



WINTER 2007-2008

# SIERRA TUCSON PROGRESSIONS

## The “Progressions Phase” of Treatment By Nancy Jarrell, M.A., LPC, Assistant Clinical Director

I wonder how many others have realized that some of life’s most memorable experiences, most stimulating conversations, challenging grade school research projects, and scientific experiments took place in the kitchen. Didn’t Bill Wilson and Dr. Bob have their first brainstorming session in the kitchen at Henrietta Seiberling’s home in Akron, Ohio? And so it was when Dr. Shari Corbitt and I found ourselves on my kitchen floor several months ago mapping out what was soon to be known as the “Progressions Phase” of treatment at Sierra Tucson... a portion of treatment to represent an advancement or “progression” from the already excellent existing 30- and 45-day programs.

Over the years, a vision bounced into my mind every now and then—of better utilizing nature and our exceptional outdoor setting, the practice of recovery tools in an environment that replicated real life experiences, and the opportunity to participate in longer sessions of the already quality adjunct therapies.

When I say that these thoughts “bounced” in and out of my mind, it is not just happenstance that I use the word “bounce.” Being a big University of Arizona Wildcat Basketball fan, I find “bounce” to be apropos. Pete Carril, former basketball coach of 29 years and winning coach of the Princeton University Tigers, wrote a book titled, *The Smart Take from the Strong*. In one chapter he speaks to different methods of functioning in the world and what represents progress and how we can move to a higher level of achievement. He writes, “Ginger Rogers once complained to Fred Astaire that he forced them to practice so much that she just hurt all over. ‘Why do we have to work so hard?’ she asked, and he replied, ‘To make things easy.’”

So, why “Progressions?” Why more treatment after 30 days? I think you know where I am going with this: “To make things easy.”

The definition of the word “progression” is forward movement or advancement. Progression is also defined as a number of things occurring one after the other, in succession. In Progressions, patients move forward and proceed on course to a full life of recovery. Progressions provides opportunities to proactively build

upon the foundation that treatment has already provided, with the steps necessary to commit to change and self-discovery.

The Progressions Phase of treatment is designed to support patients in consciously creating their lives in recovery. Whether the patient is continuing on to an extended care facility, an intensive outpatient program, or returning home to therapy and Twelve-Step meetings, the Progressions Phase makes this forward movement easier through the strengthening of relapse prevention skills and denial management. Patients are better prepared to succeed after discharge and learn to appreciate the value of continuing care recommendations.

The Progressions Phase of treatment is also focused on the enhancement of a patient’s spirituality. In addition to the spiritual foundation of the Twelve-Step philosophy, our quality staff in this phase of treatment are committed to providing healthy and enlightening experiences through the exposure to nature, the great outdoors, ritual, meditation, and gratitude.

Patients in this phase of treatment are not segregated by diagnosis but grow in understanding of what community means and how acceptance of self and others can support a healthy and happy lifestyle. Patients with any diagnosis have opportunity for support in defining a path from where they are today to where they want to be. Below are some of the distinctive components that are offered in the Progressions Phase of treatment.

- Individual & Group Life Coaching Sessions - Josie Collins, M.S., CPCC, who has worked as our Grief and Spiritual Therapist, held the vision long ago of using life coaching in a

*(Continued on page 2)*

<i><b>In this Issue</b></i>	<i><b>Page</b></i>
“Progressions Phase” of Treatment . . . . .	1
Letter from the Executive Director . . . . .	2
Dr. Michael E. Scott’s Retirement . . . . .	3
New “Dancing Sun” Lodge Opens . . . . .	3
Meet Chris Craig, M.A., M.S. . . . .	4



(Continued from page 1)

successive phase of treatment to provide real life practice in the group room and off-campus settings. Life Coach Barbara Rose Gaynor, CLC, who has worked in our Evening/Weekend program, now joins Josie in designing curriculum and facilitating the Life Coaching skills groups.

- Therapeutic & Recreational Activities - Chris Craig, M.A., M.S., Progressions Therapist with experience as a Sierra Tucson unit therapist and adventure therapist, facilitates half-day high ropes and low ropes course experiences for Progressions patients, as well as half-day hikes into the nearby Santa Catalina Mountain range. James MacAdam, Sierra Tucson's Naturalist, joins Chris on these hikes and provide metaphorical recovery experiences through his knowledge of nature and botany. Drew Prochniak, M.A., Adventure Therapist, co-facilitates the Challenge Course activities and, along with Chris, provides individual therapy to patients.
- Psychodramatic Role-Play - Vicki Gannon, M.S., LISAC, BRII, Grief and Spiritual Therapist and long-term Sierra Tucson employee, facilitates a day-long experiential workshop that is supported by Chris, Barbara Rose, Drew, or Risa. Patients role-play situations they will encounter as they move forward in recovery.
- Dialectical Behavior Therapy (DBT) Workshop - Lead facilitator and Clinical Program Director Dr. Shari Corbitt states, "This workshop offers an experiential format to practice mindfulness, emotional regulation, distress tolerance, and interpersonal skills."
- Art Therapy and Meditation - Risa Waldt, BFA, ASET, Art Therapist, provides a full-day Art Therapy Workshop. She also brings to us knowledge of meditation and works closely with Josie and Barbara Rose in facilitating the morning Meditation and Gratitude Group, as well as the Closing Gifts and Blessing Group at the end of the day.

- Equine-Assisted Therapy - Susan O'Day, M.S., ADC, CAP, CMHP, EAGALA-certified, Sierra Tucson Equine Therapist, facilitates a half-day Equine-Assisted Therapy Workshop with the support of Risa.
- Grief & Spirituality - Josie facilitates a specialty Grief Group based on the Loss Recovery Model. Spirituality is weaved throughout Progressions with Gratitude Groups in the Kiva, use of the meditation room, and individual consultations on spirituality.
- Young Adults Group - Patients 18-25 years of age process specific challenges they face in early recovery. Education is provided by Drew and Risa on dealing with peer groups, having fun in sobriety, making appropriate choices, and improving relationships with family members and loved ones.
- Parenting Group - Barbara Rose guides a process group to discuss parenting concerns. Through instruction on the developmental stages of childhood, role-play scenarios, and focus on problem-solving, patients gain healthy skills for decision-making and parenting.

General Schedule - Patients work with staff to co-create their schedules to allow for assignment time, recreational use of the gym and pool, and music therapy. Patients may also be assigned to use computers to engage in research of recovery-related issues. Computer access is scheduled for patients to attend to business matters and fulfill assignments.

Participants experience at least one restaurant outing per week. With a variety of outside Twelve-Step meetings available six evenings per week, individuals begin intensive participation in a Twelve-Step fellowship. Patients follow through with EMDR

(Continued on page 3)

## Letter from the Executive Director Keith P. Arnold

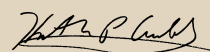
As this year comes to a close and another begins, I reflect on how much has been accomplished—with much amazement and humility. We are so grateful and proud of what our staff have contributed, how hard they have worked, and the lives that have changed.

We have grown with the addition of our new beds yet remained extremely intimate. We have added brand new services such as Pain Management and Progressions yet stayed connected to our roots. We have built the most beautiful new lodge and continued to be mindful of our environment, adding sustainability materials and features. We have increased the level of sophistication in our programming yet remained teachable from our referents, patients, alumni, colleagues, and ownership (CRC). We have brought on board some incredibly talented new staff, and we are

saying goodbye to our amazing, accomplished medical director, Dr. Michael E. Scott. We are blessed with the opportunity to co-create and witness a constantly changing, ever evolving, healing entity called Sierra Tucson.

We are so grateful to you, our community of treating professionals and centers—for your continued support, trust, and feedback. Enjoy this time with those you most care

All the best,



Keith P. Arnold  
Executive Director





**Honoring a great man... a visionary in the field of addiction treatment...**

**For over 13 years, Michael E. Scott, M.D., has served Sierra Tucson as Medical Director. Dr. Scott has announced his retirement to establish a private practice, and he wants to continue working with Sierra Tucson to maintain a connection with our staff and patients. Dr. Scott received a standing ovation by Sierra Tucson staff, who will greatly miss his consistently fun and reliable leadership. Dr. Scott contributed as a pioneer in combining psychiatric medicine with psychology, Twelve-Step philosophy, and Integrative Medicine to effectively treat coexisting addictions and mental/behavioral disorders. Not only is he an expert in balancing the art and science in diagnosis and treatment, he always remembers to focus on the 'person.'** ”  
*See our next issue of the Progress Newsletter to meet Sierra Tucson's new medical director.*

*“Leaders establish the vision for the future and set the strategy for getting there; they cause change. They motivate and inspire others to go in the right direction and they, along with everyone else, sacrifice to get there.”*  
-John Kotter

## Ribbon-Cutting Ceremony Celebrates Opening of New Lodge!



On October 12, 2007, Sierra Tucson celebrated the opening of its new 26,903-square foot Lodge, which began construction in January 2007. Artfully named “Dancing Sun,” the new Lodge is situated on the 160-acre facility between two other patient Lodges called “Morning Star” and “Crescent Moon.” The new Lodge beautifully complements the surrounding high desert and mountains, and its interior is elegant, nurturing, and functional. The “Dancing Sun” Lodge adds an additional 44 beds to Sierra Tucson’s current 95-bed capacity, in a way that still feels intimate and helps meet the great need for exceptional treatment.

This \$5.7 million expansion includes new dedicated space for group process and integrative therapies, physician and therapist offices, and family services, plus special rooms for meditation, music, and art therapy. Sierra Tucson’s new “Progressions Phase” of treatment is housed in the new Lodge.

The Ribbon-Cutting Ceremony celebrated and honored the staff and thousands of individuals and family members who have found hope and healing here since 1983. Among the speakers were John Lacy, CRC Vice President Western Region; Keith Arnold, Sierra Tucson Executive Director; Gayle Richter, Sierra Tucson Director of Operations; and Jason Staggs, Sierra Tucson Senior Construction Manager. Josie Collins, M.S., CPCC, Grief and Spiritual Therapist, presented a prayer of dedication from Jerry Fitz, M.D., Chief of Addiction Medicine, and Albert Sombrero gave a Native American blessing.

The ribbon was held and cut by Gayle Richter, Sierra Tucson’s staff member with the most tenure (22 years), and Heather Priest, the newest employee, as a metaphor of Sierra Tucson’s long-standing tradition of providing excellent clinical treatment and continuing to implement new, innovative tools and services to strengthen programs.

A new level of excellence has been achieved through the combination of a facility of this scale with unmatched beauty inside and out—and with the most comprehensive and clinically sophisticated programs and staff.

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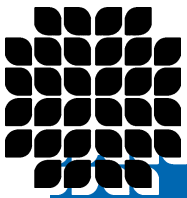
therapy, medication management, and pain management, as well as Integrative Therapy services such as Massage Therapy, Shiatsu, Somatic Experiencing®, and Yoga. Relapse prevention is a constant focus throughout this phase of treatment.

The Progressions Phase accommodates a maximum of 22 patients. A two-day Couples Therapy Workshop is also included, which culminates in the couple going out to a local restaurant to practice the new communication skills and the Imago Therapy practices they have learned.

The Progressions Phase accepts patients who have completed Sierra Tucson’s minimum 30-day length of stay (minimum 45 days for eating disorder patients), engaged fully in the treatment process, and have a genuine commitment to long-term recovery. Patients need to be ambulatory to participate and must be medically stable, as many of the activities are physical. The treatment team must support the transfer.

I suggest that all of us get on our kitchen floor tonight. Some great things can happen in the darndest of places!

~By Nancy Jarrell, M.A., LPC



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

800-842-4487

[www.SierraTucson.com](http://www.SierraTucson.com)

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SIERRA TUCSON  
 P R O G R E S S

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*Meet Chris Craig, M.A., M.S.  
 Progressions Therapist*

Chris Craig, M.A., M.S., Progressions Therapist, has worked for Sierra Tucson for nearly three years. When asked about the time he has spent here, he responds with conviction and enthusiasm—a man confident in knowing that what he is doing is truly helping others. Chris takes great pleasure in watching people get better and sees “tremendous opportunities for growth from our patients who are working through their diseases.”

Chris grew up in Northern California loving the outdoors. He is, to this day, an avid outdoorsman, enjoying bicycling and rock climbing, along with other eco-centered activities. In fact, he once completed a 20,000-mile bicycling trip from Northern California to the tip of South America. It was his admiration for nature and interest in Jungian psychology that defined Chris’s therapeutic philosophy and eventually led him to his career at Sierra Tucson.

Believing that there is a parallel between physical risk and emotional risk, Chris applies this perspective to his own life. A recently married man, Chris has one daughter, one stepdaughter, one stepson, and two dogs. He states, “The challenges and rewards of family are by far the pinnacle of my climbing career.”

Chris went on to obtain his master’s degree in Teaching from the National Technical Institute for the Deaf in Rochester, New York.

He taught for a short time before deciding to go back to school to obtain his second master’s degree, this time in Counseling Psychology from the Pacifica Graduate Institute in Carpinteria, California.

To utilize his education in Counseling Psychology, Chris began working with marginalized youths in the Colorado Outward Bound School program. “There is a lot of healing to be done in nature,” Chris comments. “It is easier for patients to find peace within themselves without the clamor of an urban environment.” Chris brings this philosophy about the mind, body, and nature to Sierra Tucson in what seems like a natural fit. “The peaceful, outdoor wilderness setting of Sierra Tucson is very conducive to the healing process.”

Chris explains that he enjoys the multidisciplinary approach of Sierra Tucson and finds “working within a team of extremely skilled staff very rewarding.” He is excited about helping patients in the new “Progressions Phase” of treatment to integrate, expand, and apply what they have already struggled to achieve. “I see how patients benefit from the continuity of care. Everyday, I see the beautiful unfolding of the gold in each of us. I am honored to be part of this process.”

