



SUMMER / FALL 2007

SIERRA TUCSON PROGRESSES

Pain Management Services at Sierra Tucson

By Steven R. Galper, M.D., J.D., M.B.A.

For many years, Sierra Tucson has addressed pain as an important element of a patient's recovery. The need to comprehensively treat pain as a major component of treatment has become apparent, however, as the number of Sierra Tucson patients with chronic pain has increased. In most of these cases, pain was the reason that narcotic and other controlled medications were prescribed by a doctor, or the patient illegally sought out prescription and narcotic medications for pain—either through the Internet or other means. Because very few facilities adequately address the complicated issues of pain management, Sierra Tucson has developed an innovative mind-body approach for the long-term, successful treatment of chronic pain.

The primary mission of the medical and clinical staff providing Pain Management Services is to return the patient to full functioning and optimal health. The reduction and management of pain is not an end in itself. As patients learn skills to manage their pain, a functional and productive life can become a reality—even for those who suffer with chronic pain.

It is the integrative approach to pain management that distinguishes Sierra Tucson from other facilities. Pain, mood disorders, and addiction are addressed in a manner that acknowledges the interrelationship of the difficult issues that people in pain may face. The treatment plan addresses the neurologic, psychological, and environmental barriers while providing skills to overcome the obstacles that stand in the way of a more fulfilling life.

All patients admitted to Sierra Tucson are evaluated by multiple clinicians to assure that they are physically ready to participate in their individualized recovery program. Patients who have identified pain as a problem prior to arriving at Sierra Tucson benefit from the comprehensive assessment that is performed while residing in the Medical Assessment and Stabilization (MAS) unit. Chronic pain syndromes, regardless of the etiology of the pain, are fully evaluated, and an individual pain treatment plan is integrated into the patient's recovery activities. All non-cancer pain syndromes may be addressed concurrent with the other challenges facing the patient. Patients confronting cancer

will be evaluated on a case-by-case basis during the Intake process to assure that Sierra Tucson is able to meet the specialized needs associated with his/her disease.

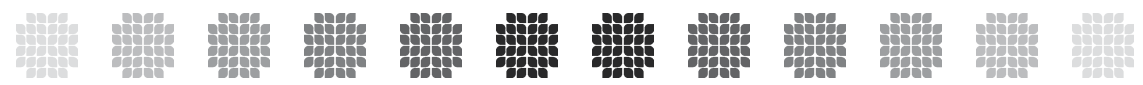
At Sierra Tucson we listen and acknowledge the patient's description of pain. Utilizing a complete range of diagnostic modalities available, our expert staff determines the combination of neurologic, psychological, and environmental factors that form the patient's pain complex. The use of traditional Western medical diagnostic tools including the medical history, physical examination, laboratory evaluation, and radiologic imaging are combined with the evaluation of the patient by Integrative Medicine practitioners to provide a multidimensional diagnostic assessment. This comprehensive evaluation is used to guide treatment planning with a specific goal of wellness, not simply the absence of disease.

The treatment modalities utilized in the management of pain are individualized to meet each person's specific needs. Patients benefit from different combinations of the following services at various times during their treatment at Sierra Tucson:

- Orthopedic and Neurologic Examination to provide a guide in identifying the nature of the patient's pain.
- Medical Consultations to assure that all identified medical conditions are being aggressively treated.
- Skilled Nursing Care to coordinate and monitor the delivery of medical services to the patient.
- Physical Therapy for musculoskeletal system optimization in the areas of strength and flexibility.

(Continued on page 2)

<i>In this Issue</i>	<i>Page</i>
Pain Management Services	1
Letter from the Executive Director	2
Summit for Clinical Excellence	3
Career Opportunities	3
New Lodge to Open September 15	3
Meet Steven R. Galper, M.D.	4



(Continued from page 1)

- Psychological Evaluation to identify and provide guidance in specific psychologic treatments.
- Pharmacological Evaluation provides assessment of the neurochemical status of the patient and guides the prescribing of psychotropic and analgesic medication.
- Awareness-Based Sensory Integration (ABSI) is a mindfulness technique that assists patients in identifying and understanding their own mind-body interactions.
- Cognitive-Behavioral Therapy (CBT) provides a construct for reframing automatic thoughts to allow the patient to minimize pain.
- Experiential Therapy to identify and address the environment of the patient and the pain as experienced by the patient.
- Equine-Assisted Therapy presents a metaphor for the pain and its relationship to the patient and other important relational issues.
- Substance Abuse Counseling to address personal psychological recovery issues, including the challenge of prior substance use triggered by pain.
- Trigger Point Therapy is a minimally invasive treatment to stabilize and reduce peripheral nerve pain.
- Acupuncture, an Eastern Medicine treatment modality, has been shown to be very effective in the reduction of pain and anxiety.
- Exercise and Movement Therapies to maintain flexibility while boosting muscle strength.
- Pool and Hydrotherapy to allow exercise using the buoyancy and resistance of the water to protect the lumbar spine from the sharp jarring that occurs during traditional exercise.
- Sleep Restoration Plan restores the body's natural circadian rhythm and allows for maximal self-healing.
- Nutrition Instruction educates the patient about how to provide the basic building blocks of energy in a manner that will minimize the risk of inappropriate weight gain that can exacerbate pain.
- Chiropractic services involve use of the hands to work on the joints of the body, concentrating particularly on adjustments of the spine.
- Manual Therapies: massage, mobilization, and manipulation to provide passive and active movement of the musculoskeletal system.
- Substance Abuse Relapse Prevention, the capstone of recovery, provides skills to ensure that the patient does not return to their maladaptive and destructive substance use.

Addiction to pain medication is a common diagnosis and focus of treatment at Sierra Tucson. Dependence on different medications is a known result of the use of certain classes of analgesics, most commonly opiates and benzodiazepines. Dependence should never be mistaken for "addiction." Addiction occurs when a substance (or process) becomes the center of the patient's life. Consequently, the functional life of the patient is diminished. Dependence means that there will be physical signs of withdrawal if a medication is abruptly discontinued.

(Continued on page 3)

Letter from the Executive Director Keith P. Arnold

Dear Friend,

We hope this newsletter finds you well. This has been a very busy year for Sierra Tucson, with the development and implementation of new programs and services. As you will read in this issue of the "Progress" Newsletter, we have launched our new Pain Management Services. For years Sierra Tucson has treated patients with pain issues, but now we have put together the program components and have the depth of expertise to more fully address these multifaceted issues. Directing these innovative and comprehensive services are Steven Galper, M.D., and Mark Pirtle, D.P.T.

Equally exciting is our new phase of treatment designed to help individuals integrate the intensity of treatment with the next level of care they will be experiencing. This program will be an option for patients who need the benefit of two to four additional weeks to assist with their transition. The program will incorporate focused therapeutic work, outside adventures and meetings, life skills, couple's work, and

much more. We are anxiously awaiting our new lodge to open in September, which will be the home for this new program as well as other treatment offerings and patient rooms.

I welcome calls with your questions and suggestions as we go forward. We are keenly aware that none of this would be possible without the support and confidence you place in us every day. It is an honor to work with you and your clients. We will continue to intensify and advance the treatment delivered at Sierra Tucson, and we will never stop trying to find more effective ways to help our collective patients.



With all best wishes,

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

Keith P. Arnold
Executive Director

SUMMIT 2007

for Clinical Excellence

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

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.

New Lodge to Open September 15, 2007!

Sierra Tucson's new lodge is scheduled to open September 15, 2007! The additional space will allow continued expansion of Sierra Tucson's programs.

Sierra Tucson's team of clinical experts are developing a new phase of treatment to help patients prepare for the next stage of recovery. Whether transferring to an extended care facility or an intensive outpatient program or returning to their therapist at home, patients sometimes find that the transition period is very difficult. Exposed to relapse triggers and high-stress situations for the first time after weeks of treatment, patients are vulnerable despite their newly learned life skills.

If needed, patients will be offered an additional 2-4 weeks of therapeutic treatment to more fully prepare for the next level of living in recovery. Individuals who choose this option will spend more time off campus on restaurant outings and Twelve-Step meetings. Additional components will include Equine-Assisted Therapy, Experiential Workshop, DBT Workshop, Couple's Workshop, Young Adult Focus Groups, Loss Recovery Groups, Parenting Skills, and Life Coaching. Relapse prevention activities and denial management programs are geared toward re-entry and core life skills. This supplemental treatment is not designed to replace intensive outpatient or extended care but to help patients see the value of such programs.

See the next issue of the "Progress" Newsletter for the name and details of this new opportunity at Sierra Tucson!



(Continued from page 2)

Although abstinence is always preferred, occasionally a patient functions best on a proper pain medication regimen. The appropriate use of controlled and adjunctive medication is validated by the absence of improper or overuse of medication and continuing active participation in desired daily activities.

Physical pain, if not well managed, often acts as a primary trigger for addictive processes. Because of this, the fine line between pain management and addiction requires a high level of medical diligence to create an environment that fosters patient behaviors consistent with recovery. Sierra Tucson clinicians utilize various therapeutic modalities from both the traditional and complementary medicine approaches to target the various causes of pain. As a result, the patient receives the most comprehensive treatment available. Sierra Tucson will be measuring the effectiveness of its Pain Management Services. Aggressive pain

management greatly enhances the probability of a patient continuing active engagement in a recovery program after discharge from treatment.

Sierra Tucson's Pain Management Services are directed by the following pain specialists:

- Steven R. Galper, M.D., J.D., M.B.A.
Chief of Pain Medicine
- Mark Farris Pirtle, D.P.T., CSCS, COMT
Associate Director of Pain Management Services

For more information about the treatment of chronic pain at Sierra Tucson, please visit www.SierraTucson.com or call 1-800-842-4487.

~By Steven R. Galper, M.D., J.D., M.B.A.



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

SUMMER / FALL 2007

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

*Meet Steven R. Galper, M.D., J.D., M.B.A.
 Chief of Pain Medicine*

As one of Sierra Tucson’s most accomplished professionals, Dr. Steve Galper also amuses patients and staff with a surprisingly constant source of humor. Married for ten years, Dr. Galper’s wife, Carol, is Associate Dean for Curricular Affairs at the University of Arizona College of Medicine. Together, they have two children in college.

Dr. Galper credits his early years in the Army (1972-73) for teaching him the value of education. After training as a combat medic, he was assigned to the 9th Infantry Division at Ft. Lewis, Washington. The order to stop transferring combat soldiers to Viet Nam resulted in his assignment as Jewish Chaplain Assistant at Ft. Lewis. “My military experience gave me an understanding of the importance of tenacity,” he states. “Undoubtedly, military service reinforced my desire and determination toward higher educational achievement.”

Born in Detroit, Michigan, Dr. Galper earned his medical degree from the University of Arizona, where he also completed a joint residency in Neurology and Psychiatry, as well as a Pain Fellowship in the Department of Anesthesiology. He is an Associate Clinical Professor in Psychiatry at the University of Arizona. Prior to his medical education, he studied business at the University of Michigan and law at the University of Arizona, earning both Master of Business Administration and Juris Doctor degrees.

Dr. Galper continues to lecture on scientific and educational topics regarding the impact of pain and its treatment on recovery, and he has several peer-reviewed publications to his credit.

“Sierra Tucson serves as a teaching site for the University of Arizona College of Medicine,” advises Dr. Galper, “and I enjoy working with medical residents, providing supervision and furthering their clinical education.” He is also active in the Tucson community, providing psychiatric and pain medicine consultations for other hospitals. He is a member of committees working alongside pharmacists to develop policies and procedures for the use of opiate medicines within the hospitals.

In July 2005, Dr. Galper joined Sierra Tucson as Staff Psychiatrist. His expertise and passion for helping those who suffer from chronic pain led him into the position of Chief of Pain Medicine. With an understanding of how pain and pain medication intersect addiction, he finds his work with pain management to be most challenging and rewarding. “I love to see the physical, psychological, and emotional healing that takes place, allowing patients to go forward with the ability to live the life they desire.”

