

Together AZ



JANUARY 2014

Inspiring Success On The Road To Recovery

A NEW YEAR & A FIRST STEP



By Dina Evan, Ph.D.

From your first breath as a newborn, to your first step as a toddler, to your first teacher in kindergarten, to your big step to that diploma, to your first position in your career, to that first kiss, perhaps that first child, to the first grey hair...in every minute of life we are at the beginning of a new first. Even when we step across the divide from this life to the next, it's a new first step.

As the New Year begins

It's important to remember the truth about beginnings. Nothing you have done, or not done, in the past can keep you from your joy and purpose unless you believe it can. Spiritual masters know that every event is neutral. It is neither good nor bad. It just is — until we assign a value to it and allow it to control us. Every event and circumstance in our life is simply a teachable moment. Each event is an “Ah so, what shall I do with this experience I have created?” Every event and every year we have a chance to fill our hearts and minds with what is truly important.

When I leave this place, I will take with me every cherished friendship, every stunning moment of blinding awareness and every intimate instant of connected love. I will take the truths that have reached in and tugged at my soul. I will take the laughter that fills the air when my children and grandchildren are near. I will take the essence of those whose presence was genuine, authentic and unconcerned with stock portfolios; “A” lists and trust funds. I will take with me every profound truth offered from the lips of the teachers who blessed my life. I will take the warmth of my Gracie, the precious toy poodle who curls up next to the small of my back to snore softly.

When we are young, we can miss the truth that “Oh Holy Night” could be tonight,

ANew Year continued page 2

Navigating the Way from Despair to Hope

How Community Bridges Navigators are Helping Others & Giving Back

By Kristen L. Polin, MAEd
Community Bridges, Inc. (CBI)

When Kelly Denman was just 9 years old, she faced the loss of her father under no ordinary circumstance. After struggling with alcoholism for many years and losing everything, Kelly's dad was found dead at a bus stop in Phoenix with a bottle in his hand at the age of 37. He was homeless and disconnected from all those who cared about him.

This is a childhood experience forever imprinted to Kelly's memory and today she finds herself wondering if things could have been different with the right help and the right resources to save her dad. Fast forward to a woman who is now 32 years old and on a personal mission to help change the direction for others who are on a similar path. She is motivated by her past and making sure another 9 year old child never loses a parent the way she did.

Kelly also has her own story, defined not only by her experience with losing a parent but also defined by her own battle with addiction as a young adult. Today, Kelly celebrates more than 5 years in her own recovery and now has the opportunity to help others and give back.



Kelly's dad was found dead at a bus stop in Phoenix with a bottle in his hand at the age of 37.

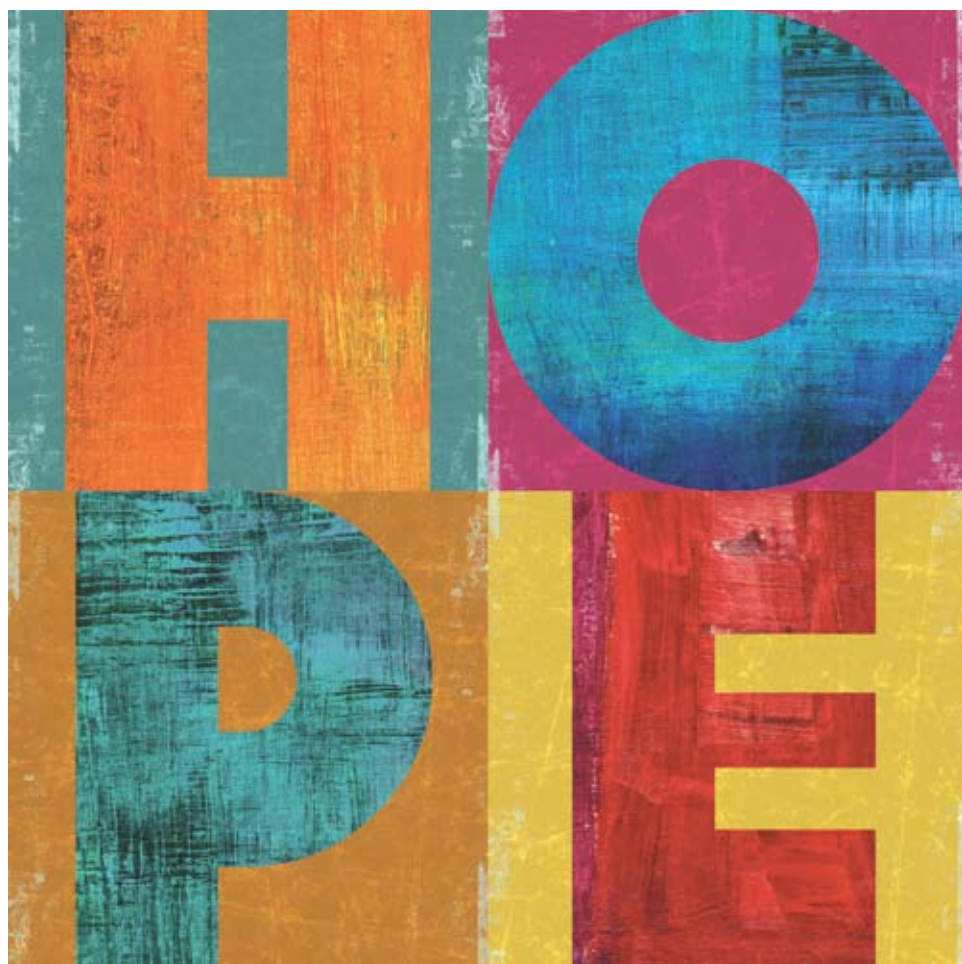
chronically homeless population, find bridge or permanent housing, and build a network of support designed to overcome every barrier that tries to get in the way. Kelly is part of a team that does whatever it takes.

Whatever it takes

The Navigators are a special crew. They are a diverse group of individuals who share their own experience, strength and hope with others while exercising a skillset to build a full network of support around someone who has to rebuild everything. They rely on teamwork and community collaboration to get the job done. Every Navigator is in recovery and they know this level of intervention is often the last shot at bringing someone back a life with some dignity.

Kelly believes in second and third chances and so does one of her clients, Francisco. At the age of 35, Francisco is fortunate to have a place he can call home in Chandler, AZ with Kelly's daily assistance to find stability and a fresh start. Following years of abuse

Kelly is a Navigator. She is part of a special team within CBI, also fondly referred to as “blacktop warriors”, defined by a career that takes them to the streets to find and assist the



“Ending homelessness is possible when a community can come together and work as a team to tackle the problem since a home is only one step in the long process towards recovery.”

in the home and a lifetime struggle with a serious mental illness, Francisco ended up on the streets and lived in fear trying to survive. He had no hope and figured this is where his life would end up. But a Navigator intervention helped him a second time around through a second chance. After reconnecting with Kelly, he was able to make small steps towards finding a place to live and addressing his behavioral health needs that require daily attention. Kelly and Francisco are also a team in assuring he makes it to appointments, practices everyday life skills and learns to become self-sufficient. This takes patience and perseverance...something they have both had to learn through their own life experiences.

Everyone has a Story

People heal through connection and sharing that life experience is how Navigators help those who are often the hardest to reach. We see the homeless but they often feel invisible. We know what they look like but we don't know their story. We all have one and the Navigators themselves never hold back sharing what they do and why they do it.

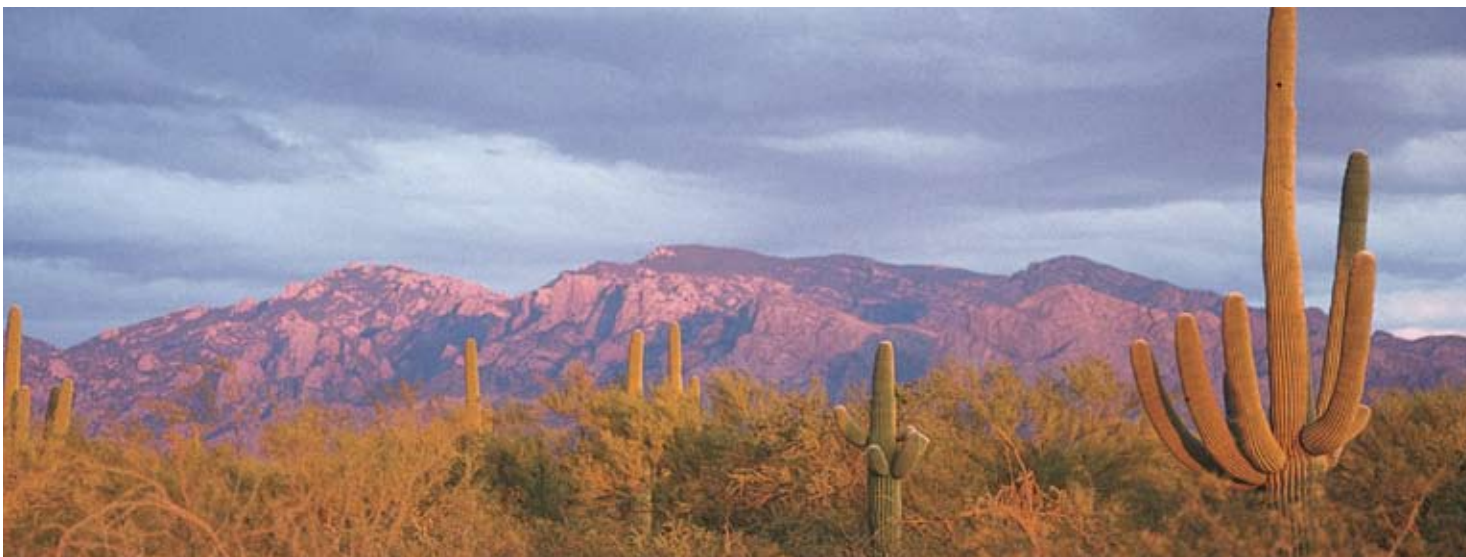
Through this connection, we learn that

these individuals we connect with are wartime and peacetime veterans and have history defending our country. Some are parents, someone's child and once a contributing member of society. What led them to the streets may not always be the same but we know all too often its roots are connected to addiction, mental health issues, medical problems or financial ruin.

It Takes Collaboration

Thanks to collaborative efforts throughout the Valley, some of our most vulnerable and chronically homeless individuals are now safe in housing and have a real place to call home. Individuals who are making this transition do it with the daily support of a Navigator who relies on behavioral health agencies, other nonprofits, food banks, the faith community, the local business community and city leaders who can open doors and make things happen. Housing is the first priority and then a full continuum of wraparound supportive services hold the keys to success.

For too long, the idea of managing homelessness seemed to be the solution. To-
From Despair to Hope continued page 9



A NEW YEAR from page 1

Address unresolved issues at InnerPath Retreats

Insight into unresolved critical life issues – end of a marriage, death of a loved one, loss of a job – is the focus of InnerPath

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tomorrow night or any night. It is in the eyes of your beloved, in the sound of your child's laughter, in every act of compassion, in every leap of faith, in every finished mission, in every fulfilled purpose, in every second of sobriety, in every grace filled moment and in every act of love.

It's in every new beginning including this one.

If you listen very carefully, you will hear the mantra, "Let's go deeper," in the silence between your words. It is the invitation life is forever offering us to dive deeper than the surface. It's that opportunity to ask the poignant, uncommon question that takes us a bit closer to our true self. It's an opportunity to speak the truth, ask for what we need, or stand in our integrity.

"Let's go deeper," is the chant of the courageous, the mantra of those who are awake and growing toward enlightenment. It's the motivation and meaning for our soul journey and each year at this time we get to take the next first step toward the real reason why we came here.

This is a time for gratitude

It's a time for noticing all those little things that often pass by unnoticed, and yet, are the most important of all. If you stop for a moment, really stop, you will see the light in the world beyond the darkness. You'll see the hope beyond despair. You'll see that in this time of great change that you have chosen, are chosen to create more light and greater understanding.

Take a moment to write down all the limiting beliefs you have collected in 2013, all the doubts and fears and all the smallness that tethers you to the past. Take it out side or to your fireplace and burn it. Then write a list of your blessings and a description of what you will create in 2014. Be careful not to limit yourself or drag those old limiting beliefs into this new creation. Then sit a moment with you new list between your palms and infuse it with the energy of hope and the reality that you live exactly what you believe in every moment of your life. Choose to believe in all that is good and in your ability to create it. When we are stuck in the mire of the past it is always because that is what we have been feeding with our energy of doubt and fear.

publisher's note



Let's make it the Year of Gratitude

By BARBARA NICHOLSON-BROWN

It seems to be a proven fact when take a moment here and there in our busy lives and think about what we are grateful for – the stress seems to disappear... *at least temporarily*.

I was taught early in my recovery I can't be in fear and faith at the same time. Being a fear driven person, at least in my using days... that statement stopped me in my tracks. I discovered when I got out of head and into my heart, and thought about the gifts life has given me – how could I not be grateful? Like many of us who found ourselves in the abyss of addiction — if we are here today, alive and breathing we have much to be thankful for. My sponsor suggested I write a list of everything I was grateful for when I'd call her complaining about how unfair life was.

I still make lists...and being grateful is not just about the good stuff. Difficult as it is I must be grateful for the pain and struggles, because every event, and every person teaches me something, it's up to me what I do with that information.



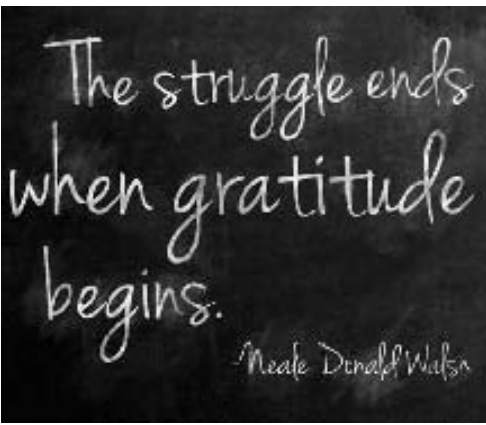
Collins, **Compassion Recognition**: Lisa Jane Vargas.

In the spirit of gratitude, for the last six years Sierra Tucson has hosted the Annual Gratitude for Giving Breakfast at the Arizona Biltmore which honors professionals in the field of addiction recovery who through their contributions help others find the road to hope.

2013 WINNERS:

From left: **Spirit Recognition** - David Besst, **Hope Recognition** - Donese Worden, NMD, **Gratitude Recognition** - Dottie DeLugt

Barbara



Take a moment to write down all the limiting beliefs you have collected in 2013, all the doubts and fears and all the smallness that tethers you to the past. Take it out side or to your fireplace and burn it.

This is a new beginning.

The two most powerful times in your year are the date and time of your birth and the beginning of the New Year. We wish you every blessing and encourage you to believe in yourself and give energy only to that which you desire and deserve. You deserve it all, go for it.



Dr. Evan is a life/soul coach in Arizona working with individuals, couples and corporations. For more information 602-997-1200, email drdbe@attglobal.net or visit www.DrDinaEvan.com.



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Rise in ADHD Diagnoses Linked to Drug Company Promotion of Treatments

The dramatic rise in the diagnosis of attention deficit hyperactivity disorder (ADHD) coincided with a two-decade campaign by drug companies, aimed at doctors, educators and parents, to promote pills to treat the disorder, according to *The New York Times*.

“The number of children on medication for ADHD has risen to 3.5 million, from 600,000 in 1990.”

Almost one in five boys of high school age, and 11 percent of school-age children overall, have received a medical diagnosis of ADHD in the United States. Earlier this year, the Centers for Disease Control and Prevention found an estimated 6.4 million children ages 4 to 17 had received an ADHD diagnosis at some point. This represents a 16 percent increase since 2007, and a 53 percent increase in the past 10 years.

Dr. Keith Conners, a leader in the fight to legitimize ADHD, is very concerned about the increase in diagnoses. He notes the number of children on medication for the disorder has risen to 3.5 million, from 600,000 in 1990. He called the increase “a national disaster of dangerous proportions.”

“The numbers make it look like an epidemic. Well, it’s not. It’s preposterous,” he told the newspaper. “This is a concoction to justify the giving out of medication at unprecedented and unjustifiable levels.”

The drug industry is now focusing its efforts on adult ADHD, which could become even more profitable than the children’s market, the article notes.

While ADHD is acknowledged to be a legitimate disability that can interfere with success at school, work and personal life, many critics say the effort to treat every child with signs of ADHD has led to too many receiving the diagnosis and medication.


According to the article, drug company marketing portrays ADHD as including relatively normal behavior, such as carelessness and impatience, and has often exaggerated the medications’ benefits.

The Food and Drug Administration has cited every major ADHD drug, including Adderall, Concerta, Focalin, Vyvanse, Intuniv and Strattera, for false and misleading advertising since 2000.


Heavy Marijuana Use in Teen Years Linked to Damaged Brain Structures: Study

Heavy marijuana use in the teenage years could damage brain structures vital to memory and reasoning, a new study suggests.

The study found changes in the sub-cortical regions of the brain, which are part



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of the memory and reasoning circuits, NBC News reports. Young people who had changes in this region of the brain performed more poorly on memory tests than their peers who did not use marijuana. The heavy marijuana users in the study had not used the drug on average for more than two years before the memory testing occurred.

The results appear in the journal Schizophrenia Bulletin.

“We see that adolescents are at a very vulnerable stage neurodevelopmentally,” said lead researcher Matthew Smith of the Northwestern University Feinberg School of Medicine in Chicago. “And if you throw stuff into the brain that’s not supposed to be there, there are long-term implications for their development.”

The study included 10 people with a history of cannabis use disorder, 15 people with a history of cannabis use disorder and

schizophrenia, and 28 with schizophrenia but no past regular marijuana use. The study also included 44 healthy people without a history of marijuana use. The participants who had used marijuana had been heavy users in their teen years. Their average age at the time of the study was mid-20s.

The participants’ brains were scanned using MRI. They were then given tests of working memory, such as remembering number sequences. People who had a history of heavy marijuana use, whether or not they had schizophrenia, performed more poorly on the tests. They also showed abnormalities in regions of the brain related to reward and motivation, cognition input and movement and memory.

“We saw poor performance in the marijuana groups...” Smith said. “And the younger somebody started using, the more abnormal they looked.” He noted the study does not prove using marijuana caused the results. He said it is possible the brain differences made heavy users more likely to smoke marijuana in the first place.

HHS Provides \$50 Million to Expand Treatment for Substance Use, Mental Health

The U.S. Department of Health and Human Services (HHS) announced its plans to provide \$50 million to expand treatment for substance use disorders and mental health. The funds will be used to hire staff, add services and employ team-based models of care.

The funds will go to approximately 200 community health centers, UPI reports.

“Most behavioral health conditions are treatable, yet too many Americans are not able to get needed treatment,” Health Resources and Services Administration Administrator Mary K. Wakefield said in a news release. “These new Affordable Care Act funds will expand the capacity of our network of community health centers to respond to the mental health needs in their communities.”

The president’s fiscal year 2014 budget also includes \$130 million to help teachers recognize signs of mental illness in students and refer them to services, and to support innovative state-based programs to improve mental health outcomes for young people. It also provides funds to train 5,000 more mental health professionals.

The number of people seeking addiction treatment could double under the Affordable Care Act. Under the new law, four million people with drug and alcohol problems will become eligible for insurance coverage. How many new patients will seek addiction treatment will depend in part on how many states decide to expand their Medicaid programs.

Parenting is Prevention

A recent SAMHSA National Survey on Drug Use and Health Report surfaced several important perceptions among adolescents aged 12 to 17. Binge drinking can be categorized as having five or more alcoholic drinks once or twice a week. The good news is that the percentage of adolescents who perceived great risk from binge alcohol use has increased from 38.2 percent in 2002 to 40.7 percent in 2011; during the same period, the actual rate of binge alcohol use among adolescents decreased from 10.7 to 7.4 percent.


The bad news: between 2007 and 2011, the percentage of adolescents who perceived great risk from smoking marijuana once or twice a week decreased from 54.6 to 44.8 percent, and the rate of past month marijuana use among adolescents increased from 6.7 to 7.9 percent.

Parents and other caring adults who provide adolescents with credible, accurate, and age-appropriate information about harm associated with substance use are an important component of prevention programming. The importance of strong, effective parenting throughout the adolescence, teenage, and young adult years has long been known to be


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Internal Conflict: Fight it or Feel it?

By Bobbe McGinley

Feeling different, depressed, lost or alone can come as the result of a stressful life event, series of events or, seemingly, from nowhere.

If you are like most people, a large part of your pain is the feeling you're alone and afraid and if you let anyone know how bad you feel and why you feel that way (*if you have a clue yourself*), you'll be instantly branded as "crazy."

So we hide feelings — pretending to be happy, life is good — even though our hearts may be breaking and our spirit is crushed by the darkness within.

When we deny our feelings or cover them up many of us can become angry or exhibit impulsive behavior. Without realizing what it, we lash out at parents, family, friends or teachers all in an attempt to discharge the hurt lodged inside. In an indirect way, emotional outbursts let out pain, in an unhealthy way.

So why not deaden the feelings with alcohol, drugs, sex, gambling or eating disorders, not always realizing what you're doing and why.

The big problem with these ways of dealing with painful feelings is they will only add to loneliness and depression.

By hiding feelings, people who might help don't know they are needed and the opportunity to reach out for loving support is lost.

By covering up painful feelings with angry, impulsive behavior, will not warrant the understanding you need so much.

Running away — either from home or from feelings or situations that need to be resolved simply prolongs the pain.

Finding a Solution

What can you do when you are feeling so low and hopeless it's almost too much? How can you keep from making things worse for yourself instead of better?

Knowing what you are feeling is an important first step.

It isn't always easy to know exactly what you are feeling when you are feeling bad. All of us have ways of dealing with pain that keep us, at least for a time, from feeling overwhelmed by problems. Alcohol, drugs, sex, gambling or food may be temporary ways of handling painful feelings for some. Others try to ignore feelings of pain and discomfort by keeping too busy to reflect on what they are really feeling. Still others look to other people or things to distract them: maybe shopping compulsively or partying nonstop, hanging out with friends all the time to avoid those uncomfortable moments alone. Think about how you cope when you are feeling bad. If you have been reaching for temporary solutions that aren't helping, you are far from alone!

Depression can happen in a variety of ways and for many different reasons. At times, what some people call "depression"



is not depression at all. Depression is often used as a sort of catch-all phrase to describe a variety of symptoms. It is often the result of a complex mix of social, psychological or physical factors that can trigger sadness, hopelessness and feelings of inferiority, powerlessness and helplessness. While some people experience depression after a major loss or setback — when it becomes grief that just won't quit— others experience these feelings for reasons that are not clear cut. For some, depression can be a lifelong illness that comes and goes in a recurring cycle.

You may experience a depressed mood suddenly in response to a loss situation. It may be relatively brief — a few days or a few weeks — or it may occur over an extended period of time. But it is usually linked directly to a specific situation and is quite identifiable as sadness or unhappiness.

Maybe you have been thinking that you need to talk with someone about feelings that are interfering with your life: a depressed or irritable mood most of the day, nearly every day; loss of interest or pleasure in activities you have always enjoyed before; the inability to concentrate; a diminished or increased appetite; withdrawal from friends or alienation of them with your outbursts of anger or irritability; having trouble sleeping or the feeling like sleeping all the time; restlessness or being slowed down; persistent fatigue; feelings of worthlessness or excessive or inappropriate guilt; recurrent thoughts of death (not just fear of dying), thoughts of suicide, with or without a specific plan and/or suicide attempts.

All of these feelings— some which are signs of major depression are the very reasons to see a mental health professional immediately.

Needing help doesn't mean you're weak. Sometimes the negative thinking in depression can make you feel like you're a lost cause, but depression can be treated.



Bobbe McGinley MA, MBA, CADAC, LISAC, NCGC II, is a nationally known speaker, author, presenter and trainer, consulting many different industries about Problem Gambling. She currently serves as their Gambling Program Consultant. Call 602-569-4328 or visit www.actcounseling.com.

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Drawing on years of apprenticeship under his father and grandmother, don Miguel Ruiz Jr. shares Toltec lessons on love, faith, agreements, authenticity and, most importantly, awareness. Readers are invited to embark on a six-month journey of daily lessons that will guide them into a deeper understanding of themselves and those they interact with in the world.

don Miguel Ruiz Jr. reminds us that progress on the Toltec path is not measured by the acquisition of things, status, or even ideas, but rather by the complete and total realization that everything in the world is perfect exactly the way it is at this moment; "When we live a life of Awareness we see that perfection already exists."

"Living a life of awareness" is an idea, a symbol that helps us focus our intent to create a life in which we enjoy being who we are and being with the people we love, creating together the Dream of the Planet in harmony, respect, and compassion. This is the expression of unconditional love. Love is the perfect balance of generosity and gratitude, and through awareness you can choose to live in this harmony."

In *Living a Life of Awareness*, each themed meditation includes a practice for the reader to integrate the meditation and apply it to their daily life. Ultimately, enabling

them to see the world through the eyes of unconditional love.

Feel Your Emotions

While your emotions are genuine, and no one can say how you ought to feel, it's important to remember that what triggers those feelings may not always be real. Emotions are like a car alarm: They keep you present and are a beautiful way to uncover those little agreements, conditions, distortions, and wounds that your storytelling is trying to hide.

An emotional reaction is an invitation to remove something from hiding and reevaluate it. Rejecting your emotions is simply an attempt to cover up old wounds.

Practice

The next time you have an emotional reaction to something, rather than denying or attempting to cover up your emotions, say to yourself, "This is my truth, and now I am reacting to it." With that statement alone, you are no longer using your energy to deny the truth, but opening the door to healing and releasing instead.

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Project Purple



Chris Herren's high profile fall from the pinnacle of his professional basketball career was a well-documented media story that focused on drug use while in uniform, multiple arrests and a near-death overdose.

Interviewers still focus on how he threw away his basketball career with drug abuse. Herren asks them why they don't mention his kids, his wife, and how he nearly threw them away? "Basketball should be last on the list," he says.

In his 2011 book, *Basketball Junkie: A Memoir* and the ESPN movie, *Unguarded*, we learn about his descent and eventual overdose due to drug and alcohol use and then his journey to recovery and how he released the secrets and shame of drug addiction.

Even though people still call him "junkie" Herren says, "It's not about how society perceives me; it's about how I perceive myself. As long as I'm good with myself, I could care less what everybody else says."

That message is one Herren delivers to sports teams, school assemblies and parents all over the country. He's a true recovery carrier for what he calls "this disease of adolescence." And, he's letting people know that it's the country's number one public health problem.

"I think we should be ashamed of how we deal with this health issue," Herren explains. "Every cause is worthy of social backing and financial backing, like breast cancer, like the

Heart Association, like diabetes and autism, but why not addiction and recovery?"

For Herren, the issue always goes back to kids. That's why he created the Project Purple initiative, an anti-substance abuse campaign of his non-profit foundation, The Herren Project. Project Purple focuses on the stigma of addiction by bringing awareness to the dangers of substance use and showing that there is hope in recovery.

"The dream is that it's not the most underfunded health issue in this country. The dream is that we're worth more than five-day detoxes."

Herren can often be found speaking to students and young people. "I want kids to walk away and say, 'You know what? He's kind of cool. It's kind of cool to be sober.'"

"It's not a sign of weakness. It's not a sign of regret and shame, you know? It's not a scarlet letter. It's not any of that."

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You're worth it

By Mike Finecey, MA, LPC, LISAC

The words I use when talking to myself can be rewarding or punishing. When self-talk is positive, my value, worth and esteem heads in that direction. When I choose criticizing, blaming, threatening, or punishing words then my value, worth and esteem diminishes.

My Core Belief of Self

Shame is about core beliefs. It's a heart-felt internal negative belief defined by "I am" followed by a negative statement of me as a person. Such as, I am 'not good enough', 'unworthy', 'bad', 'unlovable', 'defective', or some other core negative belief about myself. Once I believe the shame as a core belief I take on a role to make it true. I begin to filter everything I hear through the shame statement. The relationships I choose will support my shame and encourage low self-esteem.

Shame Is Learned

Shame is not how we are born, but is something we were taught at a young age. As a child, we have simplicity and seek love. If I'm told something negative about myself often enough, I'll believe it knowing someone older than me would never lie.

If you were told "you'll never amount to anything" you can take on a shame belief of "I'm a failure" or other negative shame statement. Shame is not always given in an obvious manner. Sometimes messages are subtle: "Let me show you how to do it." If you hear this often enough, you may take on a belief of "I'm not smart enough."

We take on these false beliefs for two reasons. Between the ages of five and ten our brains cannot process what is false, and since we want to be loved — we modify our behavior to please another to be accepted. This is why often as an adult, we know the truth that "We are worthy", but our emotional selves, say we are not

The Power of Shame

Shame has power, especially in addiction. When we feel shame, we emote fear someone will know what we believe about ourselves. We defend and push people away to protect our fear.

On a scale from one to ten, when shame is felt at level ten, the shame belief is absolutely true. The result of shame reaching a level ten is we pull away; self-talk turns negative and we isolate or defend ourselves at all costs.

As a child, I didn't know what to do, all I remember is my addiction helped relieve the shame and pain.

Shame is about someone seeing who we truly are, which makes us fearful someone can see the truth. Therefore, we disengage, won't make eye contact, often looking down out of the fear of shame.

Reducing Shame

Since we aren't born in shame, there actually was a time when shame was the lie. To reduce shame we need to do several things. We need to identify what our shame belief is. Ask yourself "What is my shame belief?" It's the statement that happens when it's a 10. It will be the core negative belief of self that says "I'm unworthy, not good enough, defective.

Know it's a lie. It is learned, not part of us. If we can accept it as a lie, then what is the truth? We must define a truth, such as, "I'm worthy, acceptable, remarkable — enough." It is the "I am" statement that I know is the truth of who I was born to be.

Now say it and own it, practice it and — practice it again.

It'll feel like a lie but it's the truth. We've told ourselves the lie thousands of times and now we have to practice the truth.

For shame to lessen, we need to convince ourselves of the truth. Think back to the time when the lie first was believed. Tell the younger part of you the truth.

Shame reduction can be another first step; "We admitted we were powerless over shame and our life has become unmanageable." I must abstain from the lie of my shame and accept the truth of my quality. I am remarkable just the way I was born to be. Shame can be so powerful, that sometimes professional support is required to diminish its power. Be willing to ask for help.

Reducing shame will increase self-esteem and value — and you're worth it.

Michael is the co-founder and Clinical Director of North Pointe Counseling Center. Michael holds a Master of Arts in Professional Counseling, and a Bachelor of Science in Electronic Engineering and Technologies. Visit www.mpccaz.com/



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Exercise May Help Repair Brain Damaged by Alcohol

Aerobic exercise may provide more than just physical benefit to drinkers. A recent study, published in September, shows that exercise may also help mitigate the damaging effects of alcohol on a drinker's brain. Scientists have known for years that alcohol causes vital tissues in the brain to deteriorate, leading to a host of cognitive issues. If the study's conclusion proves accurate though, it can mean good news for drinkers of all ages who wish to retain and improve their mental performance.

The Alcohol-Exercise Study

Researchers at the University of Colorado set out to study data obtained from 60 participants aged 21 to 55. Each was asked about his or her alcohol and nicotine use, had his or her brain scanned, and questioned on his or her aerobic exercise habits. The study participants drank an average of just over two alcoholic beverages a day and exercised for about an hour and a half each week. A handful of study participants showed signs of alcoholism, while others abstained from drinking. The results revealed what the study authors expected — the heavy drinkers who exercised regularly consistently showed more white matter in the brain than heavy drinkers who led a sedentary lifestyle.

Study authors state that their results are still preliminary, and that while a correlation between exercise and improved mental performance among drinkers is apparent, a direct cause and effect relationship is not yet established. More studies are needed to fully understand the mechanism behind exercise's effect on a brain damaged by alcohol.

How Exercise Works on an Alcohol-Damaged Brain

Alcohol acts on the brain in a similar way that normal aging does. Like aging, it causes white matter, the tissue that helps relay information between different areas of the brain, to deteriorate. This leads to impaired learning, memory function and cognition. If the damage continues, drinking can even lead to dementia.

The link between exercise and improved mental performance in the elderly has already been well-established, so scientists hypothesize that exercise affects brains damaged by alcohol in a similar way. Whether exercise helps prevent damage or actually repairs damage already done, however, remains unclear. Hopefully, additional studies will help identify the amount and type of exercise needed to protect, or heal, a brain from alcohol's damaging effects.



Alcohol acts on the brain in a similar way that normal aging does.

Neil's Story

Ever since his late teens, Neil, a cycling enthusiast, was a heavy drinker. "I'd go through phases," he recalls, "but I always had at least a drink or two after work. Sometimes many more." Like most alcoholics, he quickly realized that drinking was interfering with his quality of life, ranging from arriving to work late due to hangovers to strained family relationships. His mental and physical health, however, remained normal, a fact that he attributes to his love for cycling and running. Being so healthy, unfortunately, also kept him in denial, and it was many years before he admitted to having a drinking problem. That was seven years ago. Now, Neil is bracing himself for another challenge: knee replacement surgery to fix an old injury that had never completely healed.

His knees may never be the same, but one thing's for sure: Neil's mind is as sharp as ever, despite decades of alcohol abuse. When asked whether he'll try to keep exercising after recovery, Neil states that there's no doubt. Even if running and cycling are out of the question, he'll just try something else.

"Maybe I'll take up swimming," he says with a shrug.

If the link between an alcoholic's brain health and exercise exists, both Neil's body and his mind will be better off for it, no matter what kind of exercise he chooses.

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EVENTS CALENDAR

JAN. 6-10 – 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 or call Jana at 520 743 2141 or email at jmartin@cottonwoodtucson.com for information and registration.

JAN. 17- 19 2014 — The Meadows Alumni Retreat. This retreat is only for those who have participated in one of our week-long workshops, including family week or in-patient treatment at The Meadows, Melody House, or Dakota. Scottsdale Resort & Conference Center, 7700 East McCormick Parkway Scottsdale. Contact Morgan Day, The Meadows 928-231-7606 mday@themeadows.com.

JAN. 8 — Sierra Tucson’s Phoenix Area Professionals’ Breakfast, 8 – 10:00 a.m. “Visualizing Blind Spots: Weight Bias as a Therapeutic Obstacle,” Speakers: Caryn Attianese, MA, NCC, LPC, CEDS & Cindy Elms, BS, RDN. The Pointe Hilton Squaw Peak Resort, 7677 N. 16th Street (& Morten Ave), Phoenix, AZ 85020. Pre-registration at www.SierraTucson.com by 1/1/14: \$15 per person (no refunds after this date). At door: \$25 per person (cash or check only). 2.0 CE Credits available. www.SierraTucson.com or contact Chrissy Lamy at 480-231-0260 or CLamy@CRCHealth.com.

FEB. 5 — 8:00 – 10:00 a.m. Tucson Area Professionals’ Networking Breakfast, Sponsored by Sierra Tucson. Westward Look Wyndham Grand Resort & Spa, Santa Catalina Ballroom, 245 E. Ina Road, Tucson. Pre-registration at www.SierraTucson.com. For info, visit www.SierraTucson.com or contact Chrissy Lamy at 480-231-0260 or CLamy@CRCHealth.com.

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 or call Jana at 520-743 2141 or email at jmartin@cottonwoodtucson.com for information and registration.

Merritt Center Returning Combat Veterans Retreat Program. Free 4 weekend program for combat Vets. With the assistance of Vet mentors, and healing

EVENTS continued page 11



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day, ending homelessness is possible when a community can come together and work as a team to tackle the problem since a home is only one step in the long process towards recovery.

The Keys to Success

The keys that unlock a future home that is permanent is only the first step. CBI's Navigators play a key role in helping clients to establish stability and often that is in assisting with basic life skills we often take for granted. Francisco not only receives assistance from Kelly to get to all of his appointments, she assists him with coordinating meals, how to clean his apartment and do laundry, and manage the day to day appointments for his behavioral health care.

Permanent supportive housing is successful when two things are aligned; housing, daily needs are met and a support system is in place prove a full wraparound layer of supports. CBI's Navigators assist participants with locating housing, securing furnishings, furniture, appliances, food, and clothing and moving in to their new housing. The Navigator also assists with obtaining other benefits such as AHCCCS, etc., and services such as behavioral health, legal, medical, education, employment, identification and transportation. The Navigator visits 3-4 times/week to monitor progress and helps participants keep medical and other appointments, follows up with appeals processes or other advocacy needs for participants' care. As clients become stabilized in their housing, the Navigator visits less frequently.

A Collaboration Defined by Success- Project H3 VETS

No Veteran should be homeless. This was the collective message led by Senator John McCain this past Veterans Day when a community rallied together to become the first in the Nation to end homelessness among our veterans. Project H3 VETS is a nationally

recognized effort led by the Arizona Coalition to End Homelessness (ACEH) that involves the City of Phoenix, Arizona Department of Veterans' Services, Valley of the Sun United Way, Cloudbreak Communities, the Phoenix VA Health Care System, HOM Inc., Arizona Department of Housing, Community Bridges, and the Human Services Campus.

With the support of CBI's Project H3 VET Navigators, Phoenix became the first city in the nation to end chronic homelessness and every vet was successfully housed in bridge or permanent housing before the holidays. Through the work of all of the partners, there are no longer any chronically homeless veterans living on the streets when the project started with 200 who were homeless.

Success requires teamwork and collaboration. This has been an exciting project and proof that we can end homelessness.

Hundreds of lives have been changed by this hardworking team. So many people are grateful for their determination and big hearts.

Thank You Navigators!



Navigators- In their Own Words

"We will go to great lengths for our clients and do whatever it takes!" — Roberta Rodriguez

"We do whatever we can to help others and guide them through life hurdles". — Deanna Danner

"When all of the doors for our clients are closed...we go through the back window to get things done." — Kelly Denman



Kristen Polin is the Vice President of Community Relations and Development for CBI. She has been with the company for 17 years and enjoys writing for Together AZ to promote awareness about successful

projects that are changing lives in the community. Kristen can be reached at kpolin@cbridges.com.

"Every step our clients take towards their own independence, no matter how big or small is a success in my eyes." - Bryan Reilly

The most rewarding part of my job is having the opportunity to help others and hopefully make a difference in someone's life. —Alvin Holtz

About CBI — Community Bridges, Inc., one of the largest agencies of its kind in Arizona, is a private, nonprofit organization serving Maricopa, Pinal, Gila, and Yuma counties by providing a continuum of care that begins with prevention and continues for individuals and families through treatment and recovery. CBI's mission is to maintain the dignity of human life and be an agent of positive change in our communities. CBI's clinical treatment, family preservation, prevention, and education services help to reduce the impact of alcoholism and drug addiction as a predominant factor in homelessness, domestic violence, child abuse, child neglect, assault, homicide, and suicide. www.communitybridgesaz.org

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

Emotional Healing Journaling Workshop, effective strategies to manage unwanted habits and compulsive behaviors. Thursdays 7-8:30pm. Elisabeth Davies, MC. \$20 per workshop. Includes a copy of *Good Things Emotional Healing Journal: Addiction*. 9401 W. Thunderbird Road. Suite 186. Peoria **(602) 478-6332**
www.GoodThingsEmotionalHealing.com

Franciscan Renewal Center Support Groups: Divorce, Separation and Significant Relationship Endings. Deals with the pain of divorce, separation, and relationship endings in a positive, healing way. Mondays, 6:30 - 8:00 p.m. *Facilitators: Judith McHale, MA, LPC and Tom Mitchell, Ph.D, LPC.* **GRIEF Support.** Tuesdays, 5:30 - 7:00 p.m. *Facilitator: Sylvia Hernandez, LICSW and Judith McHale, MA, LPC.* **DEPRESSION Support.** Every other Tuesday, 6:30 - 8:00 p.m. *Facilitator: Mike Finecey, MA, LPC, LISAC.* **GESTALT THERAPY Support.** Wednesdays, 6:30 - 8:00 p.m. Franciscan Renewal Center, 5802 E. Lincoln Drive, Scottsdale. **480-948-7460. www.thecasa.org**

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

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

ACOA (Adult Children of Alcoholics) Thursdays, 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. Contact: John V. **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). Contact Michael **520-419-6723.** Plus 7 more meetings in Tucson call for details. **Overeaters Anonymous** is a 12 Step program that deals with addictions to food and food behaviors. 18 meetings scheduled throughout the week. For more information call **520-733-0880** or www.oasouthernaz.org.

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

Pills Anonymous—Tues: 7:00 p.m., Glendale Community Church of Joy, 21000 N. 75th Ave. Tuesday: 7:00 p.m., Mesa- Open Discussion. St. Matthew United Methodist Church, 2540 W. Baseline, Room B. 14, Mesa. Jim **480-813-3406**, Meggan **480-241-0897.** Wed: 5:30 p.m. North Scottsdale Fellowship Club, Room 3, 10427 N. Scottsdale Road, Thurs.: 7:00 p.m., Phoenix, Desert Christian Church Rm. D-2, 1445 W. Northern. 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.

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 **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,



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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/ **602-234-1195.**

SLAA—Sex and Love Addict Anonymous **602-337-7117.**www.slaa-arizona.org

FOOD ADDICTS Anonymous—12

step group. **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.

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| ACA | 602-241-6760 |
| 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 |
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| 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 |
| Magellan Crisis Hotline | 800-631-1314 |
| 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 |
| St. Lukes Behavioral | 602-251-8535 |
| Step Two Recovery Center | 480-988-3376 |
| Teen Dating Violence | 800-992-2600 |
| TERROS | 602-685-6000 |
| Valley Hosptial | 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 |
| Tucson Men’s Teen Challenge | 520-792-1790 |
| Turn Your Life Around | 520-887-2643 |
| Workaholics Anonymous | 520-403-3559 |

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Serving the needs of adults, adolescents, children and seniors

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- Child/Adolescent Inpatient

CHEMICAL DEPENDENCY

- Adult Outpatient
- Adult Inpatient Detox
- Adolescent Outpatient

OTHER SERVICES

- Generations/Geropsych – inpatient psychiatric and medical care for patients ages 55+
- Momentum – outpatient treatment for long-term mental illness

Intake representatives are available 24 hours a day to schedule appointments for assessment. St. Luke’s Behavioral Health Center does not have an Emergency Department and does not offer emergency services.



Call 602-251-8535 or 800-821-4193 to schedule an appointment for a free assessment.
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10

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One person dies every
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from a drug overdose
in the United States.

– The Partnership at Drugfree.org

stand up against substance abuse

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TWIGS & SHOUT

By ALAN COHEN

When Christopher Columbus and his crew were sailing their long and arduous voyage to a world they had heard about but never seen, the sailors grew discouraged. Eventually the faith-tested entourage began to wonder if they would ever find land. Then one day the scout in the crow's nest excitedly shouted, "Twigs!" The crew ran to the rail and observed scattered debris of small twigs and leaves floating past the bow. An impassioned howl rose from the deck—land was not far away.

As you and I enter the new year, we, too, find ourselves on a journey over a vast uncharted sea. Will we ever reach the prosperity, rewarding relationships, health, clarity, and inner peace we have been promised? Can I have a job that fulfills my soul and provides me with a substantial income? Can I meet someone who truly matches me? Can I find harmony with my current partner? Is there a place on the planet that feels like home? Will my body work as well as I would like it to? Can I be happy?

While you may have not yet planted your flag on terra firma, signs will show up that let you know you are getting close. You may make a business deal that is not your ultimate goal, but offers a taste of how you would like it to be. You may feel physically well for a period of time, and although the sensation is not permanent — for now — you realize you can feel good. You visit a place that resonates with your spirit, and you find comfort knowing that such a locale exists and you may one day claim it or one like it as your home.

Or you meet someone who could be a great partner, but that person turns out to not be available or has a deal-breaking flaw. Disappointed again, you may be tempted to complain that you were teased or let down by the universe. But it's the other way around: *the universe is letting you know that what you want is possible, and you can feel the way you want to feel with someone right for you.* That person was not the person, but he or she was a representation of the energy and experience you value and intend to manifest. If one such person exists, there must be others. Don't curse the experience because it did not become permanent. Bless it as a sign that the real thing is not far behind.

In the early 1900's a shoe company dispatched a salesman to Africa to open up that market. A month later he sent a telegram to the home office: "Disaster! Disaster! These people do not wear shoes. Bring me home immediately!"

The ratio of big ocean to small twigs is gargantuan, but it's what the twigs represent that makes them more powerful than the expanse that outweighs them in size but not meaning.

The following month a salesman from another shoe company was sent to Africa with the same assignment. He, too, soon sent a telegram home: "Opportunity! Opportunity! These people do not wear shoes. Triple production immediately!"

Opportunity or Disaster?

Disasters and opportunities are not necessarily logistical facts. They are interpretations. Psychologists have determined that your subconscious mind, the matrix of beliefs that creates your experience, cannot distinguish between imagination and reality. When you imagine something to be so, your body, mind, and emotions kick into gear and create the experience of it being so. Imaginations of failure lead to the experience of failure. Imaginations of success lead to the experience of success.

That's why it's important to notice twigs and celebrate them. The ratio of big ocean to small twigs is gargantuan, but it's what the twigs represent that makes them more powerful than the expanse that outweighs them in size but not meaning. "Faith," said Rabindranath Tagore, "is the bird that sings when the dawn is still dark." When you hear the bird singing, no matter what the environment currently indicates, you can be sure the sun is not far behind.

If something can be done, it will be done. This is why "Kitty Hawk moments" are so significant. When the Wright Brothers flew their first flight in a heavier-than-air craft at Kitty Hawk, North Carolina, the flight's duration was only twelve seconds. But what those twelve seconds meant was far more important than the flight itself. They meant that air flight was real and possible. Those twelve seconds were the portal to a new era in human history, leading only 66 years later to a man walking on the moon. That twig was a sign of a vast new territory not very far down the road.

You can hasten your arrival in the new world, symbolized by this new year, by being keen to observe the twigs that float past your bow.

Celebrate and magnify them.

Seize every sign that your good is on its way — **actually already here** — and let success be the theme of your exploration and expression. Columbus and his crew were powered by stories and visions of a life they had never known, and they found it. You, too, have heard about dimensions that transcend the ones you have known, and you, too, will step into them. That's what makes the new year new.



Alan Cohen is the author of *Enough Already: The Power of Radical Contentment*. If you would like to become a professional life coach or incorporate life coaching skills in your career or personal life, join Alan's celebrated Life Coach Training Program beginning March 4. For more information about this program, Alan's books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, or email info@alancohen.com.

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What Do Bullying and Youth Substance Use Have in Common?

By Frances M. Harding, Director, Center for Substance Abuse Prevention

On the surface, bullying and youth substance use may seem like separate problems. However, from research, we know that youth who use substances are at risk for other problem behaviors during their teen years. Findings suggest that middle and high school students who bully their peers are more likely to use alcohol, cigarettes, and marijuana.

Bullying and substance use among children and teens have shared risk and protective factors. Effective prevention efforts minimize these risk factors and maximize protective factors in a child's life. If a problem has already surfaced, learn to recognize the warning signs of bullying and being bullied, underage alcohol use, and drug use to intervene before the problem becomes worse.

Family

Lack of parental support, warmth, and supervision put young people at risk for problem behaviors. Likewise, overly permissive or harsh parenting styles, inconsistent discipline methods, and a lack of clear boundaries or rules increase the likelihood that a child will act out in harmful ways. Children whose parents use drugs and alcohol are also at risk.

Bonding and cultivating close parent-child relationships are vital for a child's well-being. Open communication strengthens this relationship and can alert a parent or caregiver to difficult issues a young person might be dealing with. Clear, consistent discipline — without being overly extreme or physical — helps young people understand certain behaviors, like bullying and substance use, are unacceptable and there are consequences for those actions. Modeling empathy and helping young people form positive values helps keep them from bullying others and using drugs or alcohol.

Peers

Peer groups and friendships are essential for social and personal development. However, youth who associate with peers who bully or use alcohol and drugs are more likely to engage in those activities. The same goes for children who have difficulty interacting or establishing relationships with their peers.

Children should be exposed to social situations from an early age, and their social skills should be encouraged by family and educators — social support and positive relationships with others contribute to children's well-being. Parental supervision and involvement, such as getting to know your child's friends, can help a young person avoid behavioral problems by making wise decisions about the company they keeps.

Academic performance

Doing well in school and being enthusiastic about learning are protective factors for youth substance use and bullying. Poor grades and disinterest in school are just the opposite—they put a child at risk for those same behaviors.

Individual characteristics

Parents and teachers should be on the lookout for aggressive behavior, especially if it manifests at an early age, because it's an indicator that a child could become involved in drugs, alcohol, and/or bullying. Teachers and families should also seek opportunities to recognize and reinforce children's abilities and accomplishments—self-esteem, competencies, and skills are characteristics that “protect” a child from developing deviant behaviors.

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Elements Behavioral Health Acquires Journey Healing Centers' Network of Addiction Treatment Centers in Arizona and Utah

Elements Behavioral Health, a leading nationwide provider of addiction and mental health treatment programs, announced on December 18, 2013 that it has acquired Journey Healing Centers' network of drug and alcohol treatment centers in Arizona and Utah.

Journey Healing Centers provides personalized dual diagnosis treatment for substance use and mental health disorders in Scottsdale, Arizona and Salt Lake City, Utah. Founded in 2002 by Joshua and Lisa Lannon with one center and a staff of four, Journey Healing Centers has since expanded to six locations with more than 100 team members.

Journey Healing Centers provides the full continuum of addiction treatment services, from residential treatment and sober living to day treatment and intensive outpatient care. Its network of treatment centers is accredited by the Joint Commission and includes a wide range of program offerings:

- **The Retreat, Scottsdale, AZ** – an exclusive residential substance abuse and dual diagnosis treatment center in an idyllic setting in the high desert that offers world-class amenities including a gourmet chef, a private pool and Jacuzzi, and an onsite gym.
- **The Sundance Center, Scottsdale, AZ** – a residential addiction and dual diagnosis treatment center located in a private residential neighborhood in Scottsdale.
- **Journey Utah, Salt Lake City, UT** – a client centered, exclusive addiction treatment center located near the base of the Wasatch Mountain Range.
- **Creekside, Salt Lake City, UT** – a residential long-term care treatment center in a private, luxurious home.
- **Sober Living, Salt Lake City, UT** – a safe, structured and secure community that helps men and women transition from residential treatment back into the community.

Journey Healing Centers has been featured in *USA Today*, *Psychology Today*, *Discovery Channel*, *People Magazine*, *NPR*, *Fox News* and other media outlets.

“We are confident that Elements Behavioral Health, one of the nation's leaders in addiction treatment, is the right partner for Journey,” said Joshua Lannon, CEO and co-founder of Journey Healing Centers.

“Elements recognizes the unique culture we have created over the past decade and is dedicated to preserving it so we can best serve our guests, their families and our employees.”

“We proudly welcome Journey Healing Centers into the Elements family of programs,” said Dr. David Sack, CEO of Elements Behavioral Health. “In addition to its high-quality treatment programs, beautiful facilities and strong clinical capabilities, Journey Healing Centers employs a team of professionals with an unmistakable passion for treating addiction and mental health disorders.”

About Elements Behavioral Health

Elements Behavioral Health is a family of behavioral health care programs that includes Promises Treatment Centers, The Ranch, The Sexual Recovery Institute, Right Step and The Recovery Place. Elements offers comprehensive, innovative treatment for substance abuse, sexual addiction, trauma, eating disorders and other mental health disorders. We are committed to delivering clinically sophisticated treatment that promotes permanent lifestyle change, not only for the patient but for the entire family system. For more information about Elements Behavioral Health, visit www.elementsbehavioralhealth.com.

China Seizes Tons of Raw Materials Used in Fake Pharmaceuticals

The Chinese government announced a major crackdown on makers of fake drugs, Businessweek reports. More than nine tons of raw materials used in counterfeit pharmaceuticals were seized, including some psychedelic or poisonous ingredients.

Laboratories in China are becoming a significant source of synthetic drug production. Drugs produced in China can easily be shipped to North America or Europe, using international courier services.

Many Chinese websites sell illegal drugs. In the last six months, Chinese police have arrested more than 1,300 people suspected of selling illegal drugs online, and have shut down 140 unlicensed websites and online drug stores.

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central to helping prevent adolescents from engaging in substance use. However, it is less known but equally true that parental influence can continue to help affect their children’s behavioral environment when they become young adults. Many parents feel that when a child turns 18 that their work is done—that the young person has to make his or her own choices. We often see this with parents whose children go off to college. Yet, many of these students are making poor decisions.

High rates of binge drinking take a heavy toll in injury, assault, death, risky sex practices, damages to ongoing brain development, and diminished short-and long term achievements. One way to help prevent underage drinking is by talking with teens you know about the risks of drinking alcohol. Resources are available for families, educators, and communities to help make sure that young people understand that they do not need to drink to fit in, have fun, or deal with the pressures of growing up. In addition, the National Institute on Drug Abuse has released a new resource, Family Checkup – Positive Parenting Prevents Drug Abuse to help families prevent substance use.

As parents, you have the power to prevent substance use and to help your children live happy, healthy, and productive lives.

Doctors struggle to treat synthetic drug overdoses

The former drug user asked CBS News to call him “Chris.” Before he entered rehab in Arizona last month, he regularly abused synthetic drugs.

Before he entered rehab in Arizona last month, Chris regularly abused synthetic drugs. “Eight Ballz, K2, Spice,” he says, listing the drugs he took. “One of the best was called WTF.”

In the last year, the DEA seized more than 18 tons of synthetic drugs across the country. They’re a new generation of drugs made from chemical compounds, but the police are hamstrung, because many of the chemicals are legal to import and to sell.

“I could just go into a smoke shop and get them legally over the counter. It’s just like going and buying beer or buying cigarettes,” Chris says. “You can get them, it’s right there under the counter.”

Asked to describe the worst experience he had, Chris says, “Extreme, vivid hallucinations, accompanied with the noise — a screaming noise in your ear that just went on for hours.”

“And I couldn’t move on the ground for hours, so I was like paralyzed, basically,” he adds. “And as soon as I could get up, I started doing more.”

Toxicologist Dr. Michelle Ruha says there are so many new synthetic drugs that scientists can’t identify them.

“Patients will come in, they’re severely agitated, we have to put them on a ventilator, we have to heavily sedate them,” Ruha says. “And then when they recover, we will ask them what they took, they often don’t know or they don’t remember, and we find

absolutely nothing in their system.”


By some counts, there are now more than 200 different substances. Ruha’s laboratory has to do the detective work so that she can treat patients who have overdosed.



“Every few months, it seemed like we were hearing about new ones, so it’s just very rapid turnover, so you just can’t seem to keep up with it,” she says.

It sometimes takes months — and several deaths — before a dangerous new substance is identified and then banned by the U.S. government. By then, the dealers have changed the chemical formula to make a new drug that’s legal, but by no means safe.

Asked whether part of the appeal for users is that many of the drugs are legal, Ruha says, “Patients have absolutely said to me, ‘I didn’t think it was a big deal. It was easy to get, it was legal and I had no idea it was going to be so addictive and so dangerous.’”

The scientists can’t keep up, and neither can the law. Everyone CBS News spoke with said the police and the courts are struggling to deal with these drugs, because new substances are emerging much faster than they can be banned.





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- **Healthy Connections for Moms-to-Be-Case Management and service referrals for pregnant women with addictions**

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Parenting is Prevention

By Frances M. Harding, Director, SAMHSA’s Center for Substance Abuse Prevention

A youth’s perception of risks associated with substance use is an important determinant of whether he or she engages in substance use.

A recent SAMHSA National Survey on Drug Use and Health Report surfaced several important perceptions among adolescents aged 12 to 17. Binge drinking can be categorized as having five or more alcoholic drinks once or twice a week. The good news is that the percentage of adolescents who perceived great risk from binge alcohol use has increased from 38.2 percent in 2002 to 40.7 percent in 2011; during the same period, the actual rate of binge alcohol use among adolescents decreased from 10.7 to 7.4 percent.



The Bad News

Between 2007 and 2011, the percentage of adolescents who perceived great risk from smoking marijuana once or twice a week decreased from 54.6 to 44.8 percent, and the rate of past month marijuana use among adolescents increased from 6.7 to 7.9 percent.

Parents and other caring adults who provide adolescents with credible, accurate, and age-appropriate information about harm associated with substance use are an important component of prevention programming. The importance of strong, effective parenting throughout the adolescence, teenage, and young adult years has long been known to be central to helping prevent adolescents from engaging in substance use. However, it is less known but equally true that parental influence can continue to help affect their children’s behavioral environment when they become young adults. Many parents feel that when a child turns 18 that their work is done—that the young person has to make his or her own choices. We often see this with parents whose children go off to college. Yet, many of these students are making poor decisions.

High rates of binge drinking take a heavy toll in injury, assault, death, risky sex practices, damages to ongoing brain development, and diminished short-and long term achievements. One way to help prevent underage drinking is by talking with teens you know about the risks of drinking alcohol. Resources are available for families, educators, and communities to help make sure that young people understand that they do not need to drink to fit in, have fun, or deal with the pressures of growing up. In addition, the National Institute on Drug Abuse has released a resource, Family Checkup – Positive Parenting Prevents Drug Abuse to help families prevent substance use.

As parents, you have the power to prevent substance use and to help your children live happy, healthy, and productive lives.

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THE DEADLY STIGMA OF ADDICTION

Is it possible to separate the disease of addiction from the stigma?

By Dr. Richard Juman

The American Society of Addiction Medicine characterizes addiction as a “primary, chronic disease of brain reward, motivation, memory and related circuitry.” The National Institute on Drug Abuse defines addiction as a ‘chronic, relapsing brain disease’ that changes the structure and functionality of the brain. So why do so many people still think of addiction as a moral failing? Why do they still refer to victims of substance misuse disorders as meth freaks, alcoholics, junkies, crackheads and garden-variety drunks?

The answer is simple as it is depressing: because that’s the way it’s always been. Addicts are scorned by communities and celebrities with addictions are exploited or hounded by paparazzi. And while the government purports to view addiction as a disease, it often works in opposition to that position through the “War on Drugs,” which counts most drug users as criminals. Even those of us in the treatment community still—consciously or unconsciously—employ stigmatizing programming and language—such as when we focus on “dirty” urine.

Addiction and mental health problems are still spoken of in hushed tones, and patients and their families are still blamed.

The idea that those with addictive disorders are weak, deserving of their fate and less worthy of care is so inextricably tied to our zeitgeist that it’s impossible to separate addiction from shame and guilt. Addiction comes with a second punch in the gut: the burden of being treated like a second-class citizen and expected to act accordingly. Stigma impacts us all, both consciously and unconsciously, and is perhaps the single largest contributor to the mortality rate. Consider these eight points:

1. People fail to seek treatment.

Many people who struggle with an addictive disorder fail to seek treatment, in part because of their concern they will be labeled an “addict” and that the stigma will stick. If you ask the question, “Would you rather go to treatment or die?”, presumably nobody would choose death, but that’s how it often goes. Often, a crisis precipitates treatment, so the problem is already well-advanced. If we removed the stigma, guilt and shame from the equation, people would find it easier to make a realistic, objective assessment of their substance misuse and discuss it openly with a health care provider.

2. The medical profession fail to treat addicts properly.

Can you think of other situations in which the health care system abdicated responsibility for dealing with a health care issue that afflicts such a huge segment of the population? For far too long, those people who did seek treatment, often following a crisis, found no appropriate reception from the medical community. Doctors were slow to recognize addiction as treatable, and so patients were encouraged to find help outside of the medical community, in 12-step programs that based on non-scientific practices, normally anathema to physicians. 12-step programs helped many, but those that did not succeed there found themselves in the unenviable position of having been directed to a place by their doctor, having the recommended solution ineffective and being reluctant to return to their physician for further help. A better paradigm? The medical community should recognize unhealthy, addictive behavior as part of its purview and would apply evidence-based approaches in their practices.

3. Funding for addiction treatment is discriminatory.

In spite of the huge impact and cost of addictive disorders on society, the way that addiction treatment is funded is disproportionately low. Despite passage of Federal Mental Health Parity legislation, mental health and substance use disorders continue to be treated differently—and often poorly—compared to “medical” illnesses. Some coverage appears co-equal on paper, but frequently the coverage that’s allowed is not authorized, leaving people without the treatment for them to meet their goals. What if there was no stigma in addiction? Given its huge cost to society, addiction should be funded and paid for on a level playing field with medical problems.

4. Addicts get sent to jail.

Where substances are concerned, people go to jail for the possession of something that is part and parcel of their addiction, unlike the diabetic caught walking out of Costco with a shopping cart full of Ring Dings. Most of the money that governments spend on “drug control” is spent on criminal justice interdiction rather than treatment and prevention. Here again, clearly, is a system with stigmatization at its roots: blaming, punishing and making moral judgements instead of providing treatment and other help that would change behavior. The more of a stigmatizing stance one takes towards substance misuse the more likely one is to support criminalization of drug offenses and the less likely is to support insurance coverage and treatment for drug addiction. Taking the stigma out of addiction argues for prevention and treatment as opposed to prosecution and incarceration.



5. Even when people do get to treatment, stigmatization can continue and contribute to poor treatment outcomes.

It is critical to recovery that treatment programs not send messages to patients that are blaming (for relapse) and shaming (for being weak). People enter treatment at a vulnerable moment, psychologically and in terms of their brain chemistry. Addiction comes with a hard-to-escape sense of failure that recapitulates prior disappointments and works in opposition to growth. Patients have spent a lifetime trying to silence the “inner critic” that repeats “I’m-not-good-enough” messages, so it’s critical that the culture and language of treatment provide a healthy soil in which patients can grow seeds of hope that are vital to recovery. In an optimal treatment setting, patients aren’t expected to play the role of one-who-should-be-ashamed. Instead, they are intrinsically involved in planning their own treatment, helping to choose the goals and techniques of treatment.

6. People in recovery are always under suspicion.

When people obtain a stable recovery they are always presumed to be on the verge of relapse. The label, shame and stigma of problems with substances is always around—once an addict, always an addict. This has an enormous impact on their lives every day—in the community, in the family, in social networks. The person in recovery has their autonomy and their ability to participate in the normal, character building aspects of family life constantly in question. The stigma of addiction is built in to foundational aspects of society, especially those in social networks that are necessary for people to rebuild their lives. What if there were no stigma in addiction? The “addict” role would not last a lifetime.

7. They confront stigma-based roadblocks constantly.

The cancer survivor is proud, but those in recovery from addiction face ongoing stigma and discrimination instead. People in recovery are faced with obstacles, especially those who have been in treatment or in the criminal justice system for chemical dependency. Employment, education, insurance and the ability to vote are all fraught with uncertainty and discrimination for those in recovery. People in recovery have a harder time finding and keeping jobs, getting licenses, food stamps, benefits that help their children. In other words, important aspects of living that are so critical to a stable recovery for persons who have been treated for addiction, such as employment, housing and providing for one’s family are that much harder to get. Things need to change. Having struggled with addiction in the past should not make life that much more difficult now.

The Arizona Justice Center

We know the legal profession is called upon to promote justice. Our forefathers led by Thomas Jefferson helped draft the Declaration of Independence and subsequently our Constitution. Thus the concept of justice is a fundamental core value of our profession. But what does this core value look like in the 21st century? **More than ever, the voiceless and the vulnerable need an advocate.**

What is our responsibility as members of the legal profession to the value of justice within our society? Lawrence Kohlberg, a professor of education and social psychology at the Harvard Graduate School of Education, considered the core values of justice to be a key role of our society. Dr. Kohlberg stated:

“The most fundamental are termed moral values, and the major moral values, at least in our society, are the values of justice’ (Kohlberg 1967:165).” (pp. 15.)

Several west valley men and women met in late 2012 as a result gave birth to the idea of a social service center assisting those in need. The center is called the AZ Justice Center located in downtown Glendale.

This has been a dream of Steven Keist, an attorney who has practiced in the valley for over 25 years. Steve has felt the call to help the needy. He has been responsible for an inner city legal program for the past ten years. This program has served those in the inner city at several different locations. Steve realized because of the increasing specializations of the law, and time demands of everyone’s practice, the traditional model of providing volunteer legal services to the poor was not working.

The concept? Provide legal, family and addiction counseling for those within a geographic area.

The AZ Justice Center is a 501(c)(3) faith based social service center. The concept is for the legal director to limit their responsibility to providing legal counsel and, where appropriate, immediate legal response to issues, and refer an individual to a bank of attorneys equipped to take on the particular legal issue presented.

This same model is to be adapted to family concerns (Brooks Gibson M.Ed), and addiction counseling (John Carter LISAC).

The first day the Justice Center’s doors opened, two unique problems were encountered. A homeless Vet was the first person to enter. Before noon, contact was made through Veteran’s Affairs of Washington DC to provide permanent housing for him. Additionally a lady who recently became disabled shared the fact that her landlord had obtained a writ and the Constable was to return later that day to remove her from her apartment. In the interview she related she had an attorney for her social security disability who advised her she had obtained an award and that she would be receiving Social Security disability benefits. The Center contacted the landlord’s attorney and make appropriate arrangements for her to remain in her apartment.

Visit www.azjusticecenter.org for social service needs you may need assistance with.



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By COACH CARY BAYER www.carybayer.com

“Pop Music, Transcendence, & Meditation”

In the late ‘60s, many folk artists and rock bands created songs that invited their listeners to go within to the Transcendent area of their being. The Beatles, the Moody Blues, Donovan, the Beach Boys, Carly Simon, and the Incredible String Band, were among them. Their songs help awaken that deeply silent place within you.

Because the Beatles, Donovan, and Beach Boy Mike Love meditated with Maharishi Mahesh Yogi at the guru’s India ashram, it’s understandable they might have sung about their transcendence.

Carly Simon, less known as a spiritual aspirant, has great wisdom in “Haven’t Got Time for the Pain,” co-written with Jacob Brackman.

*“You showed me how,
how to leave myself behind
How to turn down the
noise in my mind”*



Turning down the noise in the mind is among the more beneficial features of meditation. In the fourth state of consciousness, known as Transcendental Consciousness, or the Sanskrit *Samadhi*, the mind is silent and still. Carly takes us deeper, to the cessation of suffering that results from continued alternation between the non-changing fourth state of consciousness and the three changing states of waking, sleeping, and dreaming:

*“Suffering was the only thing that made me
feel I was alive
Thought that’s just how much it cost to sur-
vive in this world.”*

What helped her see the light? Her answer: love and light.

*“Til you showed me how, how to fill my
heart with love
How to open up and drink in all that white
light
Pouring down from the heavens.”*

Beach Boys Brian Wilson, Mike Love, and Al Jardine — the latter two teachers of Transcendental Meditation—penned a beautiful hymn-like song to the Transcendent called “All This is That.” It opens, much like meditators open the day themselves—with meditation:

*“Daybreak and I take a glide
Into the pool of peace inside”*

Pools, water, and ocean are often used to express the deeper levels of consciousness that meditation brings us to. Donovan wrote a song called “There is an Ocean,” in which he sang,

*There is an ocean of vast proportion
And she flows within ourselves.
To take dips daily we dive in gaily
He knows who goes within himself.”*

Sigmund Freud used a similar metaphor when he wrote: “The mind is an iceberg. It floats with only one-seventh of its bulk above water.”

After a day’s worth of activity, the mediator takes to his mantra again about eight to 10 hours later:

*“Dusk time the shadows fall
Into the timeless time of all.”*

The song speaks of two times of day—daybreak and dusk—as times to meditate and enter the Transcendent beyond time; hence “timeless time of all.” The song then embarks upon insights from three higher states of consciousness that are depicted in the Vedas, the wisdom literature of India:

*“I am that, thou art
that, all this is that.”*

Technically, this isn’t so much a Beach Boys lyric as it is a direct lift from India’s *Upanishads*. “I am That” refers to the initial stage of Enlightenment called Self Realization. “Thou art That” speaks to a higher stage of awakening, known as Glorified Cosmic Consciousness, in which, as the Beach Boys sing,

*“Golden auras glow around you
Omnipresent love surrounds you”*

“All this is That” bespeaks the supreme oneness of Unity Consciousness depicted in the lyric:

*“Wisdom warming as the sun
You and I are truly one.”*

The Beach Boys express their gratitude to Maharishi’s master, Swami Brahmananda Saraswati, known affectionately as Guru Dev. The TM proponent taught his students to express their gratitude with the simple Sanskrit expression: “Jai Guru Dev.” The Beach Boys conclude this lovely song by singing “Jai Guru Dev” 12 times.

The ever-eclectic Incredible Strong Band addressed the state of oneness that the Beach Boys sang of in their delightful ditty, “You get Brighter,” penned by ISB’s Mike Heron:

*“And I know you belong to everybody but
you can’t deny that I’m you*

*I know you belong to everybody but you can’t
deny that I’m you.”*

Even Krishna, whose teaching of Yoga and meditation in India’s classic “Bhagavad Gita,” depicts such Oneness, takes part in the song:

*“Krishna colors on the wall, you taught me
how to love you”*

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— Jay Asher

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