

Cottonwood de Tucson

(Residential Treatment Center)

CONTACT		PROGRAM OUTLINE	
Phone:	(800) 877-4520	Gender:	Girls only
Executive Contact:	Kathleen Parrish	Ages:	13 to 18
Admission Contact:	Andrew McIntyre	Grades:	N/A
Email:	amcintyre@cottonwoodtucson.com	Enrollment:	8
Fax:	(520) 743-7991	Duration:	minimum 90 days
Address:	4110 W. Sweetwater Drive Tucson, AZ 85745	Founded:	1984
Website:	www.cottonwooddetucson.com		



NATSAP

Member Since: 2000



Airport: Tucson

Cottonwood de Tucson places spirituality at the core of experientially based programs designed to promote self-awareness, empowerment, and the potential for positive life changes. We offer a patient-centered approach with a strong 12-step orientation that allows for the development of new insights and behaviors necessary to promote change. Cottonwood provides each adolescent an opportunity to develop new skills and strengths that enable them to cope more effectively with life challenges. This is accomplished during a minimum 90-day treatment stay.

Cottonwood de Tucson offers in-patient treatment for adolescent females ages 13-18 years of age. Cottonwood offers treatment for co-occurring disorders, including chemical dependency, depression, eating disorders, post-traumatic stress disorder, relationship difficulties, family of origin conflict, self-mutilation, anxiety disorders, and ADD/ADHD. Cottonwood provides a week long, intensive family therapy program designed to improve communication, address conflict, and enhance relationships. Family members are strongly encouraged to participate in the development of treatment strategies and aftercare plans, including a possible return home or a referral to a therapeutic boarding school.

Cottonwood places a strong emphasis on scholastics, offering both structured classroom hours as well as a therapeutic curriculum that is designed to further the intellectual, emotional, and spiritual growth of each girl. Cottonwood's educational programming is offered on site, through a fully accredited school, so that each girl can continue to reach her educational goals.

As part of a holistic treatment approach, Cottonwood provides extensive evaluation and assessment services, including an initial psychiatric and medical evaluation. Nutritional and fitness consultations allow each girl to focus on developing a personal wellness program, consistent with her recovery goals. Cottonwood's clinical team provides ongoing assessment throughout the course of each girl's treatment through both individual and group counseling.

Cottonwood incorporates a variety of treatment modalities including equine assisted therapy, rocks and ropes course, yoga, expressive arts, self-defense, and group and individual therapy.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: Arizona Department of Health Services, Office of Behavioral Health Licensing; Commission on Accreditation of Rehabilitation Facilities (CARF)

Professional Affiliations: NATSAP-Full Member; Better Business Bureau; Chamber of Commerce