Since 1983, Sierra Tucson has been a true success story. Internationally renowned for its effective therapies, extraordinary staff, and exceptional setting, Sierra Tucson provides integrative treatment to identify and resolve underlying issues. This supportive path has led to recovery for tens of thousands of people who have suffered from alcoholism, drug addiction, depression, anxiety, trauma, eating disorders, chronic pain, and other disorders.

**Where Change Begins**

Successful and miraculous outcomes happen every day at Sierra Tucson. We help individuals struggling with enduring behavioral health challenges find their miracle, and in the process, help them, and their families, rebuild their lives. Sierra Tucson specializes in providing customized care that is dedicated to helping individuals dig deep and explore the root causes of their challenges. By integrating a variety of diagnostic and evidence-based programming into its core treatment, Sierra Tucson has developed a unique model that has helped over 30,000 individuals create and live a different future. Uniquely licensed as a specialty hospital and behavioral health residential treatment center, Sierra Tucson provides a blueprint for living and the tools necessary to make long-term change.

**Comprehensive care includes a complete diagnostic assessment, from which the multidisciplinary team develops and coordinates an individualized treatment plan for each patient.**

Our integrative system of neuropsychiatric treatment heals body, mind, and spirit in a naturally scenic, tranquil setting with round-the-clock medical and clinical care.
Treatment is a vital first step, providing a foundation for recovery, and it is essential for patients to follow a plan to continue their success. They leave Sierra Tucson with a Continuing Care Plan developed for their specific needs. Becoming a part of the Sierra Tucson alumni family provides them with resources, follow-up communication, and encouragement for their new journey. In addition, patients and families are offered Sierra Tucson’s signature support and advocacy program.

That’s part of the reason why more than 85% of our patients are referred by outside medical/clinical professionals and alumni. Sierra Tucson is where treatment professionals turn for their most challenging patients, reflecting the center’s excellent reputation among clinicians as well as former patients and family members.

The resulting success of each treatment program is proven in our outcomes research, but even more importantly in the words from our passionate alumni who look back and remember their journey at Sierra Tucson as the first time when they truly felt genuine hope.

Located in the foothills of the beautiful Santa Catalina Mountains near Tucson, Arizona, the 160-acre campus offers a natural healing environment with the highest level of confidentiality, serenity, cultural sensitivity, and individual respect.

The secluded setting is ideal for an atmosphere of tranquility and safety. While Sierra Tucson is only 33 miles from the Tucson International Airport, our campus enjoys the beauty of nature without any of the daily distractions.

Semi-private rooms are designed to help patients feel at home, with full beds and comfortable furnishings. While the onsite Desert Flower Hospital provides a full range of medical and clinical services, its environment is nurturing and peaceful. Treatment areas are beautifully appointed for a combination of serenity and comfort, while outdoor facilities — including the Challenge Course, Round Pen and stables, 12-Step Path, and other scenic areas — reflect the majestic splendor of the surrounding terrain.

I was so broken on the inside when I arrived at Sierra Tucson. They helped me put all the pieces back together and taught me the tools to help me live an amazing life. I am forever grateful. I am a Miracle!

Chrisi H.
CARLSBAD, CA
At the foundation of treatment is the Sierra Tucson Model, an innovative, integrated approach that emphasizes strong diagnostics, evidence-based techniques, and holistic patient-focused care. Patients with multiple issues, complex diagnoses, and those who are prone to relapse, especially benefit from the Sierra Tucson Model.

The Sierra Tucson Model®
The Sierra Tucson Model uses an innovative comprehensive approach to treatment that emphasizes strong diagnostics, research-backed techniques, and holistic patient-focused care. These therapies are based upon Sierra Tucson’s thorough diagnostic capability, which delves beyond the patient’s presenting symptoms and behavioral disorders to identify and resolve the unique core issues that are symptomatic and associated with the disorder. Experiential in nature, Sierra Tucson’s individualized treatment plans are developed by experienced, clinical professionals.

It’s no mistake that the model for treatment created at Sierra Tucson is one that treatment centers around the world have tried to emulate. As leaders in behavioral health treatment, we offer ground-breaking programs that have now become standards in treatment. It is that legacy in innovation that has come to define us as pioneers.

The Sierra Tucson Model exemplifies a deep commitment to treating the whole person with evidence-based and integrative therapies for psychiatric and behavioral conditions. Every program we offer is shaped by the philosophy of this individualized treatment model.
Our Treatment Teams
Our staff of over 350 people not only bring the knowledge, but also heart and compassion to their work that many say is a “calling,” not a job. Sierra Tucson’s medical and clinical staff is comprised of M.D.’s, Ph.D.’s, R.N.’s or other master’s level graduates with a variety of credentials in specific areas. Each patient is cared for by a core team, including an attending physician, primary therapist, family therapist, residential therapist, continuing care coordinator, and nurses with round-the-clock care from arrival through departure.

Customized care and treatment are designed to help each patient reach a place of healing and recovery. The integrative team includes psychologists, naturopathic physicians, and therapeutic recreational and integrative therapy practitioners, all dedicated to the signature Sierra Tucson interdisciplinary approach.

My life was crumbling around me before I went to Sierra Tucson in 2008. I had no way to cope with my trauma. But the people there cared so much and helped me learn how to manage my PTSD, and I gained hope that life could be better. What I wasn't prepared for was how rich my life really could be afterwards. Today, I have a strong community of Sierra Tucson friends in my local support groups, online community, and of course the annual retreat. Thanks to Sierra Tucson, I don’t live in fear anymore, I live with hope and gratitude.

Sara D.
PHOENIX, AZ
Tailored treatment plans may include:

- Medication Evaluation, Integrated Medicine Consultation, Pharmaceutical Evaluation and Treatment (including safe detox if needed)
- Thorough Physical, Psychiatric, and Psychological Assessment
- Specialty Medical Consultation and Skilled Nursing Care
- Process Groups
- Individual Therapy
- Equine-Assisted Therapy to promote emotional growth
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy, which teaches mindfulness, interpersonal skills, distress tolerance, and emotional regulation
- Mind Over Mood Groups
- Shame and Resiliency Groups
- The Four Agreements: (A Practical Guide to Personal Freedom) Wisdom Group
- Grief and Loss Groups
- Relapse Prevention
- Biofeedback, Neurofeedback, and Mindfulness to teach relaxation and skills for coping with stress
- Therapeutic Recreation and Activities Programming, such as Challenge Course and Indoor Climbing Wall
- Personalized Nutrition Plan
- Eye Movement Desensitization and Reprocessing (EMDR) to help heal the effects of trauma
- Psychodrama
- Somatic Experiencing* to increase awareness and help release trauma-related tension
- Somato-Emotional Release Massage for addressing stress, depression, and fatigue
- Complementary Therapies such as Naturopathic medicine, and Nutraceuticals (vitamin/herbal supplements)
- Complex Pain Education, Anti-inflammatory Nutritional Instruction, Pain Flare-up Planning, and Sleep Restoration Plan
- Physical, Trigger Point, and Safe Exercise Therapy, plus Hydrotherapy by fitness specialists for movement and physical conditioning
- Integrative Therapies such as Acupuncture, Chiropractic, Massage Therapy, and Yoga to offer mind-body approaches for healing
- Outings to Restaurants and Grocery Stores, Snack Challenges, and Meal Planning and Preparation
- On-Site and Off-Site 12-Step Meetings, Celebrate Recovery
- SMART Recovery
- Family Program to enhance patient recovery and extend healing to the family
- Continuing Care supports patients and families
- Lifelong Alumni Relations Services as a member of the Sierra Tucson family

Sierra Tucson uses therapies such as Reiki as a natural therapy to promote stress reduction and relaxation, helping to trigger the body’s own healing abilities to gently balance energies and bring health and well being to the recipient.
Sierra Tucson opens the door to recovery to men and women ages 18 and older, and provides hope and a renewed chance for a fulfilling life through the ground-breaking, evidence-based, integrative treatment programs that have become Sierra Tucson’s hallmark of care. As part of the Sierra Tucson Model, within the first days of his or her stay, each patient receives a thorough psychological assessment to help guide the treatment plan.

Addictions/Co-occurring Disorders Program
Sierra Tucson’s innovative residential programs for those seeking recovery from addictions and addictive behaviors, recognize that addiction is often accompanied by mental health conditions such as depression, anxiety, trauma, complex pain, eating disorders, and codependency. Consequently, Sierra Tucson provides a wide range of medical and clinical services that simultaneously treat co-occurring conditions, and give patients a comprehensive set of new skills, insights, and resources to take home with them to sustain the journey of recovery.

The Program uses a bio-psycho-social-spiritual approach to treatment. This approach to care includes a wide array of interventions that are detailed within each patient’s individualized treatment plan and Sierra Tucson’s daily schedule of treatment. During treatment, the goal is to help patients find relief from the pain of addiction, including the emotional pain that prompted the addiction. In addition, patients are given new tools for healthy communication, relapse-prevention, and ways to discover and re-awaken their sense of identity, value, and purpose.

Desert Flower Hospital, located on campus, is available for individuals who require stabilization services and medically-supervised detoxification services prior to entering the residential program. Desert Flower can play a key role in initiating the recovery process and prepare patients to begin residential treatment.

Program Highlights
- Medication Evaluation and Safe Detox (if needed)
- Eye Movement Desensitization and Reprocessing (EDMR) to help heal the effects of trauma
- Somatic Experiencing to increase awareness and help release trauma-related tension
- Biofeedback, Neurofeedback, and Mindfulness to teach relaxation and skills for coping with stress
Mood and Anxiety Program
The goal of Sierra Tucson’s Mood and Anxiety Program is to provide the highest quality of care for emotional, physical, and spiritual healing and help decrease the symptoms people have been struggling with — all of which provide the opportunity to continue functioning better in everyday life. Comprehensive care includes a complete diagnostic assessment, from which the multidisciplinary team will develop and coordinate an individualized treatment plan.

Designed to be comprehensive treatment for those who suffer from depression, obsessive compulsive disorder, anxiety, bipolar disorder, and/or personality disorders, the Sierra Tucson Program gives patients a set of new skills, insights, and resources to sustain the journey of healing that begins here.

Integrative specialties such as Biofeedback, Neurofeedback, Eye Movement Desensitization and Reprocessing (EMDR), and Somatic Experiencing, are part of the pioneering programs for which Sierra Tucson is known.

Patients in Sierra Tucson’s Mood and Anxiety Program learn to connect with their emotions as well as connecting their mind and body. In addition, treatment is inclusive of co-occurring disorders such as trauma, addiction, eating disorders or complicated pain. During treatment, the goal is to decrease the pain caused by mood disorders and help patients gain the tools they’ll need to continue functioning better in everyday life.

The Kiva is the center for Native American-inspired healing activities and is a unique environment to allow patients to meditate within our Sonoran Desert setting.

Program Highlights

- Somatic Experiencing to increase awareness and help release trauma-related tension
- Biofeedback, Neurofeedback, which teach relaxation and skills for coping with stress
- Eye Movement Desensitization and Reprocessing (EMDR) to help heal the effects of trauma
- Integrative Therapies such as Acupuncture, Chiropractic, Massage Therapy, and Yoga, which offer mind-body approaches for healing

Today I live a life free of chemical dependency and depression. The 30 days I spent at Sierra Tucson not only saved my life, it profoundly changed my life.

Patty R.
SYRACUSE, NY
The goal of Sierra Tucson’s Eating Recovery Program is to help patients gain tools for re-establishing a healthy relationship with food and reconnecting with a healthy mind. For Anorexia, Bulimia, Binge Eating Disorder, and Compulsive Overeating, Sierra Tucson provides a comprehensive therapeutic treatment plan with a system of neuropsychiatric treatment and therapies that heal body, mind, and spirit.

Working with a nutritionist who is trained in eating disorders, patients learn to enjoy healthy portions of various foods that allow body and mind to heal. As supervised meals become a therapeutic experience, they’ll also learn to face the fear and meals with new confidence. And they’ll take home a comprehensive set of new skills, insights, and resources to sustain.

Sierra Tucson’s natural healing environment inspires patients to reflect and consider new possibilities for a life of recovery and healing.

Eating Recovery Program

As the direct result of receiving treatment from Sierra Tucson, I am living a life of peace, serenity, strength, and hope. No longer am I a burden to my family, but an asset. Sierra Tucson has made the difference that countless hours and dollars with other options could not.

Lana E.
Leawood, KS

Program Highlights

- Personalized Nutrition Plan
- Snack Challenges and Outings to Restaurants, Grocery Stores
- Complementary therapies such as Biofeedback, Nutraceuticals (vitamin/herbal supplements), and Body Awareness (massage, yoga)
Complex Pain Program

Sierra Tucson provides comprehensive residential treatment for men and women who suffer from complicated pain including neck and back disorders, oro-facial pain, arthritis, headaches, migraines, opiate hyperalgesia, central nervous system sensitivity, Complex Regional Pain Syndrome, fibromyalgia, and other musculoskeletal and rheumatic conditions.

Rather than focusing solely on the physical tissue damage or psychological effects of pain, patients receive treatment that balances each aspect of their health. Although no one is guaranteed to leave pain-free, to a great extent suffering can be relieved. As awareness, mood, sleep, and physical ability improve, quality of life can be restored and continue to progress after treatment.

People in pain frequently struggle with additional problems such as depression, anxiety, or substance abuse. During treatment, the goal is to improve quality of life by providing additional alternatives to help manage, control, and reduce pain so patients can return to their referring professional with an increased ability to function at higher levels. If medication is required, non-addictive medications with fewer side effects will be considered first, although longer-term management occasionally may require opioid maintenance regimens. Each person’s needs are considered for medication plans.

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Chrisi H.
Carlsbad, CA

Program Highlights

- Pharmaceutical Evaluation and treatment (including detox if needed)
- Anti-inflammatory Nutritional Instruction and Pain Management Education
- Hydrotherapy by fitness specialists for movement and physical conditioning
- Pain Flare-up Planning and Sleep Restoration Plan

Sierra Tucson uses a variety of therapies in the Complex Pain Program, depending upon the type of pain being addressed.

Programs like yoga help patients focus their minds on health and healing.
Trauma Recovery Program
The Program for Trauma Recovery provides specialized, intensive treatment for patients who suffer from trauma-related symptoms, including post-traumatic stress disorder (PTSD) symptoms from adult or childhood sexual abuse or non-sexual trauma. The Program utilizes a bio-psycho-social-spiritual approach and using a variety of therapeutic tools, patients discover personal, emotional truths concerning fear, trust, honesty, and dependency and address the physiological as well as the psychological effects of trauma.

People who experience trauma frequently struggle with co-occurring disorders such as depression, anxiety, eating disorders, or substance abuse. Consequently, during treatment, they benefit from a wide range of medical and clinical services that simultaneously treat co-occurring conditions. A body-centered approach provides physiological healing for their overactive sympathetic nervous system, which frequently becomes stuck in “fight, flight, or freeze” survival mode from unresolved trauma.

The goal is to improve day-to-day functioning and quality of life, providing stabilization and reduction of symptoms, by reconnecting patients with the strengths that enabled them to survive the original trauma. Learning to draw on their own strength and resiliency, they discover new tools for moving forward instead of being controlled by past trauma.

Sierra Tucson not only saved my life, they showed me how to love and live it, too.
Nigel M.
London, U.K.

Program Highlights
- Trauma-Specific Psychodrama and Grief and Loss Groups
- Somatic Experiencing to facilitate physiological healing
- Eye Movement Desensitization and Reprocessing (EMDR) to help heal the effects of trauma
- Biofeedback, Neurofeedback, and Mindfulness to teach relaxation and skills for coping with stress

Physical, Trigger Point, and Safe Exercise Therapy, and Hydrotherapy led by fitness specialists help in movement and physical conditioning.
One of the most important things about Sierra Tucson’s Family Program is that we are building a foundation that helps families understand that their true role is to be a support and not to ‘fix’ their loved one.

**Family Program**
The Family Program is a hallmark of treatment at Sierra Tucson. Because family members and their loved ones are considerably affected by addiction and behavioral health disorders, their involvement is critical to the recovery process. By invitation from the patient, families and their loved ones in treatment are given an opportunity to learn about disorders and healthy support, develop self-care techniques, discuss issues that have involved them for many years, and heal together. The Family Program is offered Monday – Thursday for family members 18 and older, and is included in the cost of treatment (excluding travel, accommodations, and meals except daily lunch at Sierra Tucson).

Some of the program elements include instructing families on techniques that allow them to set boundaries in their relationships as they move forward. Teaching ways to express feelings without lecturing or judging is an important technique that helps improve the overall family communication dynamic. By focusing more on the behavior and not the person, relationships can be preserved. This is often a life-changing week where relationships can begin to mend.

Workbooks, 12-Step techniques, looking at family roles, and exploring healthy communication are some of the tools incorporated in the lecture-style workshops. These concepts are then applied with the families and their loved ones. Group work is also incorporated to help families learn how to empower the patient and when to reach out for additional help.

As part of the Family Program, all the family members involved are given a full year of follow-up care, including personalized referrals to professionals in their areas for family therapy, couples counseling if needed, and/or support groups in their own community. In fact, Sierra Tucson considers family members who attend the week of family programming to be alumni as well. The continuum of care is a vital component to Sierra Tucson’s dedication to the patient’s overall long-term success.

“We felt relieved and thankful that our daughter was here and now that we’ve experienced family week, we feel even more at peace. On Monday we felt heavy, sad, afraid, at the end of the week we felt hopeful and joyful.”

Families leave here with new tools and methods to better address struggles and communication around relationships, illness, and addictive behaviors.
At Sierra Tucson, care is designed to continue for a lifetime. In fact, evidence shows that post-treatment monitoring and support significantly enhance long-term recovery outcomes. After residential treatment concludes, patients leaving Sierra Tucson receive a thorough, individualized, written Continuing Care plan and full access to our robust Alumni Relations services, along with 12 months of case management services designed to empower them to remain engaged in the treatment process.

Support that Doesn't End When You Leave
From day one of residential treatment, planning for Continuing Care begins. Considered an integral part of the overall experience at Sierra Tucson, planning involves the entire treatment team as part of a collaborative effort to include patients, family, and referring professionals.

Treatment team members contribute to the plan according to what is suitable for each individual. Patients participate in the creation of their own Continuing Care plan and learn about the options available including resources at home, extended care, transitional living, and intensive outpatient programs. Patients then begin to outline individual needs and goals that integrate recovery meetings and other resources. This focus helps patients appreciate the importance of building a plan that will help them transition to life equipped with the knowledge and tools they acquired while at Sierra Tucson.

Continuity of care is a primary goal and all recommendations are mapped to ensure that treatments are transitioned smoothly from our campus to their community. Working with the patient’s referring professional, and shared with the patient and their family, Sierra Tucson provides care recommendations that align with the progress made during residential care.

Staying in Touch to Move Forward
At Sierra Tucson, the focus is always on sustaining wellness, which is why many patients and alumni view Sierra Tucson residential treatment as a new beginning. With their whole lives in front of them, patients depart equipped to start the journey forward. They also begin a relationship with an alumni network that lasts a lifetime. Our caring alumni coordinators begin connecting while patients are in residence, and stay in touch, providing ongoing support and resources. Plus, the Alumni and Continuing Care Support Groups, workshops, newsletters, alumni dinners, and the annual Alumni Retreat are just some of the ways the connection with Sierra Tucson stays strong.

Continuing Care Highlights
- Continuation of care starts day one
- Collaborative efforts involving patient, family, and treatment team
- Advocacy, support, Continuing Care groups and Alumni Services

Located in the foothills of the beautiful Santa Catalina Mountains near Tucson, Arizona, the 160-acre campus offers a natural healing environment with the highest level of confidentiality, serenity, and individual respect.
Moving Forward
The designation as Sierra Tucson alumni is truly special, denoting a true sense of belonging, where people find a shared experience. They are a special group who have found the other side of pain.

The word “family” takes on a new meaning after patients and their family members become alumni of Sierra Tucson. Many will say it is a special family where there is safety, understanding, and a forever connectedness to the place that helped them on a journey to healing.

That journey is symbolized at Sierra Tucson by the “Twelve Step Path” where views of the Santa Catalina Mountains create a backdrop like no other. The path is a serene, beautiful trail that is punctuated by the promising words of those who have come to Sierra Tucson to discover their own path to recovery and a life of fulfillment. It represents a celebration, but also serves as a contemplative place where patients can walk, meditate, and read the inscriptions on the benches, stones, and pavers along the way. It is there to honor all those who take the journey as a place of encouragement and a symbol of the recognition of their continued victories every day.

Always in Touch
Alumni have numerous opportunities to connect. With educational workshops, support groups, and regular outreach from the Alumni Relations team, encouragement and support are part of Sierra Tucson’s unsurpassed legacy. The alumni newsletter provides educational and inspirational material, as well as information about therapist-facilitated Continuing Care groups nationwide. The annual Sierra Tucson Alumni Retreat, (S.T.A.R.), is an ongoing tradition that draws alumni from around the world who enjoy connecting with old and new friends.

Begin the Journey
Hope and healing start with a call to Sierra Tucson. Call 844-215-1400 to reach our Admissions Team, who is available and ready to help 24/7. They can answer questions about treatment programs, review insurance coverage and private pay options, and discuss travel arrangements. Our thorough process ensures that your admissions experience is prompt and tailored to your specific needs. It is this preparation and attention to detail that assures your positive start on the journey to change.