

Together AZ



OCTOBER 2015

Inspiring Success on the Road to Recovery

A Recipe for Sobriety

By Jim Corrington, Jr. LCSW

Director of Outpatient Services, Meadows Outpatient Center

Having worked in the field of addiction treatment and behavioral health as a therapist and Director for 30 years, it has been my experience that everyone who follows the suggestions in the AA Big Book gets better, *everyone*. They are suggestions, similar to when I went skydiving. I jumped out of a plane at 10,500 feet and after one minute of freefall, the instructors, tugging on my side, “suggested” that I pull the ripcord. We all have choices.

A metaphor I like to use is the Tollhouse Cookie Recipe. Back in the ‘30’s Ruth Wakefield, living in a Cape Cod style house on the outskirts of Whitman, MA. in the “Tollhouse Inn,” (the original house built in 1709 charged passengers tolls for changing horses, meals, etc.) decided to add bits of chocolate to a cookie dough from an old Colonial Day recipe for Butter Drop Do cookies. She thought the chocolate would just melt out of the cookie, but it didn’t — and they turned out delicious. In 1939 the Nestles Tollhouse cookie recipe was published and printed on all the bags of chocolate chips. Today, 76 years later, if we buy the ingredients listed on the bag of chocolate chips, and follow the directions exactly as they are written, we get great cookies every time.

That’s why I say there is a 100% recovery rate for people who follow the directions.

In the same year, 1939, the book *Alcoholics Anonymous* first edition was published. The AA Big Book says, “Clear cut directions are given showing how we recovered.” Page 29. It is simple. It is straightforward and “it works, it really does.”

This article is about how to get and stay clean and sober the rest of your life, one day at a time. Relapse does not have to be part of recovery. The problem arises when we hear, “But you don’t understand, my case is different.” If one believes this, the “recipe” doesn’t apply or work to them.

I always say to those who feel they’re different, “surely in the millions of people in long-term successful recovery in the world (23 million people in the U.S. alone in “long term successful recovery”) – (*Anonymous People* movie) there are people who have gone through nearly exact circumstances as yourself, applied the program of recovery outlined in the Big Book to their lives, received any outside help needed, and had the promises come true for them (each and every promise..pg.83).

I also remind folks of the Herbert Spencer quote in the Spiritual Experience Appendix of the AA Big Book: “There is a principle which is a bar against information, proof against all arguments, and cannot fail to keep a man in everlasting ignorance; that principle is contempt prior to investigation.”

In nearly every AA meeting in the world we read, “Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program.”



In addition to the Big Book of AA, there are many tools and skills required, (*trauma work, family of origin work, psychiatric services*) if practiced and utilized can guarantee great results in sobriety. The following is my interpretation of the “Recipe for Sobriety.”

Total Abstinence

Most people who think they’re chronic relapsers are not. They simply have not given up their right to a chemical peace of mind. The first step means, I can’t have anymore — ever, one day at a time. And, no switching to another addictive drug. I get a sobriety or clean date, meaning I’m clean and sober. The good news is one only has to do this a day at a time. This is AA’s most well-known slogan for a reason. I always say, “Just don’t drink or use before you go to sleep.” If you do that, you’ll die clean and sober at the end of a long run of sobriety.

The trick is, it appears difficult to stay clean and sober one day at a time, if one hasn’t given up their “right” to do a “little sumpin’ sumpin’ “ for life. The AA Big Book states, “We have seen the truth demonstrated again and again: “*Once an alcoholic, always an alcoholic. Commencing to drink after a period of sobriety, we are in a short time as bad as ever. If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.*” (p.33)

The most important ingredient in this recipe is to give up your right to drink and drug— for life....and then, immediately snap back in to just doing it One Day at a Time.

Don’t worry about the whole day, focus on this hour or minute, don’t drink or drug right now. If you not drink or drug right now, you’ll stay sober the rest of your life, as it is always now.

There is a sign behind some bars that reads, “Free Drinks Tomorrow!” That’s the idea, give up your right to do it today — just for today. This is doable, isn’t it?

The common denominator that makes all alcoholics and addicts the same — is they think they’re unique. It’s the voice in your head saying your case is different — this kind of thinking can lead to disaster.

Here’s how it is explained in the AA Big Book, “*Most of us have been unwilling to admit that we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers are characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday, he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.*” (p.30)

The Switches

Switching from one thing to another. Many people get into trouble in early recovery because they reserve

Recipe continued page 8



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.

With her unique ability to address unresolved critical issues, Rokelle Lerner has inspired millions. Now she inspires groups of 8 at InnerPath Retreats.

In secluded Nash House – adjacent to Cottonwood's safe and supportive environment – InnerPath's life-changing programs for individuals and couples explore strategies to balance body, mind and spirit. Featuring dynamic interaction between participants and staff plus a powerful variety of therapeutic experiences – along with Rokelle's incredible insight and sense of humor – significant results can be achieved in addressing many life issues.



COTTONWOOD
tucson

- Relapse Prevention
- Anger and Rage
- Family of Origin
- Addiction
- Grief and Loss
- Relationships
- Spirituality
- Trauma
- Wellness

For more information and a schedule of upcoming InnerPath Retreats, call 800-877-4520 or visit

cottonwoodtucson.com

INDEPENDENT TALK

1100

KFNX

KFNX exclusively features Five of the Top Ten Talk Shows in the country



THE LAURA INGRAHAM SHOW



THE MICHAEL SAVAGE SHOW



THE HERMAN CAIN SHOW



AMERICA CONTINUES WITH JIM SHARPE



IMUS IN THE MORNING



THE LARS LARSON SHOW

THE

BLAZE

To advertise, host a show or for more information: Call 602-277-1100 or go to 1100kfnx.com



By Barbara Nicholson-Brown

Publisher's Note

Too Much Wasn't Enough

There once was a time when I could not imagine **not** being 'out of my mind' from a drink or some drugs. It was the thing to do within my circles of friends. Our motto was "Too Much Ain't Enough."

In fact, there was a huge neon sign over a bar in NYC with that very saying. I loved it. And trying to live up to that sign I always drank more than my body could handle, and usually never made it past 9:00 at night.

I cannot drink. I cannot ingest anything that alters my metabolism, or brain chemistry. I was one of those people who could get utterly smashed on one drink and as always, the ugly happened. There was absolutely nothing — nothing attractive about it. While I wanted to be a classy lady, when I drank or used it was the opposite. Yet, I did it over, and over, and over again with these results: shame, fear, panic, remorse, hangovers, headaches, lies and depression to name a few.

When we hit bottom, wherever it is on the scale, it's actually the greatest day of our lives. *If, and only if, we are ready for change.* I'll always be grateful and mindful of the day it happened for me.

The beauty of sobriety is comprised of so many things I could fill volumes of why I feel so blessed. Sobriety is not always a walk in the park, but neither is the real world. While I may have lost myself in addiction for 24 long painful years — the beauty is now in my recovery.

I've been able to find my purpose and reason for being here. I've been guided and supported through the difficult times and celebrated the wonderful moments with people who I consider my family, my fellows on the road.

Terras

Inspiring Change for Life

Inspiring change for life...

the heart of everything we do at Terros.

WE PROVIDE:

Addiction and Mental Health Treatment

Primary Medical Care

Recovery Services

Family Services

Mobile Crisis

Community Prevention

Locations Valleywide

Se proveen servicios en español

FOR MORE INFORMATION:

602.685.6000

www.terros.org

N.E.W.S.

FDA Tells R.J. Reynolds to Stop Selling Four Cigarette Products

The Food and Drug Administration (FDA) on Tuesday ordered tobacco company R.J. Reynolds to stop selling four cigarette products. It is the first time the agency has ordered a major tobacco company to stop selling products, according to NPR.

The four products are Camel Bold Crush, Vantage Tech 13 and the regular and menthol versions of Pall Mall Deep Set Recessed Filter cigarettes. The FDA has ordered companies to stop selling products before, but they involved much smaller companies with much less popular products, the article notes.

According to the FDA, R.J. Reynolds failed to prove the four products were no more dangerous than brands that have been on the market for a longer time.

“These decisions were based on a rigorous, science-based review designed to protect the public from the harms caused by tobacco use,” Mitch Zeller, Director of the FDA’s Center for Tobacco Products, said in a statement. “The agency will continue to review product submissions and exercise its legal authority and consumer protection duty to remove products from the market when they fail to meet the public health bar set forth under law.”

Under powers given to it by Congress, the FDA can require tobacco companies to prove new products pose no more risks to smokers than cigarettes that were on the market before February 15, 2007.

“The scientific basis for these four decisions include a failure to demonstrate that increased yields of harmful or potentially harmful constituents, higher levels of menthol, and/or the addition of new ingredients in the currently marketed products – when compared to the predicate products – do not raise different questions of public health,” the FDA stated.

Fentanyl-Laced Heroin Worsening Overdose Crisis, Officials Say

Fentanyl-laced heroin is worsening the nation’s overdose crisis, officials tell NPR. Some drug dealers are using an illicit version of fentanyl, an anesthesia drug, to increase the potency of heroin that has been diluted.

In March, the Drug Enforcement Administration (DEA) issued a nationwide alert in response to a surge in overdose deaths from heroin laced with fentanyl, the most potent opioid available

Fentanyl is potentially lethal, even at very low levels, according to the DEA.

for medical use. According to the DEA, fentanyl and fentanyl analogues produced in illicit clandestine labs are up to 100 times more powerful than morphine and 30-50 times more powerful than heroin.

Fentanyl is potentially lethal, even at very low levels, according to the DEA.

Federal drug agents say in the last two years, Mexican cartels have increased production of a variant of fentanyl called acetyl fentanyl, and are smuggling it into the United States.

“Heroin is bad enough, but when you lace it with fentanyl, it’s like dropping a nuclear bomb on the situation,” Mary Lou Leary, a deputy director in the White House’s Office of National Drug Control Policy, told NPR. “It’s so, so much more dangerous.” There were at least 700 fentanyl-related deaths from late 2013 through 2014. Only a few states have added acetyl fentanyl to their lists of banned substances, the article notes. The DEA added the drug to the federal list this year.

Poison Control Centers See Big Jump in Children Ingesting Hand Sanitizer

Poison control centers have seen a nearly 400% jump in calls related to chil-

I am enough.

We want to assist you on your journey to recovery from addictions, trauma, mood or other behavioral health issues, and empower you to create a full, authentic, joyful life.

The Meadows Outpatient Center provides Intensive Outpatient Program (IOP) services to adults, ages 18 years and older. Patients benefit from The Meadows Model and the same high quality of care that exists on The Meadows’ main campuses in Wickenburg, Arizona.

The Meadows IOP is designed for individuals who require a stepped down level of care or who may have been informed during their intake screening that they qualify for the IOP program without having the need for a higher level of care. Every individual’s current issues and circumstances are taken into consideration to be sure they are offered the safest and most appropriate program for their clinical needs.

We offer:

- 12-Step focus
- Cognitive Behavioral Therapy (CBT)
- Trauma Sensitive Yoga
- Neurofeedback
- Somatic Experiencing® (SE)
- Family participation
- Medication management
- On-site Brain Spa
- Dedicated meditation room
- Eye Movement Desensitization and Reprocessing (EMDR)
- Psychiatric evaluations
- Art therapy
- Family Recovery Group (open to the public)

Give us a call today to find out how we can help you realize that you are enough.

THE
MEADOWS®
OUTPATIENT CENTER

800.244.4949 | www.themeadows.com | Scottsdale, AZ

Addictions do not discriminate



“Changing the way we think”

Addiction Counseling & Therapy Services

At ACT Counseling & Education we provide Comprehensive Counseling and Therapy Programs for adults, teens and children affected by various addictions in the family.

Our specialized therapy services include help for:

- Problem & Compulsive Gambling
- Alcohol & Drug Addiction
- Families, Couples & Significant Relationships
- Individuals
- Court Ordered Drug & Alcohol Treatment

ACT
Counseling
& Education

Our offices:

Phoenix 602-569-4328
5010 E. Shea Blvd. Ste 202
Glendale 623-931-2350
4480 W. Peoria Ave., Ste 203
Chandler 480-827-2406
325 E. Elliott Rd. Ste. 29

“We are committed to professional and ethical principles in all of our therapeutic approaches.”

Insurance Accepted

www.actcounseling.com
602-569-4328

Together AZ

10105 E. Via Linda, Suite A103-#387
Scottsdale, AZ 85258

www.togetheraz.com
602-684-1136

EMAIL: aztogether@yahoo.com

FOUNDER & CEO: H.P.
In gratitude and the memory of

William B. Brown, Jr.

Publisher/Editor

Barbara Nicholson-Brown

Advisors

Bobbe McGinley, MA, MBA, LISAC

Stacey Beck, PITCH 4 Kidz

No part of this publication may be duplicated or used without expressed written permission from the publisher.

N.E.W.S continued page 12



The River Source

Real Treatment, Real Results

Treating the whole person to heal and restore balance; mind, body, and spirit.

Traditional Medical Detox

30, 60, 90 day Residential

Day Treatment Program

Intensive Outpatient

Continuing Care Program

Call now, We're here to help **(866) 582-0101**

ADULT RESIDENTIAL

Mesquite Grove Location

16286 S. Sunland Gin Rd.
Arizona City, AZ 85123

YOUTH RESIDENTIAL

Male Only Teen Location

108 E 2nd Ave
Mesa, AZ 85210

OUTPATIENT

Adult Day Treatment & IOP

128 West Pepper Place
Mesa, AZ 85201

How Many Miracles Do YOU Get?

By Alan Cohen

A coaching client reported that years ago when she became pregnant, her doctors told her the baby would not survive. She and her husband prayed fervently for the child's well-being, and the baby was born healthy and went on to live a happy life. Since that time she had a few miscarriages, and now the couple very much wants another child. "Do you think we each get a certain allotment of miracles, and when we use it up, we get no more?" she asked.

"That's not how it works," I told her firmly. "Miracles and well-being are our natural state, given freely forever. Only the human mind lays limits over the good available to us. ***It is not God's grace we need to beg for. It is our own. And we don't need to beg. We just need to claim it.***"

We were all born in utter freedom

Every limit you perceive has been learned, a tight and restricting cloak laid over the magnificence that you are. One of the most exhilarating explorations in life — really your only purpose — is to discover the illusory limits you have adopted, shine the light on them to reveal their untruth, and grow beyond them.

Guilt — also learned but not true — tells us that we are selfish to want good things for ourself. It warns us that if we become happy we will somehow remove the happiness of others. Nothing could be further from the truth. Your happiness contributes to the happiness of others. Because you are a spiritual being, the energy you exude influences others more than your actions. Thus your genuine joy is your greatest contribution to humanity. Accepting your blessings does not diminish the quality of life for anyone else. The nature of blessings is to expand.

A woman named Sara attended my Life Mastery Training in Hawaii. "I worry about money, I yearn for a relationship, and I don't feel good," she told the group. During the training Sara examined, questioned, chal-



lenged, and moved beyond her sense of smallness and non-deservingness. She experienced "aha" moments and opened to greater prosperity.

The day before the program concluded, Sara told me, "I just did something I have never done before. I phoned the airline and ordered an upgrade to first class for my flight home. It cost me \$875—but I'm worth it!"

"Congratulations," I told her. "You just graduated from the training."

A few weeks later I phoned Sara to find out how she was doing. "Fabulous!" she told me. "I loved my first class flight, and when I arrived home I had a miracle. I was going through some financial papers and I found some unknown funds that exactly equaled the cost of the training plus travel, including my upgrade."

Sara's experience provides a shining model of expanding prosperity. The more you claim your right to well-being, the more the universe provides. Life gives all to all, but we each receive what we are willing to let in.

After a man departed from the world, God was showing him around heaven. When the two passed a locked room, the fellow asked, "What's in there?"

"It would make you very sad to see what is in that room," answered God.

"I want to see it anyway," the man insisted.

God opened the door to reveal a vast chamber of treasures. There were exotic jewels, sophisticated elec-

tronic entertainment devices, and luxury cars. "Wow, what a collection!" the man exclaimed. "Why would these riches make me sad?"

"These are the gifts I offer people," God explained, "but if they are not willing to accept them, I must keep them here."

"That's incredible!" the man replied. "Look at that Rolls Royce over there!" He went to sit in the Rolls and was astounded to find a tag with his name on it. "This was the car I always wanted!" he said. "Every night I prayed to you for a car. . . How come I never got this one?"

"Yes, you did pray every night for a car, and I heard your prayer," God answered. "But you prayed for a Ford."

Instead of asking for what he really wanted, the man asked for what he thought he could get, so he manifested not according to his possibilities, but his expectation. The universe is happy to fulfill our grandest visions, but we must have the confidence to ask for them. Do not be shy when asking God or people for what you want. Bring a small cup to the ocean, and you will come away with a small volume. Bring a larger cup, and it will be filled.

Somerset Maugham said, "It's a funny thing about life; if you refuse to accept anything but the best, you very often get it." You cannot ask for too many miracles. There is no limit on what you can receive. All is give

When you accept, the transmission of love is complete.



Alan Cohen is the author of *A Course in Miracles Made Easy*. Join Alan's celebrated Life Coach Training Program, beginning January 6, 2016, to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's Hawaii Retreat, free daily inspirational quotes, and weekly radio show, or visit AlanCohen.com.

The Deadliest Drug on the Planet

By; Gary F. Patrone, ARCPpoint Labs of Tempe & Phoenix

The United States is in the grips of one of the worst heroin epidemics in its history, due in part to a flood of cheap doses of the drug. It can be ordered easily and delivered right to your front door. In some regions of the U.S. heroin is deemed "highly available" in more than three times the number of communities as it was just a few years ago.

The resurgence of heroin has sparked a flurry of action from governors' mansions all the way to the White House. Government studies estimate the number of heroin users is up about 75% from 2009 and nearly 300% from 2003. It's a level of regular usage not seen since heroin's peak in the mid-1970s and is growing faster than all other drugs of abuse.

Heroin is not a new drug. It's been around since 1874, when chemists, working to find a less addictive form of morphine, created heroin. They ultimately discovered heroin had twice the potency of morphine, and heroin addiction soon became a serious problem. So what's new? A new breed of heroin user is emerging.

From painkillers to heroin

The government, law enforcement and medical experts now concur that the heroin surge can be traced to the rise of prescription painkillers such as OxyContin, Vicodin and Percocet. Prescription painkillers are heroin's chemical sibling — containing compounds derived from, or similar to, opium.

"Heroin is just a symptom of the prescription drug problem," said Joseph Rannazzisi, deputy assistant administrator of the Drug Enforcement Administration, during a Senate hearing in May 2014. Doctors wrote millions of prescriptions for opioid painkillers, and from 1999 to 2010 sales increased 300%,



according to the Centers for Disease Control and Prevention. The drugs are now prescribed to 12 million Americans a year with hundreds of thousands becoming addicted.

With the reformulation of prescription opioids to make them harder to abuse combined with a government crackdown on prescribing them, availability is dropping and driving up the cost. Those addicted to pills are seen turning to heroin as a readily available and cheaper option to feed their addiction. Mexican heroin, which now dominates the American market, sells for \$4 to \$10 a dose compared with \$40 to \$80 for an 80-milligram opiate pain pill. "People are going to go where the drugs are, and right now, the cheapest and easiest way to keep that addiction going is through heroin," DEA spokesman Rusty Payne said.

The 'new' cheap and very potent heroin can be snorted or smoked, giving the same effects as if injected. This removes a psychological barrier for some users and is leading to experimentation by younger users of school age, and others, who have an aversion for needles. Using needles is associated with hardcore junkies while smoking heroin is regarded as being a more casual user, giving the false impression that addiction can be avoided.

"Now we have people openly admitting a heroin habit of 20 bags a day, and I haven't talked to a single person who did not get started by using the pills," said Jim Baker chief of police in Rutland, VT. "I've been blown away by the depth of the addiction problem. I've been do-



The Meadows Outpatient Center provides Intensive Outpatient Program (IOP) services to adults, ages 18 years and older, in a convenient, safe, and private location nestled in the foothills of the McDowell Mountains of scenic North Scottsdale, Arizona.

Individuals who come to us must undergo a screening process to make sure they qualify for the IOP program without first having the need for a higher level of care. We also serve as a stepped down level of care for anyone who has completed one of The Meadows' inpatient programs in Wickenburg, Arizona

The Meadows Outpatient Program is a 12-step oriented program and entails group therapy as well as individual therapy with our Master's level and licensed clinicians. We also offer:

- Neurofeedback
- Dedicated meditation room
- Brain Spa
- Trauma Sensitive Yoga
- Art therapy
- Family participation

Give us a call today to find out how we can help you realize a life full of joy, gratitude and acceptance.

800.244.4949 | www.themeadows.com

19120 N. Pima Road, Suite 125, Scottsdale, AZ 85255

ing this a long time, and I've never seen anything like this."

Ellen, an addict in Portland, admits "I did a lot of pills and then I moved up here and I started doing heroin 'cause its way cheaper." Nora Volkow, director of the National Institute on Drug Abuse, says surveys show about 80% of recent heroin addicts switched from opioid pain pills.

Lawmakers are scrambling to find answers

"It's really on the top of everyone's radar from a public health perspective," said Thomas MacLellan, previous director of homeland security and public safety for the National Governors Association. Even Capitol Hill and the White House are weighing in on what's become a full-blown health crisis that cuts across geographic, social, racial and economic boundaries. At least 18 state legislatures addressed new heroin bills in 2014, according to the National Conference of State Legislatures.

"We've got soccer moms on heroin," said Burlington, VT Police Chief Michael Schirling, who said heroin trafficking cases there increased 500% in two years. "This is a completely underground, behind-closed-doors phenomenon."

In the Great Lakes region, the DEA's National Drug Threat Assessment reported that 9% of law enforcement agencies deemed heroin highly available in 2007. By 2013, the percentage rocketed to 40%. In New England, the percentage rose from 40% to 55% over that same time and in New York and New Jersey, jumped from 30% to 45%.

Vermont Governor Peter Shumlin, in January 2014, devoted nearly his entire State of the State Address to what he called the "rising tide of drug addiction and drug-related crime spreading across Vermont...It is a crisis bubbling just beneath the surface that may be invisible to many, but is already highly visible to law enforcement, medical personnel, social service and addiction treatment providers, and too many Vermont families."

In Massachusetts, after deaths from heroin and opioid drugs spiked more than 90% since 2002, Gov. Deval Patrick declared a public health emergency in March 2014. "Sometimes it takes a crisis with big numbers to get the public's attention," said Public Health Commissioner Cheryl Bartlett. "Heroin is such a harsh drug that no one figures that it will be a part of their lives either through themselves or someone they know until it's too late," Bartlett said.

HEROIN continued page 13

DWANE CATES LAW GROUP, PLLC

PERSONAL SERVICE, REASONABLE FEES, EFFECTIVE REPRESENTATION SINCE 1997

PERSONAL SERVICE • REASONABLE FEES • EFFECTIVE REPRESENTATION



The founder of the firm, Dwane Cates, practices in the areas of criminal defense law as well as general civil litigation. He has defended clients in courts throughout Arizona, including the Arizona Court of Appeals and the Arizona Supreme Court.

FREE INITIAL CONSULTATION

480-620-8568

1747 E. Morton, Suite 205
Phoenix, AZ 85020

www.azlaw4u.com

American Bar Association
Maricopa County Bar Association
Criminal Law Section
Association of Trial Lawyers Of America



*The Valley's Original
12 Step Gift & Bookstore*

Looking for a special gift for someone in recovery?

GIFTS ANON has the largest collection of recovery gifts, medallions and THE BEST selection of books in the Valley!

Monday through Friday 8:00 am-6:00 pm Sat. 8:00 am - 8:00 pm
10427 N. Scottsdale Road Call 480.483.6006




Ever wish you had a drug dog?

Now you do. Efficient, effective, and affordable, Desert Drug Dog can help detect and deter the possession and use of drugs on your premises.

Confidential and compassionate, we are here to help.

DESERT DRUG DOG

Call Us Today! 602.908.2042
DesertDrugDog.com





The Valley's Original 12-Step Bookstore!

GIFTS *Anonymous*

The largest collection of recovery gifts, medallions and The BEST selection of books in the Valley!

New Phoenix Location
5817 N. 7th Street, Phoenix, AZ 85014
Just south of Bethany Home Road. East side of 7th St.
Drop by or call us at 602-277-5256

Fetal Alcohol Syndrome is Preventable

NCADD Healthy Connections for Moms-To-Be

Services include:

- Education
- Case management
- Peer support
- Outreach and engagement
- Treatment
- Ongoing support and services
- Transportation
- Vocational Counseling
- Parenting skills and more!

We are here to help.
No insurance required.
Call us 602-274-3456

NCADD
National Council on Alcoholism and Drug Dependence

4201 N. 16th St
Phoenix, AZ
Federal funding provided by SAPT



LIFE 101

By COACH CARY BAYER www.carybayer.com

Your Mind, Body and Language

Years ago, I forgave someone who deeply wronged my family and myself, and within seven days of that forgiveness I lost seven pounds without changing how I ate or exercised.

In my *“How to be at Peace with Anyone”* workshop, I explain the forgiveness method I teach students, and coach my clients on. I can’t be certain of a causal connection between the forgiveness in my heart and the weight loss in my body. Causality implies physical storage of emotional states. Our language, of course, has long told us there is a strong correlation between mental states and the physical body, as you’ll soon see.

Yogis for millennia say there are seven non-physical centers of energy within the body, ranging from the rectum all the way up to the top of the head. Below is a head-to-toe mind-body language map, in which expressions you use regularly speak to the intimate relationships between what you think and feel and their corresponding connections in your body.

Your Brain

When you have something vital to say to someone you need to give him a “piece of your mind.” If you do, you feel better, having let go of something you were storing in your consciousness, or brain. Did it weigh seven pounds? Most likely not, but perhaps one day a delicate scale will measure the weight of intangible thoughts and feelings.

Your Head

Taxing people and situations give you “a headache.” Relief is available with ibuprofen. My name being Bayer, I prefer a particular aspirin — said to work wonders.

Your Tongue

Sometimes you need to communicate deeply held feelings but get nervous and the words don’t come. People say you’re “tongue-tied,” that your tongue is physically unable to express what your mind wants to say.

Your Neck

Extremely burdensome situations or a difficult person is a real “pain in the neck.” In other words, troubled emotions lodge in your neck.

Your Collar

When you’re very angry you’re “hot under the collar.” Anger has heat, and one day a machine may be able to measure it.

Your Shoulders

Most of the 300 different massage therapists whom I’ve privately coached say people carry much tension in their shoulders. Micromanagers who think they have to do everything themselves

often feel as if they’re “carrying the weight of the world on their shoulders.” Some bodyworkers posit a connection between highly responsible people who often use the word “should” and “should-er” tension.

Your Chest

You have to “get it off your chest,” friends say when there’s something you strongly need to communicate. If not, it festers in your chest, and that can’t be good for your heart. Which leads us to....

Your Heart

Romance novels and epic poetry are full of stories of unrequited love and relationships that crash on the hard rocks of life, leaving delicate people with a “broken heart.” Such literature is also filled with stories of characters who wind up dying of that broken heart.

Your Guts

Frightened people are accused of having “no guts,” making it virtually impossible for them to act with courage, whereas those who “have the guts,” act courageously by drawing from them.

Your Colon

When you don’t tell the truth, you’re accused of being “full of s—t.” In other words, physical constipation makes it harder to be honest.

Your Stomach

Demanding situations sometimes stress you so deeply you’re “sick to your stomach.”

Your Knees

Fear can make you literally “weak in the knees.”

Your Feet

Brides and grooms sometimes get such “cold feet” that those feet scamper away from the altar. They might have been weak in the knees, but not too weak to run.

Less localized parts of your body also carry mental states. When you’re angry, your blood “boils,” when you’re terribly frightened your blood “turns cold.” Your bones can be psychic, enabling you to intuit such truth “in your bones.” Arthritis sufferers sometimes predict the rain, which they feel in their bones. And when you’re relieved of a great burden you can feel light as a feather. Perhaps even enough to lose seven pounds.



By Dr. Dina Evan

Sylvia Boorstein, founder of *Spirit Rock Meditation Center*, has a mantra. It is... “*May I greet each moment fully. May I greet each moment as a friend.*” There is a world of meaning in that mantra. Can you feel it?

First, this mantra implies that we alone are in charge of how we choose to greet life including all the people and events in it. We can own our own perception and decision to either greet life fully or stand back as a non-participant in fear.

We can courageously ask what is this moment here to teach me about who I am? You won’t greet each moment fully, unless you are willing to know the answer. In addition, you won’t be willing to know until you realize the knowledge you receive erases the fear and brings enormous empowerment with it.

Most of us spend our lifetime, avoiding the wealth of knowledge right in front of us. Perhaps we think it’s in a book, someone wiser should tell us, or that knowing the truth will be painful. Honestly, sometimes it is painful to acknowledge the ways in which we have hurt ourselves or others. However, which is more painful, having the chance to correct that or to continue doing it?

I remember standing on the balcony of my college just weeping after a child development class when I realized how much I had not given my children in the way of emotional support.

That realization grieved my spirit and made me very sad, however, it also allowed me to have compassion for myself because I had never been given the tools to provide that for them. Asking what is this moment here to teach me about and who I am, moved me to committing to always being there differently for them from the moment of that realization to now.

It’s not as if we see anything less than perfect about ourselves, that we can’t fix it, or we are bad. Actually, seeing what is less than perfect is our assignment while we’re here. It’s the secret to our empowerment. It all comes up when you meet each moment fully and as a friend.

There is a wealth of information about you in every moment you embrace fully. If you greet each moment as a friend, you get the gift each moment brings.

I was a total jerk to my Mom and Dad when they died. Mom was an alcoholic and I had little or no compassion for her. We were estranged — with a high wall of memories looming between us. On it were pictures of me in tears at age

11 driving her to the hospital repeatedly after suicide attempts; of my brother and I chasing her rapist all over town, of late night excursions to her favorite bars and threats from me at age nine to bartenders who served her too much and couldn’t care less if she drove home and made her own children or some other children motherless.

I was in my twenties when she died and I was filled with too much pain to make room for compassion or understanding. She had four brothers and a father who were all alcoholics. She had no support and no friends who would have thought to get her to a meeting right near by.

And, I was in my indignant twenties and filled up with so much judgment and not knowing then — what I know now.

Asking myself what is this moment here to teach me about who I am now, allows me to see my mother as a master teacher in my life and I love her dearly.

We have made peace.

She taught me what it looks like when you don’t love yourself. I wouldn’t be who I am without that invaluable lesson.

My father, who was a manipulator and liar, taught me about what the wrong use of will and power looks like. Because of his abandonment, I learned not to abandon myself. I am forever grateful to him as well.

Our last moment together was to remind him to tell my sister how much he loved her before he left the planet. He did that for the first time in twenty years. Wherever they are, they are at peace and they get it and I have met our moments together fully and each moment was indeed a friend which has taught me so much about myself. I look forward to meeting both of them again in moments filled with compassion and understanding.

Some moments like mine will bring you to your knees and others will break your heart open with joy. Try not to close down, but rather, greet each moment fully as a friend and know that it is waiting with a great gift for you. Don’t miss it.

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 drdbe@attglobal.net or visit www.DrDinaEvan.com.



Sierra Tucson Where Change Begins

AT **SIERRA TUCSON**, you can take comfort that your patients are the center of a recovery program that is world renowned. Within a natural healing environment, their journey will be with others who are experiencing a similar process, yet tailored to their individual needs.

CALL TODAY TO LEARN ABOUT OUR INDIVIDUALIZED PROGRAMS:

- Addictions/Co-Occurring Disorders
- Complex Pain
- Trauma Recovery
- Eating Recovery
- Mood & Anxiety
- Continuing Care

 **SIERRA TUCSON®**

844-209-3372
SierraTucson.com

Sierra Tucson is accredited by The Joint Commission and licensed as both a special hospital and a behavioral health residential treatment center.

Gratitude turns what we have into enough. ~Author Unknown

2015

Gratitude Gala and Expo

Prescott Resort and Casino November 13th and 14th

Comedian
Mark Lundholm



SPONSORED BY




SPEAKERS



Jeremy J. Miller
Keynote Speaker
Start Fresh Recovery



Rick Baney
Sol Recovery Center
Premier Recovery Options



Dr. George Baxter-Holder
Author

SPONSORS



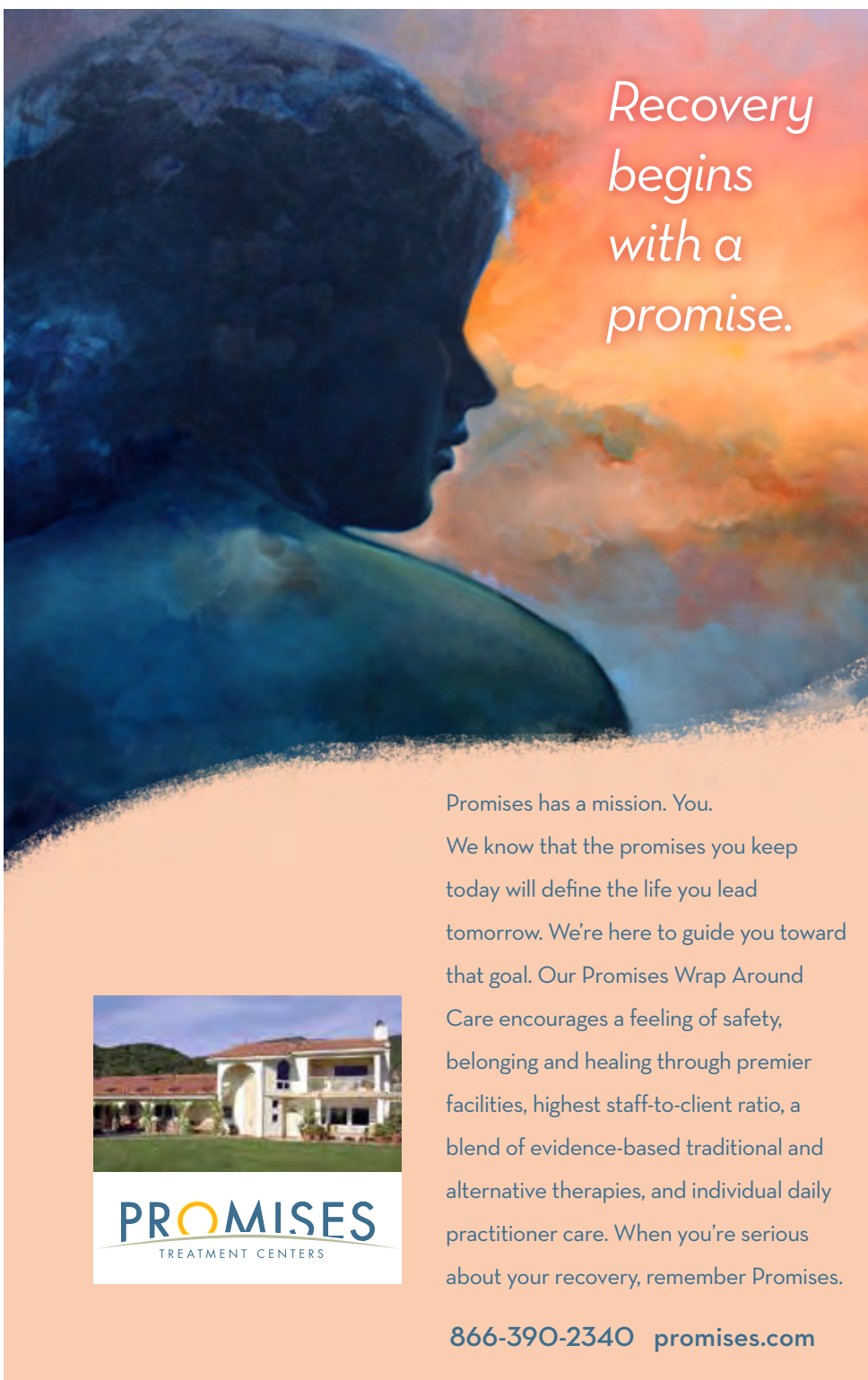





HOSTED BY



928.533.7032
INRECOVERYMAGAZINE.COM



Recovery
begins
with a
promise.

Promises has a mission. You.
We know that the promises you keep
today will define the life you lead
tomorrow. We're here to guide you toward
that goal. Our Promises Wrap Around
Care encourages a feeling of safety,
belonging and healing through premier
facilities, highest staff-to-client ratio, a
blend of evidence-based traditional and
alternative therapies, and individual daily
practitioner care. When you're serious
about your recovery, remember Promises.



PROMISES
TREATMENT CENTERS

866-390-2340 promises.com

Recipe from page 1

the right to take something, other than their drug of choice, to deal with whatever is going on in their lives. There are hundreds of switches that have been tried: whiskey to beer, beer to wine, alcohol to marijuana, oxycontin to percocet, percocet to heroin, shooting cocaine to smoking it, smoking heroin to snorting it, pot to ambien, whiskey to soma, methamphetamine to Ritalin, Ritalin to Adderall, and Lunesta to marijuana. (*A need to medicate feelings can manifest in process addictions as well*).

There is a pamphlet: **AA Members, Medications and Other Drugs**. It is highly recommended to read. In the summary it states, “No AA member plays doctor,” and “consult a physician with demonstrated experience in the treatment of alcoholism.” Consult an addiction medicine MD (www.abam.net) American Board of Addiction Medicine Board Certified to treat addiction, and who is committed to the total abstinence model about what medications are safe to take. Some medications are life-saving; others will change your sobriety date. As far as products containing alcohol (C₂H₅OH), I say 0.000% is how much I can have in my body. There are many products that contain alcohol. One also simultaneously recognizes that we don’t have the “power” to stay away from alcohol/other drugs on our own.....we are “powerless” against the first drink/drug alone. That power must come from a “Higher Power” (God).

Find the Right Meeting

There are numerous 12 step groups (AA, PA, NA, CA, HA, etc.). When people tell me they didn’t like a meeting they tried I believe them. There are meetings that aren’t right for everyone. It is imperative to search them out until one feels right. We should feel a sense of hope, and experienced a solution to our problem. Keep attending until one fits. It is important, eventually to attend meetings where you will find identification.

The reason Dr. Bob listened to Bill W. on Mother’s

Day in 1935 is he believed, sitting across from him, was a man who completely and totally understood what he had been through, and he identified with the details of his story. If an 18 year old heroin addict, who has never had a problem with alcohol, goes to an AA meeting in Sun City, they will most likely not come back. Identification is huge, and why there are so many 12 step meetings, for identification.

I say, “Find your chair, the place where you feel I belong here, I am not a visitor.” If you feel like you are watching a fish tank, you may not be in the right room. Or, you might not be ready for sobriety yet. Once you find the right meeting, find the good ones. Ask around, have a meeting list with you when you attend a recommended meeting. Listen for someone who makes real sense to you and after go over to that person and ask them to point out in your meeting list what their favorite meetings are. They’ve already done the research for you!

The Sponsor and Sponsee

The first person that comes along may not be the best fit for you. Look for someone happy, and of the same gender. This is a program of attraction, not promotion. People who sell themselves may not be the right choice. You get to choose, so trust your gut. The AA pamphlet, **Questions and Answers on Sponsorship** is helpful. The literature carries the cumulative wisdom and experience of many years and people. Heed the suggestions in the literature. Remember, you’re not married to sponsors, if it doesn’t work out, keep searching. After all, your life is at stake, it is very important to have a guide you can learn from. “He, who sponsors himself, is sponsored by a fool.”

It is never a burden to ask for help, we help each other stay clean and sober. “You have to give it away to keep it.” A sponsor’s main task is to guide you through taking the 12 steps. When we are new to recovery, it is helpful to have a weekly, face to face appointment with

your sponsor to talk about what is going on in your life. It keeps you on the path. No matter how far down the road of recovery we go, we are the same distance from the ditch! In the beginning, we need to pay attention to the bumps on the road to alert us when we are getting close to ditching. A sponsor can do that for us. We often can’t see when we are off track, so this standing appointment can make the difference between making it or not. Working with others helps the sponsor as well. In fact, this is really where the magic of recovery transpires, one person, talking to another person, one on one.

Take the 12 Steps

The “program” is the steps. “Here are the steps we took which are suggested as a program of recovery.” Remember, ripcord, right? Suggested? Simple. A sponsor’s purpose is to guide you through the 12 steps according to the literature. All of the steps lead to 12 — carry the message. In the middle of the 9th step is when the promises begin to happen. The steps are the directions. People who have relapsed may believe are failures — often are not if they look deeper. They may have unresolved trauma that was never dealt with or was overlooked in the step work. Working at The Meadows has allowed me to see the real necessity and benefit of doing family of origin work, which if not looked at, can prevent someone from taking the steps thoroughly. Perhaps there are still secrets after a 5th step; or amends were not made to everyone harmed by the behavior.

Join a Homegroup

This is your home. Be picky, shop around. You’ll know your homegroup when you find it. Get involved. Ask when the next business meeting is and attend, offer to help setting up for a meeting, or volunteer to make coffee. Until you join a homegroup, attend the business meetings of that group. When you participate in all the group conscience processes and decisions, you’ll gain a better understanding of the service structure in 12 step groups. Make a commitment to the group and keep it. Many people worldwide when identifying themselves in their program will state their name, homegroup, sponsor’s name and service commitment.

Daily Prayer and Meditation

“What we really have is a daily reprieve contingent on the maintenance of our spiritual condition”, it doesn’t have to be complicated. On my knees I say, “God please keep me clean and sober today.” I say the 3rd and 7th step prayer and the Serenity Prayer. I read several daily devotional or meditation books, seeking God. “God could and would if he were sought.” At night I thank my Higher Power on my knees for all the blessings and my sobriety. I pray for others. This is how I “plug in” to the power. Remember, “Lack of power, that was our dilemma.”

I like to use the metaphor of the orange extension cord. Like the one hanging in your garage, it has no power. To make it useful, we have to plug it in to a source of power. Then it has potential, but not purpose. To make it useful and purposeful, we have to plug something else in to it. Only then do we have something going on. The juice is transferring energy (the source) to something that needs it (us). The cord is the instrument used to transmit the power, it is not the source. If you have many things (people) plugged in to you (the cord), if we get unplugged for a while the juice will still flow.

That’s why some oldtimers fight over newcomers; they know they need someone plugged in to them to survive themselves. While most of us don’t understand electricity; we need it, so use it and benefit from it. In the 3rd step where it reads, “God as we understood him,” don’t let that stump you, nobody “understands God” ... it means “experienced God.”

The 11th step suggests, “*Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.*” The AA Big Book states “what we really have is a daily reprieve contingent on the maintenance of our spiritual condition.” We must

remember, it is not a time release medicine, we go to sleep and the reset button is hit. We wake up sober to start again — literally a day at a time. What I did yesterday has nothing to do with treating my disease today. It’s like Groundhog Day.

Get a Service Commitment

There are numerous ways to do this, clean up, set up, make coffee, and volunteer for various group offices. Have your sponsor help you find something. Getting a formal service commitment approved by one’s sponsor is imperative.

Connection

The telephone, we all have one. Talk with several other recovering people each day. Call and check in on them, call your sponsor and tell the truth about how you are. This helps us stay connected. Our disease is a disease of isolation. If you isolate, don’t be surprised if you slide into “restless, irritable and discontentment. Get connected — stay connected.

Stick with the Winners

I think we are a lot like chameleons. Whomever we hang around, we start to become just like they are. I think we are spiritually permeable. Pick your company wisely. Find the people who are happy and have what you want, then stick to them like glue. Ask them what meetings they attend, do they hang out together after and if you can join them. You have no obligation to give attention or spend time with negative people.

Read the Literature

The literature is where the answers are, not in someone’s opinion. There are many books and pamphlets to read. Start with ones you haven’t read.

Help Others

This is the essence of how AA got started. Bill W. knew that unless he found another alcoholic to try and help, he would be doomed. And, by the way, recalling that day in The Mayflower Hotel in Akron, Bill called eight churches from a pay phone trying to find someone who could connect him to another alcoholic to try to help. Had he stopped after one or two calls, history would be different.

You can start this way, the next time you’re at a meeting, look for someone who looks worse than you feel that day, approach them, get them a cup of coffee without asking. Just say hello, ask them about themselves and listen as if you were interested. You don’t have to remember anything they say except their name, remember their name. The next time you see them, be welcoming, call them by name. You’ll be amazed how this simple exercise (*getting out or yourself*) can positively affect lives. Be a vendor of hope.

Have Fun, Enjoy this Life!

Page 132 in the AA Big Book says in the middle of the page, *“We absolutely insist on enjoying life.”*

The people I hang around live this way. Remember, who you keep company with you become just like them. Stay away from the sad asses. I work with people who have had major traumas all day long, yet in my recovery and my life outside of work, I choose to be around people who are having fun.

If you are young, there are many young people in recovery. Connect at The Pigeon Coop, attend ASCYPAA events, and get involved. Play sober softball. www.azssl.org. Ask around in your homegroup or meeting, what do people do for fun. When I was new, in my 20’s, attending a Friday night meeting in Columbia, MD., I asked that question and a few people said, “some of us are going over to the mall food court, would you like to come?” I thought, “OMG, is this what my life has come to, a food court mall on a Friday night?” It sounded so depressing. I went along anyway. They were laughing, having fun, enjoying each other’s company, and shared with me about all kinds of activities they did. Over time, I joined in. I’ve been whitewater rafting, skydiving, hot air ballooning, many travels and adventures; none of which I would have experienced had I been chained to a barstool.

Stay with us on this journey, and your life unfold in ways in you may never have imagined. A day at a time.

Feel free to call me on my cell anytime: Jim C. 602-740-8403.



Jim Corrington, JR., MSW, LCSW, Director of Out-patient Services

Jim’s personal recovery from addiction and trauma began 30 years ago, and he brings strong passion to the process. He is very active in his personal 12-step program. Jim earned his Master’s Degree in Social Work at The University of Maryland. He has been in the recovery field as a Director/Therapist for outpatient programs for 28 years during which time thousands of patients and families have been treated in his IOP programs. He has also spent 15 years working with the Arizona Medical Board and Arizona Board of Pharmacy monitoring programs running weekly Relapse Prevention groups for impaired professionals. In addition, as a former athlete, Jim also has extensive experience working with impaired professional athletes. Jim believes recovery and miracles happen every single day.

For more information about programs offered at The Meadows, visit www.themeadows.com or call 800-244-4949.



WE GET TO THE CORE

The Meadows’ family of treatment centers provides holistic care designed to heal mind, body, and spirit. We do this by examining the core issues and subsequent developmental patterns that have contributed to unhealthy behaviors and treating the underlying cause—unresolved psychological trauma. This approach is the foundation of our specialized programs, including:

The Meadows is the nation’s premier inpatient treatment center for trauma, addiction, and co-occurring disorders, such as codependency, mood disorders, issues with intimacy or spirituality, and negative control issues.

Claudia Black Young Adult Center, designed for young adults ages 18-26 who struggle with emotional trauma, complex addiction, and mental health issues, embraces the whole family in the treatment process while focusing on brain regulation.

Remuda Ranch at The Meadows provides individualized treatment for eating disorders and co-occurring conditions affecting adolescent girls and women. We offer an acute level of care, as well as inpatient and residential programming.

Gentle Path at The Meadows offers safe, confidential inpatient treatment for men 18 and older who battle sexual and multiple addictive disorders, relationship addiction, and sexual anorexia.

The Meadows Outpatient Center is often recommended when an individual requires a “step down” from one level of treatment to the next before they are ready to return home and apply their recovery skills to everyday life.

We are experts in trauma and addiction treatment and we succeed when others fail.

Contact us today to learn more.

 THE MEADOWS 800.244.4949 www.themeadows.com	 claudiablack YOUNG ADULT CENTER 855.333.6075 www.claudiblackcenter.com	 REMUDA RANCH AT THE MEADOWS 866.390.5100 www.remudaranch.com	 gentlepath at The Meadows 855.333.6076 www.gentlepathmeadows.com	 THE MEADOWS OUTPATIENT CENTER 800.244.4949 www.themeadows.com
---	--	--	--	--



***In a crisis or feeling stuck in therapy?
Accelerated therapy -one year in one week!***

Psychological Counseling Services innovative program has proven to quickly and cost effectively help people with compulsive and addictive behavior, prior traumas, relationship difficulties and mood disorders.



The PCS outpatient intensive is a viable option when you are stuck, providing 30 hours of individual/couple therapy and over 20 hours of group therapy per week.

Your emotional health is vital to your well-being and it deserves the focused, personalized attention the 18 therapists at PCS can provide.

Phone 480-947-5739 www.pcsearle.com

Ralph H. Earle, M.Div, Ph.D., A.B.P.P., LMFT
Marcus Earle, Ph.D., LMFT
Over 35 years experience

PCS
7530 E. Angus Drive
Scottsdale, AZ 85251



Psychological Counseling Services



602-952-3939

3550 EAST PINCHOT AVENUE
PHOENIX, ARIZONA 85018

www.valleyhospital-phoenix.com

Specialized Mental Health & Chemical Dependency Care

INPATIENT STABILIZATION & TREATMENT

ACUTE DETOX

DUAL DIAGNOSIS PROGRAM

PARTIAL HOSPITALIZATION PROGRAM (PHP)

INTENSIVE OUTPATIENT PROGRAM (IOP)



Private and confidential assessment and referral information are provided at no charge 24 hours, seven days a week through the

Valley Hospital Care Center.

For information on any of our programs
or to schedule an assessment please call

602-952-3939



Valley Hospital is conveniently located one block north of
Thomas, between 35th and 36th Street on Pinchot Ave.
Outstanding Care, Compassionate People, Unparalleled Service

Bipartisan Bill Aims to Combat Increasing Use of Synthetic Drugs

A bipartisan group of U.S. representatives has introduced a bill designed to combat the increasing use of synthetic drugs. The bill would add more than 200 compounds to the list of Schedule I drugs, which are likely to be abused and have no medical uses.

The measure would help prosecutors with cases involving drugs similar to those already classified as Schedule I substances. The bill, called the **Synthetic Drug Control Act of 2015**, was introduced by Representative Charlie Dent, a Republican from Pennsylvania.

Synthetic drugs are difficult to outlaw, because manufacturers often change the chemical compounds to stay one step ahead of regulations.

"These drugs are, in my judgment, more serious than the drugs that are on the Controlled Substance Act, more dangerous," said bill co-sponsor Eleanor Holmes Norton, a Democrat who represents Washington, D.C. "These are right out in the open. They're disguised in colored wrapping with snappy names to appeal to young people and children in particular. They are cheap. Much cheaper than the dangerous drugs like cocaine and heroin. They're sold everywhere. And drugs that are sold everywhere are presumed to be safe. They are openly marketed as an alternative to dangerous drugs and they have bizarre effects."

"The use and abuse of synthetic drugs is having a devastating impact on families and communities across the country."

The bill is also co-sponsored by Representatives Jim Himes of Connecticut, a Democrat, and David Jolly of Florida, a Republican.

Dr. Alex Rosenau, Immediate Past President of the American College of Emergency Physicians, said his organization supports the bill. "Unapproved synthetic drugs are destroying lives every day in the USA," he said in a news release. "With a wink and a nod, they are sold over the counter, claim to give users a good time, then destroy their lives, flood emergency rooms with critically sick kids, and tie up EMS and law enforcement resources."



To get listed email:
aztogether@yahoo.com

PHOENIX / VALLEY AREA

ACT Counseling & Education	602-569-4328
Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
ACA	aca-arizona.org
Aurora Behavioral Health	623-344-4400
AzRHA	602-421-8066
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
CBI, Inc.	877-931-9142
Core Recovery Services	602-810-1210
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
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
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
Suicide Hotline	800-254-HELP
Sundance Center	844-878-4925
St. Lukes Behavioral	602-251-8535
Teen Dating Violence	800-992-2600
TERROS	602-685-6000
Valley Hospital	602-952-3939

TUCSON

ACA	aca-arizona.org
Alcoholics Anonymous	520-624-4183
Al-Anon	520-323-2229
Anger Management Intervention	520-887-7079
Center For Life Skills Development	520-229-6220
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
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
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

CALVARY

Addiction Recovery Center

Located in Phoenix, AZ, Calvary Center has been a leader in addiction recovery since 1964.

Calvary's beautiful campus and compassionate, professional staff present an ideal environment for breaking the bondage of dependency. Our treatment programs are for men and women, 18 years and older, who are struggling with addiction to alcohol, drugs or gambling.

Calvary's affordable, proven treatment programs address the practical, physical and spiritual aspects of addiction setting the stage for long-term recovery and restored family life.

Calvary is contracted with most major insurance carriers to provide a full continuum of care including medical detoxification, residential and outpatient services.



1-866-76-SOBER (76237)
www.calvarycenter.com

CALENDAR OF EVENTS

FREE Professional Networking Luncheon — Psychological Counseling Services (PCS) invites you to join us for a free networking luncheon experience from 12:15 pm to 1:45pm. Mark your calendar for **October 20, and November 17th**. If you have attended in the past, feel free to join us anytime. If you are new, please send your email request for an invitation to pcs@pcsearle.com or call 480-947-5739 to speak to Ellen Hamilton for details.

OCTOBER 5-9 – Tucson – Cottonwood Tucson – InnerPath Women's Workshop This five-day workshop 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.

October 22 | 6 p.m. 20th annual candlelight celebration for mental health awareness. Downtown Phoenix Civic Space Park, 424 N. Central Avenue, Phoenix. Join us as we recognize and honor people who live with mental illness, and come together to reduce the stigma associated with brain disorders. RSVP for this event at <https://cabhp.asu.edu/candlelight-celebration>.

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 jmartin@cottonwoodtucson.com for information.

Continuing Care Groups in Phoenix. Wednesdays — for Family Member Alumni (18 years and over). (PCS) Psychological Counseling Services, 7530 E. Angus Drive, Scottsdale, 5:30 – 7:00 p.m. **Thursdays** — for Patient Alumni, Psychological Counseling Services, 3302 N. Miller Road, Scottsdale, 5:30 – 7:00 p.m. Facilitated by the clinical staff of Psychological Counseling Services. No charge for Patient and Family Member Alumni.

Scottsdale— Support Groups for Alumni, Tuesdays, 6:00- 7:00 p.m. Valley Presbyterian Church, 6947 E. McDonald Drive, Paradise Valley, (480-991-4267) Alumni meet in the Counseling Center (Parlor Room). Park in the west parking lot and follow signs to the Counseling Center, which is located in the chapel complex. For more information, contact Rob L. at 602-339-4244 or STSCOTTSDALEALUMNI@GMAIL.COM

Merritt Center Returning Combat Veterans Retreat Program. Free 4 weekend program for combat Vets. Betty Merritt, betty@merrittcenter.org. **800-414-9880** www.merrittcenter.org

On Going Support

Tuesdays - Phoenix — Men's Anger Management Group addresses rage intervention strategies, healthy expression of anger, emotions education, trigger awareness in the men's anger management group. Dennis M. Ryan, M.C., L.P.C. at 602-381-8003. Transformation Institute. 4202 N. 32nd Street, Suite J, Phoenix.

Thursdays - Phoenix— Dennis Ryan facilitates Men's General Therapy Group empowering members to work through blockages to living. Dennis M. Ryan, M.C., L.P.C. at 602-381-8003. Meets every Thursday, first session 5 p.m - 6:30 p.m., second session 6:30 p.m. - 8 p.m. The Transformation Institute. 4202 N. 32nd Street, Suite J, Phoenix, AZ 85018.

CHRONIC PAIN SUFFERERS — "Harvesting Support for Chronic Pain," third Saturday of the month, from 12 noon - 1 p.m. Harvest of Tempe Classroom, 710 W. Elliot Rd., Suite 103, Tempe. Contact Carol **480-246-7029**.

HOPE, STRENGTH, SUPPORT for Jewish Alcoholics, Addicts, and their Families and Friends (JACS*) 1st and 3rd Wednesday, 7:30 PM. Ina Levine Jewish Community Campus, 2nd floor Conference Room. 12701 N. Scottsdale Road, Scottsdale 85254. 602.971.1234 ext. 280 or at JACSarizona@gmail.com

PSA Behavioral Health "The Guild" Monday evenings from 5:30 -7:30 pm. A fun-filled, educational, supportive get-together. The Guild is open to the community and brings the community together in raising awareness of mental illness and recovery. PSA North, 2255 W. Northern Ave. in B109. Call Barbara 602-995-1967 x 207.

COSA (12-step recovery program for men and women whose lives have been affected by another person's compulsive sexual behavior)— **Being in Balance.**

Life can be difficult at times.

We face many challenges and sometimes it seems like a lonely journey. **But, you are not alone.**

There is hope.

Our goal at Aurora Behavioral Health System is to help patients develop their own personal roadmaps to a healthy and happy future via mental health and chemical dependency holistic treatment, on an inpatient and outpatient basis.

We offer individualized treatment for adolescents, adults, seniors and uniformed service members. Treatment includes many facets from one-on-one doctor consultations to group therapy to yoga to art and music therapy.



Help is only a phone call away.

For a free, confidential assessment, call our 24/7 Patient Services Helpline **480.345.5420** www.auroraarizona.com

AURORA – where healing starts and the road to recovery begins.



Thursday 11:00 am-Noon. 2210 W. Southern Ave. Mesa, 85202. Information 602-793-4120.

WOMEN FOR SOBRIETY—www.womenforsobriety.org meeting every Saturday morning, from 10am-11:30am at All Saints of the Desert Episcopal Church-9502 W. Hutton Drive. Sun City, AZ 85351. Contact Christy (602) 316-5136

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

INCEST SURVIVORS ANONYMOUS—North Scottsdale Fellowship Club, Saturdays, 1:30-2:30pm. Gloria, 602-819-0401.

Alumni Meeting—COTTONWOOD TUCSON. Ongoing: First Wednesday

of month 6:00-7:30 p.m. **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. 5:00 p.m. 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. www.aca.arizona.org

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.

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

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. 7-8:00 pm, St.

continued page 13

WHO'S THE MOST POWERFUL INFLUENCE IN YOUR CHILD'S LIFE? YOU. HELPLINE: 1-855-DRUGFREE



Adolescent and Young Adult Specialists



**Individual Counseling
Intensive Outpatient
Drug Education
Parent Support Groups
DUI Services
Free Evaluations
Problem Gambling Services
Aftercare**

THE
PATHWAY
P R O G R A M

480.921.4050

thepathwayprogram.com



Eliminating Verbal Abuse Once and for All

By Holly Brown, LMFT

Verbal abuse is derogatory language with the intent to humiliate, hurt, and/or undermine. It robs the other person of their dignity and sense of security. Mostly, verbal abuse occurs in anger; sometimes it occurs with cold calculation (*in which case, the abuser is much more of a threat to another's well-being and that relationship should be terminated immediately.*)

I'm going to address the first situation: Where abuse occurs in anger, when self-control is lost, and the person is remorseful afterward.

The tips apply to both the person doing the abusing, and person being abused, because ending abuse while remaining in the relationship is actually a collaborative effort. If you're being abused and believe the abuser regrets their actions and wants them to stop, then initiate a conversation about how this will happen. It's best for it to be a partnership: "We want to rid our relationship of this, because it's destructive and harmful."

The abuser needs to take full responsibility for the behavior. Now, the abused person can try to change actions as well (*for example, not saying provocative things, or working to eliminate triggers.*) Ultimately, the abuser has to own the behavior, or it will not change. Making excuses slows the healing process.

If you're the abuser and you don't want to be (*i.e. you feel out of control during and terrible after*), then you need to make a plan for how it's going to stop.

That means sitting down with the other person and talking about triggers, exit strategies, etc. You want to think about how to extricate yourself from a conversation that is getting heated until you have the tools to handle it.

Then figure out how you're going to get those anger management tools. There are plenty of good anger management workbooks; take an anger management class; seek out a therapist. You need to commit to a plan. It won't change on its own.

Acknowledge the abuse, every single time, as early as you can in the exchange. NAME IT AS ABUSE — both in the moment, and when it's being discussed, more calmly, later. This is critical. It involves puncturing the denial that so often surrounds abuse, and giving up the excuses, for both parties. It doesn't matter that he/she was very angry at the time, or that he/she had a bad childhood themselves. What matters is the action occurring RIGHT NOW.

So say, "This is abusive. Let's end this conversation and talk again later."

Now, you (the abused) might be thinking, "Won't the abuser be even angrier when I name it? Won't it make things worse?" But avoiding calling it by its right name exacerbates the problem. That kind of thinking, if I just do this, if I don't do this, is one of the most destructive parts of the whole dynamic. You are making yourself responsible for the other person's actions. ***That needs to stop.***

Naming it is a way of shifting the responsibility to the abuser, where it belongs. Hopefully, it occurs early enough in the incident that it jars the other person into saying, "Right, I don't want to do this anymore!" Early is key. Once it has escalated, naming it will have less power because the abuser might have lost touch with the part of himself/herself that cares.

Whatever the plan is, carry it out faithfully. Come together and evaluate the effectiveness. If your original plan is not effective against the abuse, then you need to make another. You might need to consult books or a professional. But what's most important about this step is that it reinforces that you are continuing to work on the problem as a unit. You're in it together.

That might seem contradictory (wait, we're in it together, but the abuser is wholly responsible for his/her own actions?), but think of it this way. Both parties need to learn to be appropriately assertive: to say what is and isn't okay, in a way that respects the other. Both need love, support, and accountability in order to do so.

*Holly Brown is a therapist and author of the page-turning family drama **Don't Try to Find Me** about a teen runaway and the family who'd do anything to bring her home, including launching a social media campaign that will expose their secrets and change their family forever.*

N.E.W.S. from page 3

dren under 12 ingesting hand sanitizer since 2010, according to CNN. Calls increased from 3,266 in 2010 to 16,117 last year.

The findings come from an analysis by the Georgia Poison Center. "Kids are getting into these products more frequently, and unfortunately, there's a percentage of them going to the emergency room," Dr. Gaylord Lopez, the center's director, told CNN.

The amount of alcohol in hand sanitizer can vary from 45 percent to 95 percent, the article notes. In contrast, wine contains about 12 percent alcohol, while beer contains about 5 percent. In some cases, ingesting as little as two to three squirts of hand sanitizer can cause alcohol poisoning.

A child with alcohol poisoning from hand sanitizer can experience confusion, vomiting and drowsiness. A child with a severe case of alcohol poisoning can stop breathing.

Lopez sent a letter last week to Georgia's school systems to warn them about the danger. He said children ingest hand sanitizer for a variety of reasons. They may be trying to get drunk, doing it on a dare, or drinking it because it looks like it would taste good.

"A kid is not thinking this is bad for them," Lopez said. "A lot of the more attractive (hand sanitizers) are the ones that are scented. There are strawberry, grape, orange-flavored hand sanitizers that are very appealing to kids."

He advises parents and teachers to store hand sanitizer in a place where children cannot reach it, and monitor its use. Sanitizing wipes or non-alcohol based products are alternatives to hand sanitizers, Lopez noted.

THE REALTY OF ADDICTION Mom, kids show 'reality of addiction' with casket photo

An Ohio mother of two shared a photo of her family posing next to the casket of her children's father to highlight the harsh reality of drug addiction.

On September 10, Eva Holland, of Cincinnati, Ohio, posted a picture on Facebook of 26-year-old Mike Settles lying lifeless in a coffin. In the photo,

Holland and her two children stand next to Settles' coffin and smile at the camera.

In the Facebook post, Holland said she shared the photo because it shows "the reality of addiction." Holland said Settles died from a heroin overdose, though his family has cautioned that the coroner's office has not confirmed the cause of his death, WKRC-TV reported.

Settles' aunt, Stephanie Evans-Flinchum, told WKRC the family appreciated that Holland posted the picture to "spread awareness and save lives," but thought it was unfair to assume that he died of a "heroin overdose before the coroner's report is released."

Holland said she shared the story "in case it can help anyone else" dealing with addiction.

"If you don't choose recovery every single day this will be your only way out," Holland wrote in the post. "No parent should have to bury their child, and no child as young as ours should have to bury their parent. This was preventable. It didn't have to happen, but one wrong choice destroyed his family."

Holland said Settles' addiction started with painkillers which led to heroin use. She said after a stint in rehab last year, he seemed to be improving and was finally the "dad that we all needed him to be again."

"He had found his purpose for living again, he found his gorgeous smile again," she wrote. "He became the man, the son, the brother, the dad that we all needed him to be again."

After taking painkillers for a "toothache," Settles slipped back into addiction, according to Holland.

She said instead of seeking help Settles said he could handle the addiction on his own, according to her Facebook post.

"Well he was wrong, he took his last breath," she wrote. "My kids father, the man I loved since I was a kid, a great son and a great person lost his battle. I just needed to share his story in case it can help anyone else."

Holland's post had been shared 250,000 times. Holland said since she posted the picture she's received "countless messages and comments from people all over the world."



"A Journey to Wholeness"

North Ridge
COUNSELING

**A safe, confidential, warm, recovery and wellness-minded
Adult Outpatient Center for Addictions and co-occurring issues**

Continuum of Care includes:

Day Treatment

- 5 days per week/4 week commitment
- Step down from higher level of care
- Appropriate when higher level of care isn't
- One Individual or Family Session included per week

Intensive Outpatient Program

- 3 days per week/12 week commitment
- Afternoon or evening options
- Groups are 3 hours per day
- One Individual or Family Session included per week

Board Certified Addictionologist

Most Insurance Plans accepted

*12 Step and Complementary Recovery Models supported
Psychiatric and Psychological Evaluations
Step-Down groups and therapy services*

We are here to help. Please call us at

480-878-6987

8889 E. Via Linda, Scottsdale, AZ 85258

Info@NorthRidgeCounseling.com www.NorthRidgeCounseling.com

HEROIN from page 5

In Kentucky, heroin abuse is "spreading like a cancer," Senator Mitch McConnell told a Senate narcotics group in May 2014. "We are losing close to 100 fellow Kentuckians a month to drug-related deaths. This is more lives lost than to fatal car crashes."

Overall drug related deaths now exceed car fatalities nationwide, according to the Centers for Disease Control and Prevention and the National Institute on Drug Abuse, the federal agency that studies drug abuse and policy. In Knoxville, Tennessee, 73 people died from drug overdoses in 2013, more than from homicides and traffic accidents combined. Opiates of some sort were involved in at least half of those deaths. "Heroin got here later than other places, but it is here now full-blast," Knoxville Police Chief David Rausch said. Ginger Marshall, the volunteer alcohol and drug treatment coordinator for the local Lost Sheep Ministry stated "This is just overwhelming everyone."

Previous U.S. Attorney General Eric Holder acknowledged the epidemic "snuck up on us" at a national law enforcement summit on heroin in April 2014 and referred to the heroin resurgence as "an urgent public health crisis."

Heroin availability has skyrocketed

Customs officers in Nogales, AZ have seized more heroin in the first six months of fiscal 2014 than during each of the previous three full fiscal years, said Joe Agostini, assistant port director in Nogales. "We're catching juveniles, young kids that are in middle school or high school and even people who are 82 years old, bringing narcotics to the U.S.," Agostini said.

In 2013, the DEA seized more than 2.3 tons, of heroin at the Mexican border. That's more than triple the amount seized in 2008 and they weren't specifically targeting heroin. "A couple of years back, if you would find a pound of heroin, that would be a big load," said Pinal County Sheriff Paul Babeu, "Nowadays, it's common to interdict 50 or 60 pounds, up to 100 pounds, of heroin."



Gary F Patrone is CEO of ARCpoint Labs of Phoenix (PhoenixBC.arcpointlabs.com) and ARCpoint Labs of Tempe located within the Phoenix Valley. Gary serves both corporate and private clients in drug, alcohol, DNA and on-site testing services, creates workplace policies for both DOT and non-mandated companies and manages consortiums and random testing programs for corporate and private clients. Gary is an active member of the Tempe-South Rotary Club, an Ambassador of the Tempe Chamber of Commerce and member of the Business Development Committee, member of the Advisory Council for Brookline College and PIMA Medical Institute. Gary has authored articles for the Drug and Alcohol Testing Industry Association, the Arizona Small Business Association and writes a monthly column for the Arizona Republic. Contact Gary Patrone at (602) 753-2901 or email gpatrone@arcpointlabs.com

References:

Chasing the heroin resurgence, James Pilcher and Lisa Bernard-Kuhn, *The Cincinnati Enquirer*, 2014

Heroin's hidden journey, Paul Giblin, *The Arizona Republic*, 2014

Drugs, Inc: Cartel City: Arizona, National Geographic documentary series

Drugs, Inc: Heroin: The deadliest drug on the planet, National Geographic documentary series

Drugs, Inc: Seattle, National Geographic documentary series

Drugs, Inc: Pill Nation, National Geographic documentary series

Drugs, Inc: Dope-Landia (Portland), National Geographic documentary series

The International Heroin Market, UNODC World Drug Report 2010 (United Nations Office on Drugs & Crime)

Opium war #1 started in 1839 between China and Britain. Opium war #2 spanned from 1856 to 1860. *Are we due for our own opium war?*



The National Council on Alcoholism and Drug Dependence

One Agency – Three individual Programs for Women

- **Intensive Outpatient Therapy-Group therapy for addictions, facilitated by LISAC Counselors. Clients receive one-on-one, family and couples counseling as needed**
- **Weldon House-Supportive Housing for mothers with children. Women already in our IOP needing safe housing for themselves and their children.**
- **Healthy Connections for Moms-to-Be-Case Management and service referrals for pregnant women with addictions**

4201 N. 16th Street | Suite 140 | Phoenix, AZ 85016
602.264.6214 Fax 602.265.2102

Events from page 11

Matthew United Methodist Church. 2540 W. Baseline. B-14. Jim, 480-813-3406. Meggan 480-603-8892. **Scottsdale**, Wed. 5:30-6:30 pm, N. Scottsdale Fellowship, 10427 N. Scottsdale Rd., Room 3. Tom N. 602-290-0998. **Phoenix**, Thurs. 7-8:00 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.

GA Meetings —ACT Counseling & Education. Phoenix/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, Contact Sue F. **602-349-0372**

SAA 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

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. slaa-arizona.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.

Crystal Meth Anonymous www.cmaaz.org or CMA Hotline 602-235-0955. Tues. and Thurs. Stepping Stone Place 1311 N 14th St. cmaaz.org/god-zombies-the-awakening/

IT'S ALL ABOUT THE KIDZ!

—celebrity dinner and silent auction—

SUNDAY NOVEMBER 15TH 5:30 P.M.
CAMELBACK INN SCOTTSDALE, AZ

Team up with professional athletes and other celebrity guests for a memorable evening honoring Dusty Baker and Jerry Moe. Live entertainment by Raquel Aurila. Proceeds support resilience building and prevention programs for young children affected by the family disease of addiction. Sponsored by Calvary Addiction & Recovery Center and Sierra Tucson.

Tickets available at: www.pitch4kidz.dojiggy.com



PITCH 4 KIDZ
a program of Hope Network

Become a resource in Together AZ

"Because someone will always be seeking help"

Every issue is filled with educational articles on personal growth, self discovery, and spirituality to meet the needs of the ever growing addiction recovery community.



Find out about advertising your business or practice give us a call. Great rates! **602.684.1136**
www.togetheraz.com
E: aztogether@yahoo.com

Rx pain medication a problem?
We can help.

Unscript™
A PROGRAM OF COMMUNITY BRIDGES, INC.

Unscript™ - A non-invasive integrated system of education and physician monitored medical protocols specifically designed to treat unintentional physical dependence on prescription pain medication.

Unscript™ - No “blaming, shaming, guilt” or psychotherapy. Patients are treated as men and women who, while addressing a legitimate medical condition, became unintentionally dependent on increasing doses of prescription pain medication.

Unscript™ provides:

- Integrated Medical/Behavioral Health Care
- Evaluation & Medical Consultation
- Outpatient Medical Detoxification
- Inpatient Medical Detoxification (when necessary)
- Education & Wellness Curricula
- Family Education
- Evening & Weekend Hours

480.502.7000

New location in Scottsdale

8541 E. Anderson Drive • Suite 105 • Scottsdale, AZ 85255 • Visit us online at Unscript.com

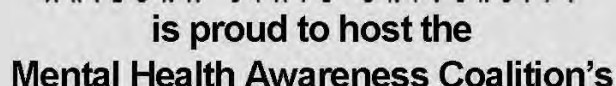
DID YOU KNOW?

According to the Centers for Disease Control and Prevention (CDC), 100 people in the United States die from drug overdoses every day, and death rates as a result of drug overdoses have more than tripled since 1990. Nearly three out of four prescription drug overdoses are caused by opiates.

A Mindfulness Center	480-207-6106
ACT Counseling	602-569-4328
Amity Foundation	520-749-5980
AZ. Dept. of Health	602-364-2086
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
Sundance Center	844-878-4925
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 Hosptial	602-952-3939
Veritas Counseling	(602) 863-3939
<u>LEGAL SERVICES</u>	
Dwane Cates	480-905-3117

Dwane Cates **480-905-3117**

RESOURCE
DIRECTORY LISTINGS
EMAIL: aztogether@yahoo.com



**20th annual
candlelight celebration
for mental health
awareness**

“We light the candle of truth to dispel ignorance and misinformation, healing for troubled minds and hearts and lives, hope for greater treatment and opportunities, gratitude for caregivers and researchers, understanding to dispel stigma and exclusion.”

- Carole J. Willis, NAMI Member



azmhac.org

Thursday, October 22, 2015 | 6 p.m.
Downtown Phoenix Civic Space Park
424 N. Central Avenue, Phoenix, AZ

Join us as we recognize and honor people who live with mental illness, and come together to reduce the stigma associated with brain disorders.

RSVP for this event at

cabhp.asu.edu/candlelight-celebration

**If you are interested in being an event sponsor or volunteer,
contact tara.obrien@asu.edu**

Complimentary parking is available in the UCENT Garage at the corner of Central Avenue and Polk Street. The entrance is on Polk Street between 1st Street and Central Avenue. Identify yourself as a participant of the Candlelight Celebration for complimentary parking.

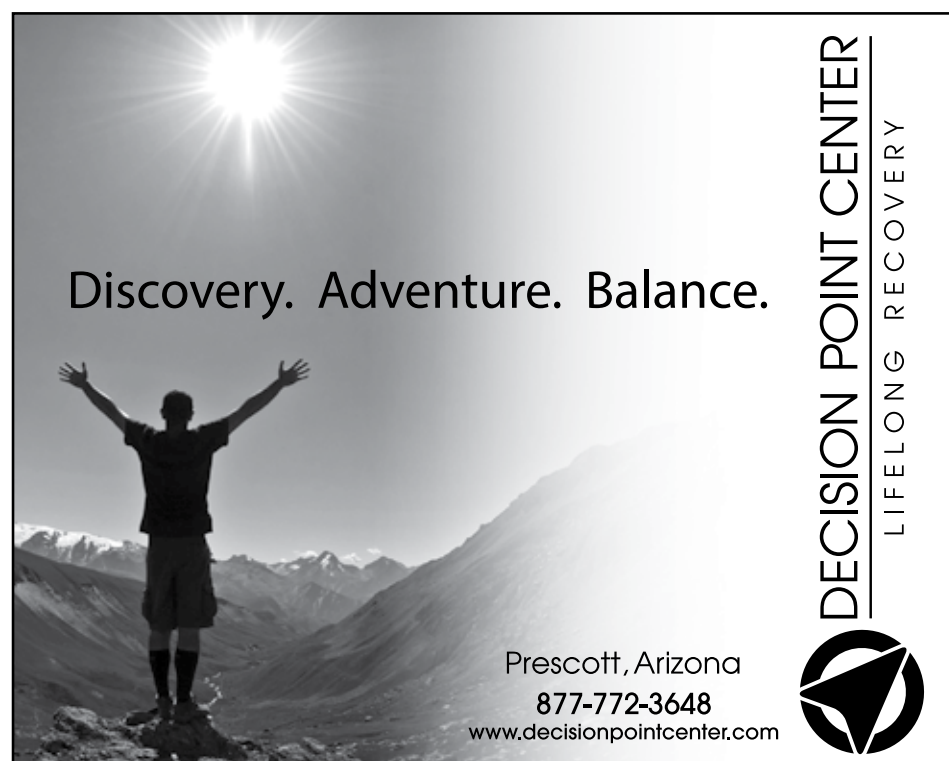
NIH launches landmark study on substance use and adolescent brain development

The National Institutes of Health awarded 13 grants to research institutions around the country as part of a landmark study about the effects of adolescent substance use on the developing brain. The Adolescent Brain Cognitive Development (ABCD) Study will follow approximately 10,000 children beginning at ages 9 to 10, before they initiate drug use, through the period of highest risk for substance use and other mental health disorders. Scientists will track exposure to substances (including nicotine, alcohol, and marijuana), academic achievement, cognitive skills, mental health, and brain structure and function using advanced research methods.

“With advances in neuroimaging and other investigative tools, we will be able to look in greater detail at the impact of substance use on young people,” said Nora D. Volkow, M.D., director of NIH’s National Institute on Drug Abuse (NIDA). “Adolescents have access to high potency marijuana and greater varieties of nicotine delivery devices than previous generations. We want to know how that and other trends affect the trajectory of the developing brain.”

“The ABCD Study is an important opportunity to closely examine, in humans, the hypothesized link between adolescent alcohol abuse and long-term harmful effects on brain development and function,” said George Koob, Ph.D., director of NIH’s National Institute on Alcohol Abuse and Alcoholism (NIAAA). “Recent human studies have revealed an acceleration in the typical decline in volume of neocortical areas and smaller increases in white matter volume in adolescents who transitioned to heavy drinking compared to those who did not using magnetic resonance imaging.”

The Study will seek to address many questions related to substance use and development that will help inform prevention and treatment research priorities, public health strategies, and policy decisions.



10 the Art of Recovery



A Better Today
ABCAC
ACCG
ACT Counseling & Education
Addiction is the Symptom
Adult Children of Alcoholics
Al Anon
Alcoholism & Addiction Assistance Association
Amity Circle Tree Ranch Teaching / Therapeutic Community
ARCpoint Labs of Phoenix
Arizona Office of Problem Gambling
Arizona Recovery Housing Association
ASAP Program/Redemption Psychiatry
ASU Center for Applied Behavioral Health
Aurora Behavioral Health System
Awakening Recovery Center
Banner Behavioral Health Hospital
Ben Franklin Institute
C. E. A. -HOW
Calvary Addiction Recovery Center
Camelback Sober Living
Carla Vista Sober Living LLC
Chandler Christian Church
Chandler Valley Hope Association
Chapter 5
Charles Erb, Artist
CMA Public Information & Outreach
Cocaine Anonymous
Co-Dependents Anonymous
Community Bridges, Inc.
Crisis Response Network
Crossroads
Debtors Anonymous Southwest Intergroup
Decision Point Center/Northridge
Desert Drug Dog
Detox to Rehab
East Valley Intergroup, Public
Embark Recovery
Emotions Anonymous
Enchantment Workshops
Enlightenment & Simple Living Institute
Families Anonymous-North Scottsdale Fellowship Cub
Freedom Recovery Center
Friendship CMHC
Gam-Anon
Geffen Liberman, LISAC, CPC, Counseling and Coaching
Gifts Anon, Inc.
Good Things Emotional Healing & Women For Sobriety
Governor's Office of Youth & Family
HealthStyle Choices Wellness Programs
Healthy Futures

T
H
A
N
K

Y
O
U

Hunkapi Horse Programs
In Recovery Magazine
Alcoholics Anonymous E Valley Intergroup
Intervention ASAP
Just Vote No!
KFNX Independent Talk Radio
Mercy Maricopa Integrated Care
Nar Anon Family Group
Narcotics Anonymous
National Council on Alcoholism and Drug Dependence
Natural Awakenings
Not My Kid
Overeaters Anonymous
Pathway
PCS
Pills Anonymous
Pitch 4 Kidz
Prescott House
Recovery Empowerment Network
Reflections Recovery Center
River Source 12 Step Holistic
Sage Counseling
Scottsdale Recovery Center
Sex Addicts Anonymous
Sierra Tucson
Silkworth
Silver Creek Jewelry
Skelley House
Soba Mesa
Sober Way
Sol Recovery
St. Joseph the Worker
St. Luke's Behavioral Health
Survivors of Incest Anonymous
TASC
Teen Challenge of Arizona
Terros
Testosterone The New Drug Addiction
The Meadows /Meadows IOP
The Ranch at Dove Tree
Together AZ Newspaper
Traditions Transitional Living
Unhooked Recovery
Unite to Face Addiction/Addiction Haven
Valley Hospital
Viewpoint Dual Recovery Center
Vivre
WAAT
WestBridge Community Services
www.DrMarlo.com
Yavapai Medical Billing
Youth Evaluation & Treatment Center