

Pre-Admission Information





Contents

What to Expect from Your Time Here	2
Sample Week Schedule	3
What to Bring	5
What Not to Bring	7
Communication	8
Family Week.....	11
Getting to Remuda	13
Map to Remuda's Rio Campus on Jack Burden Road.....	14
Map of Remuda's Rio Campus	15
Map of Remuda's Del Sol Campus	16
Family Lodging Options Near Remuda	17



What to Expect from Your Time Here

We know participating in treatment at Remuda Ranch is a huge change from your home life and requires sacrifice and courage on your part. In order to make your time here with us worthwhile and rewarding, we have compiled this packet of information to help you prepare for your time here and to help you and those individuals who are supporting you in recovery to know what to expect. Please read it carefully and ask your intake coordinator if you have questions.

We are a voluntary treatment program and we ask that you engage in the program and commit to following our standards of conduct and rules even before you arrive. Please read these guidelines carefully, and if you cannot commit to following them, let your intake coordinator know.

Remuda Ranch has four residences:

The Adult Critical Care Unit (Ocotillo building), Adult Residential Unit (Mariposa building), Adult Partial Hospitalization Unit (Cherokee building) and Adolescent Unit (Sagebrush building) are all located on the Del Sol Campus.

If you are under 18, you will sleep in the same building throughout the duration of your time at Remuda. If you are 18 or older, you will start in either the Adult Critical Care Unit or the Adult Residential Unit and then transition as determined by your treatment team through the units and complete your time at Remuda in the Adult Partial Hospitalization Unit.

A map of the Del Sol campus and directions to the Admissions Office on that campus, as well as a map of the larger Wickenburg area, are included in this packet.

When you arrive at the Remuda Admissions Office, a registered nurse will help you complete your admission paperwork, review important procedures and guidelines, look over your belongings, show you to your room, and conduct a full nursing assessment. This process will take two to three hours.

Over the next few days you will learn about our program, facility, and expectations while we learn more about you, your medical and mental health history, and your eating disorder.

In addition to the registered nurse, you will meet with a primary care provider (doctor, physician's assistant, or nurse practitioner), a psychiatric provider (psychiatrist or psychiatric nurse practitioner), psychologist, mental health therapist, and registered dietitian. Each provider will have a conversation with you and may ask you for written information as well. With this information your primary therapist, who is also your case manager, will plan your treatment and coordinate your care with your outside providers, including follow-up visits with each of them.

Although each day at Remuda varies, a sample week schedule is included in this packet to give you an idea of what to expect.



Sample Adult Week Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45am	Wake Up/Morning Daily Living Responsibilities	Wake Up/Morning Daily Living Responsibilities	Wake Up/Morning Daily Living Responsibilities	Wake Up/Morning Daily Living Responsibilities	Wake Up/Morning Daily Living Responsibilities	Wake Up/Morning Daily Living Responsibilities	Wake Up/Morning Daily Living Responsibilities
6:45-7:00	Medications	Medications	Medications	Medications	Medications	Medications	Medications
7:00-7:30	Breakfast	Breakfast	Breakfast	Breakfast	Grab and Go	Breakfast	Breakfast
7:30-8:00	Processing	Processing	Processing	Processing -	Breakfast	Processing	Processing
8:00-9:00	Ritteroo Journaling	Community Meeting	EDA STEP WORKBOOK Steps 5,6,7	Goals 8:00-8:30	Ropes 7:15	Free Time	Reflections 8:00-8:30
9:00-9:50	Recreation Therapy	DBT Communication Skills	Movement/Awareness	8:30 Equine	Ritteroo Journaling	Tai Chi	8:30 Equine
10:00-10:25	Snack/Processing	Snack/Processing	Snack/Processing	Snack/Processing	Snack/Processing	Snack/Processing	Snack/Processing
10:30-11:45	Process Group	Process Group	Nutrition Experiential	Recreation Therapy	Reflective Journaling or Chapel (optional)	Meadows Lecture	Recovery Group Skills Practice
12:15-12:45pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:45-1:15	Processing	Processing	Processing	Processing	Processing	Processing	Processing
1:30-2:45	Reflective Journaling or Chapel (optional)	Recreation Therapy	Psychodrama	Process Group	Expressive Art Therapy	Creative Expression	Visiting Hours 1:30pm-5:00pm
3:00-3:25	Snack/Processing	Snack/Processing	Snack/Processing	Snack/Processing	Snack/Processing	Snack/Processing	Snack/Processing
3:30-4:30	DBT In The Moment	Meadows Lecture Love Addiction	DBT Cost Benefit	DBT Recovery Group Identity	Nutrition Didactic	Health Education	Recreation Group
5:00-5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30-6:00	Processing	Processing	Processing	Processing	Processing	Processing	Processing
6:30-7:45	AA meeting	12 Step	Therapy Assignments	CODA meeting	Movie Night	12 Step	Therapy Assignments
8:15-8:30	Snack	Snack	Snack	Snack	Snack	Snack	Snack
8:40-9:00	Commitments	Commitments	Commitments	Commitments	Commitments	Commitments	Commitments
9:00-9:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
9:30	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed
10:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out



Sample Adolescent Week Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45am	Wake up: Weights/Vitals Medications	Wake up: Weights/Vitals Medications	Wake up: Weights/Vitals Medications	Wake up: Weights/Vitals Medications	Wake up: Weights/Vitals Medications	Wake up: Weights/Vitals Medications	Wake up: Weights/Vitals Medications
7:00- 7:15 am	Meal Prep	Meal Prep	Meal Prep	Meal Prep	Meal Prep	Meal Prep	Meal Prep
7:15- 7:45 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:45-8:00 am	Clean Up	Clean Up	Clean Up	Clean Up	Clean Up	Clean Up	Clean Up
8:15- 9:10am	School	School or Chapel	Psychodrama	School	School or Chapel	Walks 8-8:15 Assignments	Recreational time Walks 8-8:15
9:15- 9:55 am	School	School	School Bookstore/ A 9:30-10	School Bookstore/B 9:30-10	School	TV/Recreational time	Equine Education 9:00- 9:30
10:00-10:20am	Snack Prep/ Snack	Snack Prep/Snack	Snack Prep/Snack	Snack Prep/Snack	Snack Prep/Snack	Snack Prep/Snack	Snack Prep/Snack
10:30-11:25am	School	School	Equine/A School/B	Equine Therapy	Expressive Therapy	Creative Expressions	Church in Community or reflection time
11:30- 12:45pm	Lunch Prep/Lunch	Lunch Prep/Lunch	Lunch Prep/ Lunch	Lunch Prep/ Lunch	Lunch Prep/ Lunch	Lunch Prep/Lunch	Lunch Prep/Lunch
12:45-1:15 pm	Processing	Processing	Processing	Processing	Processing	Processing	Processing
1:15-1:55 pm	Open Art	Nutrition Education	Mindful Movement	Nutrition Education	Garden Group	DBT Skills	Process Group
2:00-2:55 pm	Open Recreation	Process Group	Equine/B	Open Recreation	Process Group	Recreation Activity	Family Visitation
3:05-3:25 pm	Snack Prep / Snack	Snack Prep / Snack	Snack Prep / Snack	Snack Prep/ Snack	Snack Prep/ Snack	Snack Prep/ Snack	Snack Prep/ Snack
3:30-4:45 pm	Walks/assignments	DBT Skills	Open Art	Body Image	Walks/Journaling	Walks/Crafts	Family visitation
4:45- 5:00 pm	Meds/Bathroom	Meds/Bathroom	Meds/Bathroom	Meds/Bathroom	Meds/Bathroom	Meds/Bathroom	Meds/Bathroom
5:00-6:30 pm	Dinner Prep/Dinner	Dinner Prep/Dinner	Dinner Prep/Dinner	Dinner Prep/Dinner	Dinner Prep/Dinner	Dinner Prep/Dinner	Dinner Prep/Dinner
6:30-7:15 pm	Phone time	Phone time	Phone time	Phone time	Phone time	Phone time	Phone time
7:15-8:00 pm	TV time	TV time	TV time	TV time	TV time	TV time	TV time
8:00-8:25 pm	Snack Prep/Snack	Snack Prep/Snack	Snack Prep/Snack	Snack Prep/Snack	Snack Prep/Snack	Snack Prep/Snack	Snack Prep/Snack
8:30-9:00 pm	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed
9:00 pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out



What to Bring

- ☐ One or two suitcases (you will receive a tote bag when you arrive for carrying items here, and additional bags are available for purchase in the bookstore)
- ☐ Casual and modest clothing for at least seven days
 - ☐ Mid-length or knee-length shorts or capri-length pants
 - ☐ T-shirts, short-sleeved shirts, at least one long-sleeved shirt, sweater or jacket, sweatshirt without drawstrings
 - ☐ Jeans (for horseback riding), pants, elastic waist leggings, sweatpants without drawstrings
 - ☐ One-piece bathing suit (no skimpy or two-piece bathing suits)
 - ☐ Comfortable shoes with closed toes such as walking shoes, tennis shoes, flats, boots
 - ☐ Underwear, bras, socks
 - ☐ Sleepwear, slippers, robe
 - ☐ Gloves, a hat, and a warm coat (if attending Remuda during winter months)
- ☐ A list of all medications you are taking and a 3-day supply of prescribed medications in their original pharmacy container, unless instructed otherwise. (Please notify us prior to admission if you take a medication that is new or particularly difficult to find, so we can make special arrangements to obtain medication for you in advance or receive a doctor's order to use your own medications.)
- ☐ One bag of toiletries in plastic containers only (**Items must contain no alcohol of any type on the ingredient label.**)
 - ☐ No mirrors or aerosol items are allowed
 - ☐ Stick antiperspirant/deodorant (no aerosol or roll-on)
 - ☐ Sanitary supplies (tampons, pads, etc.)
 - ☐ Regular or battery-powered toothbrush, toothpaste, and single use dental picks (dental floss and electric tooth care appliances with cords are not allowed)
 - ☐ Glasses, reading glasses, contact lenses (90-day supply), contact solution if you use them
- ☐ \$50-\$100 in cash and a credit or debit card
- ☐ Pre-paid phone calling card with a 1-800 number (cards with a 1-866 or 1-888 numbers do not work with our phones), phone numbers of loved ones you might want to call
- ☐ Sunscreen (not aerosol), lip balm, sunglasses, hat and/or visor



Items Provided by Remuda

- | | |
|--------------|--|
| ■ Hangers | ■ Pillows |
| ■ Hair dryer | ■ Washer and dryer and laundry detergent |
| ■ Bed linens | ■ Irons and ironing boards |
| ■ Towels | ■ Over-the-counter medications |

Items Available for Purchase at Remuda if you prefer not to bring them or if you run out

- | | |
|---------------------------------------|------------------------------|
| ■ Shampoo, conditioner, and body wash | ■ Batteries |
| ■ Toothpaste | ■ Duffle bags |
| ■ Brushes, combs, and hair ties | ■ Slippers, hats, and gloves |
| ■ Journals | ■ Makeup and face wipes |
| ■ Phone cards | ■ Book lights |
| ■ Stamps | ■ Contact solution |
| ■ Deodorant | ■ Relevant reading materials |
| ■ Battery powered razors | |

Optional Items You May Wish to Bring

- ☐ Collapsible duffle bag inside a suitcase to carry items acquired here
- ☐ Personal photos (if photos are in frames, glass must be removed)
- ☐ Letter-writing supplies (stationery, envelopes, stamps, addresses)
- ☐ Battery-powered razor (razors with razor blades are not allowed)
- ☐ Hair brush, hair products and/or ponytail holders if you use them
- ☐ Makeup (mirrored compact, glass containers, and loose powders are not allowed)
- ☐ You may bring a cell phone and charger, but you will not be able to use them until you are discharged
- ☐ Recent medical records including lab tests, blood work, and provider names and phone numbers, if you have not already provided them.
- ☐ Tobacco Cigarettes: Anyone under 18 is not allowed to smoke at Remuda. Adults 18 and older are allowed to smoke one cigarette after each meal and snack. Staff members will keep your cigarettes for you. You should plan to bring with you the number of cigarettes you will need throughout your anticipated length of stay. Use of smokeless tobacco (chew), cigars, pipes, or electronic cigarettes of any type are not permitted.



What Not to Bring

The following items are not allowed on the Remuda campus and if brought will be disposed of or stored while you are here. For safety and security, it is best to leave them at home as we cannot be responsible for lost, damaged, or stolen items.

- × Sheer or revealing clothing including anything with spaghetti straps or straps less than one inch wide, a low cut neckline, strapless, razor or “t-back” shirts, “crop tops” or shirts that do not reach your waistband, halter tops, multiple metal zippers on one item, short-shorts i.e. shorts that do not reach your fingertips when standing, torn or revealing clothing of any kind
- × Jewelry of any kind including rings, wedding rings, watches, necklaces, bracelets, and body piercings
- × Open-toed shoes, flip-flops, strappy sandals, platform shoes, or high heels
- × More than 3 days of prescribed medications, unless instructed otherwise
- × Prescription medications not prescribed for you
- × Over-the-counter medications, vitamins, dietary supplements, laxatives, or diuretics
- × Food, beverages, gum, or candy, alcohol, or illegal substances, or anything containing alcohol
- × Exercise equipment
- × Electronics of any kind, CDs or DVDs, anything that requires a cord
- × Anything glass, metal, or ceramic, including make-up, mirrors, picture frames, or figurines
- × Any loose powder such as body powder or face powder
- × Any sharp objects whether metal, wire, or hard plastic including tweezers, scissors, knives, hair picks, barrettes, hair clips/pins, razors, spiral bound notebooks/journals, hangers, letter openers, nail files, or pipe cleaners
- × Hair spray or anything aerosol or containing alcohol
- × Belts, cloth sashes, scarves, handkerchiefs, cord strung pants, drawstrings, or suspenders
- × Clothing or reading materials that include topics related to violence, alcohol, drugs, cigarettes, pornography, or gangs
- × Stuffed animals, personal pillows, blankets, or bedding items
- × Sharpies or white-out
- × Weapons or firearms
- × Plastic bags, bags with zippers or drawstrings
- × Q-tips
- × Rope, twine, or dental floss
- × Purses or makeup bags

Please note that in case of discrepancy or difference of opinion or interpretation of these guidelines, the Director of Nursing will be the authority on whether or not a particular item is allowed.



Communication

Phone Calls

If your family did not come with you to Remuda, we will encourage you to call home when you arrive. We will then ask you to refrain from phone calls for the next 72 hours. After that point you will have phone privileges according to program guidelines. Please bring a pre-paid phone card as cell phones are not allowed during your stay. If you bring a cell phone with you, it will be stored in the designated valuables area and returned to you when you leave Remuda. Please be sure to write down the phone numbers you want to use prior to admission, as you will not be able to access your phone to obtain them.

Note to parents of adolescent patients: Outgoing phone calls are allowed on Tuesdays, Thursdays and Sundays from 4:30pm – 8:00pm Arizona time for 10 minutes per household. Because Arizona does not participate in Daylight Savings Time, we are on Mountain Time in the winter and spring and Pacific Time in the summer and fall. Phone times for patients with international family members will be scheduled on an individual basis. If your daughter is not calling home, please contact Remuda Family Education Director Jerry Law at 928-668-1942 or jlaw@themeadows.org. Families can always contact their daughter's therapist or the unit nurses station if needed outside of phone times.

Mail and Care Packages

You may receive US Mail as well as UPS and FedEx packages.
Provide the following address to anyone you expect to send you mail:

(Patient Name)
Remuda Ranch at The Meadows
1245 Jack Burden Road
Wickenburg, AZ 85390 -Please note that you will be asked to open all packages in front of a Remuda staff member.

Family Therapy

The treatment program at Remuda includes family members as much as possible. You and your primary therapist will coordinate phone or video conferences with your family members, loved ones, and other individuals who are involved in your recovery.



A Message to Families from Family Education Director Jerry Law

I am privileged to serve as The Meadows Director of Family Education and Training. My role is to support you while your loved one is at Remuda Ranch and on this journey into recovery. Contact me at 928-668-1942 or jlaw@themeadows.org. I have extensive training and experience in eating disorders, chemical dependency and other compulsive behaviors. It has been my honor to facilitate interventions throughout North America where I've had the opportunity to work with family members as they make critical decisions and support them in navigating the difficult weeks and months afterward.

After your loved one joins us here at Remuda Ranch, you may experience a variety of emotions – Relief that your loved one is safe; Anger that this happened to her; Frustration that you are left at home with all the bills and responsibilities; Guilt for feeling glad that your home is calmer and quieter now – and many, many others.

Any and all of these feelings are completely normal under these circumstances. It is very stressful to have a family member with a chronic illness, a severe illness, or a mental health crisis, and you may have been dealing with all three for a very long time. Know that you have done the very best thing for your loved one by assisting her in getting to Remuda Ranch.

Now you can relax a little bit, knowing she is safe, and direct your efforts toward building the support system you will need to maintain your sanity now and after your loved one returns home. The first step is ensuring that you have a safe place to experience and vent your own feelings. The best way to do this is in regular meetings with a counselor. You have been hurt by the experience of watching your loved one struggle and you deserve to have healing, too. We are happy to recommend counselors we know in your area. It is not essential that this person be an expert in eating disorders, unless that is what you personally are struggling with. The goal of this interaction is for you to be able to maintain stability in your personal and professional life, so that you will have the extra energy to participate in family week at Remuda Ranch and other aspects of life with your loved one once she leaves here and enters the next chapter of her recovery.

You may also be asking yourself what to say when people ask about your loved one. There are many levels of acquaintance, and not everyone who asks about you and your loved one really wants to know the whole story. If your family is private, you may not want many people to know the details of why your loved one is at Remuda Ranch and that is your prerogative. If you have a best friend who really wants to know the details, and is someone you trust to keep things confidential, that's great. If you prefer to share everything with your community, church group, or social circle, that's fine, too. However we recommend that you discuss the options with your family members so that everyone agrees to the parameters you set. It is not fair to ask your family to keep Remuda Ranch a secret, as secrets tend to get out anyway, and there is nothing to be ashamed of. However, if you prefer not to talk about the situation outside of your counselor's office, here are some simply explanations that you might want to use:

"Thanks for asking. She was having some trouble and now she's getting help. We appreciate your caring."

"She was struggling with her eating, so she is getting help at a treatment center. I will keep you posted if there is anything you can do."



“She is getting help for an eating disorder. Please keep her in your prayers.”

“She is away obtaining medical care.”

The third step is to find a way for you and your family to recharge. You may be thinking that it is impossible to relax right now when everything feels so serious. You don't have to throw a party or take a trip. Simply make plans to do the things that are meaningful to you, things that you may have put off because your loved one was taking all your time and attention. Whether you enjoy yoga, massages, dance, sporting events, dinner with friends or lunch at the zoo, try to incorporate a touch of normalcy into your routine. This way you will be starting the process of healing for yourself, even though at first it may feel wrong or awkward. Joining a support group for your self-care can help you overcome many of the fears you are facing as well as letting you know that you are not alone.

One of the most important components of your loved one's treatment is Family Week. This will be an opportunity for you to come to the beautiful Remuda Ranch campus to spend time with your loved one while receiving education on eating disorders. It is also about learning how to take care of yourself while being a critical member of your family member's support team. Tools for living life in recovery will be presented by our expert team that will inspire you to continue the journey of family recovery. Much more about this program will be presented to you by our Family Week staff.

And finally, if you have the energy, you may want to educate yourself about eating disorders. At Remuda Ranch patients are provided with several books to read during their treatment. You might wish to read these same books, listed below:

Life Without Ed, by Jenni Schaefer
The Broken Image, by Debra Cooper
Staying Strong, by Demi Lavato,
Facing Codependency, by Pia Melody

If your loved one has anorexia or bulimia, she will read *Anorexics & Bulimics Anonymous*, and if she has binge eating disorder, she will read *Food for Thought for Overeaters*, by Hazelden.

Books we specifically recommend to parents include

Intuitive Eating, by Evelyn Tribole and Elyse Resch
Secrets of Feeding a Healthy Family, by Ellyn Satter

I can speak for everyone here at Remuda when I say that we are truly honored that you have chosen Remuda Ranch for the treatment your loved one needs and deserves. We encourage you to trust the process and stay the course. I look forward to assisting you in any way that I can.

Jerry L. Law, D.Min., MDAAC, CIP



Family Week

An important part of treatment at Remuda Ranch is Family Week. Family week includes educational lessons, meals, and other activities. Some sessions are with just your family and a therapist, while others are with multiple patients and families. Even if you are over 18 or do not live with your family, we expect your family to be involved. Please provide this information to members of your family and support system so that they know what to expect.

A Message from Family Therapist Gejia Capasso:

Each family member has different strengths and roles in supporting your recovery, both during and after your time at Remuda. Family Week is designed to assist your family in understanding you, your eating disorder, your needs for recovery, and the dynamics operating within your family relationships, and to help improve communication moving forward.

Over the years we have held Family Week at Remuda, it has been a transformative experience that has long-lasting benefits. I am proud and grateful to be the leader of this high-quality week-long program and to support you and your family along your recovery journey.

Family Weeks are either exclusively for adolescent patients or adult patients. Your primary therapist will schedule your Family Week with you and those you have invited after getting to know you and determining your treatment plan and readiness to benefit from Family Week.

Any family members, loved ones or significant others who wish to attend Family Week are required to participate in all activities and sessions throughout the week, as each day's events build on the previous day. It is essential that your Family Week occurs at a time that everyone you would like to include is able to commit to the entire schedule.

Information about Family Week and options for where your family can stay in Wickenburg are included in this packet, however please ask your family not to make travel arrangements until your Family Week dates have been confirmed. The only thing necessary to be prepared for Family Week is a willingness to be present and closed-toe shoes and long pants for the Equine experience.

I look forward to meeting you and your loved ones at the beginning of your Remuda Ranch Family Week.

Gejia Capasso MS, LPC



Family Week Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9-10am	Introduction/ Orientation Eating Disorders 101 (8:30-11:00)	Art Therapy	Truth in Love: Session 1	Truth in Love: Session 4	Experiential
10-10:15am	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break
11am-12pm	Medical and Psychiatric Treatment of Eating Disorders	Nutrition Education	Truth in Love: Session 2	Truth in Love: Session 5	Relapse Prevention
12-1pm	Lunch (Patients Return to their Unit)	Lunch	Lunch	Lunch	Lunch
1-2pm	Family Group Process	Temperaments	Truth in Love: Session 3	Skills	Surveys Graduation
2-3pm					
3-3:15pm	Snack Break	Snack Break	Snack Break	Snack Break	Follow Ups Pass Time TBD by Treatment Team
3:15-4:30pm	Family Group Process	Communication Truth in Love Orientation			



Getting to Remuda

Airport Pickup

If you have made arrangements with your intake coordinator for transportation from the Phoenix Sky Harbor airport to Remuda Ranch, a driver will be waiting for you after you exit the security area. Follow the sign directing you toward Baggage Claim and you should see the driver holding a sign showing your first name and last initial.

If you don't connect with the driver at the security gate, please proceed to the baggage carousel designated for your flight. If you do not see the driver at the baggage carousel, call the Intake Department at 866-390-5100. Please also call if your flight arrival time changes on the day of travel.

Driving Directions

Driving to the Family Week (Rio Campus):

Program your GPS for 1245 Jack Burden Road, Wickenburg, AZ, 85390.

You will most likely enter Wickenburg on Highway 60.

From Highway 60, turn north onto Jack Burden Road between Subway and McDonald's.

Bend slightly left then right and go through the stop sign (do not turn), go straight.

Pass Thurber Road and Stone Hedge Road on the right roughly 1 mile, then drive under the Remuda Ranch archway. Take the third right and park in the parking area in front of the building.

Driving a patient to the Del Sol Campus:

Program your GPS for 55635 North Vulture Mine Road, Wickenburg, AZ, 85390.

You will enter Wickenburg from either Highway 60 or Highway 93.

From Highway 60, turn right/north onto Vulture Mine Road. In 2 miles, turn right/east onto Gold Nugget Road.

From Highway 93 turn left/south on Vulture Mine Road. In 0.9 mile, turn left/east on Gold Nugget Road.

After 0.1 mile on Gold Nugget Road, turn right/north at the second opportunity and drive up the hill.

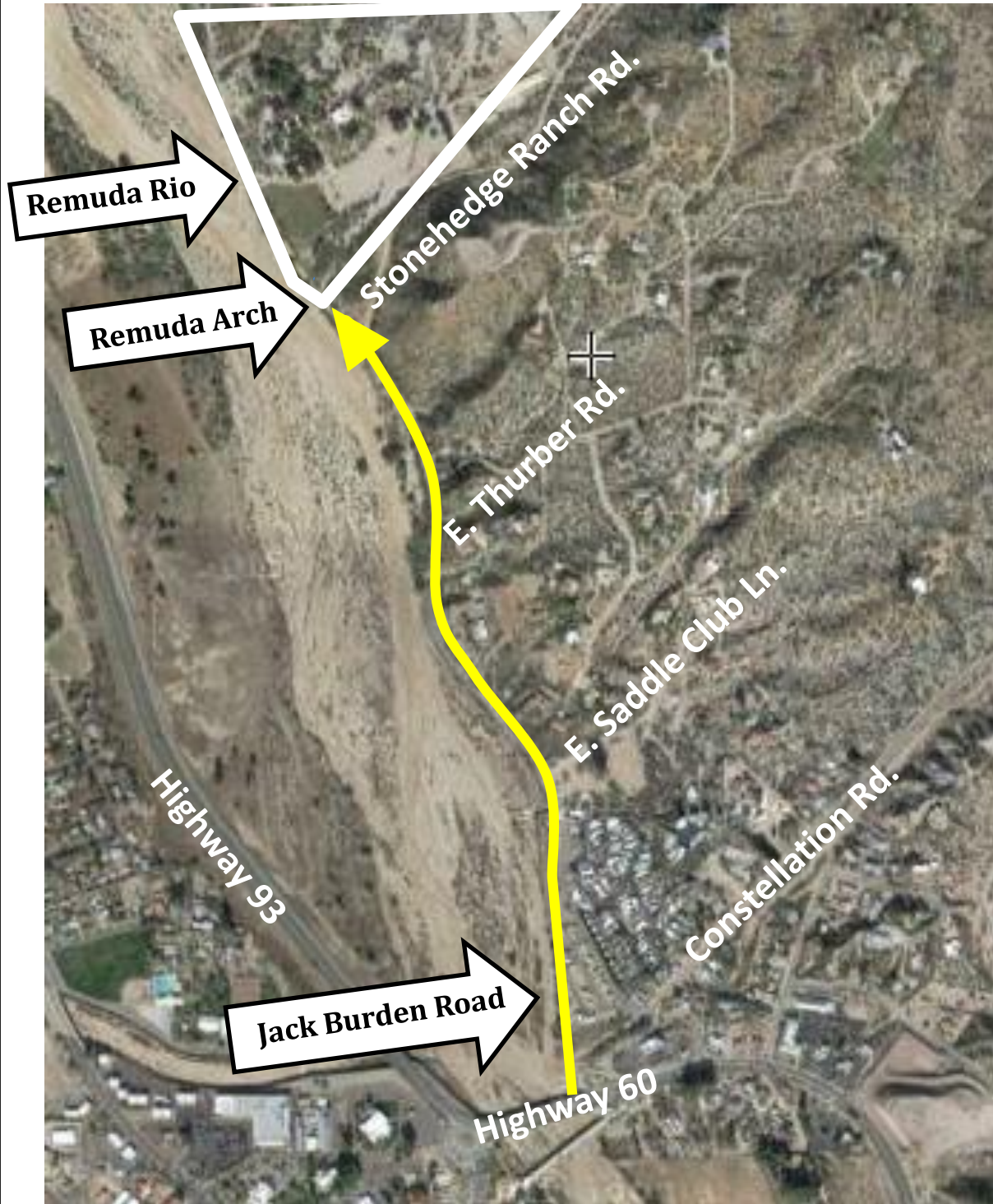
Park in the Visitor Parking to your left.

The Admissions Office for adults is in the Mariposa building to your right.

The Admissions Office for adolescents is in the Sagebrush building to your left.

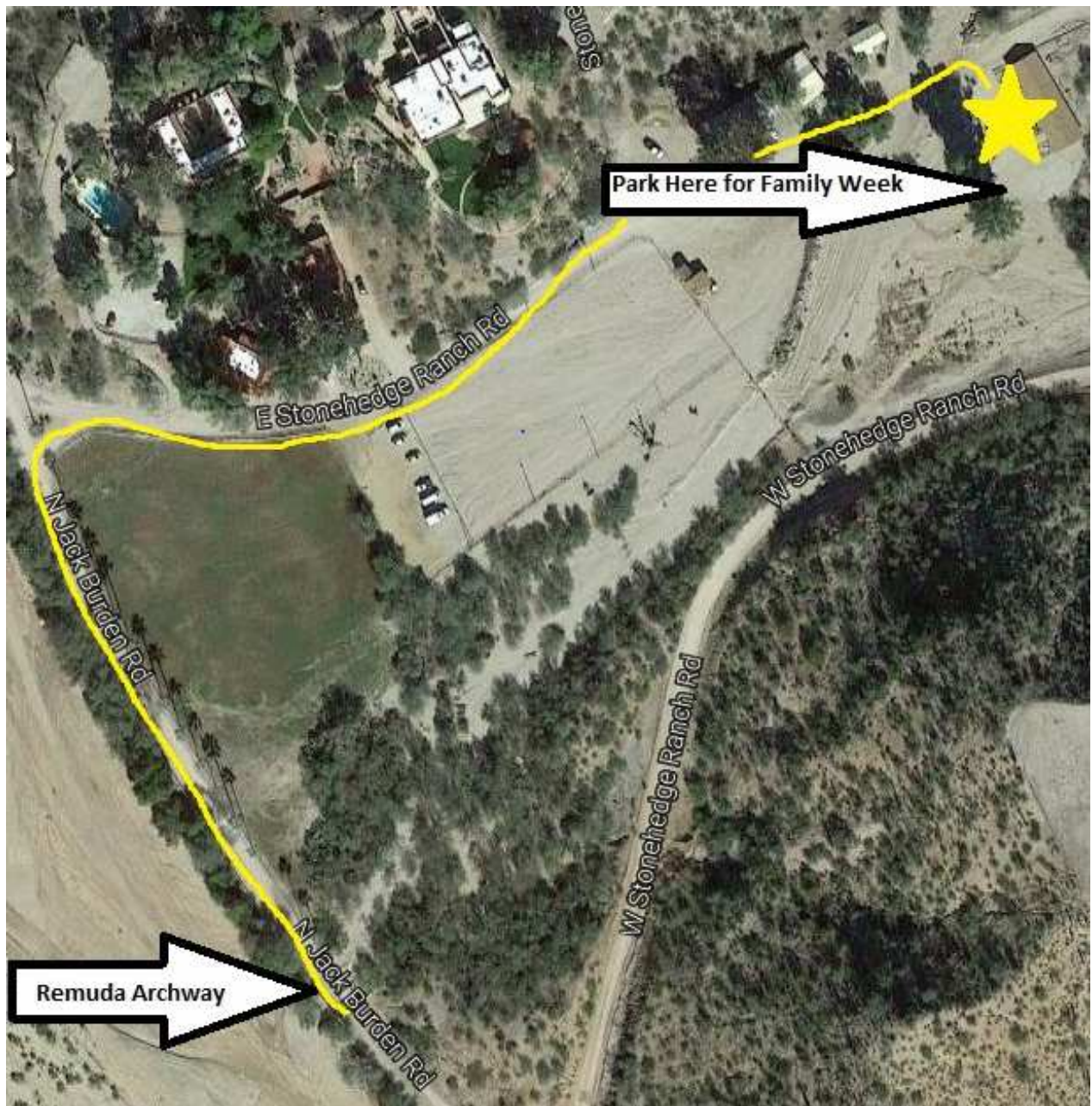
If at any point you get lost on your way to Remuda, please call the Intake Department at 866-390-5100.

Map to Remuda's Rio Campus on Jack Burden Road



Map of Remuda's Rio Campus






This map is an enlargement of the area in the white triangle on the previous map.







Map of Remuda's Del Sol Campus on Gold Nugget Lane and Vulture Mine Road



Family Lodging Options Near Remuda - Hotels and Motels

Name/ Minimum Required Stay	Amenities	Rates	Address and Contact Information
Rancho De Los Caballeros Hotel  No minimum stay	TV, Internet, Refrigerator, Microwave, Coffee Maker, In-Room Safe, Babysitting Services, On-Site Laundry, Tennis Courts, Communal Pool, Spa, Horseback Riding	Daily rates vary seasonally from \$195-295 for 1 or 2 beds. Weekly rates are available.	1551 S. Vulture Mine Rd. Wickenburg, AZ 1-800-684-5030 ranchosdelos caballeros.com
Best Western Rancho Grande Motel  No minimum stay	Continental Breakfast, Coffee Maker, Satellite/Cable TV, In-Room Toiletries, Internet, Communal Pool	Daily: \$75-100 for 1 or 2 beds. Weekly rates are available.	293 E Wickenburg Way Wickenburg, AZ 928-684-5445 bestwestern.com
Los Viajeros Inn Motel  No minimum stay	TV, Internet, Communal Swimming Pool, Continental Breakfast, Laundry & Dry Cleaning Services	Daily: \$99 Weekly: \$600 Ask for Special Remuda Ranch rate	1000 N. Tegner Rd. Wickenburg, AZ 928-684-7099 800-915-9795 info@losviajerosinn.com losviajerosinn.com
Super 8 Motel  No minimum stay	TV, Internet, Vending & Ice Machines, Wheelchair Accessible	Daily: \$75 Weekly: \$450	1021 N. Tegner Wickenburg, AZ 928-684-0808 super8.com
My Place  2-3 night minimum stay	Satellite/Cable TV, Internet, Heated Outdoor Communal Swimming Pool	Daily: \$80-125 Weekly: \$480-685	401 West Apache St. Wickenburg, AZ 858-357-7975 myplacesuites.com


Family Lodging Options Near Remuda - Apartments, Cottages and Houses, p.1

Name/ Minimum Required Stay	Amenities	Rates	Address and Contact Information
Furnished Cottage  No minimum stay	Satellite/Cable TV, Internet, Outdoor Grill	Daily: \$90-125 Weekly: \$450-650.	71 Cochise St. Wickenburg, AZ Email through VRBO.com
The Bunkhouse at Liberty Haven Ranch  No minimum stay	Horse Boarding, DVD Player, TV Room, Games, Internet, Gated Community, Outdoor Grill, Tennis Court, Pool	Rates vary seasonally and by day of the week. Daily: Summer: \$80 Winter: \$165 Weekly: Summer: \$355 Winter: \$710	Morristown. AZ libertyhaven.com bunkhouse@libertyhaven. com 623-640-7880
Furnished Condo  2 night minimum stay	DVD Player, Satellite/Cable TV, Internet, Outdoor Grill	Daily: \$69-99 Weekly: \$414-594	Off Whipple Ct. Wickenburg, AZ 435-590-3075
Casa Agave Rental Home  3 night minimum stay	3 Bedroom/2 Bath home Rodeo & Roping Nearby, Satellite/ Cable TV, DVD Player, Games, Fitness Room, Internet	Daily: \$250 Weekly: 1-4 weeks: \$1,400 >4 weeks: \$700 Ask for Special Meadows/Remuda Rate	770 Constellation Rd Wickenburg, AZ Email through VRBO.com

Family Lodging Options Near Remuda - Apartments, Cottages and Houses, p.2

Name/ Minimum Required Stay	Amenities	Rates	Address and Contact Information
Furnished Cottage  3 night minimum stay	Horse Corral, DVD Player, Satellite/Cable TV, Internet, Outdoor Grill	Daily: \$90 Weekly: \$600 Current rates may be different based on season.	Near N Jack Burden Rd. and W Stonehedge Ranch Rd. Wickenburg, AZ 970-379-9052
Rancho Casitas  3 night minimum stay	Horse Facilities, Satellite/Cable TV, Internet, Communal Pool, Hot Tub, Outdoor Grill	Daily: \$140 Weekly: \$800	56550 Rancho Casitas Rd. Wickenburg, AZ 928-684-2628 lcoughan@gmail. com ranchocasitasguest ranch.com
Pleasant Valley Homes  4-6 night minimum stay	2 Bedroom/2 Bath home ADA Shower, DVD Player, Satellite/Cable TV, Internet, Outdoor Grill, Wheelchair Accessible	Rates vary seasonally from Daily: \$60 – 80 Weekly: \$400- \$560	620 E Desert Canyon Rd. Wickenburg, AZ 602-882-7758
Desert Gold Condos  5 night minimum stay	Laundry Facilities, Patio, Balcony, Swimming Pool, Hot Tub, TV, Internet	Daily: Jan-April: \$100-\$150 May-Sept: \$70-\$100 Oct-Dec: \$100-\$150 Weekly: Jan-Mar: \$600-900 April: \$600-\$800 May-Sept: \$400-\$600 Oct-Dec: \$600-\$800	540 SW Rd. Wickenburg, AZ 928-684-7949 Desertgold540@ gmail.com desertgold arizona.com
Rental Home  5 night minimum stay	4 Bedroom/2.5 Bath home Outdoor Fire Pit, DVD Player, Pool Table, Games, Satellite/Cable TV, Internet, Hot Tub, Pool, Free Long Distance Calling, Catering Available	Daily: \$500 Weekly: Sept. 1-June 15: \$2,100 June 16-Aug. 31: \$1,800	Near El Grande Trail and Caballero Dr. Wickenburg, AZ Email through VRBO.com

Family Lodging Options Near Remuda - Apartments, Cottages and Houses, p.3

Name/ Minimum Required Stay	Amenities	Rates	Address and Contact Information
Rental Home  5 night minimum stay	3 Bedroom/2 Bath home Waterfall, Fireplace, Hot Tub, Satellite/Cable TV, Internet, Games, Outdoor Grill	Daily: \$300 Weekly: \$1,950 Weekly in March: \$2,100	56624 N 337th Ave. Wickenburg, AZ 928-671-0657

All of the lodging options shown on this map are within
a 10-minute drive of Remuda Ranch.

