

## Sweetwater Program

(Residential Treatment Center)

| CONTACT                                                                                                                                                                                                                                                                                                       | PROGRAM OUTLINE                                                                                                                                      |
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| <b>Executive Contact:</b> Kim Sines<br><b>Admissions Contact:</b> Musomi McDowell<br><b>Email:</b> lweichelt@cottonwoodtucson.com<br><b>Phone:</b> (800) 877-4520<br><b>Fax:</b> (520) 743-2191<br><b>Address:</b> 4110 West Sweetwater Drive<br>Tucson, AZ 85745<br><b>Website:</b> www.cottonwoodtucson.com | <b>Gender:</b> Girls Only<br><b>Ages:</b> 13 to 17<br><b>Grades:</b> N/A<br><b>Enrollment:</b> 8<br><b>Duration:</b> 90 days<br><b>Founded:</b> 1984 |
| <br><b>Member Since:</b> 2000                                                                                                                                                                                                | <br><b>Airport:</b> Tucson, AZ (TUS)                                |

The **Sweetwater Program** is 90-day program for girls ages 13-17 that has been designed to help girls and their families to recover and make those changes necessary to improve the quality of their lives. The **Sweetwater Program** 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. Our 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.

The **Sweetwater Program** utilizes a unique and engaging approach to the treatment of co-occurring disorders. This approach allows for the use of various treatment modalities that offer opportunities for introspection, insight, skill development, and social integration. Our program treatment for co-occurring disorders such as:

- Chemical Abuse/Dependency
- Depression
- Anxiety
- Low Self-Esteem
- Trauma
- ADD/ADHD
- Eating Disorders
- Grief and Loss
- Self-Harm Behavior
- Family Conflict

Treatment is enhanced by a week-long, intensive family program, designed to enrich family relationships. Family members are offered classes in effective parenting and communication skills. The **Sweetwater Program** also includes comprehensive aftercare planning that targets the patient's ongoing treatment needs. Aftercare recommendations may support a return home to engage in outpatient therapy and individual counseling or admission to a therapeutic boarding school.

**Individual Psychotherapy Available:** Yes

**Accreditation, Licensure:** Arizona Department of Health Services; Bureau of Residential Facilities Licensing; Commission on Accreditation of Rehabilitation Facilities (CARF)

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