



SIERRA TUCSON®

Where Change Begins®



SERVICE RESILIENCY UNIT

2025 OUTCOMES REPORT



PREPARED BY

Alex Danvers, Ph.D., **Director of Treatment Outcomes**

THE SERVICE RESILIENCY UNIT AT SIERRA TUCSON

Discover a place where healing and transformation begin. For more than 40 years, Sierra Tucson has stood as a beacon of hope and recovery, offering premier care for individuals who need all-inclusive, person-centered services. The team at Sierra Tucson blends medical and psychological expertise with self-help philosophies to provide a truly holistic experience. Using evidence-based practices and taking an integrative approach to treatment, they help clients uncover their potential, heal from the wounds of trauma, build their resilience and take back control of their lives.

The Service Resiliency Unit (SRU) at Sierra Tucson, previously known as the Red, White and Blue program, proudly provides comprehensive, specialized care for Veterans and first responders, including front-line nurses. Sierra Tucson is endorsed by the National Fraternal Order of Police (FOP) as a trusted wellness resource for law enforcement professionals and their families.

Full Continuum of Care Available:

- ★ **Detoxification & inpatient:** Copper Sky, our on-campus behavioral health inpatient unit, provides medically supervised detoxification of substances & stabilization services.
- ★ **Residential:** Live-in treatment offered in a supportive setting, with a variety of evidence-based services & amenities.
- ★ **Partial hospitalization program (PHP):** Daylong treatment for those who need structured care but do not require 24/7 supervision.
- ★ **Intensive outpatient program (IOP):** Structured therapy offered several hours a day, several days a week.
- ★ **Connect365:** In addition to the continuing care plan & alumni services, this continuing care treatment program helps guide individuals on their healing journey by promoting responsibility, accountability & connection for one year after they leave Sierra Tucson.

Sierra Tucson's team is dedicated to helping clients gain the tools, insight and strength to overcome challenges and find peace and a sense of purpose. Here, expertise, compassion and hope unite.





HIGHLIGHTS



Primary mental health & addiction services



Culturally competent staff



Stellate ganglion block (SGB)



The Sierra Tucson Model®



Ketamine therapy for those who meet criteria



Multidisciplinary care team



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TYPES OF THERAPY

The Sierra Tucson Model® reflects a deep commitment to treating the whole person with integrated, individualized, evidence-based treatments and integrative therapies.

- ★ Adventure therapy
- ★ Cognitive behavioral therapy
- ★ Dialectical behavior therapy
- ★ EMDR therapy
- ★ Equine-assisted therapy
- ★ Experiential psychotherapy
- ★ Individual & group therapy
- ★ Medication management
- ★ Pain reprocessing therapy (PRT)
- ★ Psychodrama
- ★ Psychoeducation
- ★ Somatic Experiencing® therapy
- ★ Therapeutic recreation activities
- ★ Transcranial magnetic stimulation
- ★ Yoga

TREATMENT OUTCOMES FOR VETERANS & FIRST RESPONDERS

Sierra Tucson has created an exceptional and effective program for U.S. armed forces Veterans and first responders, called the Service Resiliency Unit at Sierra Tucson.

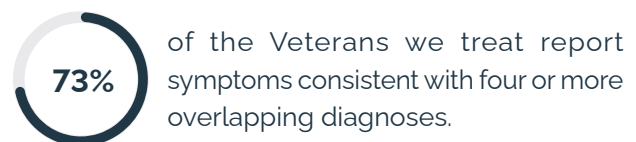
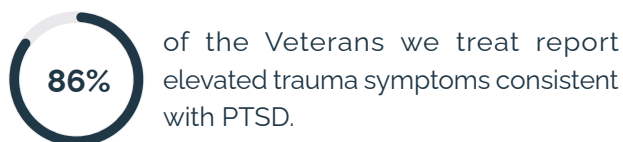
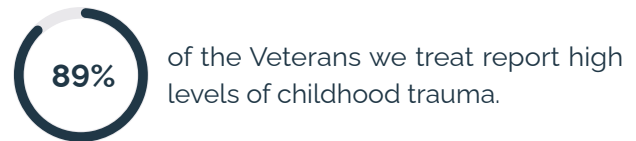
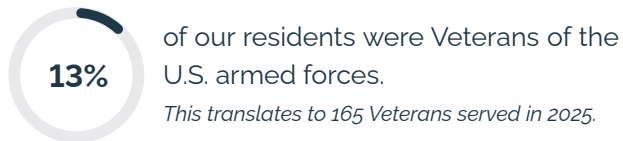
Previously known as the Red, White and Blue Program, the Service Resiliency Unit was developed to understand the unique experiences of Veterans and first responders. Our whole-health model integrates multiple treatment modalities — from medication to therapy to integrative services — to treat the complete person.

The SRU creates a community for those who are struggling with the unique challenges that come from being a Veteran or first responder. Dedicated process groups help our residents feel like they can share their experiences with staff and peers who have gone through similar struggles.

Sierra Tucson has been certified as well-equipped to treat Veterans by Psych Armor, which provided training to our staff on the culture, values and experience of Veterans as they relate to mental health.

VETERAN POPULATION

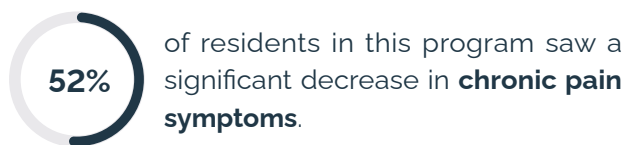
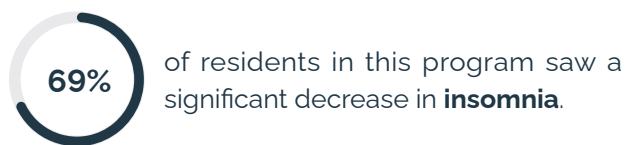
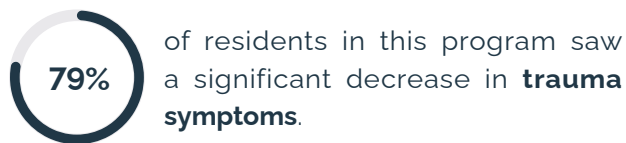
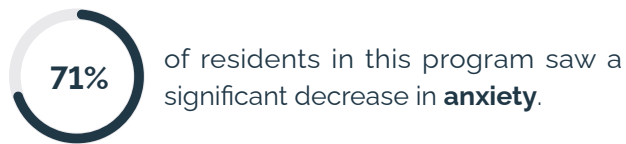
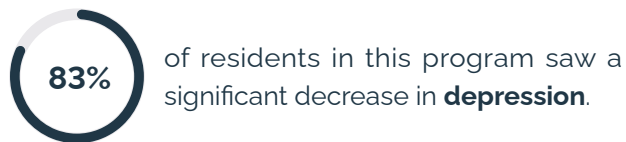
In line with national data, our Veteran population typically deals with higher levels of trauma than broader civilian populations.



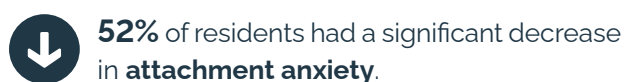
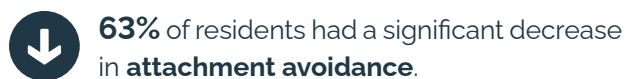


VETERAN OUTCOMES

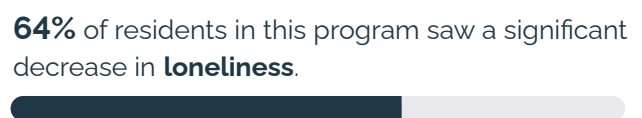
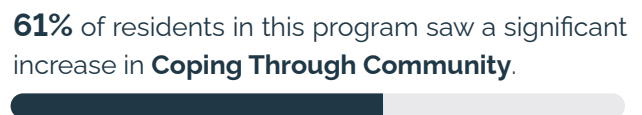
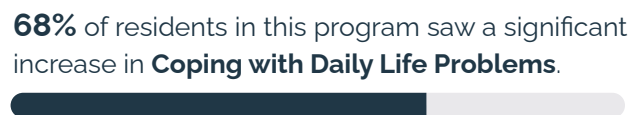
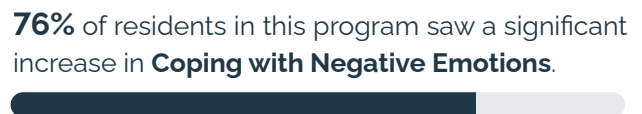
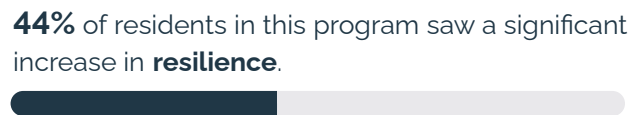
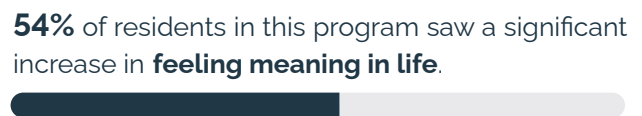
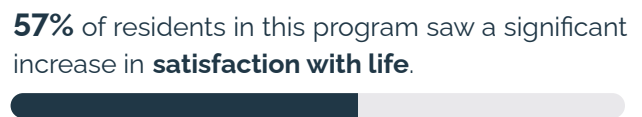
Improvements in mental health symptoms, among those who started at high levels:



Focusing on attachment styles, among those who started at high levels of dysfunction:



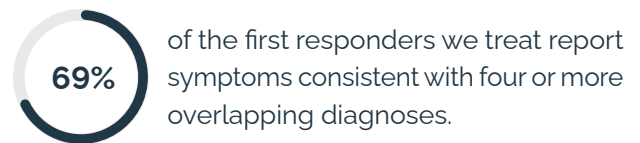
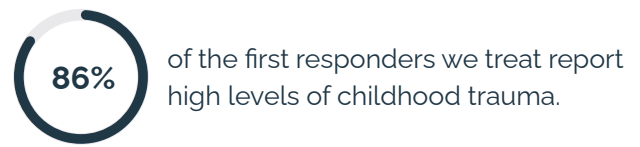
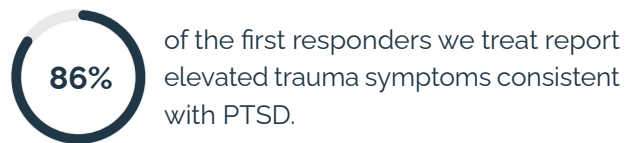
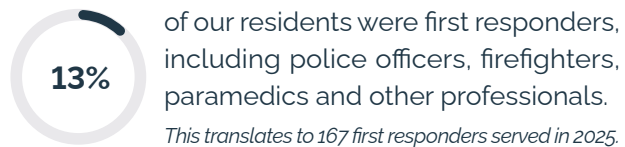
Improvements in functioning and positive indicators of mental health, among those who started at low levels:





FIRST RESPONDER POPULATION

First responders, like Veterans, typically confront higher levels of trauma.

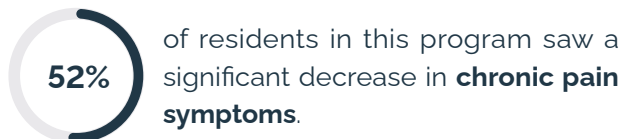
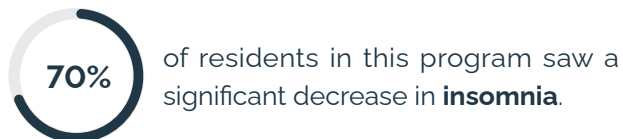
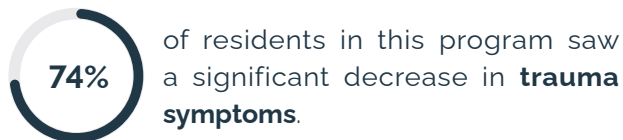
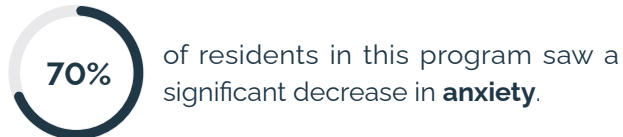
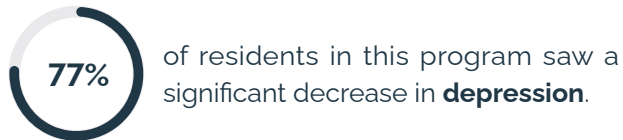


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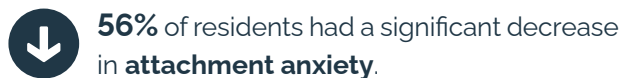
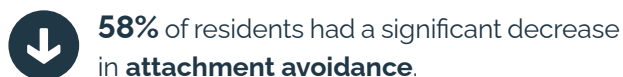


FIRST RESPONDER OUTCOMES

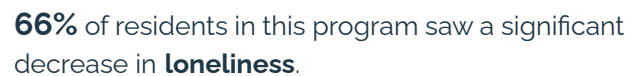
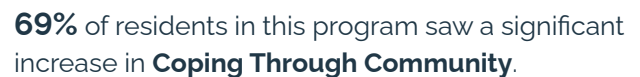
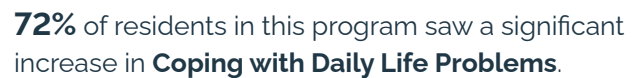
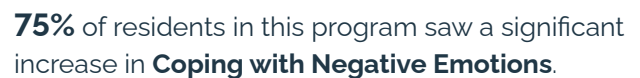
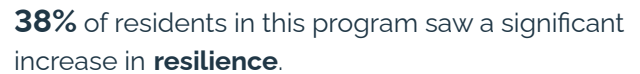
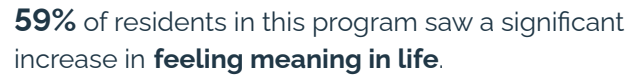
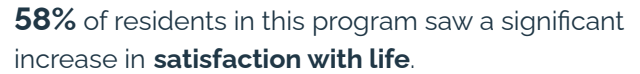
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TO FIND HELP, CONTACT:

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