

Sweetwater



COTTONWOOD
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4110 West Sweetwater Drive
Tucson, Arizona 85745

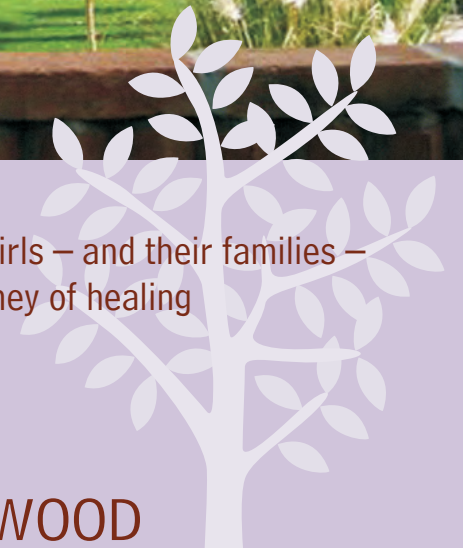


A safe place for adolescent girls – and their families –
to begin the journey of healing

1-800-877-4520

cottonwoodtucson.com

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Each young woman participates in the development of her own treatment plan and goals

The Sweetwater Program allows girls to explore their strengths and challenges in a structured and dynamic treatment environment, offering many opportunities for growth, education, and creativity. The program offers:

- Group and Individual Therapy
- Art Therapy
- Rock Climbing
- Karate
- Equine Assisted Therapy
- 12-Step Meetings
- Challenge Course Events
- Psycho-Educational Groups
- Nutritional Counseling
- Wellness Consultations
- Psychiatric and Medical Assessments and follow up care
- Intensive Family Therapy

Sweetwater is a 90-day residential program, internationally recognized for the treatment of co-occurring disorders with adolescent females ages 13-17.



Sweetwater shares 35 beautiful acres with Cottonwood Tucson while maintaining a unique and separate treatment experience.



It takes a unique program to treat teenage girls' addiction and co-occurring disorders

Assessment

Assessments are an important foundation of the Sweetwater Program. Our comprehensive assessment program allows us to understand and treat the individual needs of each girl. Our assessments include:

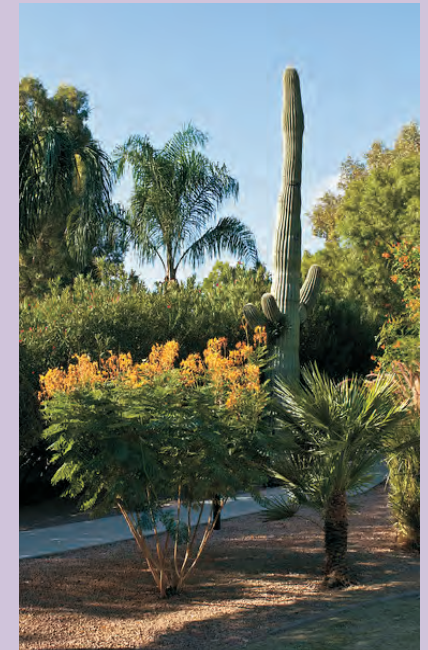
- Psychiatric Evaluation with follow up care
- Complete Medical Examination
- Psychological Assessment
- Neuropsychological testing provided by a Licensed Neuropsychologist
- Educational
- Nutritional
- Fitness Consultation
- Family Systems Evaluation

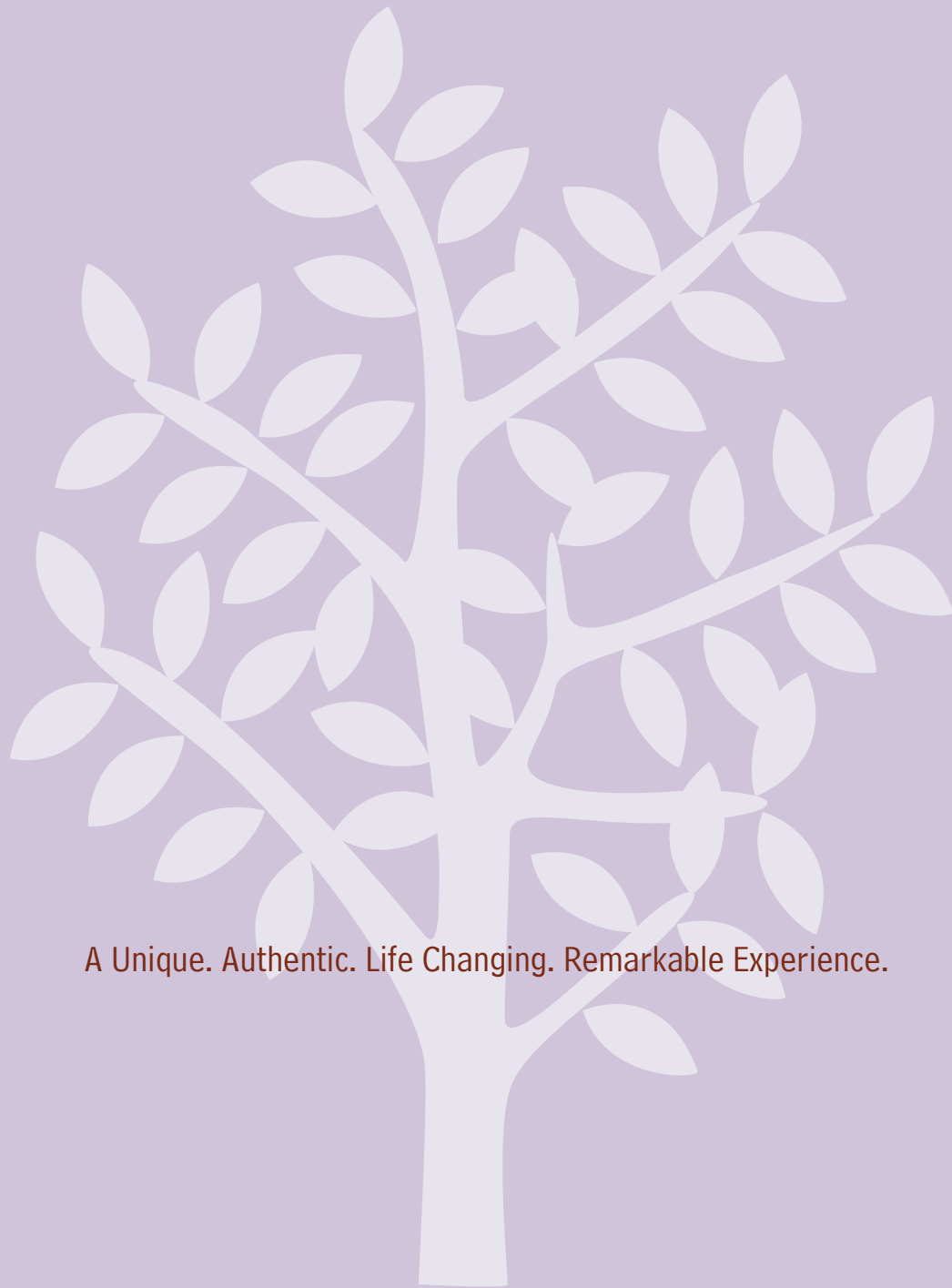


A safe place to begin
the journey of healing...
for over 25 years

Sweetwater is designed to address the complex and difficult issues facing adolescent girls today. Our experienced and compassionate team is able to skillfully care for issues such as:

- Substance Abuse/Dependence
- Depression
- Anxiety
- Self-Harm Behavior
- Trauma
- Eating Disorders
- Family Conflict
- Low Self-Esteem
- Grief and Loss





A Unique. Authentic. Life Changing. Remarkable Experience.

Education

The Sweetwater Program places a strong emphasis on scholastics, offering both structured classroom hours and a therapeutic curriculum designed to meet the unique educational needs of each girl. Educational services are provided by Desert Willows, a licensed school, offering both enrollment or tutoring options. Our Licensed Neuropsychologist works together with Desert Willows to target specific educational needs.

The Family Program

Helping families to heal is at the heart of the Sweetwater Program. Adolescents and their families have often been divided by problems such as conflict, anger, defiant behavior, substance use, trauma, and divorce. The Sweetwater Program offers ongoing family intervention to target issues of dysfunction in family systems in order to restore healthy boundaries, communication, and unity. Our family program includes:

- Structured weekly therapeutic phone calls
- A week of intensive family therapy
- Follow up two-day family therapy program
- Discharge planning and go-home contracting
- Referrals for family therapy

