

SIERRA TUCSON
P R O G R E S S

SUMMER / FALL 2010

“Outpatient and Inpatient Assessment Services Meet the Need for In-depth Evaluations”

- *As a clinician, what do you do with a client who presents with significant diagnostic complexity... someone who requires more time, attention, or resources than you have available? Who do you turn to for a second opinion?*
- *As a client, have you ever yearned for a team of specialists to focus exclusively on your story and your symptoms, then produce comprehensive and integrated treatment recommendations that are specific to your needs?*

“Sierra Tucson’s Assessment and Diagnostic Program (ADP) pulls together a number of disciplines to collaboratively evaluate a person’s medical, emotional, and behavioral state,” advises Robert Johnson, D.O., Medical Director.

Participating Sierra Tucson staff members include psychiatrists, addictionologists, pain specialists, trauma experts, psychologists, nutritionists, fitness specialists, grief and loss counselors, and others, as needed, to assess all aspects of a person’s functioning.

Susan Smith, Ph.D., of Sierra Tucson’s Psychology Department, has helped to design personalized assessment services in light of our clients’ complex needs. “People are multifaceted and, as a result, must be assessed at various levels by different types of seasoned professionals,” says Susan. “We have specialists available in the areas of trauma, eating disorders, chronic pain, mood disorders, etc., to gain the information we need to clarify the pathway to sustained recovery.”

Unlike most assessment options, Sierra Tucson’s various specialists talk to each other! As portions of the assessment are completed, members of the multidisciplinary team communicate about what is being uncovered, what it means, and how to more effectively personalize the assessment.

“Not only is it uncommon to find such a depth and breadth of resources in one place,” comments Dr. Johnson, “the collaboration, cohesiveness, and expertise of the highly skilled and experienced staff at Sierra Tucson bring exceptional value to this complex task.”



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SIERRA TUCSON®

This rare opportunity for patients to be assessed through multiple lenses is now offered on an outpatient basis. After over 26 years of providing excellent inpatient treatment, Sierra Tucson has obtained a new license for Outpatient Behavioral Health

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Outpatient and Inpatient Assessment Services...

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Services. With a variety of outpatient assessment services available, outpatient pricing, and a shorter time frame required, many more people can now benefit from Sierra Tucson's clinical expertise. The inpatient ADP, for example, typically requires 4 ½ days, but the outpatient ADP can be done in as little as 2 days—with the feedback session given in person on the third day or at a later date via teleconference, if preferred.

The menu of Outpatient Assessment Services is listed below. Sierra Tucson's Intake Department can give complete, detailed information.

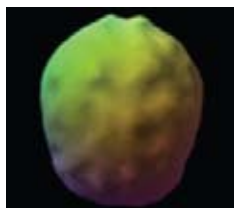
- Assessment & Diagnostic Program (ADP)
 - With Brain SPECT Imaging
 - Without Brain SPECT Imaging
- Brain SPECT Imaging with Psychiatric Evaluation
- Psychiatric Consultation / Second Opinion
- Pain Consultation
- Eating Disorder Consultation
- Trauma Consultation
- Fitness Consultation
- Grief/Loss/Spirituality Consultation
- Nutrition Consultation
- History & Physical Examination
- Psychological Testing
 - ADHD
 - Cognitive Functioning
 - Anxiety Disorders
 - Mood Disorders
 - Eating Disorders
 - Pain
 - Trauma
 - Learning Disabilities
 - Other

Neuroimaging

A unique service provided by Sierra Tucson is SPECT neuroimaging. SPECT (Single Photon Emission Computed Tomography) scans produce vivid, three-dimensional pictures of brain activity. SPECT Imaging can provide clinically useful data on how an individual's brain is functioning, thus adding biological information that can assist in the evaluation and treatment process.

Brain SPECT Imaging is available as an option for both the inpatient and outpatient ADP, or separately as an Outpatient Assessment Service. SPECT scans alone do not provide clinical diagnoses, so they are always combined with a Psychiatric Evaluation.

SPECT is often helpful as a motivational tool for patients as well as being instrumental for doctors in diagnosis and treatment planning. The examples below show physical changes in the brain due to substance abuse and the healing that is possible after a year of sobriety. Whether damage has occurred from substance abuse or brain injury, this neuroimaging helps patients understand part of their struggle to make healthy choices and gives hope for the future.



Normal Brain SPECT Scan



Alcohol/Cocaine/Meth SPECT Scan



One-Year Sobriety SPECT Scan

The assessments culminate in a round table feedback session with the patient and members of the multidisciplinary assessment team, where comprehensive treatment recommendations are given to the client, family, and referring professional(s) if desired. An easy-to-read summary report is generated and sent to the patient and/or referring professional.

Sierra Tucson's ADP may be utilized by various stakeholders, including medical boards, court systems, or employers with high-value employees who are struggling with emotional or behavioral issues that are affecting their job performance.

Outpatient Assessment Services can also provide vocational testing, helping current or prospective college students understand their strengths, passions, and possible vulnerabilities, including learning disabilities, so they are more equipped to make wise career decisions.

The knowledge revealed from these thorough evaluations brings huge value to patients, professionals, and families. Dr. Johnson points out, "The patient's family gains tremendous clarity about the nature of their loved one's emotional, cognitive, and biological challenges, which tends to call out compassion and understanding rather than judgment, criticism, or shame. The process also helps create a shared vision for the best pathway forward."

Sierra Tucson's Outpatient Assessment Services and Assessment and Diagnostic Program may offer the best options for in-depth evaluation as well as treatment. For clients who need complex yet integrated assessment, call **800-842-4487** for more information.

~By Kathy A. Steffens, Creative Development & Resource Coordinator

*If you are interested in reading published articles about the application of Brain SPECT Imaging in psychiatry and addiction medicine, please email your request to Outreach@SierraTucson.com.

Expert Medical Staff Highlights



Sierra Tucson's proficiency at treating complex and co-occurring disorders is largely attributed to our highly skilled, full-time medical and clinical staff.

Each patient's multidisciplinary treatment team consists of full-time physicians and psychiatrists plus pain and addiction specialists, psychologists, master's-level primary and family therapists, eating disorder specialists, registered dietitians, therapeutic activity and fitness specialists, exercise physiologists, and licensed integrative therapy practitioners. With professional staff accessible on-site daily throughout the treatment process, patients receive continuous compassionate care and diligence in progressive treatment planning.

Sierra Tucson proudly introduces two excellent physicians who have recently joined our medical team. With the addition of Dr. Duffy and Dr. Seymour to our staff of physicians and nurse practitioners, our capability to treat multiple diagnoses is further strengthened.

James Duffy, M.D., FANPA, FAAHPM, DABMA Psychiatrist, Chief of Integrative Medicine



Dr. James Duffy is a graduate of the University of Rhodesia and completed his residency in Psychiatry at Brown University. He then completed Fellowships in Neuropsychiatry at Brown and Harvard. Dr. Duffy has held full professorships at Cornell, University of Texas, and University of Connecticut. He is an elected Fellow of the American Neuropsychiatric Association and also the American Academy of Hospice and Palliative Medicine. Prior to joining Sierra Tucson in July 2010, Dr. Duffy was Professor of Psychiatry at M.D. Anderson Cancer Center and the University of Texas, and President of the Institute for Spirituality and Health at the Texas Medical Center. Dr. Duffy is Board-certified in adult psychiatry, psychosomatic medicine, integrative medicine, and medical acupuncture. He has been voted a "Best Doctor in America" since 2001 and has received commendations for his patient advocacy work. He has co-edited four medical textbooks and authored numerous scientific publications in neuropsychiatry, palliative

medicine, psychosomatic medicine, and the medical humanities. Dr. Duffy has developed innovative contemplative approaches to health and healing and is invited to lecture nationally and internationally. "Sierra Tucson is a remarkable place," says Dr. Duffy. "In fact, there is no where else in the world that offers such a comprehensive 'integrative neuropsychiatric' approach to the assessment and treatment of patients suffering from complex behavioral problems." He adds, "At Sierra Tucson I witness remarkable work by our talented and committed psychotherapists who have the courage to venture with their patients to the places that scare us. I witness how our patients are transformed and inspired by the powerful integrative therapies we offer. I witness how we are all healed by belonging to a caring community. Most of all, the miracles that happen every day at Sierra Tucson remind us of the capacity of the human spirit to find its way through the darkest night."



James Seymour, M.D. Psychiatrist

Dr. Jim Seymour joined Sierra Tucson's staff in June 2010. He received his medical degree from the University of

Tennessee and completed his psychiatric residency at the University of Virginia in 1983. He studied for three years with the American Institute of Short Term Dynamic Psychotherapy and has practiced in both inpatient and outpatient settings. Dr. Seymour was an officer with the United States Public Health Service, where he served as Mental Health Director of the Tucson Area Indian Health Service. For ten years he served as Assistant Medical Director of an inpatient behavioral health and substance abuse program focused on the

healing of mind, body, and spirit. Dr. Seymour is Board-certified by both the American Board of Psychiatry and Neurology and the American Board of Addiction Medicine. His special areas of interest include addictions, eating disorders, trauma recovery, and both Cognitive-Behavioral Therapy and Dialectical Behavior Therapy. Dr. Seymour believes strongly in the resilience of the human spirit and sees the role of the psychiatrist as assisting the person in removing obstacles to the natural healing and recovery process. Dr. Seymour and his family have enjoyed spiritual development and a sense of community through their church. He has been involved with and started men's sharing groups as a source of tremendous support.

Sierra Tucson continues our efforts to "Go Green!"

- If you do NOT receive our email, please visit www.SierraTucson.com. Under "Points of Interest," click "Sign up - Professional eNetwork."
- Please allow email to be received from SierraTucson-GreenMail.com.

Thank you for supporting Sierra Tucson's sustainability efforts to save natural resources!



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A Member of CRC Health Group
Dual Accreditation by The Joint Commission
Pain Program Accreditation by the American
Academy of Pain Management

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Letter from the Executive Director Patricia L. Ryding, Psy.D.

Dear Friends,

How time flies! Where did the summer go? The ongoing challenge of the economy has left many people facing unprecedented levels of stress, worry, and financial hardship. Many people suffering from addictions and other mental health issues are delaying treatment in an attempt to manage their illness. The result is that we are actually seeing higher acuity in patients entering treatment.

Sierra Tucson has responded to the economic reality by enhancing our services and making them more accessible. We have provided over \$8 million in self-pay and insurance discounts to patients in the past year and continue to look for creative ways to bring help to those in need. We have recently acquired another contract with UBH for our Eating Disorders Program. This is in addition to the existing contract we hold with Blue Cross Blue Shield for that program.

We have also developed an outpatient diagnostic and assessment service line. We can now provide exceptional clinical diagnostic services on an outpatient basis, thereby creating a cost savings. This service line includes outpatient SPECT and psychiatric evaluations

for all the specialty areas that Sierra Tucson provides. In as little as two days, a team of specialists, including psychiatrists, addictionologists, nutritionists, and fitness and grief specialists can assess patients' symptoms and provide expert recommendations specific to each person's need.

We are pleased to announce that the "U.S. News Best Hospitals" report has again recommended Sierra Tucson as a Hospital for Psychiatry in 2010.

Other exciting happenings include the addition of two new psychiatrists to the Sierra Tucson campus. Please read all about Drs. Duffy and Seymour in this newsletter. We are truly blessed to add their expertise to our physician roster.



I continue to be grateful for your trust and support.

Namaste,

Patricia L. Ryding, Psy.D.
Executive Director