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Cottonwood: Continued from page 17

While Cottonwood is known for their substance abuse program, they work with all emotional and behavioral issues. A full 25 percent of their patients are dealing with trauma, depression and other disorders, with no substance abuse issues.

The program employs best current practices including cognitive behavioral therapies and stages of change with all counselors knowledgeable in Motivational Enhancement Interviewing approaches. The focus is often on helping patients to explore what the patient wants in his or her life, while looking at their strengths, needs, abilities and preferences. They believe that a program cannot force feed patients, but they can help them see for example, how drugs are keeping them away from what they want to achieve in their life.

Group therapies using cognitive behavioral approaches take place two hours a day, five days a week. Lectures and small therapy groups are held throughout the week. These include trauma, nutrition, mood, food, sleep disorders, depression and co-dependency. Experiential work includes mind, body, meditation, psychodrama, mind/mood, kick boxing, challenge courses and equine therapy. The evenings include 12-Step groups in the community and additional lectures. The typical length of stay is five to six weeks.

The adolescent program, called Sweetwater, also works with a variety of problem areas, in addition to substance abuse. It was reported to me that the program's strengths are in the refinement of differential diagnoses, family focus and working with a "softer" girl. They screen out oppositional defiant and conduct disordered girls.

The adolescent girls program has many of the same approaches and shares some resources. For example, family groups include both the adults and adolescents with adolescent specific breakouts.

The adolescent program includes the treatment of substance abuse, mood disorders, sub-acute eating disorders, and includes those who are at risk of self-harm. The adolescent program also stresses cognitive behavioral therapies as well as extensive experiential therapies including rock climbing, art therapy, equine therapy, expressive arts and others. Cottonwood's adolescent patients also receive individual, group and family therapy and attention is also paid to full psychiatric and medical assessments. Their treatment model attempts to address the girls through a holistic approach, involving the mind, body and spirit.

During my two hour visit, all patients were in treatment groups and I was unable to speak with any of the girls. My general impression of the program was that for parents who want a