This focus is reflected in their staffing which includes MD's, physician assistants, psychiatrists, certified addiction specialists, registered nurses, eating disorder specialists, registered dieticians and therapeutic activity and fitness specialists including equine therapists.

Sierra fully integrates specialists into each patient's clinical team, which results in a variety of traditional and integrative therapies. Sierra offers a staggering array of treatments including the usual hospital psychiatric programming, 12-Step philosophies, group therapies, cognitive/ emotional/ behavioral therapies, relapse prevention and family systems. Other therapies include experiential, anger, Somatic Experiencing, psychodrama, Eye Movement Desensitization and Reprocessing (EMDR). Additionally, acupuncture, chiropractic work, Swedish massage, Shiatsu massage, Qi Gong, Reiki, Yoga and Zero Balancing are integrated into the patient's experience. Sierra goes way beyond what most quality hospitals offer, even in comparison to the 80's and 90's when hospitals were well funded through insurance policies.

Needless to say, this innovative psychiatric/ behavioral health program for adults caters to bright, creative, open minded and well funded patients who have the means to take advantage of their excellent psychiatric and behavioral "best practices" treatments. These adults are obviously willing to look well beyond traditional treatments to overcome the obstacles that prevent them from living a full, enriching and healthy life.

Because of the nature of confidentiality in hospital settings, I was not able to speak with patients. However, during my tour, I watched as patients rode horses, worked out in a spa like health club, and meandered through the well manicured desert paths of the grounds.

Having been a clinical director for a well funded and progressive hospital in the 1980's, it was apparent to me that Sierra Tucson had the foresight and courage to adjust to the realities of managed care by advancing hospital treatment to a level that only a few can ever experience.

Thar hain't nothin as uncommon
as common sense.

~Abe Martin

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