



Rising Phoenix Wellness News

Program Highlights

We are excited to announce the upcoming launch of our new website coming soon, in October. The inspiration behind this change is to better reflect the services we provide here at Rising Phoenix and allow future clients to feel confident taking their first step towards treatment. This new branding and website clearly communicates our mission, our treatment modalities, the values we hold, and the outcomes we expect to see. We aim to showcase the high-quality treatment we provide and what makes Rising Phoenix unique from other Intensive Outpatient Programs. Please take a look to see for yourself and feel free to share it with your community!



Clinical Updates

Rising Phoenix has been focusing on utilizing Outcome Measurement Tools to provide evidence-based results to our clients on their progression. To do this effectively, we administer the appropriate assessments to our clients throughout their time in the Intensive Outpatient Program. This occurs upon their arrival, biweekly, and when transitioning into the Outpatient Program or discharge from the program. Every client will take the Patient Health Questionnaire (PHQ-9) to measure their level of depression and the General Anxiety Disorder (GAD-7) to measure their anxiety. If appropriate for the client, we also administer assessments for more specific diagnoses. By regularly providing our clients with these assessments, we can measure the efficacy of our treatment modalities. With this information, we can continue their treatment plan or make the appropriate adjustments to meet the unique needs of the individual better. This data allows us to improve each client's experiences with Rising Phoenix and ensure they leave the program with significantly lower scores in the assessments mentioned above.

"Oftentimes in order to capture your dreams, it will require you to chase your fears."

~Neil Patel



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New and Noteworthy

We welcome Ciara to the team this month as our new Office Manager. She has previous experience working at a treatment center and now has come to Rising Phoenix to support our day-to-day functions and future growth.



Ciara Contreras, BSW
Office Manager

Ciara completed her Bachelor's in Social Work at Arizona State University. She plans to return as an Alumni to complete her MSW soon. She completed an internship with Glendale Fire Department providing support to the Crisis Response Team. That experience solidified her passion to help individuals who are going through a difficult time in their lives. Serving those with mental health and substance use issues is a personal mission and she looks forward to continued experience and growth at Rising Phoenix. When not at work, Ciara enjoys spending time with her nieces, nephews, and two dogs.

Therapist Tip of the Month

Although it may seem like the word gratitude is just a buzzword in the wellness industry, research shows that it is proven to improve one's mental health significantly. Luckily, practicing gratitude is an accessible therapeutic tool that can easily be implemented into your daily life. A recent study published by the Journal of Happiness Studies showed that after only 6 weeks, those who practiced gratitude daily saw improvements in their depression and anxiety symptoms. We have included a few tips to begin a gratitude practice.

1. Write down what you feel grateful for. Start small by noticing little aspects of your life to be grateful for.
2. Stay consistent and try to practice gratitude daily.
3. Don't limit your gratitude to things in your life, expand it to the people in your life.

~Natalie Sokol, BS, MS Intern~

Feedback

We love ongoing feedback from our clients and alumni. The information you provide can assist us in boosting the effectiveness of the program and ultimately enhancing our clients' wellbeing. Scan the QR Code to complete your Google Review!

