

Addiction Recovery Program

"I came broken. Sierra Tucson
literally saved my life and
restored my most precious
commodity: hope."

~ Matt/Darien, CT



SIERRA TUCSON®

Where Change Begins®

SierraTucson.com

An Integrated Model of Care for Addiction Recovery

At Sierra Tucson, our comprehensive and holistic Addiction Recovery Program integrates various interventions that are geared toward *truly healing mind, body, and spirit* so that recovery can ultimately be achieved and maintained *for a lifetime*.

The mind, body, and spirit are all connected.

The goal of Sierra Tucson's Addiction Recovery Program is to help you find relief from the pain of addiction (including the emotional pain that prompted the addiction); discover new tools for healthy communication and relapse prevention; and re-awaken your sense of identity, value, and purpose. Beginning with medically-supervised detoxification and stabilization at our on-site facility, individuals then progress to residential care.

Your individual treatment plan may include:

- Processing grief and loss
- Relapse prevention
- Healing anxiety
- Anger management
- Psychodrama
- Shame and resilience
- Didactic lectures
- Therapeutic & recreational activities
- EMDR (Eye Movement Desensitization and Reprocessing)
- Somatic Experiencing® therapy
- Psychological testing
- Biofeedback
- Bodywork
- Mindfulness meditation

Individuals with substance use disorder frequently struggle with co-occurring disorders such as depression, anxiety, trauma, chronic pain, or codependency.

We are experts at trauma-informed care and offer a wide range of medical and clinical services that simultaneously treat co-occurring conditions.

You'll learn to overcome the cultural fear of feeling emotions, so you can approach them as a source of information rather than something to escape. And you'll take home a comprehensive set of new skills, insights, and resources to sustain the journey of recovery that begins here.



SIERRA TUCSON®
Where Change Begins®

855.819.1673

For specific THERAPIES & SERVICES AVAILABLE go to:
SierraTucson.com/programs/addiction-disorders-recovery

Inpatient Chrysalis Program

"I'm excited to finally be living and experiencing some of those pleasant wholesome, connected moments that I experienced at Sierra Tucson and once believed I would never feel outside of treatment."

~ Bridgett/Portland, OR



SIERRA TUCSON®

Where Change Begins®

SierraTucson.com

An Integrated Model of Care for Chrysalis Inpatient Services

At Sierra Tucson, our Chrysalis Inpatient program provides individualized patient-centered care in a **safe and secure environment**, and offers customized treatment for those who need more **structured support and wrap-around services**.

The mind, body, and spirit are all connected.

The goal of Sierra Tucson's Inpatient Chrysalis program is to provide support and structure to best meet patients' needs, capabilities, and goals while empowering them to become actively involved in their recovery process.

Your individual treatment plan may include:

- Daily psychiatric visits
- Individual, group, and family therapy
- Somatic Experiencing® therapy
- Bodywork (massage, acupuncture, or shiatsu)
- Daily Exercise
- Consultations with staff dietitian
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)

We are experts at trauma-informed care and offer a wide range of medical and clinical services that simultaneously treat co-occurring conditions.

With the support of the treatment teams and through active collaboration, we use an Integrative Model of Care to provide holistic treatment for those who need more personalized attention. This **sub-acute inpatient care program** provides a gentle approach, compassionate care, and the clinical excellence for which Sierra Tucson is renowned.



SIERRA TUCSON®

Where Change Begins®

855.819.1673

For specific THERAPIES & SERVICES AVAILABLE go to:
SierraTucson.com/programs/outpatient

Mood & Anxiety Program

"Sierra Tucson has turned my life around 180 degrees. Every aspect of my life is greatly improved and enhanced!"

~ Cyrus/Encino, CA



SIERRA TUCSON®

Where Change Begins®

SierraTucson.com

An Integrated Model of Care for Mood Disorder Recovery

At Sierra Tucson, our integrative system of neuropsychiatric treatment focuses on **holistic healing of the mind, body, and spirit** along with the best comprehensive medical and clinical care.

The mind, body, and spirit are all connected.

The goal of Sierra Tucson's Mood & Anxiety Program is to help you reduce distressing symptoms and discover new tools for healthy communication and functioning; to re-awaken your sense of identity, value, and purpose; and to help you improve your quality of life.

Your individual treatment plan may include:

- Individual, group, and family therapy
- Psychoeducational classes and lectures
- Cognitive-Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Integrative therapies
- Skills training
- Medication management

Individuals with mood disorders frequently struggle with co-occurring disorders such as addiction, trauma, or chronic pain.

We are experts at trauma-informed care and offer a wide range of medical and clinical services that simultaneously treat co-occurring conditions.

Through our Mood & Anxiety Program, you'll understand how to connect with your emotions as well as develop appreciation of the connection between mind and body. And you'll take home a comprehensive set of new skills, insights, and resources to sustain the journey of recovery that begins here.



SIERRA TUCSON®

Where Change Begins®

855.819.1673

For specific THERAPIES & SERVICES AVAILABLE go to:
SierraTucson.com/programs/mood-recovery

Outpatient Programs

"Sierra Tucson was an indispensable part of my recovery. I learned more about myself, met more amazing people, and gained more tools - in less time - than I can scarcely believe. It wasn't easy, but it did change my life"

~ Jim/New York, NY



SIERRA TUCSON®

Where Change Begins®

SierraTucson.com

An Integrated Model of Care in Outpatient Services

Continuing care delivered through Sierra Tucson's Outpatient Services sets individuals on a **path to success by implementing therapeutic interventions** through the lens of trauma to address underlying issues. Our signature compassionate care and clinical excellence are crucial for individuals to continue to build upon recovery strategies learned during residential treatment.

The mind, body, and spirit are all connected.

The goal of Sierra Tucson's Outpatient Services is to help individuals slowly transition back into their home environments, while still benefiting from education, support, and encouragement through different therapeutic interventions.

Your individual treatment plan may include:

- Individual, group, and family therapy
- Equine therapy
- Art therapy
- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Seeking Safety Group
- SMART Recovery Meetings

We are experts at trauma-informed care and offer a wide range of medical and clinical services that simultaneously treat co-occurring conditions.

With two levels of care, including Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP), Sierra Tucson welcomes patients with mood disorders and unresolved trauma to receive medical and clinical services, including a psychiatric provider evaluation for PHP clients on a weekly basis and IOP clients as needed.

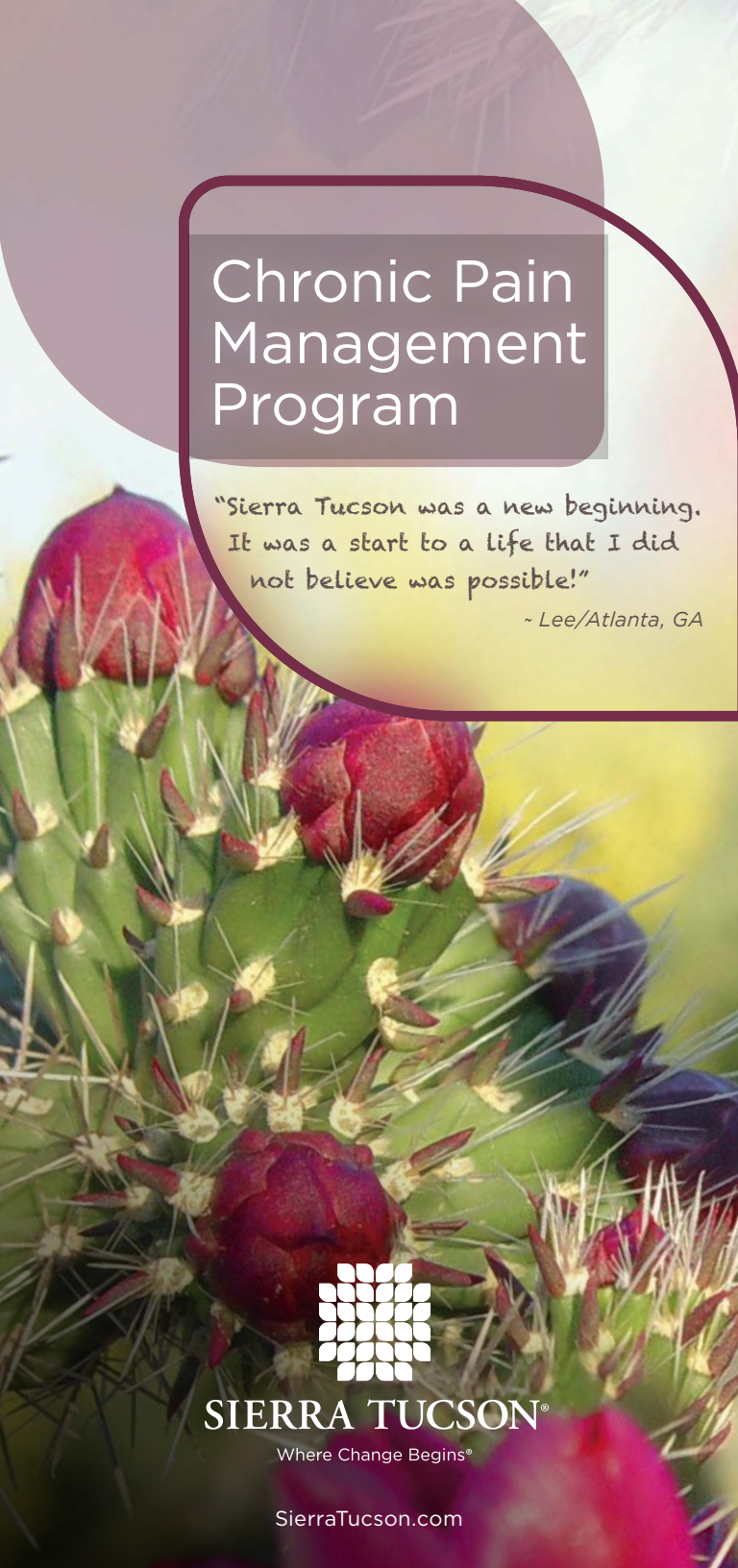


SIERRA TUCSON®

Where Change Begins®

855.819.1673

For specific THERAPIES & SERVICES AVAILABLE go to:
SierraTucson.com/programs/outpatient



Chronic Pain Management Program

"Sierra Tucson was a new beginning. It was a start to a life that I did not believe was possible!"

~ Lee/Atlanta, GA



SIERRA TUCSON®

Where Change Begins®

SierraTucson.com

An Integrated Model of Care for Chronic Pain Management

Sierra Tucson's Chronic Pain Management Program brings a **holistic approach** that encompasses behavioral health and traditional medicine orchestrated by a trauma-informed care team. For those who are not responding to outpatient treatment, or for patients who are overusing medications or may need to find alternatives, Sierra Tucson's evidence-based practices and experience in evaluation and treatment of pain are **providing individuals with hope and healing.**

The mind, body, and spirit are all connected.

The goal of Sierra Tucson's Chronic Pain Management Program is to start you on the path to improving quality of life by providing additional alternatives to help manage, control, and reduce your pain. Our team investigates the psychological factors behind the pain to determine the causes in order to find the underlying issues and begin addressing them.

Your individual treatment plan may include:

- Healing anxiety
- Codependency
- Pain and mood
- Anger management
- Identifying and processing feelings of shame to move to a place of resilience
- Pain education lectures with pain physician
- Working through grief and loss
- Healthy living
- Mindfulness
- Therapeutic and recreational activities

Individuals with chronic pain frequently struggle with co-occurring disorders such as depression, anxiety, or substance abuse.

We are experts at trauma-informed care and offer a wide range of medical and clinical services that simultaneously treat co-occurring conditions.

Once the diagnosis is clear, the team addresses the full range of chronic pain with evidence-based medical, physical, movement, spiritual, behavioral, and family therapy that fit the resident's specific diagnoses. You'll take home a comprehensive set of new skills, insights, and resources to sustain the journey of recovery that begins here.



SIERRA TUCSON®

Where Change Begins®

855.819.1673

For specific THERAPIES & SERVICES AVAILABLE go to:
SierraTucson.com/programs/pain-management-recovery

Trauma Recovery Program

"Since Sierra Tucson, I am
overwhelmed by miracles. I
am living my dreams, I know
success, I feel love, I am at
peace...Thank you all."

~ Brian, Lewisville, TX



SIERRA TUCSON®

Where Change Begins®

SierraTucson.com

An Integrated Model of Care for Trauma Recovery

At Sierra Tucson, we address **trauma recovery** through an integrated approach with a team of experts and services specifically designed to heal the whole person **in a tranquil setting where change can truly take root.**

The mind, body, and spirit are all connected.

The goal of the Trauma Recovery Program is to improve the daily functioning and overall quality of life for residents by supplying stabilizing services that reduce the impact of symptoms and emotional turmoil that are known to occur when a person endures a trauma.

Your individual treatment plan may include:

- Processing grief and loss
- Healing anxiety
- Anger management
- Didactic lectures
- Mindfulness
- Resilience training
- Therapeutic & recreational activities
- Somatic Experience® therapy
- EMDR – Eye Movement Desensitization and Reprocessing

People who experience trauma frequently struggle with co-occurring disorders such as depression, anxiety, or substance abuse. That is why our integrated model handles trauma differently.

We are experts at trauma-informed care and offer a wide range of medical and clinical services that simultaneously treat co-occurring conditions.

As you learn to draw on your own strength and resiliency, you'll discover new tools for moving forward instead of being controlled by past trauma. And you'll take home a comprehensive set of new skills, insights, and resources to sustain the journey of recovery that begins here.



SIERRA TUCSON®

Where Change Begins®

855.819.1673

For specific THERAPIES & SERVICES AVAILABLE go to:
SierraTucson.com/programs/trauma-recovery