



CAP

COTTONWOOD
ASSESSMENT PROGRAM

CAP is a 5 day intensive inpatient assessment program providing a comprehensive evaluation that will focus on the specific needs of the individual.

CAP is designed to meet the needs of the following:

- Cases of complex differentiated diagnosis
- Individuals with addictions or mental health issues who are not progressing in therapy
- Individuals who, following an intervention, may be willing to come for a thorough evaluation, without the intention of committing to a full inpatient stay
- Individuals needing a powerful, yet gentle supportive process to break through denial of substance abuse, behavioral addictions and/or mental health issues
- Individuals wanting a second opinion to previous diagnosis
- Professionals that require independent recommendations related to emotional or behavioral concerns affecting fitness for duty or planning a clinical course of action

The assessment team is comprised of a multidisciplinary group of psychiatrists, psychologists, addictionologists, psychiatric nurses, and licensed specialists in the fields of chemical dependency, behavioral addictions, eating disorders, trauma, sexual issues, nutrition, fitness, grief, and spirituality.

THE PROGRAM INCLUDES :

- ▶ Pre-admissions screening to determine appropriateness
- ▶ Bio-psychosocial history and assessment
- ▶ History & physical assessment, including labs
- ▶ Chain of custody urine screen
- ▶ Psychiatric evaluation, with secondary psychiatric consultation
- ▶ Comprehensive battery of psychological testing, including a basic neuropsychological evaluation
- ▶ Specialized neuropsychological workup, if indicated
- ▶ Chemical and behavioral compulsivity assessment
- ▶ Trauma consultation
- ▶ Grief and loss consultation
- ▶ Spirituality consultation
- ▶ Nutritional assessment, body composition analysis and mindful eating plan
- ▶ Therapeutic fitness assessment
- ▶ Specialized medical workups, if indicated, through the University of Arizona Medical Center

CAP Schedule

Date/Time Activity

SUNDAY

3:00-3:30	Check-in/Admissions
3:30-4:30	Nursing Assessment
4:30-5:00	Orientation & Tour
5:00-6:00	Dinner

MONDAY

5:30-6:00	Lab Tests
7:00-8:00	Breakfast
8:10-12:00	Psychological Assessment
12:00-1:00	Lunch
1:00-3:00	Medical History & Physical
3:00-4:15	Yoga Flow
4:15-5:00	Bio-Psych Social Assessment
5:00-6:00	Dinner
6:00-7:00	Origami - The Art of Bookmaking

TUESDAY

7:00-9:00	Breakfast
9:00-10:00	Substance Abuse Assessment
10:00-12:00	Psychiatric Evaluation
12:00-1:30	Lunch
1:30-2:30	Trauma Assessment
3:00-4:00	Relationship & Spiritual Assessment
5:00-6:00	Dinner
6:00-7:00	Explorations in Expressive Art Therapy

WEDNESDAY

7:40-8:00	Body Composition (before food)
8:00-9:00	Breakfast
9:00-10:00	Bio-Psych Social Assessment Review
10:00-11:30	Nutrition Assessment & Consult
12:00-1:00	Lunch
1:45-2:45	3 Ways People Heal & Changes
2:45-3:45	Fitness Assessment & Consult
4:00-5:00	Grief Assessment
5:00-6:00	Dinner
6:00-7:30	Developing a Positive Outlook

THURSDAY

7:00-9:00	Breakfast
9:00-10:00	Medical Physical Results
10:00-11:00	Findings & Recommendations



To provide the most thorough and comprehensive evaluation, collateral information is obtained from significant individuals in the patient's life.

The process also includes participation in educational presentations, psychoeducational groups, lectures including mindfulness and life skills, and 12-step meetings. If indicated, the individual may participate in Tai Chi, yoga and other Eastern approaches.

Throughout the process, members of the team meet to discuss and integrate their findings. At the end of the 5 days, our staff will meet with the client, families and referent to discuss strengths, findings and treatment recommendations. This meeting is set up so that referents or significant others can participate either in person, or by teleconference. A comprehensive report is the final component to the CAP process.

OUR MISSION

{ Improve the lives we touch }



Cottonwood
TUCSON

For more information, please contact
(888)912-1195 or (520)743-0411

4110 W. Sweetwater Drive, Tucson, AZ 85745
CottonwoodTucson.com