

# Together AZ



AUGUST 2014

Inspiring Success On The Road To Recovery

## Parity and the Path to Change the Treatment of Substance Use Disorders

By Mady Challk & Abigail Woodworth

The Treatment Research Institute recently welcomed The Honorable Patrick J. Kennedy, one of the major architects of parity legislation, and a tireless advocate for improving substance abuse care through better policy, to our hometown of Philadelphia. His important insight about how the Parity Law will transform substance abuse and mental healthcare is certainly worth talking about some more.

Recent legislative changes in the health-care organization and financing through the Affordable Care Act (ACA) and the Parity Act will end the past 40 years of separate and unequal resources for the treatment of substance use disorders. This legislation, combined with new knowledge from basic, clinical and health services research over the past two decades, has set the stage for a new public health-oriented approach to managing substance use disorders with the same insurance options, healthcare teams, clinical goals and clinical methods presently used to manage other, similar chronic illnesses such as diabetes, asthma or chronic pain.

### Changes are needed

Contemporary addiction treatments are based upon outdated concepts about the nature of addiction and, in turn, the nature of the care needed to bring about recovery. Virtually all existing treatments for addiction are “programs” — every patient gets the same care, regardless of the type of addiction or the other medical and social problems that coexist with addiction. Because everyone gets the same care, there has been no need to evaluate other influences including medical, employment, drug, legal family and psychiatric problems that could affect the course of change and recovery. Insurance coverage that has been built to service programmatic care has always been time or session limited. The financial limitations on insurance coverage have restricted the range of treatment components (tests, medications, therapies, family support services, etc.) that could be provided within any treatment program. The interim goal of treatment for virtually all existing treatments – residential or outpatient – is “program completion” with traditional symptom and function outcomes (drug use, employment, health, etc.) typically measured 6 – 12 months following completion.

These traditional features of treatment design and financing are no longer legal. With the passage of the Affordable Care Act, care for addictions is now required to be similar in content, structure and patient burden as care for other chronic illnesses. This will be a very substantial change in the concept, type, amount and evaluation of addiction treatment.

We believe recovery is now an expectable outcome and a new standard for high quality addiction treatment.

Representative Kennedy discussed the importance of leveraging the current inno-

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# For Love & Money

By Debra L. Kaplan, MBA, MA, LPC, CMAT, CSAT-S

(The following article is excerpted from *For Love and Money: Exploring Sexual & Financial Betrayal in Relationships*, by Debra L. Kaplan. *For Love and Money* was published in 2013 and is available on Amazon and other online booksellers.)

When two people come together under an emotional and erotic cosmic trance, the one question they most likely don’t ask is: “What do I value most about being in a relationship?” This makes sense, given that our brains are hijacked by the hormonal and chemical rush of lust and attraction. Hopefully those conversations do occur, but later, after the lustful phase known as limerence subsides and the rose-colored glasses come off. This is where the relational currency begins to develop.

### Sex Appeal as Currency

Currency is generally thought of as a form of economic or monetary exchange (i.e., money). But currency needn’t be pieces of paper or coins accepted as legal national tender. Currency can also be the emotional and sexual cache a person brings to a relationship. This type of relational currency speaks to what we value, our relational strengths, and the ways in which we communicate our values and strengths to a loved one. In other words, relational currency is the acts and statements used to express love and affection in relationship.

In the early phase of connection, when we are star-crossed lovers, we don’t barter in deeper relational currency, the proverbial life questions about what we truly value, or at least we are not likely to do so. These questions tend to surface about our romantic partner much later, often under a cloud of exasperation or relational disconnect. How is my partner showing up in our relationship, how does my partner express love and affection, and what does my partner value in the relationship?

We also ask these same questions of ourselves, albeit less often. In what ways am I showing up in our relationship, how do I express love and affection toward my partner and what do I value in the relationship? I often hear these and other statements in my work with couples:

- He may not be very handsome, but the truth is that I married him for his money and he married me for my looks.
- If he would only tell me that he even cares about me or loves me I wouldn’t feel so alone. But at least I get to live a rich lifestyle.
- My friends are so envious that I’m engaged to a successful and handsome man. They tell me that it’s normal to be afraid about marriage and that I have nothing to complain about. But they don’t know that he is insecure and when things get rough, he drinks and takes off to the bars with his friends.
- My wife stopped having sex with me years ago. So should I have stopped paying the bills?
- Sure I know that he drinks, looks at porn and goes to strip clubs. Don’t all men do that? Besides, I love to spend money and I’m not prepared to give that up.



In 2010, Dr. Catherine Hakim, a British sociologist, presented a theory on what she called “erotic capital.” Hakim wrote, “Erotic capital combines beauty, sex appeal, liveliness, a talent for dressing well, charm and social skills, and sexual competence. Rather than degrading those who employ it, erotic capital represents a powerful and potentially equalizing tool — one that we scorn only to our own detriment.”<sup>1</sup>

In other words, the use of sex, sex appeal, and beauty as currency in courtships and relationships has long been a part of mating and dating. Prostitution, for instance, dates back to at least 2400 B.C.<sup>2</sup> Controversial or not, Hakim’s perspective clearly identifies a longstanding tool of relational influence. Putting the matter as simply as possible sex appeal has always been, either overtly or covertly, used as relational currency, and this is likely to continue ad infinitum.

### ‘Til Theft Do Us Part

Money is also used, rather routinely, as currency in relationships. This is an all too common theme in sessions with couples. One particular session comes to mind.

“I make the money and you spend it.” Chuck said to his wife Katie. He was self-righteously angry, and all too happy to express his anger to a sympathetic ear and audience — me.

“I don’t remember vowing ‘til theft do us part,” he added. “I don’t remember that we actually decided this. So maybe this was one of your unilateral marital decisions you made while I wasn’t looking.”

“Sorry you weren’t there, Chuck.” Katie retorted. “You must have been ‘burning the midnight oil’. Or is that burning the midnight oil with your colleague?”

That brought the discussion to a screeching halt, and we sat in silence. I tried not to smile at the dark humor Katie sometimes wielded when she was particularly hurt.

Given that Katie had asked for a crisis session and they were here to discuss Chuck’s latest infidelity, I was a bit surprised that they’d veered off on this money-related tangent. And yet I wasn’t surprised at all. Chuck and Katie had married 14 years ago in better times. The economy hadn’t yet eroded their life savings, their house had not come under the threat of foreclosure, and Chuck’s smoldering predilection for escorts and inter-office affairs hadn’t yet surfaced. Now money was tight, and both were spending it recklessly – Chuck on illicit sex, Katie on clothes and home furnishings. Both partners had been wielding the couple’s strained finances as a weapon for quite some time, so it was inevitable that we’d finally get around to this topic.

As is common for many in relationships, one of the partners comes to therapy in hopes of resolving an issue that has become problematic, perhaps even hopeless — in this case Chuck’s infidelity. Chuck was aware that Katie was unhappy and that she wanted to come to therapy to discuss his cheating. But in moments such as this, the therapist’s office becomes a de facto safe zone for what I call the relational rummage sale, meaning that eventually everything in the relationship ends up displayed — or as it was — flayed on the table. Once “safely” inside the therapy room, a partner or spouse drags out all the stuff that’s been stored for years in his or her emotional attic. Out comes the debris: long-standing resentments, fetid secrets, dashed hopes and disappointments

FOR LOVE & MONEY continued page 5





Best-selling author; guest consultant on 20/20, Good Morning America and CBS Morning News; featured in The New York Times and People Magazine; and Esquire Magazine's "Top 100 Women in the U.S. who are Changing the Nation", Rokelle Lerner is the Clinical Director of InnerPath Retreats at Cottonwood Tucson.

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variations in research, treatment, policy and public education to take advantage of every opportunity to change the way addiction and mental illness are perceived and cared for and to move toward a chronic care model of treatment for addiction.

The Treatment Research Institute is working on methods to offer individualized approaches to illness management for individuals suffering from alcohol and other addictions. The ultimate goal of these efforts will be sustained, patient-managed recovery — specifically, sobriety, personal health and good social function. Patients are transitioned through a system of care that is coordinated with all other aspects of their health to anticipate and intervene promptly to help patients prevent relapses, reduce emergency department visits and hospitalizations and subsequent poor health outcomes.

We also want to ensure that promises of the Affordable Care Act and Parity are fulfilled through effective implementation; and that a chronic care model can exist for addiction. Working with our partners at the Legal Action Center, the Parity Implementation Coalition and Truven Health, we are tracking and analyzing the impact of implementation; informing and educating purchasers, payers, and other stakeholders; and documenting the impact of successful prevention and early intervention programs. We are assisting states, counties and health plans to implement the ACA and Parity legislation in a cost-effective manner that maximizes outcomes for patients and providers. This is a core priority for our organization and for our field.

It is through the work of Patrick J. Kennedy and the efforts of many others that we are at a watershed moment in behavioral health. Public awareness about addiction and mental illness is growing.

# publisher's note

## Romancing the Drink



In the early days of my drinking I was in it for the pleasure. I always imagined myself a sophisticated Myrna Loy type (from the *Thin Man* movies) leaning against a bar at New York's Plaza Hotel. I'd be elegantly dressed, holding a fluted glass of champagne, with tons of friends in the room — laughing, dancing with everyone drinking till the sun came up. The fantasy included a handsome, dashing guy in a tux, sweeping me off my feet. All fun — and no repercussions. Oh, the power those old movies had over me. How romantic it all looked.

But that never happened. Whenever I drank, I got drunk.

Being determined not to follow in the footsteps of the disease I grew up with, I worked very hard at trying to figure out a formula where I could drink and not suffer from the blackouts, hangovers and the awful consequences which are part of my story. No matter if I stopped for a day, a few weeks or a month, the result was always the same — I was thrown out, blacked out and persona non grata. Still my romance with alcohol continued anyway — that's delusion.

By the time I got to the big city and really had the chance to drink at the Plaza's Oak Bar, I wasn't standing against it — I was more likely passed out — on, or under it. I was there only once, and it went on the list of another place *I was not welcome*. By the way, there was no dashing man in a tux, I was not among friends, I was far from elegant and when the sun came up it was always the same... "what did I do?" "how did I get home?" "is there anybody I can call to ask what happened without wanting to crawl under a rug first?" That's not very romantic.

I am grateful I no longer have to live that way. Was the dashing guy in the tux a metaphor for what I was truly seeking all along? Maybe.

Maybe, it's the connection with my Higher Power, the fellowship of people who are just like me, their genuine kindness and understanding; and a program and book that offers a way to live my life authentically.

Four years into recovery I met my debonair guy. We were blessed with 17 wonderful years trudging the road together. Rich, poor, sickness, health and everything in between... our commitment to sobriety first, then each other — that's when the true romance for life began, and by the Grace of God it will never end.

*Barbara*

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# Six traits you may have in common with the addict

By David Sack, M.D.,

In this age of political correctness, even the most tolerant among us looks at criminals, homeless people, addicts and other “outsiders” with an air of consternation. It’s “them” versus “us,” and somehow it feels safer that way. But if you take a closer look behind the stigma, you may be surprised to find that you have more in common with a drug addict than you think.

Do any of these traits sound familiar to you?



## #1 IMPULSIVITY

*“I want it and I want it now.”*

Addicts aren’t alone in their insatiable desire for immediate gratification or their appetite for risk-taking. Most people have felt that twinge of “gotta have it” thinking that is reminiscent of adolescence. Have you ever racked up a credit card balance you knew you couldn’t pay? Taken a pill to feel better when your problem could’ve been addressed in other ways? Or turned to get-rich-quick schemes or plastic surgery to reach your goals faster?

Even something as innocuous as a daily coffee habit, a penchant for cupcakes or an obsession with work can help you instantly relate to the plight of the addict. Just about everyone has a hole to fill or a pain to soothe, but not everyone has the internal resources to manage those impulses without settling for the quick fix.

## #2 PERFECTIONISM

*“Failure is not an option – and anything less than perfection is failure.”*

Perfectionism isn’t limited to the people who seem to have it all. Addicts who have experienced one failure after another can be as idealistic in their mindset as the successful businessperson. Neither gets where they are through moderation, but rather through harsh self-criticism, impossibly high expectations, and an underlying belief that perfection is both possible and necessary.

## #3 GRANDIOSITY

*“The world revolves around me.”*

Think you’re hot stuff? Maybe you are, or maybe you’re thinking like an addict. Addicts engage in magical thinking, creating a fantasy world where they get everything they want and are more important than everyone else. Although it often masks low self-esteem, another characteristic common among addicts, this inflated sense of self comes off as arrogance and allows addicts to push people away.

## #4 DIFFICULTY CONNECTING WITH PEOPLE

*“I don’t need anyone.”*

Most people feel a strong need for attachment and connection with other people, but some deny this need by isolating

themselves. They make excuses for skipping social gatherings, blame others for their struggles and would rather stay home than face the world. As a result, they (often unknowingly) search for connection through drugs, sex or other destructive behaviors.

## #5 POWER AND CONTROL

*“I call the shots.”*

If you’ve been told you’re a control freak, you’re in good company. Addicts often try to control people and things to compensate for a profound feeling of powerlessness. Rather than taking responsibility for their own actions and choices, they shift the blame to others.

## #6 DIFFICULTY MANAGING EMOTIONS

*“Feelings are so painful, I’d rather feel nothing.”*

When faced with stress, anger or emotional pain, do you

- (a) do nothing;
- (b) try to feel better through exercise, talking with a friend or some other activity that makes life more tolerable without any negative consequences; or
- (c) do whatever it takes to make it go away?

**If you answered (a),**

- you may have learned from a young age that avoiding feelings was safer than working through them.

**If you answered (c),**

- you may be tempted to escape through drugs, alcohol or other addictive behaviors rather than managing emotions in healthy ways. Either way, your coping

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skills could use some fine tuning. Perhaps you’ve never struggled with traits or behaviors that in any way resemble addiction. If so, you are a rare breed. For the rest of us, focusing on our similarities rather than our differences can inject a dose of empathy into the national dialogue on addiction.

And for that, your inner addict will thank you, and so will the 23 million addicts who are in the fight of their life.



David Sack, M.D., is board certified in psychiatry, addiction psychiatry and addiction medicine. Dr. Sack currently serves as CEO of Elements Behavioral Health, a network of addiction treatment centers that includes

Promises Treatment Centers, The Ranch, Sexual Recovery Institute, The Recovery Place, Right Step, Promises Austin, Lucida, Journey, Sundance, and Clarity Way. [www.elementsbehavioralhealth.com](http://www.elementsbehavioralhealth.com)

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# Loving Sentiments We Should All Say More Often

By Joyce Marter, LCPC

All too often, we take the people we love the most for granted: our lovers, family members, friends, and children. We forget the enormous power of our words, as we carelessly lash out when under stress. We stick our noses in our laptops and smartphones, assuming our loved ones **know** what we are failing to verbalize, sometimes until the relationships are disconnected or damaged beyond repair.

Make a choice to consciously nurture your relationships with verbal communications of love. Be kind and sincere. Ask open-ended questions with an open heart. Listen empathically and non-defensively. There are no conditions, no strings, no expectations, and no manipulations. Simply, love to love.

Sprinkle your relationships with these loving sentiments and watch them blossom:

1. I am here for you.
2. Thank you. Thanks for all you do for me and all the ways in which you add value to my life.
3. You are beautiful. What I find most beautiful about you, inside and out, is: \_\_\_\_\_.
4. How are you? Truthfully, fully and completely — how are you, really?
5. Tell me about your dreams.
6. Tell me about your fears.
7. Tell me about your beliefs about life, love, the world, etc.
8. I am thinking about you.
9. I appreciate you.
10. I care about your feelings.
11. You are important to me.
12. I made a mistake and I'm sorry. I sincerely apologize. Please forgive me.
13. I value our relationship.
14. I am grateful and fortunate to have you in my life.
15. What can I do to support you?
16. How are you feeling about our relationship?
17. How are you feeling about me?
18. The qualities I love about you most are: \_\_\_\_\_.
19. I notice and really appreciate your efforts and growth in these areas: \_\_\_\_\_.
20. What's most meaningful to me about our connection is: \_\_\_\_\_.
21. Great job! Nice work! Well done.
22. These are the ways in which you have touched my life and made me better: \_\_\_\_\_.
23. It's an honor to know you and to be close to you.
24. I want the very best for you.
25. I cherish the following experiences we've shared: \_\_\_\_\_.
26. I trust you. I trust in our relationship.
27. I forgive you. I let go of my resentments.
28. These are all of the wonderful, positive qualities I see in you: \_\_\_\_\_.
29. Your greatest gifts and strengths are: \_\_\_\_\_.
30. I respect you.
31. I respect your decisions even though they're different from mine or what I've recommended.  
You're free to make your own choices.
32. I support you in any and every way that I can.
33. I believe in you.
34. I lovingly and trustingly give you the time and space you need.
35. You can achieve anything you want in life.
36. You are special. You are divinely and uniquely YOU.
37. You are free to be your authentic self in the context of our relationship.
38. I welcome you to be honest and truthful with me.
39. I desire to have/maintain an intimate and loving relationship with you.
40. You elicit the following positive emotions and feelings in me: \_\_\_\_\_.
41. You are not responsible for me, for my bad behaviors or my poor choices.
42. What would you like from me or from our relationship?
43. It's not your fault. I don't blame you.
44. I support you in taking care of yourself.
45. Your feelings are understandable, normal responses to everything you have been through.
46. I do not expect you to be perfect. I absolutely understand you are a human being.
47. I acknowledge my areas of needed improvement including ABC, and am working on them by doing XYZ.
48. It's important to me to know and understand you.
49. I come to you with an open heart and an open mind.
50. I love you fully, completely — exactly as you are.

*"The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers." ~Thich Nhat Hanh*

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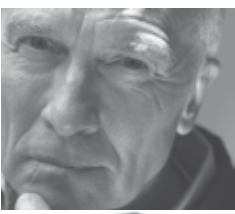
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LOVE & MONEY from page 1

that were, in their day, prized treasures and celebratory relational jewels.

For Chuck and Katie, this couldn't have been truer. Katie had called and scheduled the appointment to "deal with Chuck's latest sexual betrayal," but when the door opened and the opportunity to expose unsung grievances presented it was game on. Resentments that had been festering for years were suddenly out in the open, ready to be picked over, looked at, discussed, and hopefully, in time, discarded.

Several minutes passed while Chuck and Katie sat in silence, avoiding even a glance at the other. Finally, Katie glanced anxiously at me, looking for some sort of sign that would communicate to her, "Go ahead, you have my permission to continue." My silence was intentional. I was curious as to where this session was really heading. Suddenly Katie forged ahead.

"What do you mean 'til theft do us part? If you mean that I spend the money, I do. That's my job, isn't it? I'm the one at home with the kids. I get them set for school and take care of the doctors' visits, clothes, you know EVERYTHING. And everything is also what I gave up in order to stay home and raise the kids. Well, I'm tired of that. I'm tired of doing everything! I buy the food, keep the house, manage everything, and all you do is go to work and apparently screw around with any woman that will have you, and then you come home and sit on your ass like you've fulfilled all your daily requirements!"

Katie turned toward me and told me that Chuck had no idea about half of what went on at home, as if Chuck himself was not inches from her and within earshot of that very gibe. At this point I finally interjected. "I'm confused. I thought we're here today because of Chuck's infidelity. Is that the case? Or are there more pressing issues?"

Money Matters

According to a national telephone survey conducted in early 2012 by Harris

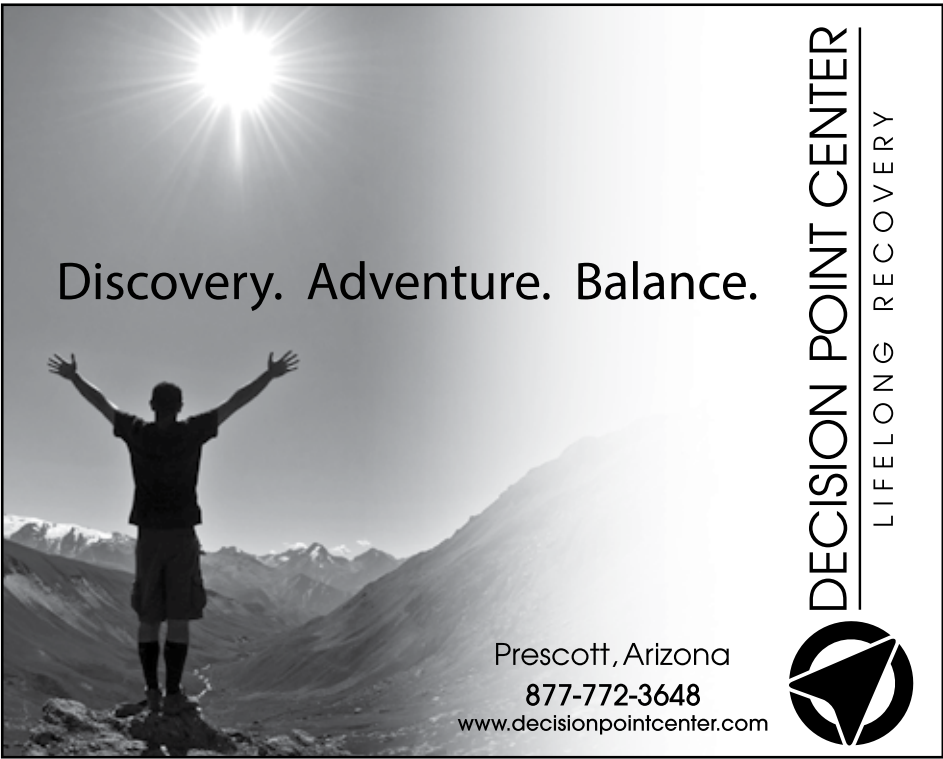
Interactive for the American Institute of Certified Public Accountants (AICPA), financial matters are the most common cause of discord among American couples.<sup>3</sup>

Twenty-seven percent of those who are married or living with a partner acknowledged that disagreements over money are the most likely cause of a spat, causing an average of three arguments per month. Financial matters topped the list, beating out children, chores, sex, work, friends, and every other potential bone of contention. "According to the survey, much of a relationship's financial conflict can be traced to a failure to communicate about money matters. Amazingly, 55 percent of the people surveyed admitted that they do not set aside time on a regular basis to talk about financial issues."

About the study's findings, Jordan Amin, chair of the National CPA Financial Literacy Commission, said, "Money is a lightning rod for conflict in relationships because it's a sensitive topic and each person brings a different perspective based on their past experiences. It's critical for couples to communicate openly and regularly about financial matters in order to establish a common language around money and move toward shared goals." Unfortunately, most couples, like Chuck and Katie in the discussion above, do not heed Amin's advice. And when they don't, financial matters can create silent resentments that manifest badly in any number of ways.

It seems logical that if financial matters are the primary source of discord among couples, then relational currency should be the primary avenue for exploring how couples relate. In my practice I have found this to absolutely be the case. The simple fact is that couples arrive at a relational medium of exchange, whether they know it or not. This relational currency is based on their individual values (both conscious and unconscious).


LOVE & MONEY continued page 9



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# N·E·W·S·

## Can text messages help reduce young adults' binge drinking?

A new study suggests receiving text messages about binge drinking after visiting the ER can help young adults reduce their hazardous alcohol consumption by more than 50 percent.

The study included 765 young adults seen in the emergency room, who had a history of hazardous drinking. The study participants were divided into thirds. One third received text messages for 12 weeks that prompted them to respond to questions about their drinking. They received texts in return that offered feedback on their answers, News-Medical.net reports. Another third received text messages asking about their drinking, but received no feedback. The remaining third received no text messages.

Participants who received both text message questions about their drinking and feedback said they decreased their binge drinking by 51 percent, and the number of drinks per day by 31 percent. Those who received only text messages or no text messages increased the number of days they engaged in binge drinking, which is defined as five or more drinks in one sitting for men and four or more drinks for women.

"Each day in the U.S., more than 50,000 adults ages 18 to 24 visit ERs and up to half have hazardous alcohol use patterns," said lead researcher Brian Suffoletto, M.D., of the University of Pittsburgh School of Medicine. "More than a third of them report alcohol abuse or dependence. The emergency department provides a unique setting to screen young adults for drinking problems and to engage with them via their preferred mode of communication to reduce future use."

A recent report by the Centers for Disease Control and Prevention found excessive alcohol use accounts for one in 10 deaths among working-age adults ages 20-64 years in the United States.

## Private drug-sniffing dog businesses becoming popular among parents



A growing number of parents are hiring private dog-sniffing businesses to find out if their teens are using illegal substances, NPR reports. The dogs are also being requested by schools, businesses, landlords and halfway houses.

One such business, Discreet Intervention, is run by Tom Robichaud, a former dog trainer. Robichaud, based in Massachusetts, attended classes along with his dog, Ben, at LaFollette K9 Training Center in Missouri, which trains police dogs. He says the fledgling industry could use more regulation to protect parents.

"A lot of people are jumping on the bandwagon. Anyone can buy a dog in a pound, and [parents] wouldn't even know if it's a drug dog," he said. Robichaud knows firsthand how destructive drugs can be. His brother died of an overdose, the article notes. "Every time I go into a house, I see those parents like my parents, [and] what they went through," he said. "It just destroyed my family." He says in order for parents to help their children, they need to know whether they are using drugs.

Privacy experts are concerned about the trend. Jay Stanley of the American Civil Liberties Union says he thinks drug-sniffing dogs cross a line. He points out dogs can sniff out more than illegal drugs, and can invade people's privacy. "There's a fundamental principle here that we don't intrude in that way on people's homes," he said. "And I don't think we want to go down the road to allowing open season for neighbors to spy on each other."

It is unclear whether evidence from privately trained dogs can hold up in court, some prosecutors say. They note there is no official national accreditation standard or license for private drug-sniffing dogs, or for their trainers.

## Teen dating takes violent turn for 1 in 6

Dating during teen years takes a violent turn for nearly 1 in 6 young people, with both genders reporting acts like punching, pulling hair, shoving, and throwing things.

The startling number, drawn from a University of Michigan Medical School survey of more than 4,000 adolescent patients ages 14 to 20 seeking emergency care, indicates dating violence is common and affects both genders.

Probing deeper, the study finds those with depression, or a history of using drugs or alcohol, have a higher likelihood to act as the aggressor or victim.

The findings, from the largest-ever study of the issue in a health care setting, suggests a need for health care providers to ask both young women and men about whether their relationships have ever turned violent, and to guide them to resources.

"It's important to think about both genders when trying to identify teen dating violence, especially when there are other

conditions we may be trying to assess in the health care setting," says Vijay Singh, M.D., MPH, MS, the study's lead author and a U-M clinical lecturer in the Departments of Emergency Medicine and Family Medicine.

"These data remind us that teen relationships are not immune to violence and should encourage providers to ask adolescent patients about this important issues," he adds. "In addition, this could help us understand whom to target for screening and referral to, or development of, programs that could help them."

Relationships in adolescence set up patterns for adult relationships, he notes. Intervening with adolescents experiencing dating violence is crucial to prevent adult

intimate partner violence.

Singh and his colleagues at the U-M Injury Center analyzed data from a larger survey of teens and young adults aged 14 to 20 years who visited the U-M Health System's emergency department for any reason between late 2010 and early 2013. The teens took the surveys on touch-screen tablet computers in private, though those under age 18 needed their parents' consent to take part.

Singh urges all teens, and those who love them, to be aware of phone and online resources that can help them identify and respond to unhealthy tendencies in their relationships — and get help when things threaten to turn violent. #

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# Freedom for Free

By Dr. Dina Evan

I really want to be free! Sometimes, I think that means an island with a high back chair and sea breezes.

At other times, I think it means getting off the grid and dropping out of the chaotic, greed based society we live in. However, since doing either would present a certain set of challenges for this agey, sagey lady, I have been exploring how to feel the breeze inside, right here, right now.

In my world, soon after I ask for clarity I get that palm to forehead thump. Clarity arrived this time in the awareness that while dealing with a broken leg and other arduous challenges that had stolen my energy and joy in the past few months, I rediscovered that breezes on the inside are still possible. This awareness was a huge gift and ah-ha that arrived after I drove to Sedona with my granddaughter, to see another agey, sagey healing woman, Mariane Parisi. From the moment I walked in to her healing space, the connection was palatable, rich and refreshing.

There was an instant reunion of spirits and for the next two hours we soared in revelation and acknowledgment of having found a piece of ourselves in each other. There was no judgment, no evaluating of worth, no positioning, posturing, one-upping or editing — no hold out or hold back on the truths we shared. We told stories about the most embarrassing moments in our lives, our failings and our ferociousness.

We laughed and we cried together in joy. And I knew...the thing that frees my spirit is authenticity and genuine connection. This is a nearly a lost art, in a world where even our closest relatives all have cell phones and computers grafted to their hips. How can this be when clearly the way to freedom is deeper and closer!

The way to freedom is to have the courage to sit in the middle of every inclination to shut down and protect, hide and lie, pretend and pose, and choose to open...more. Real is so much more inviting. Insight, loving kindness, compassion and caring are the paths to freedom, yet these are the things we fear the most. They require being vulnerable and a willingness to feel.

A couple of easy steps on the path to freedom are to disconnect from the electronics and busyness. Don't panic...just a few minutes each day will help. It's about quiet time to reflect on what you truly want for your life. Ask yourself if your next step is going to take you there and identify what you are really feeling inside. It's a time to ask where have I withdrawn to protect myself and what have I allowed to make me afraid? Every emotion will arise and that simply means you are a healthy human being who is capable of feeling everything from rage to rapturous love and respond to all of it with reason and safety. Feelings are not what we need to fear. Our response to them is what matters. By sitting with the feelings, we learn to relate to them from a place of safety and freedom without over reacting. A feeling is just a feeling. It's what you do with them that matters.

***Another step that will help move you to freedom is to always tell the truth.***

The truth does not need to be delivered with a sledgehammer, which is what most of us think of when we think of being excruciatingly honest. "Oh I can't do that, it will hurt someone's feelings." So we lie... about our weight, our age, our feelings, our lack of feelings...okay everything.

If you stop a minute and just ask yourself how many white or darker lies you have




told during the last week, you may surprise yourself. Everything from "No, I'm not mad at you," to "Tell her I am not home." We do it even though each of us is certainly capable of hearing, "This is not a good time for me to talk right now. Can I call you back tomorrow?" Or, "Yes I am feeling irritated right now but I am not clear why, so let me think about it and I will talk with you tonight when I figure it out."

Connection is the path to freedom and meaning — connection to yourself and your feelings and connection to your path and the steps along the way. And incredibly important are the connections to those special spirits with whom you can dance in truth and meaning. So what are you waiting for? **Freedom is waiting.**



*Dr. Evan is a life/soul coach in Arizona working with individuals, couples and corporations. She specializes in relationships, personal and professional empowerment, compassion and consciousness.*

For more information 602-997-1200, email [drdabe@attglobal.net](mailto:drdabe@attglobal.net) or visit [www.DrDinaEvan.com](http://www.DrDinaEvan.com).



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# Events Calendar

**AUG. 6— 8:00 - 9:00 am —St. Luke's Behavioral Health Center,** 2014 Clinical Breakfast Series. *Issues faced at the VA: Healthcare for Homeless Veterans. Prevention & Rapid Rehousing for Veterans Transitional & Permanent Housing for Veterans.* Presented by: Melissa Meierdierks, LCSW, Community Resource & Referral Center Coordinator, Phoenix VA Health Care System. 1800 E. Van Buren, Phoenix. St. Luke's Behavioral Health Center Auditorium. 602-794-8977. E: [lgonzalez@iasishealthcare.com](mailto:lgonzalez@iasishealthcare.com)

**AUG. 13 — 8:00 – 10:00 a.m.** Tucson Area Professionals' Networking Breakfast, **Sponsored by Sierra Tucson.** *"EAP Critical Incident Response: Partnering with the Treatment Community"* Speakers: Mary Straus, LPC and Randy Brooks, LPC. Westward Look Wyndham Grand Resort & Spa, Santa Catalina Ballroom, 245 E. Ina Road, Tucson. 2.0 CE Credits available. Pre-registration at [www.SierraTucson.com](http://www.SierraTucson.com). Visit [www.SierraTucson.com](http://www.SierraTucson.com) or contact Chrissy Lamy at 480-231-0260 or [CLamy@CRCHealth.com](mailto:CLamy@CRCHealth.com)

**AUG. 15— 11:00 a.m. – 1:00 p.m.** **Grand Rounds at Sierra Tucson, "Nothing Occurs - or Recovers - in a Vacuum: Implementing Biofeedback & Neurofeedback into Integrative Mental Health Treatment"**, Speaker: Antoinette Giedzinska-Simons, Ph.D. 39580 S. Lago del Oro Parkway, Tucson. 2.0 CE Credits available. No charge, seating is limited, Pre-registration required by 8/8 by email to Margo Weltmer, [MWeltmer@SierraTucson.com](mailto:MWeltmer@SierraTucson.com). Visit [www.SierraTucson.com](http://www.SierraTucson.com)

**SEPT. 15-19 – Tucson – Cottonwood Tucson – InnerPath Women's Retreat.** This five-day retreat has been designed especially to meet the needs of women who are re-evaluating their relationships, their priorities, and their sense of self. Facilitated by **Rokelle Lerner**. Visit [www.cottonwoodtucson.com](http://www.cottonwoodtucson.com) or call Jana at 520-743-2141 or email at [jmartin@cottonwoodtucson.com](mailto:jmartin@cottonwoodtucson.com) for information and registration.

**SEPT. 22-26 – Tucson – Cottonwood Tucson – InnerPath Beginnings & Beyond Retreat.** This five-day intensive retreat is tailored to meet the needs of those individuals who want to make healthy changes in their lives. Facilitated by **Rokelle Lerner**. Visit [www.cottonwoodtucson.com](http://www.cottonwoodtucson.com) or call Jana at 520-743-2141 or email at [jmartin@cottonwoodtucson.com](mailto:jmartin@cottonwoodtucson.com) for information and registration

**Every Week – Tucson – Cottonwood Tucson – InnerPath Developing Healthy Families Workshop.** Five-day workshop is for families impacted by addictions, psychiatric disorders, anger & rage, and trauma. Facilitated by Cottonwood staff. Visit [www.cottonwoodtucson.com](http://www.cottonwoodtucson.com) or call Jana at 520-743 2141 or email [jmartin@cottonwoodtucson.com](mailto:jmartin@cottonwoodtucson.com) for information.

**Merritt Center Returning Combat Veterans Retreat Program.** Free 4 weekend program for combat Vets. With the assistance of Vet mentors, and healing practitioners, returning vets will begin to release the experiences of war, and to create the

dream of a new life. Betty Merritt, [betty@merrittcenter.org](mailto:betty@merrittcenter.org). 800-414-9880 [www.merrittcenter.org](http://www.merrittcenter.org)

**On Going Support NEW MEETING FOR CHRONIC PAIN SUFFERERS — "Harvesting Support for Chronic Pain,"** held the third Saturday of the month, from 12 noon - 1 p.m. Harvest of Tempe Classroom, 710 W. Elliot Rd., Suite 103, Tempe AZ 85284. Contact Carol 480-246-7029. **Next meeting Saturday, August 16.**

**COSA** (12-step recovery program for men and women whose lives have been affected by another person's compulsive sexual behavior)— **Being in Balance.** Thursday 11:00 am-Noon. 2210 W. Southern Ave. Mesa, 85202. Information 602-793-4120.

**Co-Anon Family Support Group** - Carrying the message of hope and personal recovery to family members and friends of someone who is addicted to cocaine or other mind altering substances. *"Off the RollerCoaster"* Meeting, Thursdays, 6:30 - 7:45pm, 2121 S. Rural Road, Tempe, Our Lady of Mount Carmel Church. Donna 602-697-9550 or Maggie 480-567-8002

**Gamblers Anonymous Meeting — ACT** Counseling & Education. 11:00 am to 12:30 pm. **Call 602-569-4328** for details. 5010 E. Shea Blvd. D202, Phoenix.

**Emotional Healing Journaling Workshop.** Strategies to manage unwanted habits, compulsive behaviors. Thursdays 7-8:30pm. Elisabeth Davies, MC. \$20

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**Incest Survivors Anonymous**—North Scottsdale Fellowship Club, Saturdays, 1:30-2:30pm. Gloria, 602-819-0401.

**COTTONWOOD TUCSON.** Ongoing **Alumni Meeting:** first Wednesday of month 6:00-7:30 p.m. **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. Come at 5:00 p.m. for dinner. Contact Jana Martin 520-743-2141 or email [jmartin@cottonwoodtucson.com](mailto:jmartin@cottonwoodtucson.com)

**ACOA** (Adult Children of Alcoholics) Thursdays, 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. 602-403-7799.

**ACA** meeting. Tucson. Wed. 5:30-7:00 p.m. *Streams In the Desert Church* 5360 E. Pima Street. West of Craycroft. Classroom A (Follow the signs). Michael 520-419-6723.

**Overeaters Anonymous** - 12 Step program that deals with addictions to food and food behaviors. 18 meetings scheduled per week. For information 520-733-0880 or [www.oasouthernaz.org](http://www.oasouthernaz.org).

**Families Anonymous**—12-step program for family members of addicted individuals. Phoenix/Scottsdale. 800-736-9805.

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# Life after Treatment

## How to Develop an Exit Strategy

If you were recently treated for a drug or alcohol addiction, this may be your first sober summer in a long time. Summers are often difficult for recovering addicts because of the increase in barbecues, picnics and festivals where alcohol is a main attraction. It does get easier over time, but in early recovery, it can be difficult to know how to enjoy the summer and be with other people without falling off track. One thing that helps is developing a solid exit strategy.

An exit strategy is essentially a predetermined plan that you create to handle a situation that you're uncomfortable with. Say that you are invited to a barbecue at a friend's house, and you decide to attend. Your friend assures you that there won't be much, if any, drinking going on, so you feel like it's a safe bet. But, several hours into your stay, a group of old friends show up with alcohol in hand, and it makes you uncomfortable. This is where you would follow your exit strategy and remove yourself from the situation.

An exit strategy is necessary for all recovering addicts. You learn in treatment that you don't have control over what others do, so it's likely you will be in some situations that may initiate temptation and make it difficult to stay on track with your goals. Even though early recovery is the hardest, you will have to go beyond your comfort zone sometimes, and you need to be confident that you can handle uncertain situations.

How do you go about creating an exit strategy? Here are a few pointers.

**Practice saying 'NO.'** As you start to attend more outings, you'll need to learn how to say 'no.' When you're direct and assertive, people won't question your decision. Practice in the mirror and then with your loved ones. When you're out with friends, you'll know what to say if you're asked for a drink.

**Have a support person on call.** When you go out, always have someone to call. This could be a friend, family member or mentor from your 12-step meetings. If you feel uncomfortable at any time throughout the night, you can call or text this person and have them pick you up.

**Be prepared to walk out.** One thing about recovery is that YOU matter. Now is not a time to try to impress or appease others. If you're feeling tempted, you need to leave. You don't owe anyone an explanation. It's not worth risking your sobriety.

**Know your limits.** As you venture out more you'll learn about your limits. You may attend a party and find that you were ready for that step, or you may find that the situation was uncomfortable. The goal is to keep learning from your experiences and choose to be with people and at places that won't hurt your recovery.

**Download an app.** There are numerous apps that can be downloaded straight to your phone to offer support and motivation for staying sober, such as the 12 Steps AA



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**Increase your recovery tools.** If you're able to leave the situation right away and avoid temptation, you may not have any regression in your recovery. But, sometimes seeing old friends, hearing a certain song or being in the presence of drugs or alcohol can make you more likely to relapse. If you are feeling tempted, increase your recovery tools. Talk to other recovering addicts online, attend an extra support group or spend more time meditating. This is a normal part of long-term recovery; some days you'll need more motivation than others.

It's necessary to have a firm strategy in place. Removing yourself from a potentially toxic situation can help you stay on track with your goals and prevent relapse. And, you also learn to practice proactive thinking rather than reactive thinking. It's skills like these that will ultimately allow you to lead a clean and sober life.

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LOVE & MONEY from page 5

The fact that everyone has values is not in dispute. What is up for discussion is what those values are, and whether they've become the proverbial tail wagging the relational dog. Discovering what each partner values – really values, and is ultimately seeking in marriage or relationship and then negotiating for it — is paramount to relational success or failure. I have often shared with clients that in relationships there are two types of information: the information we need to know and have yet to ask for, and the information we already have yet choose to ignore. Actively discovering, accepting, and dealing with a person's relational currency is difficult to do in the limerence of early sexual and emotional discovery. Most of us enjoy basking in the excitement and exhilaration of a promising relationship. When we ignore obvious information or continue to avoid asking important life questions, this promising relationship is threatened from the outset.

### What Are We Really Fighting For?

During their therapy session, Chuck and Katie sparred about sexual infidelity and money. However, as the therapeutic process unfolded over the next few months, other underlying needs and values (relational currency) came to light. As it turns out, twenty years earlier, when Chuck and Katie were dating, Chuck was quick to point out much of what he so adored about Katie: her quick wit, her ability to hold her own in negotiations with her male business colleagues, and her needless/wantless stance. What he kept secret at that time, only revealing it in a therapy session, was that he'd also been attracted to Katie's youth, as she was 10 years his junior. Reading between the lines it was easy to deduce that part of Chuck's relational currency was: I'll provide the salary if you keep providing the looks.

Katie's relational currency was slightly

different. Early on she was enamored with Chuck's lithe social ease and his ability to make conversation in any situation, be it in business or in a social realm. Katie valued this part of Chuck's life because it extended social standing. It was also Chuck's established financial success that Katie found so appealing. As time passed, however, Katie seemed to forget that Chuck's success in business is part of what made him so attractive to her in the first place. When the financial crash began in 2008, their finances were greatly impacted and it was clear to me that this major financial upheaval had

as much to do with her anger at Chuck as his serial infidelity.

It seems that Katie and Chuck's values, their relational currency, became over time deficits and aspects of mutual disdain. I knew that if they were to ever find their way back to their early relational roots, both would have to work at being honest with themselves, honest with the other, and sharing equally in the heavy lifting of therapy. Regardless of the internal work to be done, external distractions and Chuck's readily apparent (to me) sexual addiction would need to be dealt with immediately.

### Questions for yourself:

- What do I value in a relationship?
- Do I ask for what I need and want?
- How do I express love and affection in my relationships?
- How do I show my love and affection to my partner?
- Do I express my love for him/her in a way that s/he values?

### Questions about your partner:

- What does my partner really value in a relationship?
- Is my partner emotionally available in the ways that I need and want?
- Does my partner express love and affection in the ways that I need/want?
- How does s/he show his/her love and affection for me?
- Does my partner express his/her love for me in ways that I value?



Debra L. Kaplan, MBA, MA, LPC, CMAT, CSAT-S is a licensed therapist in Tucson, Arizona. She specializes in attachment and intimacy, complex traumatic stress and sexual addiction/compulsivity;

issues that are often rooted in unresolved childhood trauma. Debra is a Certified EMDR clinician and incorporates advanced EMDR protocols in her work with trauma and addiction. Debra lectures internationally on trauma and addiction and authors articles and blog publications. Her book, *For Love and Money: Exploring Sexual & Financial Betrayal in Relationships* was published in 2013.

For more information visit **[debrakaplan counseling.com](http://debrakaplan counseling.com)** or email: [info@debrakaplan counseling.com](mailto:info@debrakaplan counseling.com)

#### References:

1 Catherine Hakim, *Erotic Capital: The Power of Attraction in the Boardroom and the Bedroom*, (Basic Books, 2011), 10.

2 Pros and Cons of Controversial Issues, Prostitution Historical Timeline, <http://prostitution.procon.org/view.resource.php?resourceID=000117> (Dec. 2012), Accessed: December 3, 2012.

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# Recovery Chef

## Fuel for Summer Fun

By Lisa MacDonald, MPH, RDN, Director of Nutrition Services at Cottonwood Tucson and executive Chef Richard Serna

Summer months lend themselves well to activities such as hiking, biking, swimming, camping, and fishing. Fuel your summer fun well with consistent and balanced nutrition. Consistent means eating three or more times per day and balanced means including carbohydrate, protein and fat each time. Eating three or more times per day keeps energy levels stable throughout the day. Balance is important as each food group has a different impact on our energy. Carbohydrates (grains, beans, fruits and veggies) are the flame of the fire. Eaten alone, they are burned and gone pretty quickly. Fruits may be what we turn to when it's hot for their refreshing quality, but fruits are simple sugars that burn rapidly. Be sure to also include grains for a longer burn. Proteins (meat, poultry, fish, nuts, seeds, beans and soy) act as the log in the fire. Protein consumed by itself is like placing a log in a fireplace without a flame to ignite it. Fats (fat naturally in foods as well as added fats; mayonnaise, olive oil, salad dressings etc) create the quality of a waxy Duraflame log or a candle.

Eating three or more well balanced meals may seem overwhelming as warmer temperatures and higher humidity tends to suppress the appetite. Our tendency is to go for fruits and fluids, which are important, but again lacking in slower burning energy.

Here is an example of a well balanced summer day:

**Breakfast**

- Yogurt or cottage cheese
- Berries
- Granola

**Mid-morning snack**

- Apple
- Peanut butter or handful of nuts

**Lunch**

- Salad with lots of veggies, beans and poultry, fish or beef

**Mid-Afternoon Snack**

- Pita triangles
- Hummus
- Tomato and cucumber

Dinner (see recipes)

Orzo confetti Pasta Salad  
Lemongrass Chicken Skewers

This recipe for Orzo Confetti Pasta Salad with Lemongrass Chicken Skewers is a refreshing and delicious way to meet our fuel requirements for carbohydrate, protein and fat. Happy summer!

*Lisa MacDonald, MPH, RD is the director of Nutrition Services at Cottonwood Tucson. Lisa is a Registered Dietitian with expertise in nutrition education, weight management and eating disorders. Lisa is committed to scientific integrity and the “non-diet” approach to weight management.*



**Orzo Confetti Pasta Salad**  
**(8 1-cup servings)**

- 1 box uncooked whole wheat orzo (16oz)
- 2 Tbsp olive oil
- 1 cup red bell pepper (small diced)
- 1 cup green bell pepper (small diced)
- 1 cup red onion (small diced)
- ¼ cup parsley (minced)
- 9 fresh squeezed oranges (juiced)
- ½ Tbsp rice wine vinegar
- 1/3 cup basil (rough chopped)
- 1 Tbsp olive oil
- ½ tsp salt

**Instructions:**

Boil orzo with the 2 tablespoons of oil until tender. Drain and cool for the salad. Dice the bell peppers and red onion and chop the basil and parsley. Once all your ingredients are ready, add the cooled orzo to a large bowl. Toss all the ingredients with the orzo. Once incorporated, add the orange juice and rice wine vinegar. Toss with salt and olive oil.

**Nutritional Facts for Orzo Confetti Pasta Salad:** Per 1 Cup serving: Calories: 260, Calories from Fat: 50, Total Fat 6g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol 0mg, Sodium 170mg, Total Carbohydrate 43g, Dietary Fiber 6g, Sugars: 10g, Protein 8g

*Chef Richard Serna serves as executive chef at Cottonwood Tucson. Cottonwood is a dual diagnosis rehabilitation facility that wanted to foster a holistic approach to recovery. As any chef knows, health begins with what you eat. Richard has completely revitalized the culinary program at Cottonwood in only two years.*

**Lemongrass Skewers**  
**(18 Skewers, 2 per serving)**

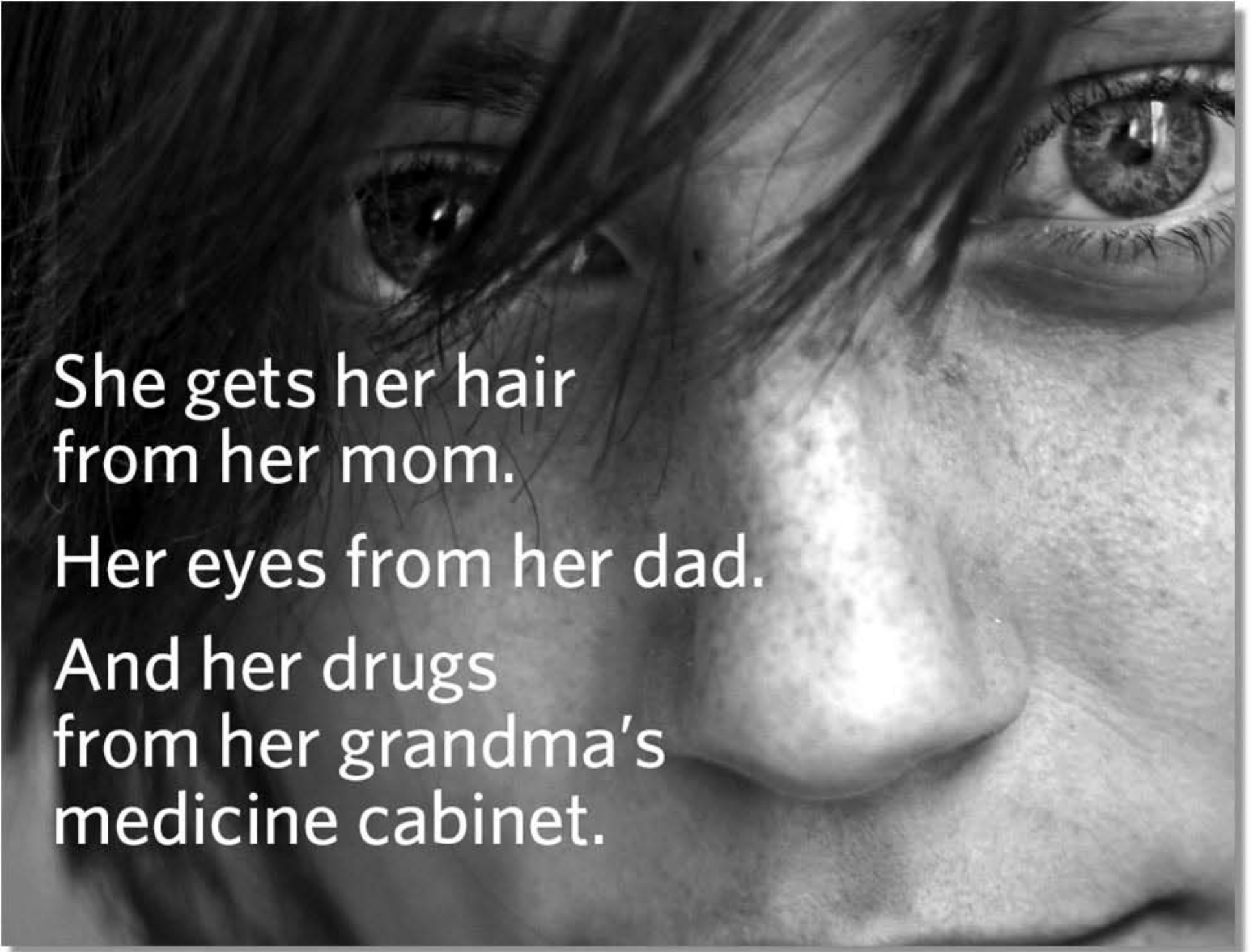
- 6 chicken breasts (4oz each)
- 1 zucchini (sliced into ¼ inch disc)
- 1 yellow squash (sliced into ¼ inch disc)
- 1 fresh ginger root (peeled, sliced thinly)
- 6 lemongrass cores (cut into 3 inch long skewers)
- 1 lemon
- smoked paprika
- oil

**Instructions:**

Dice chicken into thirds and then into ½ inch squares. Each 4oz breast should yield 6 squares. Carefully cut a small hole into the center of each piece. Set aside. Dice the vegetables into 1/4 disc and slice the ginger in thick enough slices so not to fall off the skewer. Cut a small hole into the center of each. Set aside. Peel the lemongrass until you reach the core and cut into 3-inch skewers.

To assemble, add one piece of chicken to the center of the skewer, add one zucchini and one squash on either side. Add two more pieces of chicken and finish off with a slice of ginger on both ends of the skewer. Repeat to all skewers. Lightly oil, dust with the smoked paprika, salt and pepper. Place the skewers on a hot grill for about 12 minutes or until the chicken is done. When done, squeeze fresh lemon juice over them. Two skewers per person.

**Nutritional Facts for Lemongrass Skewers:** Per 2 Skewer serving: Calories 110, Calories from fat 25, Total Fat 2.5g, Cholesterol 45 mg, Sodium 570 mg, Carbohydrates 2g, Dietary Fiber 1g, Protein 18 g



She gets her hair  
from her mom.  
Her eyes from her dad.  
And her drugs  
from her grandma's  
medicine cabinet.



# Intelligent Programming

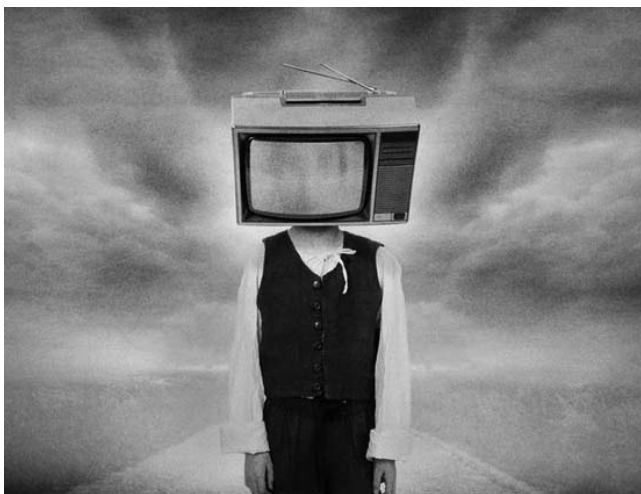
By ALAN COHEN

While in Japan I met an American woman who had been living in that country for twenty years. I asked her how long it had taken her to learn the Japanese language. “A couple of years,” she answered. “But I still don’t understand everything. Just the things that interest me. For example, I can watch documentaries on television and understand every word. When the game shows come on I have no idea what they are talking about.”

Her selective learning demonstrated to me that we each have the capacity to tune our minds to things of value and to screen out everything irrelevant. The world is filled with all manner of subject matter and intention. You have the power to understand what is of value to you and screen out everything that doesn’t match your intention. A significant part of personal growth is finding the confidence to let in what belongs to you and release all else.

My dog Munchie was an excellent teacher of selective sifting. When I took him to the beach he would wander off in search of interesting smells and people. I would call him many times, but he would just stay on his mission. I thought he was hard of hearing, so I would go and fetch him. Then one day I opened a snack in a cellophane wrapper, the sound of which resembled what Munchie heard when I opened the treats I gave him. At a distance of twenty yards, amid the sound of waves and people on the beach, he heard the tiniest crumpling of cellophane and he came running back. He heard what was important to him and responded instantly. “A man hears what he wants to hear and disregards the rest.” Likewise, dogs.

You can use the principle of selective sifting to generate intelligent programming with your children and friends. When your children misbehave or your friends act unkindly or want to go places you prefer not to go, do not engage with their negative behavior. If you resist it, you will only reinforce it. Pay no attention to “silly game shows.” Consider foolishness or banality a foreign language that



does not register with you. When your children, spouse, or friends show up with positive behavior or activities that stimulate you, reinforce that behavior with the kind of attention you would pay to a brilliant movie. When they behave amiss, withdraw your attention. Soon they will learn that if they want your presence and support, they will need to walk on the brighter side of the street.

The most powerful currency you have at your disposal is your attention. The concept of “paying attention” reveals the key to its wise use. When you pay attention to something, you are investing in the stock of that commodity. You are saying, “This is important to me. I want more of it.” The concept of “interest” also bears crossover between the realms of finance and consciousness. When you are interested in something, you earn interest on it. What you put in comes back to you increased. Take care what you pay attention to and what you are interested in. You will get more of the same.

The Internet is a great metaphor for how we make choices. The Internet reflects the entire gamut of human consciousness. Everything that anyone has ever thought of is posted on some website somewhere, from the sublime to the ridiculous, the uplifting to the sordid. You get to choose which realm you will participate in by way of the URL you type in. It’s all there. Visiting a website is like

visiting a realm of consciousness. You decide what aspect of totality that you receive. If you have your own website, people must know your URL to visit it. They must have the key that enters your consciousness. Choose your URL wisely, metaphorically speaking. It makes all the difference in the people with whom you engage.

Groucho Marx said, “I find television very educating. Every time somebody turns on the set, I go into the other room and read a book.” He also said, “Television is where you let people into your living room that you would not otherwise let near your house.” When you watch a TV show or movie, read a book, or have a conversation, you are participating in a level of consciousness. If that consciousness is rewarding to you, dive in. If not, dive out.

I haven’t watched television in over five years. I watched it every day and night when I was a kid. I could recite the schedule of every evening show on every channel. Five years ago the local TV stations switched from analog to digital broadcasting. Oddly, the digital signal does not reach the rural side of the island where I live. We never bothered to sign up for cable or satellite broadcasting. We don’t miss TV in the least. Now Dee and I watch inspirational and educational videos in the evening. We have more to talk about and we sleep better.

There are fabulous shows being broadcast and meaningless shows being broadcast. You will watch the ones you understand. As a spiritual being, you understand brilliance. Invite people into your living room by choice, not default.



*Alan Cohen is the author of **I Had it All the Time: When Self-Improvement Gives Way to Ecstasy**. Join Alan and other renowned teachers in Maui this December 7-12 for an extraordinary Course in Miracles Retreat: Coming Home to Love. For information about this program,*

*Alan’s books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).*



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ACT Counseling & Education	602-569-4328
AZ NicA	480-990-3860
Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
ACA	<a href="http://aca-arizona.org">aca-arizona.org</a>
Aurora Behavioral Health	623-344-4400
AzRHA	602-421-8066
AWEE	602-258-0864
Bipolar Wellness Network	602-274-0068
Calvary Addiction Recovery	866-76-SOBER
Chandler Valley Hope	480-899-3335
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-232-5437
Commun. Info & Referral	1-877-211-8661
Community Bridges	877-931-9142
Cottonwood Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Crystal Meth Anonymous	602-235-0955
Emotions Anonymous	480-969-6813
EVARC	480-962-7711
Gamblers Anonymous	602-266-9784
Greater Phx. Teen Challenge	602-271-4084
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Marijuana Anonymous	800-766-6779
The Meadows	800-632-3697
Narcotics Anonymous	480-897-4636
National Domestic Violence	800-799-SAFE
NCADD	602-264-6214
Nicotine Anonymous	877-TRY-NICA
Office Problem Gambling	800-639-8783
Overeaters Anonymous	602-234-1195
Parents Anonymous	602-248-0428
Psychological Counseling Services (PCS)	480-947-5739
The Promises	866-390-2340
Rape Hotline (CASA)	602-241-9010

Remuda Ranch	800-445-1900
Runaway Hotline	800-231-6946
Sexaholics Anonymous	602-439-3000
Sex/Love Addicts Anonymous	602-337-7117
Sex Addicts Anonymous	602-735-1681
SANON	480-545-0520
Sober Living of AZ	602-478-3210
Suicide Hotline	800-254-HELP
Start Fresh	855-393-4673
St. Lukes Behavioral	602-251-8535
Step Two Recovery Center	480-988-3376
Teen Dating Violence	800-992-2600
TERROS	602-685-6000
Valley Hospital	602-952-3939

### TUCSON

Alcoholics Anonymous	520-624-4183
Al-Anon	520-323-2229
Anger Management Intervention	520-887-7079
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood de Tucson	800-877-4520
Crisis Intervention	520-323-9373
Information Referral Helpline	800-352-3792
Half-Way Home	520-881-0066
Narcotics Anonymous	520-881-8381
Nictone Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Sex/Love Addicts Anonymous	520-792-6450
Sex Addicts Anonymous	520-745-0775
Sierra Tucson	800-842-4487
The S.O.B.E.R Project	520-404-6237
Suicide Prevention	520-323-9372
Taste of Peace	520- 425-3020
Tucson Men’s Teen Challenge	520-792-1790
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559

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## A Focus on the Solution



ences, tore my family apart, and became a person I didn't want to be. I was fortunate enough to get into treatment, and that was where I began my recovery. I started connecting with other newly sober young people, and that gave me the idea that I could use my personal experiences to help others. Meanwhile I was going to all these funerals for friends who had died of this illness, and I would watch people whispering to one another that the parents must have done something wrong to deserve this. This public shaming infuriated me and I felt the need to tell the real story.

*In the film, actress Kristen Johnson says that "shame and secrecy are just as deadly as the disease itself." How did you reach the decision to open up about your own addiction, and how has that honesty helped your recovery?*

If you are in the recovery community then you probably have heard of the movie *The Anonymous People*. Filmmaker Greg Williams' has been in recovery since he was 17. His groundbreaking documentary, highlights the importance of sharing recovery stories in order to decrease stigma and inspire more people to get help.

*What was your motivation behind making this film? Obviously recovery advocacy is very important to you, but what was the tipping point that inspired you to make a documentary?*

Greg Williams: My personal recovery experience was my motivation first and foremost. I became addicted to drugs in my adolescence, had some near-death experi-

GW: Part of my journey to make this film was that I didn't talk about my recovery for the first five years — partly out of fear of discrimination, but also because I didn't think I was "allowed" to. I was confused about what anonymity meant.

Around three years into my recovery a reporter wrote a nice article about me and my family, but the first line of the article read: "Greg W., who didn't want to use his last name." I had a mentor at the time who asked me why I told my story to the reporter. I said it was because I was proud of my recovery. And she said, "Well if I'm a person in the general public who doesn't understand anonymity and I read about someone who didn't want to disclose his

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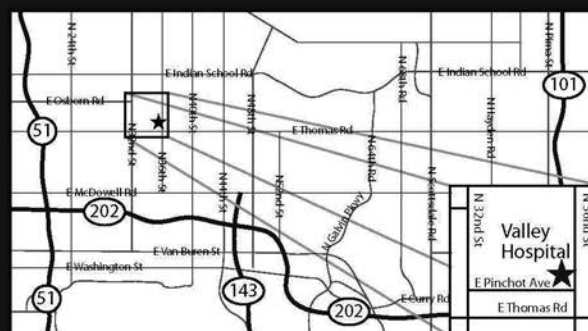
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full name, I don't see pride. I see shame." It took some training, but I realized that I could put a positive name and face on recovery without violating traditions of anonymity. I could let other people know that recovery was possible, and that I was living proof.

**What about folks who do choose to remain anonymous in their recovery? Do you think anonymity works for some people, or do you think everyone has an obligation to share their story and reduce stigma?**

GW: This is not about "people should." This is about "people can." It's about normalizing the recovery identity in mainstream culture. We want to give people permission to come out and talk about their recovery if they so choose—to say "Hey, here are other people who have done this before you and maybe together we can change the system." There are 23.5 million Americans in recovery, and we don't need all of them to be "out." Look at the LGBT rights movement; not every gay person is an activist, but all of them have felt the repercussions of stigma. People who "come out" about their recovery can make the lifestyle look attractive. Someone who's still using drugs might look at them and think, "I'd like to be a part of that, maybe I should get clean too. How do I?"

**You mention media coverage as exacerbating the problem of celebrity addiction. Case in point: the current coverage of Lamar Odom's addiction "breaking up" his marriage with**

**Khloe Kardashian. What role can the media play in decreasing the stigma surrounding addiction?**

GW: It's all about balancing the story. We saw this happen, maybe for the first time in mainstream media, when Mathew Perry was on the cover of *People* for nothing other than being in recovery. It wasn't about ratings, it wasn't about sensationalizing addiction. It was, "Here's a guy five or six years in recovery, let's put him on the cover because he's doing great." Telling both sides of the story is crucial, but so many people never get both sides told. The media covers the car accidents, the overdoses, the deaths—but when someone celebrates five years or ten years in recovery, we don't hear about it. Tragedy and disaster are easy stories, but we've told the easy story for years. It's time to tell the whole story instead of focusing on the problem and ignoring the solution.

**The film says, "It isn't parents failing young people. It's the health system." Why is this, and how can the health system to a better job of serving those with addiction?**

GW: We're currently dealing with a square peg in a round hole: using a crisis-oriented criminal justice approach to address a chronic health problem. That's the infrastructure that we've built in this country. We are almost decent at initiating recovery and getting people into treatment (at least for those who can access it) but we do a terrible job with ongoing recovery

**Tragedy and disaster are easy stories, but we've told the easy story for years. It's time to tell the whole story instead of focusing on the problem and ignoring the solution.**

support. With cancer, we assertively monitor people for five years after they go into remission. Addiction, on the other hand, is deemed "acutely stabilized" in just five to 28 days—90 if you're really lucky. Then we pat people on the back, toss them out, and say, "Well, good job! You probably should go to some meetings! I don't know where they are, but good luck!" And then we blame them when they don't stay sober?

**The film shows early advocate Marty Mann saying that alcoholics belong in treatment, not in jail—and this was almost 70 years ago. Why do you think we are still incarcerating addicted people today and how can we change this?**

GW: It's complex, but shame is a key factor and anonymity plays into that. We were making strong progress in the late 1960s and early 1970s with congressional hearings and the Hughes Act, which recognized alcoholism as a major health problem and established the National Institute on Alcohol Abuse and Alcoholism. But then

in the late 1970s we went largely silent as a community because the War on Drugs grabbed headlines and began to demonize addicted people in a sensational, fear-mongering way. It was a huge cultural setback; if you were an addicted in the 80s, 90s, or 2000s, you lived with a great deal of societal shame as a result. We still haven't dug ourselves out of that, but we're starting to. I hope that when people see my film and share it with others, it will start a conversation that doesn't stop—a conversation that decreases shame and stigma and talks about truly addressing the most important public health crisis of our time. This is a conversation we must have if we want to help the next generation escape this epidemic.

For more on Anonymous People visit [manyfaces1voice.org](http://manyfaces1voice.org)

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Where healing starts and the road to recovery begins.

# Creating the Life YOU Want One Choice at a Time

By Elisabeth Davies, MC

Our choices create our future. Creating starts in your imagination with an intention to manifest your vision into the physical world.

Even happiness must be created. You can elect to have contented thinking and purposely look for the good in yourself, others and your surroundings, or choose to view these things negatively.

When you were a child, your parents and caretakers could help you understand how your choices affected you by imparting discipline and consequences. In adolescence, if you desired to create a life separate from your parents, you often made impulsive choices with little regard to consequences. As adults we can allow people and circumstances influence our decisions, or we can choose to be at the controls of life, making choices influenced by truths, values, desires and goals. This autonomy allows us to create the life you want.

Our choices have led us to who we are today. If we choose to cope by medicating, distracting, or avoiding life's difficulties, we will probably not reach our full potential. If we choose to become skilled in problem solving, getting support, reaching for resources and helping yourself out, we can create the life you desire.

It is important to be conscious of why you are making the choices you do each day.

We need to take time to pause and understand the reasons for our decisions. Write them down and reflect on whether they are leading to the outcomes you want.

Your life matters. What you create not only affects you, but impacts your relationships, your finances, your health; and ripples out into your community and the world.

## Take time to contemplate and answer these questions.

- Are you creating what you want for your life?
- If not, what is blocking you?
- What are you doing to remove the obstacles that stand in your way?

Free will, which is our ability to make independent and voluntary decisions, cannot be thwarted by others. While events may happen to that are beyond our control (child abuse, rape, natural disasters, loss of a loved one, being laid off of work), we can choose how you respond to your experiences.

Ruminating over unfortunate circumstances that have been thrust upon you or poor choices made in the past, will not help you become a masterful creator of your future. How you choose to think, feel and respond to your past is up to you. You must decide what you want to create from your past experiences.

What lies behind you is miniscule compared to what lies within you.

Using your past experiences to offer hope to others going through painful difficulties, brings emotional healing for you and them.

Below are a few strategies that will help to make good choices in the future:

- **Think about what you are about to do before you do it.** Avoid making impulsive decisions. Take time to consider the possible outcomes from each choice.
- **Don't be ruled by emotions.** Take time to calm down, before making decisions to think clearly and logically.
- **Seek advice from a trusted friend, advisor, counselor or mentor.** Talk about the tough choices you are facing. Ask for advice before making a decision, so the best possible outcome for all will be chosen.
- **Don't over-think decisions.** It only causes stress, pressure and delays.
- **Trust yourself.** Listen to your intuition and have faith in your instincts. Pray to for guidance, or if you don't believe in God, listen to your inner voice. Honor this wisdom by following it.
- **Have the courage to say 'no.'** Don't succumb to peer pressure from those who suggest you make a choice that is not for your highest good, such as drinking too much alcohol, doing drugs, stealing, lying, or harming others. Stand strong in your character and integrity.
- **Make one decision at a time.** Prioritize which decisions are most important and need to be made immediately. When you try to make too many decisions at once, you can become overwhelmed and shut down, allowing an outcome by default.
- **Reflect.** Look back at past decisions and ask yourself, "Did I make the best choice?" Learn from past choices, so you can apply the learning experience to future ones.

Each moment you are given a new opportunity to make a decision. Select wisely as your choice leaves an impact on the life you are creating.

Elisabeth Davies is the author of *Good Things Emotional Healing Journal: Addiction*. Visit <http://brighalternatives.com>.

## EVENTS from page 8

**Pills Anonymous—Glendale** Tues. 7:00-8:00 pm. HealthSouth Stroke Rehab 13460 N 67th Ave. (S. of Thunderbird) Education Room. Rosalie 602 540-2540. **Mesa** Tues. 7:00-8:00 pm, St. Matthew United Methodist Church. 2540 W. Baseline. B-14. Jim, 480-813-3406. Megan W 480-603-8892. **Scottsdale**, Wed. 5:30-6:30 pm, N. Scottsdale Fellowship Club, 10427 N. Scottsdale Rd., Room 3. Tom N. 602-290-0998. **Phoenix**, Thurs. 7:00-8:00 pm. First Mennonite Church 1612 W. Northern. Marc 623-217-9495, Pam 602-944-0834. Contact Janice 602-909-8937.

**CELEBRATE RECOVERY—Chandler Christian Church.** Weekly Friday meetings 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other **Hurts, Hang-ups and Habits**. 1825 S. Alma School Rd. Chandler. 480-963-3997. Pastor Larry Daily, email: [larrydaily@chandlercc.org](mailto:larrydaily@chandlercc.org).

**GA Meetings**—ACT Counseling & Education in Phoenix and Glendale. **Tuesday, Spanish** (men) 7:00 -9:00 pm. 4480 W. Peoria Ave., Ste. 203, Glendale. **Thursday, Spanish** 7:00 - 9:00 pm 4480 W. Peoria Ave., Ste. 203, Glendale. **Sunday, Spanish** 6:00 - 8:00 pm 4480 W. Peoria Ave. Ste. 203, Glendale. **Sunday, English** 6:30 - 8:00 pm 5010 E Shea Blvd., Ste. D-202, Phoenix. Contact Sue F. 602-349-0372

**Sex Addicts Anonymous** [www.saa-phoenix.org](http://www.saa-phoenix.org) 602-735-1681 or 520-745-0775.

**Tempe Valley Hope Alumni Support Groups**, Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tues. 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open to anyone in recovery.

**Special Needs AA Meetings.** Contact Cynthia SN/AC Coordinator 480-946-1384, email Mike at [mphaes@mac.com](mailto:mphaes@mac.com)

**Survivors of Incest Anonymous.** 12-step recovery group for survivors. Tucson Survivors Meeting, Sundays 6:00 to 7:15pm. St. Francis in the Foothills, 4625 E. River Road (west of Swan). Carlos 520-881-3400

**OA—Teen Meeting**, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. [www.oaphoenix.org/](http://www.oaphoenix.org/) 602-234-1195.

**SLAA—Sex and Love Addict Anonymous** 602-337-7117. [www.slaa-arizona.org](http://www.slaa-arizona.org)

**FOOD ADDICTS Anonymous**—[www.foodaddictsanonymous.org](http://www.foodaddictsanonymous.org)

**GAM-ANON:** Sun. 7:30 p.m. Desert Cross Lutheran Church, 8600 S. McClintock, Tempe. Mon. 7:30 p.m., Cross in the Desert Church, 12835 N. 32nd St., Phoenix, Tues. 7:00 p.m., First Christian Church, 6750 N. 7th Ave., Phoenix, Tues. 7:15 p.m. Desert Cross Lutheran Church, Education Building, 8600 S. McClintock, Tempe, Thurs. 7:30 p.m.

**DEBTORS Anonymous**—Mon., 7-8:00 p.m., St. Phillip's Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 p.m., University Medical Center, 1501 N. Campbell. 520-570-7990, [www.arizonada.org](http://www.arizonada.org).

**Crystal Meth Anonymous** [www.cmaaz.org](http://www.cmaaz.org) or CMA Hotline 602-235-0955. Tues. and Thurs. at Stepping Stone Place in Central Phoenix, 1311 N 14th St. [cmaaz.org/god-zombies-the-awakening/](http://cmaaz.org/god-zombies-the-awakening/)



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# LIFE 101

By COACH CARY BAYER [www.carybayer.com](http://www.carybayer.com)

## The ANT Doesn't Know Can't

**A**nts are fast. If a human being could run as fast for his size as an ant can for his, he could run as fast as Seabiscuit, the celebrated Triple Crown winner. That's nearly twice the speed of the world's fastest human. Usain Bolt, you're the world's fastest human, but eat your heart out!

Ants can also lift 20 times their own body weight. That would be the equivalent of a 200-pound weight lifter deadlifting 4,000 pounds (two tons). That's nearly four times the world record of nearly 1,100 pounds that was set by Benedikt Magnusson, the Icelandic strongman. If the cold weather hulk attempted to deadlift the ant-adjusted weight he'd likely wind up stone cold and dead. Watching a tiny ant haul off a crumb of food bigger than it is, is awe inspiring. That would be equivalent of a 135-pound woman lifting a 135-pound can of tuna from the shelf of Sam's Club. I know...the simile breaks down because the tuna cans in Sam's are no heavier than one hundred and twenty five pounds.

The ant has great speed and great strength, and can serve as an inspiration to human beings to cultivate both qualities. These are invaluable in the proverbial dark alley, where it would come in mighty handy when the fight or flight response gets triggered.

Why do I teach you about these little creepy things that ruin your picnics in the park?

*Because they have much to teach us.*

For example, despite your fears that they're dirty, they're actually clean and tidy, and care about our environment more than most of the people you know. Some worker ants are handed the responsibility of taking the rubbish from the nest area and putting it outside in a special rubbish dump.

Ants have mastered adaptability, colonizing virtually every landmass on the planet, with the exception of some remote islands and Anarctica, just a little to the north of Benedkit Magnusson and his bench pressing.

They thrive in most ecosystems. Scientists attribute their success to their social organization and their ability to modify habitats, tap resources, and defend themselves. Their mastery of co-evolution

has enabled them to grow through wise interactions with their environment. (We, in our land, have warred over a country just because we thought they might have weapons of mass destruction.)

Societies of ants have extraordinary division of labor, as well as great communication between individuals, and a terrific ability to solve difficult problems. It makes one wonder how our culture could evolve if we could somehow hire the common ant as a consultant.

Scientists know that there are many animals that can learn behaviors by imitation. Ants may be unique—apart from mammals—because interactive teaching has been observed. Controlled experiments with colonies of the ant known as *Cerapachys biroi* indicates that there's a conscious choosing of specific roles in the nest that are based on previous experience.

In a study of an entire generation of identical workers, the ants were split into two groups, each of whose results in finding food was completely controlled by scientists. One group, for example, was continually rewarded with prey to eat, while the other group always failed.

As a result, the members of the rewarded group intensified their forays for food. The group that was shut out in obtaining food reduced their efforts. A month into the study, the lucky foragers persevered, while the others quit looking for food and concentrated on brood care.

In other words, they stopped thinking that the same actions would result in different results. You might recognize in my wording the colloquial definition of insanity: doing the same things and expecting different results. Ants, therefore, can teach us how to be less crazy. We can, like them, get the message that the Universe is sending us, and move on.

We have much to learn from the ant. We can increase our speed and our strength, we can learn greater environmental consciousness, greater adaptation, increased harmony with other species, clearer communications, and quicker ability to learn from mistakes and move on in life.



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Office of Problem Gambling	800-NEXTSTEP
Aurora Behavioral Health	623-344-4444
Carla Vista	480-612-0296
Calvary Addiction Recovery Center	602-279-1468
Carleton Recovery	928-642-5399
Celebrate Recovery with Chandler	
Christian Church	480-963-3997
Chandler Valley Hope	480-899-3335
Chapter 5	928-379-1315
Community Bridges	480-831-7566
CBI, Inc. Access to Care Line	877-931-9142
Cottonwood de Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Decision Point Center	928-778-4600
Dr. Marlo Archer	480-705-5007
Dr. Janice Blair	602-460-5464
Dr. Dina Evan	602-997-1200
Dr. Dan Glick	480-614-5622
Franciscan Renewal Center	480-948-7460
Gifts Anon	480-483-6006
Intervention ASAP	602-606-2995
Geffen Liberman, LISAC	480-388-1495
The Meadows	800-632-3697
Millennium Labs	623-340-1506
NCADD	602-264-6214
North Ridge Counseling	877-711-1329
Pathway Programs	480-921-4050
Phoenix Metro SAA	602-735-1681
Promises	866-390-2340
Psychological Counseling Services (PCS)	480-947-5739
Remuda Ranch	800-445-1900
River Source-12 Step Holistic	480-827-0322
Sex/Love Addicts Anonymous	520-792-6450
Sierra Tucson	800-842-4487
Springboard Recovery	928-710-3016
Start Fresh	855-393-4673
St. Luke's Behavioral	602-251-8535
Teen Challenge of AZ	800-346-7859
Turn Your Life Around	520-887-2643
TERROS	602-685-6000
Valley Hospital	602-952-3939
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**THE MICHAEL SAVAGE SHOW**  
5-7pm

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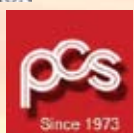
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