincon Reservation in Pauma Valley, California. She moved to Tucson from San Diego, California, where she served as program director of an eating disorder and trauma facility. Dr. Corbitt's areas of specialization include the treatment of addictions, eating disorders, trauma, and personality disorders.

“The first thing I noticed when I arrived for my interview at Sierra Tucson was how relaxed the staff were and how comfortable they seemed to feel around Keith Arnold, the Executive Director,” revealed Dr. Corbitt. “By far, this is the healthiest facility I have ever worked for. The system promotes health and a lot of respect, and inappropriate behavior is not tolerated.” Dr. Corbitt was also impressed with the emphasis on thorough orientation and training for new staff members. “I feel very warmly received... this is a luxury I've never had in any professional position,” comments Dr. Corbitt. “The management team is just amazing, and every person has been so welcoming... it actually makes the hard work and the intensity a lot of fun!”

Dr. Corbitt and her husband take pleasure in raising their two young daughters. “We are loving Tucson and are thrilled at the opportunity to be here.” She has been an amateur female power lifter in the past and was a professional bicycle racer for 13 years. “It is exciting to be successful at something that requires consistent hard work,” she reflects. “From my early teens, organized sports have provided a framework for a healthy, empowered lifestyle.” Quite amazingly, Dr. Corbitt learned during her college years to balance athletics with full-time school and full-time work. She has now shifted her personal sport to distance running in half and full marathons.

With enthusiasm, Dr. Corbitt looks forward to attending various events and getting to know professionals in the industry. “Having the incredible team at Sierra Tucson is so inspiring, and I want to extend that teamwork to all of our communities. Please consider this my personal invitation to share your feedback with me in person and/or in writing.” (You may contact Dr. Corbitt by telephone at 1-800-624-9001 or by e-mail at SCorbitt@SierraTucson.com.)

