

— *your* —

# RENEWAL

AN ORIENTATION FOR RECOVERY

ROSEWOOD RANCH

2019

*Welcome*

WICKENBURG, ARIZONA



WELCOME TO

— *your* —

# RECOVERY

---

---

Congrats, you are one brave and powerful human being. We know that's really hard to believe right now, but you did it, you've made it here. Which means you have taken an imperative step toward healing the most important person, you. Whatever your reason for picking up that phone, we are so very happy you did. We can not wait to help you see what people have seen for years. You are worthy of success and happiness. You will find this belief again as you find your voice, your inner beauty and strength with us at Rosewood. Here, we will create a program tailored just for you, planning exactly what you need as you need. It will be a work in progress, just like you. Our mission here is to help you step out from behind the shadows of an eating disorder and step into the light of recovery. You can do it. We know because we already have seen what you can do. You called us.



Just as no two people are alike, no two people experience an eating disorder in the same way and no two patients take the same path to recovery, even when they share the same diagnosis. That's why we take a holistic approach to your treatment. Our gentle treatment solutions at Rosewood meet you where you are—creating a supportive, safe and tailored space for you to heal. Our empathetic clinicians and staff treat patients with compassion and authenticity. And as a result, you will experience renewed hope and empowerment as you make progress step-by-step in your spiritual, emotional, social, psychological and physical health.



YOU ARE  
MORE  
THAN YOU SEE

— *your* —

# TEAM



It takes world-class expertise, teamwork and unwavering dedication to develop a sophisticated treatment program as innovative and successful as Rosewood. We're proud to include many of the industry's most respected clinicians, therapists, physicians, dietitians and nutritionists among our leadership team. Rosewood's experts bring experience, skill and compassion to their work.

The multidisciplinary care teams at Rosewood are skilled to guide you to achieve lasting recovery from eating disorders and co-existing disorders. Our staff members are passionate about what they do, and they find their greatest joy and satisfaction in your success.

— *your* —

# FIRST DAY



ASKING FOR HELP  
IS A SIGN  
OF STRENGTH,  
NOT FAILURE



## ARRIVAL

Welcome. It's your first day. We'll be there waiting to greet you and your family at the door.

## MEET AND GREET

Now it's time to meet the staff at Rosewood Ranch. Many of us are in recovery too, so we can relate to what you're going through from a perspective that's both non-judgmental and compassionate. There's no need to be nervous. We're here to listen and we understand. The fact that you had the courage to reach out and are here today is an inspiration to us.

## MEDICAL AND PSYCHIATRIC ASSESSMENT

Our clinical team will spend some time with you conducting a medical and psychiatric evaluation to ensure that whatever issues you may be dealing with are properly diagnosed and treated during your stay with us.

## TREATMENT PLAN

In creating your treatment plan, we take into account everything that has led you to this point - past medical history, co-occurring disorders, life circumstances, personal goals, and individual preferences. Throughout the treatment and recovery process, we'll work closely with you and your family when appropriate to adapt the treatment plan as needed.

## PRIMARY THERAPIST INTRO

You'll be partnered with a primary therapist so you feel comfortable and personally attended to during your stay. This is a great opportunity to not only learn about our therapeutic philosophy and various treatment modalities, but also spend some informal one-on-one time getting to know your therapist.



## A DAY IN THE LIFE

---

---

Your daily schedule will be reflective of your treatment needs and how we can best support your recovery, but we want to give you a general overview of what a typical day will look like so you have a better understanding of what to expect as you begin acclimating yourself to life here.



STOP MEASURING  
&  
START LIVING



The background of the page is a light beige color, framed by several feathers with intricate white and brown patterns. The feathers are arranged vertically and horizontally, creating a decorative border. The central text is organized into three sections: MORNING, AFTERNOON, and EVENING, each with a list of activities.

MORNING

Meal  
Daily Check In  
Goals  
Yoga  
Group/Experiential

AFTERNOON

Meal  
Process Group  
Experiential  
Lecture  
Community

EVENING

Meal  
Holistic Therapy  
Group Expression  
Relaxation  
Daily Inventory

*your*

# UNIQUE PATH

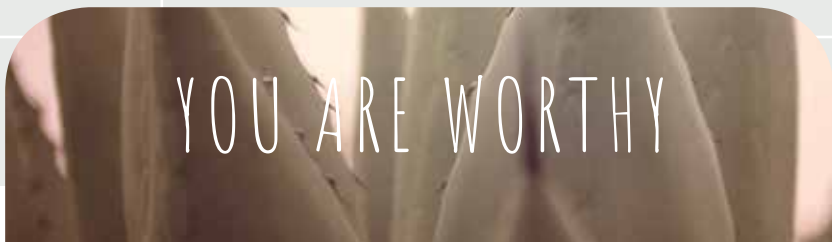


An eating disorder for many people, especially after years of living with it, often becomes an identity—a way of living in the world, avoiding fear, having control, and feeling safe. It can become difficult to remember who you were prior to your disorder.

We will hold your hand as you face your fears, acknowledge the hurt, and help you re-connect with who you truly are. We will work together to create a roadmap for a successful recovery. It reflects your goals, aspirations, preferences and abilities.

We are so very excited to meet you and can't wait to begin this journey of recovery together. On the next two pages, you'll see some of the various treatment modalities and holistic therapies offered here at Rosewood Ranch. You may participate in all of these or just some. It all depends on what you need in order to accomplish your goals. We will be walking with you every step of the way. You can do this.

<p>EMDR <i>(eye movement desensitization &amp; reprocessing)</i></p>	<p>The goal of EMDR therapy is to process traumatic and distressing memories, reducing lingering effects and is a way to develop effective ways of coping when painful memories are triggered.</p>
<p>DBT</p>	<p>DBT (Dialectical Behavior Therapy) gives you skills to manage painful emotions and decrease conflict in relationships. Sessions that you'll participate in include Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance.</p>
<p>MOTIVATIONAL THERAPY</p>	<p>Our goal here is to encourage you to develop the desire and motivation you need to realize true change in your attitudes and behaviors involving eating disorders and substance abuse.</p>
<p>12 STEP</p>	<p>A structured, time-proven approach created with the goal to give patients the skills and tools they need to avoid relapse and achieve long-term recovery.</p>
<p>PSYCHO-THERAPY</p>	<p>Sessions are conducted face-to-face, where you can discuss your thoughts and feelings, exploring how each affects mood and behaviors. Talking about these issues with your therapist, you will learn how to make positive changes in your mental approach and behaviors, improving self-control and self-confidence and gaining a deeper sense of your authentic self.</p>
<p>CO-OCCURRING DISORDERS</p>	<p>A co-occurring disorder describes the presence of two or more disorders at the same time. For example, a person seeking eating disorder treatment may also be suffering from substance abuse. By addressing both the eating disorder and the substance use disorder at the same time as well as applying a variety of other therapies, a patient can make significant improvements.</p>
<p>FAMILY GROUP/ PROGRAM</p>	<p>The entire family is affected when a loved one struggles with an eating disorder. The purpose of our family groups is to help repair strained relationships and teach family members vital skills in supporting your recovery and life after treatment. You can read more about our family program in the next section.</p>



YOU ARE WORTHY

<p>PSYCHO- DRAMA</p>	<p>A creative therapeutic method that uses guided dramatic action and role-playing to help you explore and confront problems. This helps you learn to seek new solutions to old problems, along with making great strides in personal growth and developing fresh insights as well.</p>
<p>GROUP THERAPY</p>	<p>Gives you a grounded perspective on many of the issues that affect your behavior. You learn what trauma is and how both large and small traumas may have impacted your life; the differences between what a person experiences as a victim, survivor, or as someone who thrives; how to identify the ways in which past trauma is triggered through everyday events; and how to employ grounding tools that will help you make good choices even when triggered by overwhelming thoughts and feelings.</p>
<p>NUTRITIONAL EDUCATION</p>	<p>Mealtimes are communal and deeply nourishing in a variety of ways. We emphasize balance, variety and moderation. You will meet with a dietitian (RD), participate in meal planning classes, attend educational presentations, and engage in individual experiential therapies.</p>
<p>MIND/BODY</p>	<p>You will focus on the relationship between existential factors (emotions, social interactions, spirituality, behaviors) and physical health. You will be able to make conscious connections between your mental and physical states, increasing your body's ability to physically cope with psychological stress.</p>
<p>CREATIVE EXPRESSION</p>	<p>A variety of artistic therapies based on non-verbal communication will allow you to quickly express emotions, thoughts, and feelings without having to put them into words. The creative process allows patients to increase insight and judgment, decrease anxiety and stress, work through traumatic memories, increase the ability to process thoughts and reasoning, improve communication skills, and decrease toxic shame.</p>
<p>BODY IMAGE</p>	<p>In exploring the roots of negative body image, and the distorted thoughts that this may lead to, Body Image Education helps to develop the skills to see yourself more accurately, and increase self-esteem. You will learn to differentiate between your inner 'eating disorder voice' and your healthy, rational voice.</p>
<p>EQUINE</p>	<p>Horses have a natural ability to respond to and reflect the emotional state of the people they are working with. You'll develop relationships with the horses to help you improve coping skills, identify and heal from traumas, repair relationships, and develop self-confidence.</p>

A vertical landscape photograph showing a vast mountain range. The foreground consists of rugged, brownish-gold hills with sparse vegetation. In the middle ground, a wide valley stretches out, leading to a range of blue-grey mountains in the distance. The sky is filled with large, white, fluffy clouds against a bright blue background. The text "YOU CAN DO THIS" is centered in the image in a light grey, hand-drawn, sans-serif font.

YOU  
CAN  
DO  
THIS



## FAMILY WORKSHOP

---

---

Family means different things to different people. For you, family may not be related at all. To us, it's the people who are the most important members of your support system — spouses, partners, parents, siblings, and close friends. We invite them to participate in our family workshop, which creates a nurturing, safe, intimate environment that is conducive to honest, loving communication.

“FAMILY WORKSHOP IS A MUST  
BECAUSE IT OPENS THE DOOR AND  
HELPS EACH FAMILY UNDERSTAND  
NOT ONLY WHAT IS GOING  
ON TODAY, WHAT TO EXPECT  
TOMORROW AND THEN GIVES  
HOPE FOR THE FUTURE.”

-PATTY, GRANDMOTHER

The purpose of involving the family in therapy is to provide education about the dynamics of an eating disorder, help with boundary setting, and offer practical advice on supporting your recovery. The majority of the program focuses on the family itself - dynamics, roles, rules, and communication. The workshop will include homework assignments for you and your family.

This has proven to be very therapeutic and beneficial for both the patients and their families. In your first week at Rosewood Ranch, you and your therapist will decide if participation in the family workshop is something you're interested in.

## LEARN TO

Share thoughts and feelings with each other in a non-judgmental way.

Understand how family systems operate, particularly in relation to an eating disorder.

See how eating disorders, addictions, and other disorders negatively impact communication.

Become educated on the bio, psycho, social complexities on eating disorders.



## WHAT TO

---

---

# PACK

Your time at Rosewood Ranch is meant to heal your mind, body and spirit. The less distractions the better. Many of our therapeutic activities are held outside in serene settings that make the most of the healing properties of nature. So, in addition to comfy, casual clothing, bring clothes that allow you to move and are weather-appropriate.

### WICKENBURG WEATHER



DEC - FEB  
30s - 60s



MAR - APR  
60s - 80s



JUN - SEP  
70s - 100s



OCT - NOV  
40s - 80s



## BRING



insurance id card,  
pharmacy insurance card,  
drivers license/ photo id



casual clothes



hats



athletic shoes



robe



sunglasses



prescriptions in  
sealed containers



sandals



bathing suit



small non-radio  
alarm clock



small cosmetic  
bag for personal  
products



sunscreen



stationary, pen,  
stamps, address  
book



cordless electric  
razor



cash  
\$50-\$100

## LEAVE AT HOME



alcohol/drugs/  
sexual content  
printed items



non-prescribed  
medicines



reading material



spiral bound  
notebooks



very expensive  
jewelry &  
valuables



cigars, chewing  
tobacco, e-cigs,  
vaping devices/  
vape juice



tank tops  
& revealing  
clothing



cameras, ipods,  
laptops, & cell  
phones



video game  
devices



blankets, pillows,  
or stuffed animals



radios, cd  
players, tape  
players



razors with  
blades



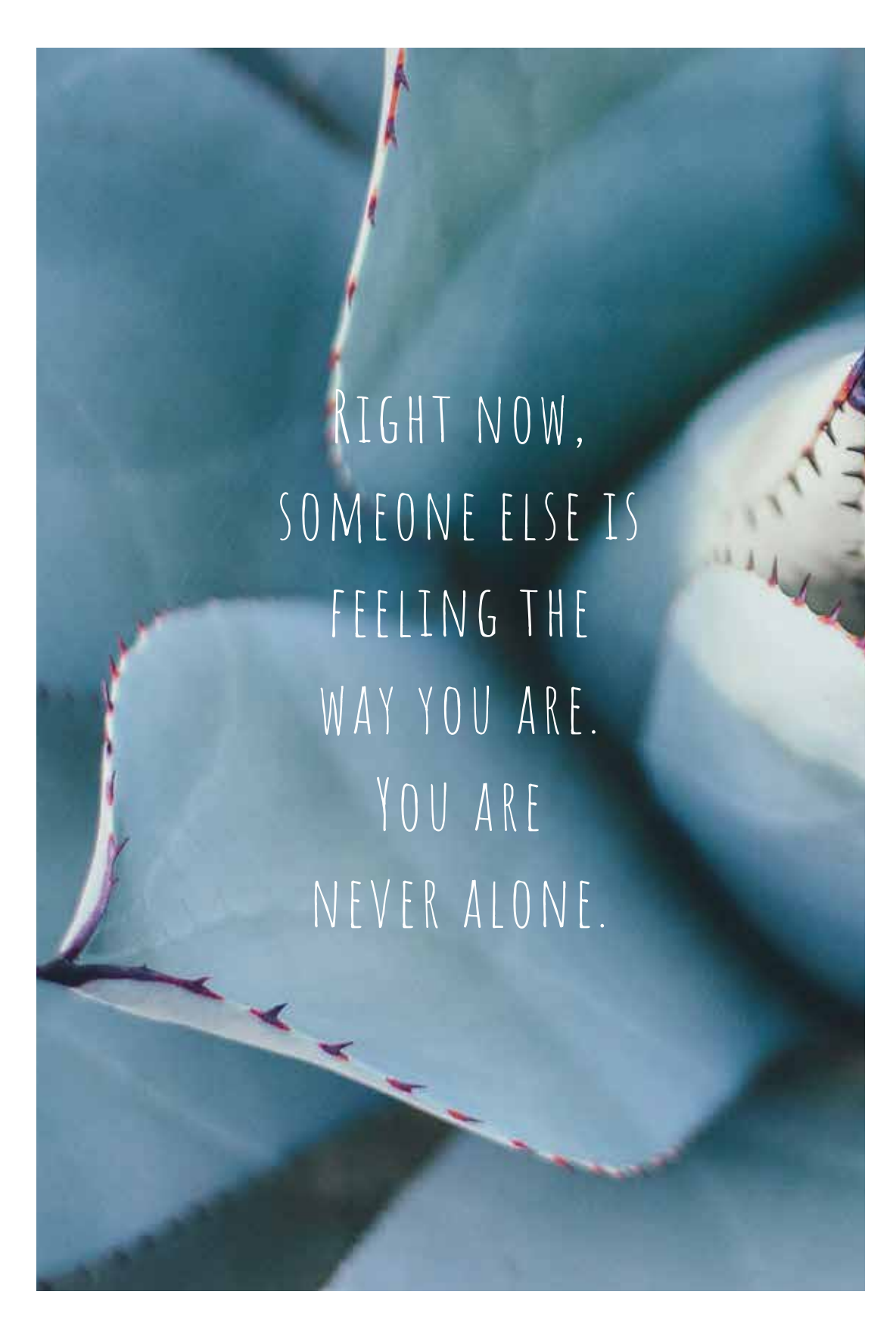
hobby material,  
sports equipment



candy, gum,  
food, beverages,  
sugar substitute



items in glass or anything with  
glass (compact with mirror,  
picture frame with glass)



RIGHT NOW,  
SOMEONE ELSE IS  
FEELING THE  
WAY YOU ARE.  
YOU ARE  
NEVER ALONE.

WELCOME TO

— *your* —

# TRIBE

---

---

From now on, you will not be alone. We understand how this illness can be isolating and lonely, we've been there too. Part of recovery is understanding your importance in the world and how much you matter. Here you will find your voice and learn to use it. You will be amongst friends that will become like family as we go through recovery together. Our alumni group is like no other, here to support and be there for each other for life.

It doesn't stop when you leave, in fact, that's just the beginning. One of our strongest assets in staying in recovery is each other. Lean on us, we will lean on you. After all, that's what family is for.



## ALUMNI PROGRAM

### *shine on together*

The most important part of recovery is having support every day. During your time here you will start to understand how valuable your life is and how much you matter. You will also learn how to step out from behind your eating disorder and take your voice back. Rosewood is here for you every step of the way and will have your back through it.

You are so powerful to be stepping onto the path of recovery, but you don't have to do it alone. Everyone who has been to Rosewood is invited to be a part of the alumni program and are there to help you stay on track. After all the work you put in at the Ranch, all the tools we will help you build, and the voice you will find within yourself, our alumni group will help you remember how to use them when you need them the most. We will give you contacts for local doctors, support systems, etc. to make sure your network of strength only grows as you gain confidence and the ability to stay on track.

## ALUMNI COORDINATORS

Staying in touch is extremely important for our alumni, so we make sure to handle the process. We will reach out proactively, at regular intervals, to each and every former patient, making sure to understand how you're doing and offer support and encouragement. We will also help if there's any concerns with staying on track and if so, we can work together to solve the problem before it threatens your hard-earned recovery. We can put you in touch with local resources, including medical care, support groups, 12-step organizations, and other programs that can make the difference in continued success. We will do everything we can to not let you fall.

## AFTERCARE PROGRAM

In addition to the coping strategies and life management skills learned as part of our relapse prevention program, our aftercare program coordinates with medical providers at home—so you will experience a smooth transition back to the care of your home team.

## ALUMNI REUNIONS & MEETUPS

Nothing beats the impact of seeing each other in person, so we hold alumni reunions every year. It gives us all a chance to reminisce, catch up and be with those who understand what you're going through more than anyone.

We also have a varied schedule of smaller regional meet-ups to support you in your healing as well.

## OPERATION ED

Your story can be a launchpad for millions of recoveries. You will be invited to participate in the program and have a chance to make big changes happen. Raise awareness about anorexia, bulimia, and binge eating disorders at schools, clubs, and organizations around the globe, in order to make sure that no one with ED should feel alone.

## IN THEIR WORDS



“Self-hatred and anger I wore as an inner badge of honor. I did not realize that I needed help, love, and support. Rosewood took me in with loving, gentle, and open arms. I did not know of unconditional love, acceptance, understanding, and compassion until I stepped foot into treatment. I was surrounded with so much love and support, I started to believe that recovery was worth it. I started to believe that recovery was possible, and that I could love myself again one day. This has been a journey of self-love, acceptance, and authenticity. I once hid who I was to blend in with society while slowly dying on the inside. Now, I am gradually becoming all that I am meant to be, by loving all facets of my being.”

—CAITLIN

“I CRAWLED into Rosewood Ranch TERRIFIED of all things food, with the nastiest heroin/cocaine/alcohol/benzo addiction---skin and bones on death’s door. I was hopeless and passing out on a nightly basis hoping I wouldn’t wake up the next morning. It hasn’t been easy, but I can for the first time in YEARS say I am ED behavior FREE!!! My relationship with food is a 180 degree difference. Not only do I value my nutrition, I ENJOY it.... Thank you SO SO much for everything you did for me. I literally owe Rosewood my LIFE.”

—MAX

“The fight seemed to last forever, but I came out the other side. A whole new world came into focus, and I saw that recovery was possible. It wasn’t easy, but I was doing it. The “magical a-ha!” moment wasn’t a magical moment at all; it was the daily minutiae of recovery. It was the thousands of meals I said yes to and the millions of thoughts that I shut down. Four years later, I feel like a different person. Life is so beautiful.”

—TRACIE

"I WOULDN'T  
BE HERE  
IF IT WEREN'T FOR  
ROSEWOOD"

— KIRA



## USEFUL INFORMATION

---

---

### LENGTH OF STAY

There are several factors that determine a patient's length of stay in treatment. These include individual progress towards specific treatment goals, recommendations by the Rosewood treatment team and insurance coverage. As a patient's stay here comes to a close, our clinical team will make a recommendation for continued treatment at a more or less intensive level of care, as determined by the patient's needs.

### INSURANCE INFORMATION

Our staff will work with you and your family to understand the requirements of each patient's insurance provider so that treatment can be covered. Ultimately, the insurance provider makes the final decision to approve coverage for treatment. We will work with you or an appropriate family member to understand if insurance coverage changes or the insurance company denies payment for treatment.

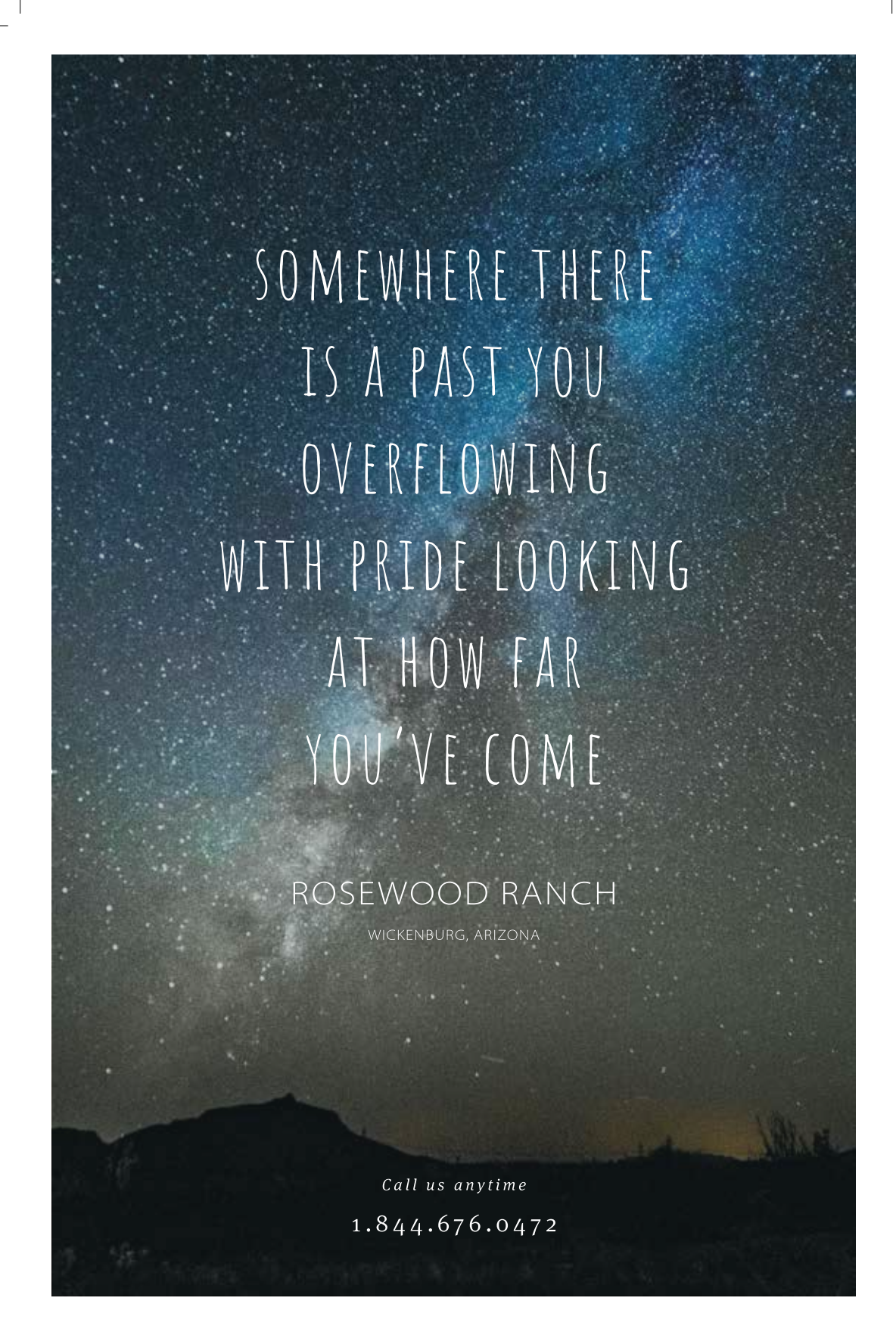
### PHONE POLICY

Patients are allowed to make phone calls, limited to three fifteen minute passes a week, on our assigned patient phones, but while in treatment are not allowed to use their cell phones. Special passes are available for special circumstances. Patients must be in treatment for at least three days before making a phone call. Family members may call and leave messages for patients at any time. Additionally the staff is available by phone at all times.

### SMOKING POLICY

If you smoke, you may bring two or three cartons of non-opened cigarettes to the facility. Our policy provides for six designated smoking breaks per day - one before each meal and snack.





SOMEWHERE THERE  
IS A PAST YOU  
OVERFLOWING  
WITH PRIDE LOOKING  
AT HOW FAR  
YOU'VE COME

ROSEWOOD RANCH

WICKENBURG, ARIZONA

*Call us anytime*

1.844.676.0472