



COTTONWOOD
tucson

December 2009

Alumni News...

the journey continues

Relapse Prevention: "The Plan"

'Tis the season, so they say. It's usually this time of year that we see newcomers to recovery fret about how to get through the holidays without drinking. The key is to have a plan, that is really what Relapse Prevention is... "The Plan." Plan where you are going, plan who you will be spending time with, plan to take your own car. Plan to carry phone numbers with you. Plan to go to lots of meetings for support. Plan what you're going to say if your old buddies try to push drinks on you. Plan to stay sober no matter what, in other words plan to plan! I'm planning to have fun this season and I hope you will to. Have a safe, fun, happy, loving, sober holiday.

Please support your alumni meetings and find strength and understanding as we experience recovery together.

If you have suggestions for future newsletter topics, please e-mail me at shicks@cottonwoodrecovery.com.

"Trust God, clean house, help others" Big Book pg

Recovery in Action

Relapse is a process that starts long before a recovering person begins to use a mood-altering substance or resorts to a destructive behavior. The process of relapse is marked by warning signs that typically take the form of unhealthy attitudes, behavior and beliefs. In relapse-prevention groups, our behavioral health clinicians help patients to identify potentially difficult feelings and destructive thought patterns. We use adaptive mood intervention skills and cognitive restructuring to interrupt the dynamics of the relapse pattern. Patients are also helped to identify high-risk attitudes and behaviors that can undermine their recovery efforts and develop more rational and adaptive ways to manage them.

"**Recovery in Action**" is a small group focusing on relapse prevention and life after treatment. Every Monday night from 6 pm until 8 pm alumni meet with Robin Knapik and map out their own plan for relapse prevention. Robin will guide and teach you many ways to maneuver toward new recovery. You will learn how to take back your life, gain strength, and live free of the addiction that used to control your life. The process requires you to identify the circumstances in life that control your behavior. Once those patterns are uncovered and discovered you will learn how to discard them and replace them with healthy new behaviors, thoughts, and actions.

"**Recovery in Action**" will enable you to face life free of fear with a determination to kick relapse out the window. If you find that you are having problems staying clean and sober, sign up today.

Contact Jana Zeff @ 520-743-2141 or e-mail her @ jzeff@cottonwoodrecovery.com.

Farmington/Durango Alumni Meetings

Dear Farmington and all our New Mexico alumni,

Cottonwood hopes you have a happy healthy Christmas and holiday season. I won't be seeing you until next year, so I am including the 2010 schedule. I hope life and recovery are exceeding your greatest expectations. The 2010 meetings will be held at the **First Baptist Church at 511 W. Arrington, in Farmington, NM.**

January 25—March 29—May 24—July 26—September 27—November 29

7:00 pm- 8:30 pm

Tucson Alumni Meeting

This month our presenter needs no introduction as I believe everyone knows Charles Gillispie, one of Cottonwoods adult counselors, poet and published author. This month Charles will be presenting, "Writing; a Gift not a Chore." If you love to write, if you hate to write, if you wished you could write, then I hope you will step out of your comfort zone and experience writing in a fun new way. If you don't think writing is a talent you possess let Charles show you how easy it can be.

On the first Wednesday of the month you are welcome to join us for dinner and the presentation. Dinner is served at 5:00 p.m. and meal tickets are \$5 each. We eat in the Lodge and the presentation starts promptly at 6:00 p.m. in Willson Hall. Please feel free to bring a guest.

Coming together, recovering together, sharing together, and succeeding together... that is the essence of the Cottonwood Alumni Meeting.

Merry Christmas and Happy Holidays, Sally

Phoenix Alumni Meetings

This month the Phoenix alumni meeting will be focusing our meeting topic on "Relapse Prevention." No matter how long you have been in recovery relapse could visit you and your thinking if you are not growing towards a spiritual experience. Lets discuss how to stay sober, sane and happy throughout this Christmas and holiday season. Please attend and share your experience, strength, challenges and hope with your friends from Cottonwood. We will move to our new meeting place in January 2010. I will keep you posted.

We meet every other Tuesday at:

6615 N. Scottsdale Rd., Suite 100 in Scottsdale, AZ

December 1 & 15

7:00 pm - 8:30pm



InnerPath Retreats

Beginnings & Beyond

Dec 7-11 • Jan 18-22 • Feb 15-19

Women's Retreat

Jan 11-15

Relationships (couples) Retreat

Dec 3-6 • Feb 11-14

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 and 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@cottonwoodrecovery.com for more information about InnerPath.

Sweetwater Adolescent Program

It's hard to believe a new year is almost here, with 2009 marking a year of exciting new developments for our **Sweetwater Adolescent Program**. We are happy to report that our re-structured 90-day residential program continues to exceed our expectations and has operated at near capacity during this time. Our newly augmented adolescent treatment curriculum has been designed to respond specifically to the individual needs of each patient.

The **Sweetwater Program** also offers a strong emphasis on scholastics, working closely with our licensed neuropsychologist and Desert Willows, a certified secondary school, to meet the individual educational needs of our patients. Our academic staff is prepared to meet the advanced educational requirements that many of the girls currently face, including Advanced Placement courses.

The treatment team uses a comprehensive assessment protocol to identify potential areas of need for each girl, including learning difficulties, underlying medical and psychiatric disorders, or nutritional concerns. The Sweetwater treatment team continues to work hard in helping each girl develop more adaptive skills to cope with difficult and painful life experiences, including trauma, substance abuse, family conflict, social difficulties, and school challenges. Together with patients and their families, the treatment team formulates goals designed to support our patients in reaching specific milestones in recovery. A number of girls have now completed the **Sweetwater Program** and have reported that they are staying sober and stable in their lives.

If you know of anyone who has a female adolescent struggling to live life in a healthy way please contact Cottonwood, we would like to help.

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