



Cottonwood
— TUCSON —

**Providing individualized treatment
for Mental Health and Substance Use
Disorders for over 35 years**

4110 W. Sweetwater Drive, Tucson, AZ 85745
CottonwoodTucson.com

Understanding Healing Hope

Our philosophy of care presumes that physical, mental, emotional, and spiritual aspects of life are closely interconnected and equally important to the overall health and wellness of a human being.

Welcome

At Cottonwood, we recognize that behavioral health and addiction issues are not classifications but represent an individual's experience of pain and suffering. Those who come here are valued, supported, and recognized as unique persons who are capable of change. Our multidisciplinary team of licensed and highly skilled professionals includes:

Board Certified Psychiatrists | Medical Doctors | Nurses | Nurse Practitioners
CSAT | Registered Dietitian | Master's-level Clinicians | Recreational Therapist
Spirituality specialist | Grief and Loss specialist | EMDR Trained I and II

Primary Mental Health Treatment

Individuals seeking treatment for primary mental health diagnoses with or without a history of a substance use disorder will find Cottonwood the perfect environment in which to address such challenges.

We treat diagnoses including:

- Anxiety
- Depression
- Complicated Grief
- Mood Disorders
- Bipolar Disorder
- PTSD

Detox

Many individuals who seek treatment do so in order to address problematic use of mood-altering chemicals.

We provide a compassionate and safe approach when individuals require detoxification from a substance at our 8-bed detoxification unit.

Our services include:

- Medically Supervised Detox
- AcuDetox
- 24/Hr Nursing
- On-site Medical Doctors
- Psychiatric Evaluation
- Anti-ligature
- Pharmacogenetics Testing
- Full History and Physical Exam





Co-occurring Treatment

We find that many of those who enter treatment present with multiple diagnoses. Our compassionate team of expert professionals completes a thorough battery of assessments to fully understand an individual's history and treatment needs. In addition to treating substance use disorders, we also provide assessment and treatment of process addictions including:

- Video Game and Online Gaming Addiction
- Compulsive Gambling
- Non-suicidal Self Injury
- Eating Disorders/Body Image Concerns
- Spending Addiction
- Family of Origin Issues
- Sexual Compulsivity
- Obsessive Compulsive Disorders



Treating Trauma

Approximately 90 percent of our clients present in treatment with a history of trauma. Whether they experienced complex developmental trauma or trauma in their adult lives, these clients now face problems like PTSD, depression, anxiety, low self-concept, and central nervous system dysregulation. Our treatment approaches allow individuals to explore and process issues of trauma while learning skills to reduce emotional activation and other PTSD symptoms in an environment of safety and compassion.

Many of our counselors are Level I and II EMDR trained, allowing us to offer this valuable resource more frequently and effectively to support trauma recovery. In addition, we provide modalities such as:

- | | |
|---------------------------|-------------------|
| Somatic Experiencing | Mindfulness |
| Regulating Nervous System | CBT |
| Art Therapy | Narrative Therapy |
| Expressive Therapies | Equine Therapy |
| Conceptualizing Loss | Movement Therapy |
| Heart Math | |





Family Week



Many families develop patterns of interaction as a way to cope with the difficult realities associated with the individual's illness, such as controlling behavior, resentment, or rescuing behavior. If left untreated, these family dynamics can contribute to relapse for the individual and ongoing suffering for other members in the family system. Cottonwood's family week provides a structured, compassionate setting, allowing families to develop insight and implement changes that provide a solid foundation for recovery for all family members. The family week includes

- | | |
|--------------------------|--|
| Education Groups | Aftercare planning |
| Communication | Individual and family sessions (as needed) |
| Psycho dynamic exercises | Multiple family small group sessions |
| List of concerns/goals | |



Additional Services

Cottonwood provides a holistic approach to wellness based on the belief that each individual has a unique set of challenges and experiences recovery differently. Thus, it is our goal to meet our patients where they are. In addition to our highly trained, multidisciplinary clinical and medical team, Cottonwood's program features include:

- | | |
|------------------------|-----------------------------------|
| Fitness Center | Aftercare Planning |
| Massage & Acupuncture | Equine Therapy |
| Small Group Therapy | Rocks and Ropes |
| Individual Therapy | Non-Denominational Church Service |
| Psychoeducation Groups | 12-step meetings |



Cottonwood TUCSON

4110 W. Sweetwater Drive, Tucson, AZ 85745
CottonwoodTucson.com

For more information, please contact
(888)912.1195

