



COTTONWOOD
tucson

August 2010

Alumni News...

the journey continues

Happiness

What is happiness? Dictionary.com explains it as the quality or state of being happy, good fortune, pleasure, contentment, or joy. I use to think happy meant laughing all the time or being in a state of excitement. I now know that happiness is a more quiet subdued feeling for me. I like the word contentment. I am content 98% of the time. What I know now is that what makes me happy and what makes you happy are two different things. Whatever puts a smile on your face is determined by you, and only you. That difference is what makes the world interesting.

Are you happy in your recovery? The book of *Alcoholics Anonymous* says we insist on enjoying life, page 132, and it says we are certain God wants us to be happy, joyous, and free, page 133. In new recovery it is sometimes hard to see how we'll ever be happy. The wreckage of the past is staring us in the face and we don't have our old behaviors to hide in, not if we are trying to live a healthy and sane life. So happiness can seem like a concept out of reach. The one saying I love more than *Keep Coming Back* is *Don't Give Up Before the Miracle*. Most of the people who felt hopeless in new recovery today will tell you they are happy. Maybe not belly laughing, gut wrenching, fall out of your seat happy, but happy nonetheless. Today happiness looks more like contentment, serenity, love and freedom from chaos. Happiness is bills paid and money in the bank. It is a spouse who loves us and friends who respect us. It's a job well done and a purpose in life. Today happiness is the complete love and understanding of the being that you are, and the soul you have. When you understand the purpose of and for your life, you will be content and therefore, happy. It's a journey you don't want to miss.

Cottonwood is a unique and life changing experience. Hope and happiness begin with the first step. Let Cottonwood help you begin the journey.

If you have any questions, please contact me at shicks@cottonwoodtucson.com or call 520-743-0411 extension 2517.

Be well, Sally

Why Me and Why Now?

Extended Care After Inpatient Treatment

by Eric Parrish MA, LPC

"What do you mean I need extended care?" Macy exclaimed? This was Macy's first meeting with her primary counselor to discuss her aftercare plan. She is 24 years old and finds herself going through inpatient treatment for a second time. Extended care had been mentioned her first treatment, but Macy was able to convince her counselor and family that she could stay sober. Macy represents approximately 70% of patients in primary treatment who are at high risk for relapse and should consider an extended care. Extended care provides individuals like Macy an opportunity to more fully accept and understand the nature of their struggles and to learn recovery skills without the time constraints of primary care.

Why Me and Why Now?

Extended Care After Inpatient Treatment

by Eric Parrish MA,LPC

What is Extended Care?

Extended care facilities serve as a bridge between inpatient treatment and a fully integrated life in recovery. Not all persons who complete inpatient treatment are prepared to utilize community resources or family supports to maintain sobriety. Although they may have some initial resolve to pursue recovery, they may be overwhelmed by complexities in life and their risk of relapse dramatically increases. In such cases, individuals return to inpatient treatment for the second, third, and even fourth time. Extended care is designed to give such persons the opportunity to be reintroduced to life at a slower pace; while developing insights into the barriers to recovery. Additionally, individuals learn more effective skills to use to counter relapse behaviors. (To learn about signs of relapse see *The Phases and Warning Signs of Relapse* by Terrence Gorski, Marlene Miller - June/1993). Primary treatment typically consist of a four to six week stay, while most extended care facilities offer a 90-day program, with some providing care extending longer than a year. Extended care utilizes treatment planning that builds on skills the individual developed during inpatient treatment, while employing a variety of treatment modalities to continue assisting in the development of new insights and a more effective recovery skill set.

Why It Works

The first time Macy left inpatient treatment she was motivated to stay sober and to return to her life as a college senior. Although she was highly motivated, Macy came face to face with the stress of life as a fulltime student coupled with escalating family conflict. Soon, Macy became depressed and hopeless. She became increasingly isolative, began engaging in relapse behaviors, and spiraling downward. Research suggests that the longer a person is in treatment, the better chance they have for a successful recovery. In fact, the Partnership For a Drug Free America sums it up this way: "To be sure, some people can quit drug use cold turkey, or they can quit after receiving treatment just one time at a rehabilitation facility. But most of those who abuse drugs require longer-term treatment and in many instances, repeated treatments." Extended care builds on foundational assessments of primary treatment and allows for the development of new insights and skills for the next stage of recovery. There are two key reasons extended care works. First, reintegration is a gradual process and second, clients are offered the long - term support of Clinical Staff.

Slowing down the clients reintegration heightens the chances of successful recovery in many ways. Typically, people who enter primary inpatient treatment have tried everything else. At that point, the disease of addiction has resulted in despair and destruction, requiring that individuals start from the bottom and work to rebuild their lives. For most persons the addiction has festered for only a matter of months, and for some years. While the focus of primary treatment is to begin rebuilding torn lives, it also allows just enough time for a person to realize the effects of the disease in their overall life. In the best of scenarios, the patient finishes primary treatment with great self - awareness and more effective strategies to cope with life in the future. Extended care fosters opportunities to practice the skills they have developed by gradually reintroducing life stressors, while in the company of supportive staff and peers, and evaluating what is working and what is not working as it pertains to recovery. Extended care gives those in early recovery time to sharpen the skills they gained in primary treatment, obtain new skills, and most of all afford them the experience of integration within the community.

The long-term relationship the extended care client has with the clinical staff provides far more intensive support than any typical outpatient provider. With access to a variety of treatment approaches, extended care clients are able to participate in therapies that focus on mind, body, and spirit. Extended care also allows clients access to local 12-step meetings, addressing many issues common for those in early recovery. With a focus on the spiritual principles of recovery, extended care provides venues to integrate 12-step work in support of ongoing recovery, allowing clients to understand that recovery is a process an not an event.

Many people who complete inpatient treatment believe that it saved their lives. Extended care allows people to reclaim their life in ways that are meaningful, healthy, and filled with milestones of growth and spiritual development.



Sweetwater Adolescent Program

Sweetwater is a 90-day residential program, internationally recognized for the treatment of co-occurring disorders with adolescent females ages 13-17. The *Sweetwater Program* has been designed to help girls and their families recover and make changes necessary to improve the quality of their lives. *Sweetwater* places a strong emphasis on scholastics, offering both structured classroom hours as well as a therapeutic curriculum designed to further the intellectual, emotional, and spiritual growth of each girl. Cottonwood de Tucson's *Sweetwater Program* is a recipient of the **Woodbury Reports, Inc. "Excellence in Education Award"** having been selected on the basis of our excellent reputation for producing positive and consistent results with at-risk young girls and their families. Additionally, Cottonwood Tucson is a proud member of [National Association of Therapeutic Schools and Programs \(NATSAP\)](#). If you and your family are struggling with addiction or depression, please contact us, Cottonwood Tucson (see below) and let us help you and your family experience recovery and health.

InnerPath Retreats

Beginnings & Beyond

September 20-24

Developing Healthy Relationships

Dec 2-5

Women's Retreat

Aug 30-Sept 3

Developing Healthy Families

Monday • Friday
Contact us to schedule

We offer several 4 and 5 day programs for individuals, couples, and families who want to focus on codependency, relationships, communication, grief, loss, trauma, and anger. InnerPath is like a mini-Cottonwood experience where you can come back for a boost to your personal recovery plan. All of our retreats are held at the Cottonwood Nash House, meals and lodging included, and are limited to 8 people. Rokelle Lerner who is a therapist, author, and codependency expert, is our facilitator. Please contact Jana Zeff at 520-743-2141 or e-mail her at jzeff@cottonwoodtucson.com for more information about InnerPath.





Phoenix Alumni Meetings

Dear Phoenix Alumni,

I look forward to seeing you and supporting you as you continue your journey towards recovery. We meet every other Tuesday night at the **ABC Wellness office**, located at **7219 E. Shea Boulevard Scottsdale, AZ 85260**. This months topic will be, **“What are You Thinking About Today?”** The meeting time is from **7:00pm until 8:30pm**. The 2010 dates are listed below. Hope to see you there.

2010 Phoenix Alumni Meeting Dates

Aug 3 & 17 Sept 7 & 21 • Oct 5 & 19 • Nov 2 & 16 • Dec 7 & 21

Farmington/Durango Alumni Meetings

Dear Farmington and all our New Mexico alumni,

I am looking forward to the September Alumni meeting. Your meeting topic will be **“How to be Happy No Matter What’s Happening”** We have a great group of alumni who are serious about supporting each other. The 2010 meetings will be held at the **First Baptist Church at 511 W. Arrington, 87401 in Farmington, NM.** (west side of building) The meeting time is from **7:00pm until 8:30pm**. I hope to see you there, all are invited.

2010 Farmington Alumni Meeting Dates

September 27 • November 29

Tucson Alumni Meetings

Dear Tucson Alumni,

Just a reminder, that your alumni meeting meets every Wednesday from 6pm until 7:30pm at the Cottonwood campus. On the first Wednesday of every month you can come early (5pm) and have dinner (\$5 a piece). You may also bring one guest. This is a great opportunity to show your sponsor or a family member a small piece of the recovery process. We have a presentation on the first Wednesday of every month. The Cottonwood staff will present different topics to help with your journey towards wellness. Every third month we feature an alumni speaker and we have a short meeting afterward.

I’m hoping that you will come and support you alumni meeting. The special bond the Cottonwood alumni have is special and I hope you will remember that together we can do what we could not do alone.

For more information, click here shicks@cottonwoodtucson.com or call 520-743-0411 extension 2517 or toll free 800-877-4520 www.cottonwoodtucson.com