

CAP

Cottonwood Assessment Program



COTTONWOOD
tucson

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CAP is a 4 day intensive **inpatient assessment program** providing a comprehensive evaluation that will focus on the specific needs of the individual.

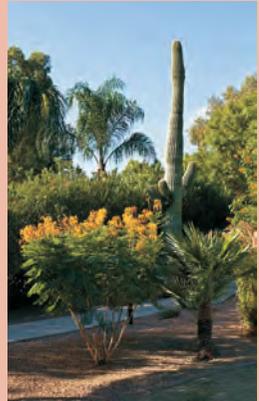
CAP is designed to meet the needs of the following:

- Cases of complex differentiated diagnosis
- Individuals with addictions or mental health issues who are not progressing in therapy
- Individuals who, following an intervention, may be willing to come for a thorough evaluation, without the intention of committing to a full inpatient stay
- Individuals needing a powerful, yet gentle supportive process to break through denial of substance abuse, behavioral addictions and/or mental health issues
- Individuals wanting a second opinion to previous diagnosis

The assessment team is comprised of a multidisciplinary group of psychiatrists, psychologists, addictionologists, psychiatric nurses, and licensed specialists in the fields of chemical dependency, behavioral addictions, eating disorders, trauma, sexual issues, nutrition, fitness, grief and spirituality.

The program includes:

- Pre-admissions screening to determine appropriateness
- Bio-psychosocial history and assessment
- History & physical assessment, including labs
- Chain of custody urine screen
- Psychiatric evaluation, with secondary psychiatric consultation
- Comprehensive battery of psychological testing, including a basic neuropsychological evaluation
- Specialized neuropsychological workup, if indicated
- Chemical and behavioral compulsivity assessment
- Trauma consultation
- Grief and loss consultation
- Spirituality consultation
- Nutritional assessment, body composition analysis and mindful eating plan
- Therapeutic fitness assessment
- Specialized medical workups, if indicated, through the University of Arizona Medical Center



To provide the most thorough and comprehensive evaluation, collateral information is obtained from significant individuals in the patient's life.

The process also includes participation in educational presentations, psychoeducational groups, lectures including mindfulness and life skills, 12-step meetings, including Cadeusus, Lawyer's 12-Step and "Birds of a Feather" (professional pilot's recovery) groups. If indicated, the individual may participate in Tai Chi, yoga and other Eastern approaches. **Throughout the process, members of the team meet to discuss and integrate their findings. At the end of the 4 days, a roundtable meeting is held with the patient to discuss strengths, findings and treatment recommendations.** This meeting is set up so that referents or significant others can participate either in person, or by teleconference. A comprehensive report is the final component to the CAP process.