

Together AZ

July 2016

Inspiring Success on the Road to Recovery

Are We Listening?



By DINA EVAN, Ph.D.

On June 13th, fifty mighty warriors laid down their lives to wake us up. This was an amazing sacrifice.

Are We Listening?

It's time to hold each other tight, so tight that the maddening rhetoric about hate and separation cannot sneak in. So tight that we all remember that the answer to every question and concern is **always and only love**. I thank all the brave souls and master teachers who gave their lives or limbs in Orlando, FL. that we might learn what that level of pain and hatred is capable of causing.

They are asking us to search our own hearts and decide whether we will respond with more hatred or love, love for each of them....and, yes, even love for a tortured soul who gave in to his hatred and fear. There is only one answer and we must choose it together.

There have been master teachers throughout history. Hitler taught us what atrocities man is capable of inflicting on others. The terrorists are teaching us what killing looks like when religion or patriotism is an excuse. Politicians and some police are teaching us what the misuse of power looks like. People who lie are teaching us how we lie to ourselves and each other. People who betray us are teaching us how we betray ourselves.

Every person who betrays his or her integrity, who leaves his or her honor and truth to lie or harm is a grand teacher for us. That person has sacrificed this incarnation to be a bad guy, which takes infinitely more courage than being the good guy.

Jesus went to Judas and thanked him for betraying him so that he could fulfill his purpose. These teachers who we often label evil, will return to work off their karma, or release the impact of their actions and decisions. And, they do this for us.

But have we been listening?

What we have been down to, is the misuse of power, the illusion of control and the betrayal of boundaries and respect. We have seen this bad behavior as power itself, when in fact it's not.

Force is never power. True power does not require force. True power stands in integrity and chooses to do no harm. True power is not quiet, nor loud, it is gentle, compassionate and safe. It is not raucous and vile, accusatory or shaming. It does not create separation, instead it creates healing and unity. Any teaching or teacher filled with

Out of the Darkness: *A Different Approach to Depression Treatment*

By Michelle Chacon, RN, Certified TMS Clinical Operator, Sierra Tucson

Depression (also called Major Depressive Disorder or MDD) is a common but severe mood disorder that affects approximately 14 million people in the United States. It is a pervasive disorder that not only involves those who suffer from the condition, but impacts families and communities as well. Historically, depression has been overlooked, under-diagnosed and, sadly, under-treated. Current research suggests that depression is caused by a complex combination of factors. Biology is most certainly involved; the National Institute of Mental Health (NIMH) reports that a person with depressive disorder often exhibits a brain that is structurally different than someone without depression. Magnetic resonance imaging (MRI) studies reveal that the areas of the brain that are responsible for mood, cognition, metabolic function and sleeping have a unique appearance in people who have serious mood disorders.

Neurologists and pharmacologists have long pursued the connection between brain chemistry and depression in an effort to offer solutions to this disabling condition. Depression has been linked to imbalances in neurotransmitters (brain chemicals), which regulate emotion, mood, energy level and appetite, and involve serotonin, norepinephrine and dopamine. Genetics are also thought to play a role. Genetic research has revealed that people who have a close relative, like a parent or sibling, with depression are 20-30 percent more likely to experience depression. Environmental factors contribute to depression as well; a history of abuse, trauma or neglect in childhood can increase the chances of developing depression in adolescence or adulthood.

What Leads to Depression?

Many of the factors that can lead to depression are also associated with substance use disorder. Imbalances in brain chemistry, family history and past trauma, for instance, are frequently involved in both depression and addiction. Substance abuse is all too common among people who are battling depression.

Many depressed individuals, if not properly treated, reach for drugs and/or alcohol as a way to lift their mood. These chemicals become a form of self-medication for soothing the feelings of low self-worth, hopelessness and despair that characterize MDD. As a result, depression and substance abuse feed into each

other, and one condition will often make the other worse. As depressive episodes become more severe, the frequency and intensity of negative thoughts and self-destructive behavior may increase. *The Journal of Clinical Psychiatry* estimates that a third of adults who struggle with alcohol or drug abuse also have clinical depression. Depression is often an entry into substance use, and without qualified treatment, substance use can transition into full-blown addiction.

Those who experience severe symptoms of depression use alcohol and drugs to escape their negative emotions; however, substance use only worsens MDD. There are some individuals whose depression symptoms will worsen even in recovery. In cases where drugs or alcohol have been used for years to suppress symptoms, the individual may realize that depression looms ever larger as they enter sobriety. Adequate treatment in a setting that is qualified to treat individuals with a dual diagnosis is critical. Without treating the depression that drives addiction, or vice versa, the individual is likely to return to substance use or experience a return of depressive symptoms. Sadly, conventional treatment centers that do not provide adequate therapeutic support for both mood and addiction may see limited success among participants. Research shows that persons with addiction and depression have poorer treatment adherence, higher relapse rates with either disorder, higher re-hospitalization rates, and are at a higher risk for suicidal and homicidal behaviors.

TMS Therapy in Residential Treatment

Sierra Tucson, a residential treatment facility in Tucson, Arizona, has long been renowned for its integrative approach to mental health, including co-occurring disorders. Treatment for depression is provided through its **Mood & Anxiety Program**, the foundation of which is medication management and individual and group therapy, combined with innovative modalities such as biofeedback, mindfulness meditation and EMDR (eye movement desensitization and reprocessing). In this tradition of innovation

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Publisher's Note

By Barbara Nicholson-Brown

Recovery month is a few months away and my colleagues and I encourage you, your family and friends to attend the **11th Annual Art of Recovery Expo**, Saturday, September 17 at the Phoenix Convention Center.

With a focus on Young Adult and Adolescent Recovery our keynote speaker Greg Williams will discuss his journey from addiction to recovery and new film **Generation Found**, a powerful story of young people, families, and their community believing not just in the individual process of recovery – but the community's power to fertilize the soil of change. Join us let's be part of the change together.

For details visit www.artofrecoveryexpo.com



Barbara Nicholson-Brown

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judgment, contempt or separation is not teaching from spirit or love. He or she is teaching from fear.

The way to silence that teaching is to stop giving it life and energy. Stop promoting it, supporting it or idolizing it. As my wise supervisor once said, “When you see trouble coming through the door, shut it if you don’t want trouble in your life.”

We have no “fairness” obligation to support terror or violence in any way.

We need to shut the door. Let these masters have their say. We get to stop listening. We get to empower that which we know is honorable and loving. Gandhi free a nation of 350 million people without a single act of violence. So can we.

The Daddy or the Mommy, the warrior or the savior who we keep looking for is in us. That is what all these teachers are trying to teach us. None of them have ever saved anyone. We can only save ourselves. How? By returning to the true character of our souls and standing in our integrity. We can’t play small any more. The stakes are simply too great. You know what truth, courage and integrity is and does. I know what truth courage and integrity is and does.

Now we can stand with the spirits, all those throughout time, all those in Orlando, Paris, New York and everywhere in the world, who have role-modeled what courage looks like and how it acts and we can be their voice. Listen...the silence in the void of their lost voice is deafening, now we must fill it with ours.

**We must prove we
are listening, and
their divine sacrifice
is not in vain.**



Dr. Evan specializes in relationships, personal and professional empowerment, compassion and consciousness. 602-997-1200, email DrDinaEvan@cox.net and www.DrDinaEvan.com.

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Participants work on sensitive issues in a concentrated format, allowing them to enhance their personal journey of healing, discovery, and emotional growth. Whether you’re struggling with the impact of an emotional childhood trauma, grieving a loss, wanting to repair family dynamics, or simply want to develop more self-awareness, our experienced, passionate staff delivers a powerful, life changing intensive.

The center is situated on a historic dude ranch which offers a serene, peaceful, desert setting conducive to healing. In addition to the intensive educational and therapeutic experience that workshop participants experience, we also offer additional complimentary activities, including:

- Art
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- Yoga
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- 12-step meetings
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Workshop participants also enjoy three healthy meals a day, prepared in our on-site facility. Meals are included in the registration cost.

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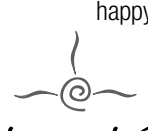
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- Love Addiction/Love Avoidance
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- Journey Of A Woman's Heart: Finding True Intimacy
- Discovery To Recovery: For Couples Healing From Sex Addiction

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- Men's Sexual Recovery
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- Mind & Heart: A Mindful Path to Wholehearted Living
- A Man's Way™ Retreat
- Life Beyond Your Eating Disorder: Taking The Next Steps
- Living in Abundance: Balancing Work, Money, and Relationships
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Full descriptions of each workshop along with dates and registration information is available on our website at www.rioretreatcenter.com. Or contact us at **800-244-4949** and a representative will be happy to provide you more information.



RioRetreatCenter

AT THE MEADOWS

For more information on these workshops log on to www.rioretreatcenter.com.
Rio Retreat Center at The Meadows, 1245 Jack Burden Road, Wickenburg, Arizona 85390

Hot Topics

New westside location for The River Source

The River Source has opened their newest IOP treatment center in the center of Phoenix on Peoria Avenue directly off the 1-17. Due to the Peoria Avenue address the center has been nicknamed the “Peoria Campus.”

The River Source provides professional, caring, affordable treatment that treats the whole person to heal and restore balance to the mind, body and spirit and has a strong, proven track record of success since their founding in 2003.

Peoria Campus, 2432 W. Peoria is conveniently located off Phoenix area freeways for all Phoenix-area patients, and it is a good mid-point for all patients from both the West Valley and North Phoenix areas.

The IOP consists of 24 sessions over a two month period — 3 hour sessions, 3 times a week, and provides individualized treatment plans, regular drug screenings and breathalyzers for the well-being and safety of all patients.

MHN/Health Net and most Out of Network Plans are accepted. The cash pay rate is affordable and reasonable. The River Source provides free phone consultations for professional pre-assessment, benefits checks, and potential payment plan options.

The River Source IOP is a treatment service and support program used primarily to treatment chemical dependency in situations when intensive residential services are not required. Call **1-866-251-0639** and visit www.theriversource.org

Insurance Plans not Covering Necessary Services for People with Addiction

A new report finds insurance plans around the country are not covering the necessary services for people with addiction. **The National Center on Addiction and Substance Abuse** reviewed

addiction benefits offered in the 2017 Essential Health Benefits benchmark plans and found more than two-thirds violate the Affordable Care Act.

None of the plans are adequate, the report concluded. “Our findings reveal that people with addiction may not be receiving effective treatment because insurance plans aren’t covering the full range of evidence-based care,” Lindsey Vuolo, JD, MPH, Associate Director of Health Law and Policy at The National Center on Addiction and Substance Abuse, and lead author of the report, said in a news release. “For example, our

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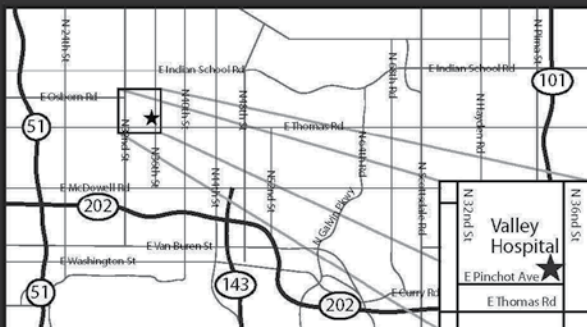


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They all count towards the goal as long as you follow the instructions below.

1. Record a video of yourself doing the pushups

In the beginning of the video, make an introduction stating:

- Your NAME (and name of any organization that you may want to represent)
- WHY are you pushing or WHO are you are pushing for?

Example intro:

"Hi my name is Curtis Granderson, outfielder for the NY Mets, 3 time All Star, and founder of Grand Kids Foundation helping youth development through education and fitness. I'm about to do my 22 pushups for 22Kill, to honor those who serve."

2. Upload the video directly on our Facebook page, YouTube, Twitter, or Instagram

<https://facebook.com/22Kill>

<https://twitter.com/022KiLL>

<https://youtube.com/user/HCC22KILL>

https://instagram.com/22kill_actual/

3. Add the hashtags "#" in your post! #(insert number here)pushups #22KILL

Add these two hashtags into your "public" post on Facebook /Twitter/ Instagram/ or in the video title on YouTube. Examples:facebook post, Youtube post, Instagram post, Twitter post.

- For 5 pushups you would enter: "#5pushups for #22KILL"
- 22 pushups enter: "#22pushups for #22KILL"
- If a group of 10 people that did 22 each: "#220pushups for #22KILL"

*Make sure you set your post to a "public" setting so that our counter can pick it up!

4. Post it!

Things you can do:

- Do the pushups by yourself
- Get a group together to do the pushups; companies, sports teams, schools, etc.
- Be creative; Use unique settings, styles, props, etc. Include whatever or whomever you want.
- Post as many videos as frequently as you'd like, as long as they are not duplicates and you follow the same rules/guidelines for each video.

Veteran Crisis Hotline

For veterans and families in an immediate crisis, please call **1-800-273-8255** and Press "1", or send a text message to 838255. You can also chat with someone online through **www.veteranscrisisline.net**. These are the people who care and want to listen if you reach out. It is never too late. Even when you feel that you are at your absolute lowest, there is always hope. Please don't give up. We are all here for you, we love you, and we care.

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22KILL is a global movement bridging the gap between veterans and civilians to build a community of support. 22KILL works to raise awareness to the suicide epidemic that is plaguing our country, and educate the public on mental health issues such as PTS.

Honor Courage Commitment, Inc. started the #22KILL movement in 2013 after learning about the staggering statistic that an average of 22 veterans are killed by suicide every day. #22KILL is a platform to raise awareness not just towards veteran suicide, but also to the mental health issues that can lead to suicide.

For more information please visit <https://www.22kill.com>

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LIFE 101

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Lucy in the Sky with Consciousness

In 1967, a British rock band that you might have heard of called the Beatles, sang a song with phantasmagorical imagery called *"Lucy in the Sky with Diamonds."* In 2014, a French film director named Luc Besson made a motion picture with similar kind of electric visuals called Lucy. The two have quite a bit in common.

The great Beatles classic from their "Sgt. Pepper's Lonely Heart Club Band" album is said to be a musical trip about a psychedelic trip — the initials of Lucy, sky, and diamonds lends credibility to the idea that it's about LSD. Interestingly, the song's lyricist John Lennon claimed that it was inspired by a nursery school drawing made by his son Julian who, titled his work just that. John also claimed the song was inspired by Lewis Carroll's *Alice in Wonderland* books, a report consistently confirmed by Paul McCartney.

The movie *Lucy*, while featuring a potent mind-altering chemical that accidentally leaks into the body of the eponymous heroine (Scarlett Johansen), seems to be more about the unfolding of the full mental potential of human beings than mere "cellophane flowers of yellow and green." She doesn't go on a several-hour trip along the lines of Timothy Leary Airlines, but stays up and doesn't come down.

While the Fab Four song speaks of "tangerine trees and marmalade skies," and "rocking horse people (who) eat marshmallow pies," the movie portrays a young woman awakening the kinds of latent mental powers as telepathy and telekinesis, the ability to control matter through the mind alone, that were depicted about 1,700 years ago by the great yogi Patanjali in his Yoga Sutras of Patanjali.

The great sage wrote of the many sleeping abilities within each and every one of us; talents like clairvoyance, clairaudience, knowledge of far away places like the heavens, knowledge of the future, the past (including past lives), invisibility, superhuman strength, conquest of hunger and of the body, and

omnipotence and omniscience, among others. In other words, the stuff that caped superheroes are made of. And Lucy is clearly of that group, albeit minus the cape and using her mind rather than her body to accomplish all manner of miracles.

This Lucy experiences time travel, wormholes, psychedelic-like visions, and much more. After tapping much of this mental potential, she phones her mother and thanks her for "a thousand kisses that I can feel on my face." She can still taste the breast milk with which her mother fed her as a baby. Such is her extraordinary sensory powers and memory.

Her connection to all that is deepens as she awakens one hundred percent of her mind. Her time travels, however, are quite elaborate: based in New York City, she confronts those who have trod the same space that she occupies, including Native Americans and even dinosaurs.

She transforms her consciousness into a computer and, though disembodied, presents a thumb drive to a team of neuroscientists who are on the vanguard of evolutionary human potential. They're led by—who else?—Morgan Freeman, taking time off from portraying God to portray a scientist hoping to understand all that human beings can be, and thus our connection to God. Spoiler alert: at the end, Lucy is shot and, instead of dying, she mysteriously vanishes into thin air. To which a witness asks where'd she go. She has become disembodied, yet somehow sends a text that says, "I am everywhere."

While Lucy is a film about an evil Asian drug cartel looking to push a highly potent drug onto the streets, and features way too much gun play and killing, it's also a film about what we are capable of, including oneness with all that is.

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Out of the Darkness from page 1

and clinical excellence, Sierra Tucson has added **NeuroStar TMS Therapy®** to the Mood & Anxiety Program's comprehensive list of services. TMS, or transcranial magnetic stimulation, provides a different approach to treatment for depression. This safe, well-tolerated, non-invasive and non-pharmacological treatment is offered in physicians' offices across the country. While TMS is innovative, it isn't novel. It was cleared by the Food and Drug Administration (FDA) in 2008 for the treatment of MDD, and more than 25,000 patients have benefitted.

TMS uses magnet technology similar to that of an MRI, but the therapy is precisely targeted toward the brain. For each treatment, a magnetic coil is placed gently against the scalp, whereby a pulsed magnetic field is generated, thus stimulating nerve cells in the brain that are involved with mood regulation. The procedure can normalize and restore balance in areas of abnormal or decreased activity, resulting in a significant reduction of symptoms or complete remission from depression—all without the systemic side effects caused by antidepressant medication. Each session takes less than an hour; treatment is administered five days a week for approximately 4-6 weeks, with no sedation or anesthesia needed.

What sets transcranial magnetic stimulation at Sierra Tucson apart from outpatient TMS Therapy is the therapeutic environment. Patients are engaged daily in process groups, therapeutic recreational activities, and integrative services, in addition to having the benefit of 24-hour staff care. Typically, an individual who undergoes TMS treatment for depression will have to drive to his or her psychiatrist's office, five days per week, for 4-6 weeks. In some instances, it may be difficult for someone with Major Depressive Disorder to take that kind of time out of his or her daily life and negotiate 20 to 30 psychiatry appointments around work, school or family obligations. For individuals who have already taken the time out of their lives for residential treatment, TMS sessions can be completed during their stay. Sierra Tucson is pioneering the concept of transcranial magnetic stimulation in the residential treatment setting. Be-

cause TMS involves a time commitment, Sierra Tucson simply streamlines the process by utilizing a person's commitment to participate in residential treatment.

TMS treatment begins with a comprehensive psychiatric evaluation by one of Sierra Tucson's board certified psychiatrists. TMS is a medical procedure that requires a prescription. One of the functions of Sierra Tucson's TMS coordinators is to meet with each patient prior to treatment for a consultation, where the procedure is explained in detail and any questions can be answered. Additionally, the patient provides signed consent for treatment. Some of the most common questions include "What are the side effects?" and "Does the treatment hurt?" The potential side effects are minimal and localized, with scalp discomfort or headache being the most prevalent. Additionally, the pain or discomfort is generally transient, lasting only for about the first week of treatment. Patients are generally surprised to hear this, and most of them,

at this point, are able to chronicle their medication history, reviewing antidepressants that caused adverse effects or had no effect at all. Some will further explain how they found themselves taking multiple medications to treat their depression, with little symptom relief and a host of new problems related to this complex medication regimen. Others may have even considered ECT, or electroconvulsive therapy. ECT is a treatment for depression in which electric current is passed through the brain, inducing a seizure. While ECT can be an effective treatment for depression, it is much more extreme. Performed in a hospital under general anesthesia, electroconvulsive therapy has the potential for causing memory loss, which can impact the individual's daily functioning.

The TMS consultation is only the beginning of a therapeutic relationship between each patient and the provider. Following the consultation, the initial session is scheduled. Treatment sessions are one-on-one, five days a week, which gives patients time to develop a rapport with their TMS coordinator; throughout the process, they share their journey and celebrate triumphs together. A significant percentage of Sierra Tucson patients have reported major improvement, and many have experienced remission from depression symptoms altogether.

From a Clinician's Perspective

For patients receiving transcranial magnetic stimulation for depression, safety is a priority. TMS is performed under the supervision of Sierra Tucson psychiatrists, and as the primary clinical operator, I am a registered nurse who is TMS-certified. Treatment takes place in a calming and comfortable suite. I assist each patient with continuing care during treatment by providing the individual with locations of NeuroStar TMS providers in his or her area to contact once they leave. Since many individuals stay at Sierra Tucson for approximately four weeks, we may begin TMS treatment in the residential setting and assist with transition to a local outpatient practitioner to complete the last few treatments. When we started offering TMS several months ago, I treated a

patient who was from North Dakota, and I located the nearest TMS provider to his hometown. Because it was 300 miles away, he wanted to undergo as many sessions as possible during his time at Sierra Tucson. (I even came to Sierra Tucson on Saturdays to administer treatments in order to achieve this goal.) Upon discharge he said, "*I never imagined this would work, but I feel like there isn't even a trace of depression left.*" There is nothing more rewarding than to bear witness to this sort of transformation, and it is the reason I am grateful for the chance to participate in someone's recovery.

"Depression can severely affect social activities and relationships with others. Symptoms associated with depression have a huge impact on quality of life."

Everyone has Bad Days

Whether it's due to problems at home, at work or in relationships, everyone experiences down periods in his or her life. For most people, however, these phases come and go in a reasonable, ordinary fashion and can be remedied by things that make them happy.

Major Depressive Disorder is different. For those who have been diagnosed with MDD, symptoms are usually debilitating enough to cause noticeable problems in day-to-day activities, such as work and school. Depression can severely affect social activities and relationships with others. Symptoms associated with depression have a huge impact on quality of life, and may appear as changes in mood, including feelings of sadness, emptiness or hopelessness. Anger, irritability or frustration may be present. Depression may be accompanied by anxiety or feelings of worthlessness or guilt. Additionally, there is often loss of interest or pleasure in most or all normal, everyday activities. Physical symptoms of depression may include sleep disturbances, fatigue and lethargy, changes in appetite and unexplained pain or headaches. There may be cognitive symptoms as well: slowed thinking and speech, or difficulty concentrating, making decisions and remembering things. Finally, frequent or recurring thoughts of death, suicidal ideation or suicide attempts may manifest.

As patients return for TMS treatment sessions on a daily basis, I gradually see the light return to their eyes. They become more active, conversation with others becomes easier, and there is a renewed interest in what's going on around them. They experience a desire to re-engage with a life that they had given up on—to reconnect with people and loved ones from whom they once retreated during their depressive episode. One patient's experience stands out in my memory and I often share this story with individuals who are considering TMS treatment. The patient, Beth*, had some trouble adjusting to treatment initially. She progressed through 10 treatments and stated that she did not feel any different than before. When I came back to work on a Monday following a weekend off, Beth smiled at me. "*Do you notice anything different?*" she asked. "*I made an appointment at the salon over the weekend. This is the first time in two years that I've colored my hair. My husband is coming for Family Week.*" That subtle shift was the beginning of a major change in her depression symptoms. She completed four weeks of TMS—20 treatments total — and was thrilled with the results.

Into the Light

Depression has no known cure, but is treatable; and today, there are more options than ever to manage symptoms. Fortunately, treatments exist that allow patients to lead normal, symptom-free lives. Depression is often initially treated with psychotherapy and antidepressant medication administered together.

Out of the Darkness > next page

Antidepressants can be effective for some patients, but they do not work for everyone. Furthermore, antidepressants frequently result in unwanted side effects due to their systemic nature. Many patients do not experience symptom relief from antidepressant medication and/or cannot tolerate the side effects caused by them. With transcranial magnetic stimulation, individuals suffering from depression now have a solution beyond traditional medication. Sierra Tucson is pleased to add this non-invasive treatment to its already comprehensive list of integrative services that addresses and treats MDD.

The reality of depression is that it's so much more than mere sorrow or unhappiness; it is a debilitating condition that prevents the sufferer from functioning normally. At its worst, depression can be fatal, resulting in thousands of deaths each year from suicide. The World Health Organization (WHO) estimates that over 800,000 people die by suicide each year—one person every 40 seconds. What's more, depression is the leading cause of disability the world over. If you are having thoughts about harming yourself or attempting suicide, reach out for help immediately. **Call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).** To reach the Veterans Crisis Line, call the same number and press "1." If a loved one or friend is in danger of attempting suicide or has made a previous attempt, make sure someone stays with him or her, **call 911** or your local emergency number immediately or, if you can do so safely, take the person to the nearest hospital emergency room.

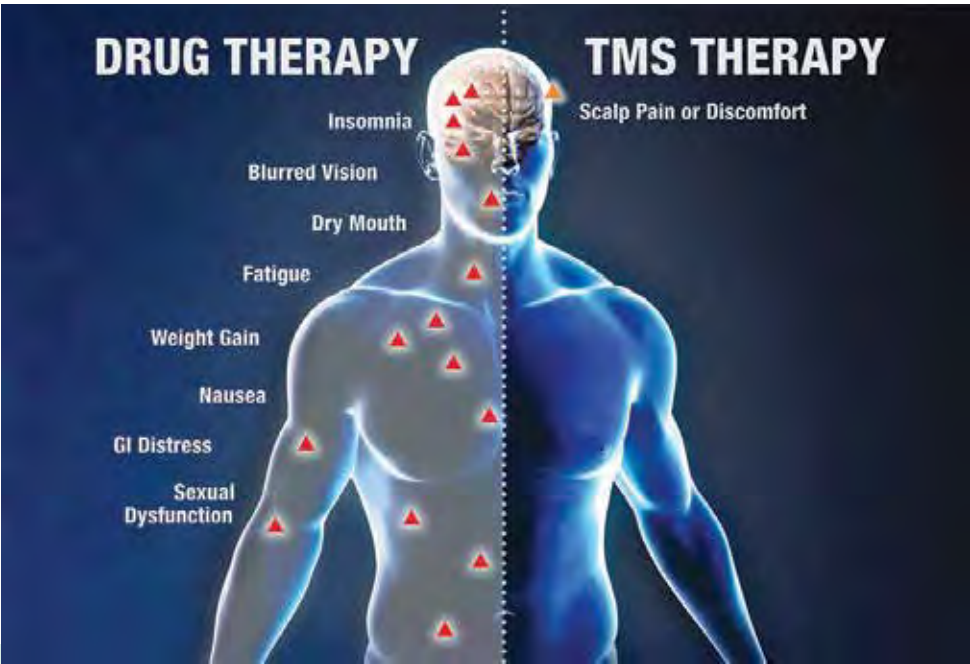
For more information on Sierra Tucson's Mood & Anxiety Program, as well as transcranial magnetic stimulation, call 844-209-3372 or visit SierraTucson.com.

**Name has been changed for privacy purposes.*



About the Author

Michelle Chacon is a certified TMS clinical operator and has been a nurse for 19 years. She has worked in behavioral health the past 6 years and is passionate about mental health and wellness for all individuals.



TMS Therapy Quick Facts:

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- **Patients may return to normal activities immediately after treatment**
- **Daily treatments performed 5 days a week for 4 to 6 weeks**
- **TMS is included in the 2010 American Psychiatric Association (APA) Practice Guideline for the Treatment of Patients with Major Depression**
- **Many insurance companies have established medical coverage policies for NeuroStar TMS Therapy**
- **For many patients, depression symptoms significantly improved or went away after 4 to 6 weeks of treatment with NeuroStar TMS Therapy:**
 - 1 in 2 patients experienced significant improvement**
 - 1 in 3 patients were symptom free**

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The Grace Factor

A woman phoned my radio show and 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 without limit forever. Only the human mind lays bounds 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.”

In celebration of the release of my new book ***The Grace Factor***, I would like to cite three acts of grace that ultimately affected many people:

When Julio Diaz stepped off the No. 6 subway train in the Bronx, he was faced with a teenager pointing a knife at him. The mugger demanded Julio’s wallet, which he gave willingly. As the robber began to flee into the night, Julio called to him, “Hey, wait a minute. You forgot something. If you’re going to be robbing people for the rest of the night, you might as well take my coat to keep you warm.”

Stunned, the boy turned and asked Diaz, “Why are you doing this?”

“If you’re willing to risk your freedom for a few dollars, then I guess you must really need the money. I mean, all I wanted to do was get dinner. If you really want to join me . . . Hey, you’re more than welcome.”

In a real-life scene that would strain credibility as fiction, the two made their way to a diner where they sat in a booth, shared a meal, and talked about their lives. When Diaz asked the teen what he wanted out of life, he couldn’t answer. He just displayed a sad face.

When the time came to pay the bill, Diaz told the fellow, “I guess that since you have my wallet, you’re going to have to treat.”

The young man gave Diaz back his wallet, Diaz paid for dinner, and gave the fellow \$20. Diaz asked for something in return — the kid’s knife — and he gave it to him. “If you treat people right, you can only hope they treat you right,” Diaz later concluded. “It’s as simple as it gets in this complicated world.” (*To watch a touching dramatization of this encounter, go to **YouTube**, “Hey, You Forgot Something.”*)

Fifty-year-old Wesley Autrey stood on a Bronx subway platform and watched a young man succumb to an epileptic seizure, and then fall off the platform into the path of an oncoming train. To onlookers’ astonishment, Autrey jumped onto the tracks, covered the man’s body, and pressed him into the gutter between the tracks while the train hurtled above both of them. Miraculously, when the train had passed, neither man was injured. The train’s undercarriage passed so close to Autrey’s head that he emerged with grease marks on his knit cap. People who believe they are bodies only do not jump onto subway tracks to save a stranger’s life. Only someone imbued with an awareness of his nature as an immortal spirit would effect such altruism.

When Captain Chesley B. Sullenberger III piloted his U.S. Airways airplane to take off from New York’s LaGuardia airport on a cold January morning, he had no idea where that flight would take him. Shortly after takeoff, the Airbus 320 encountered a flock of birds that were sucked into its jets, instantly disabling flight. With no landing strip in range, Sullenberger’s only option was to set the plane down on the Hudson River. As the pilot executed a skilled landing on the icy waters, the crews of nearby ferry boats saw the crash and motored to the plane to rescue the passengers. Sullenberger’s true bravery came forth when he made his way through the aisle of the sinking aircraft to be sure no one was left aboard. When he was certain that all of the 150 passengers and 5 crew members had exited safely, he stepped across a wing to helping hands.

The movie *Starman* tells of an extraterrestrial who visits Earth by cloning the body of a man who has recently died. The cosmic visitor meets the man’s widow, who, although initially petrified, proceeds to help him. *Starman* spends the larger part of his earthly visit fleeing from authorities attempting to capture him. Smarter than his pursuers, he eventually engineers a rendezvous with a rescue starship. Moments before he departs, he confides in a human companion, “Shall I tell you what I find beautiful about you? . . . You are at your very best when things are worst.”

*Alan Cohen is the author the new bestseller **A Course in Miracles Made Easy: Mastering the Journey from Fear to Love**. Become a certified professional life coach through Alan’s transformational Life Coach Training beginning September 1. For more information about this program, his free daily inspirational quotes, online courses, and weekly radio show, visit www.AlanCohen.com.*

Hot Topics from page 3

review did not find a single state that covers all of the approved medications used to treat opioid addiction.”

The Essential Health Benefits benchmark plans determine which addiction benefits are available to the 12.7 million people who are insured under Affordable Care Act plans. Substance use disorder services must be covered under the law, since they are designated as an Essential Health Benefit.

“We’re still a long way from treating addiction like a disease,” said Samuel A. Ball, PhD, President and CEO at The National Center on Addiction and Substance Abuse. “Insurers are still not providing the same level of benefits for addiction treatment and services as they do for medical or surgical care. The absence of sufficient coverage for medication-assisted treatment for opioid addiction is particularly alarming given the number of people dying or suffering on a daily basis. *This kind of health care discrimination would never be tolerated during an epidemic for any other life-threatening disease.*”

Opioid Epidemic puts new focus on Sober Housing on College Campuses



The opioid epidemic is increasing interest in college sober housing, **PBS News Hour** reported. Sober dorms offer substance-free housing and activities for students in recovery from addiction to drugs and alcohol.

Rutgers University in New Jersey pioneered the concept of sober housing in 1988, the article notes. Governor Chris Christie (NJ) signed legislation last year requiring all state college and universities to offer sober housing if at least one-quarter of students live on campus. Schools have four years to comply.

Texas Tech has had substance-free housing since 2011, while Oregon State University will offer sober housing this coming school year. The University of Vermont launched a recovery program in 2010, which includes sober housing.

Sober dorms are a “major new development in the recovery movement. They’re unique because they get to the heart of the beast,” said Dr. Robert DuPont, who heads the drug policy think tank the Institute for Behavior and Health, and served as White House Drug Chief from 1973 to 1977. In college, he said, “You’re surrounded by people who are using alcohol and drugs in addictive ways. Someone else is paying the bills and there’s no supervision.”

More than 35 percent of American college students say they have had more than five drinks in one sitting in the past two weeks, and 43 percent of college students say they have been drunk in the past month, the article notes. Daily marijuana use has more than tripled in the past 20 years among full-time college students.

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Support Groups

Table with 2 columns: Group Name, Phone Number. Rows include Alcoholics Anonymous, Al-Anon, ACA, Bipolar Wellness Network, Cocaine Anonymous, Co-Anon, CoDA, COSA, Crystal Meth Anonymous, Emotions Anonymous, Families Anonymous, Gamblers Anonymous, Grief Recovery, Heroin Anonymous, Marijuana Anonymous, Narcotics Anonymous, Overeaters Anonymous, Parents Anonymous, Phoenix Metro SAA, Sexaholics Anonymous, Sex/Love Addicts Anonymous, Sex/Love Addicts Anonymous, Sex Addicts Anonymous, S-ANON.

Treatment Service Resources

Table with 2 columns: Resource Name, Phone Number. Rows include TOGETHER AZ, ART OF RECOVERY EXPO, ACT Counseling & Education, Amity Foundation, AZ. Dept. of Health, AZ Office of Problem Gambling, Aurora Behavioral Health, AzRHA, Calvary Addiction Recovery, Carla Vista Sober Living, Celebrate Recovery Chandler Christian Church.

Table with 2 columns: Resource Name, Phone Number. Rows include Chandler Valley Hope, Choices Network, Community Bridges, CBI, Inc. Access to Care Line, Core Recovery Services, Cottonwood Tucson, Crisis Response Network, The Crossroads, Decision Point Center, Dr. Marlo Archer, Dr. Janice Blair, Dr. Dina Evan, Dr. Dan Glick, Elements Behavioral Health, EVARC, Franciscan Renewal Center, Gallus Detox, Gifts Anon, Governor's Office of Youth, Faith & Family, Hunkapi Programs, Intervention ASAP, Geffen Liberman, LISAC, Lafrontera -EMPACT, The Meadows, Mercy Maricopa Integragte Care, National Domestic Violence, NCADD, Office Problem Gambling, Pathway Programs, PITCH 4 KIDZ, Psychological Counseling Services (PCS), The Promises, Rape Hotline (CASA), Remuda Ranch, Rio Retreat Center, River Source-12 Step Holistic.

Table with 2 columns: Resource Name, Phone Number. Rows include Sierra Tucson, Springboard Recovery, Sundance Center, St. Luke's Behavioral, Suicide Hotline, Sundance Center, Teen Challenge of AZ, Teen Dating Violence, TERROS, Valley Hosptial, Legal Services, Dwane Cates, Tax Intervention, Renee Sieradski, EA, www.tax-intervention.com.

TUCSON

Table with 2 columns: Resource Name, Phone Number. Rows include ACA, Alcoholics Anonymous, Al-Anon, Anger Management, Center For Life Skills Development, Co-Anon Family Groups, Cocaine Anonymous, Cottonwood de Tucson, Crisis Intervention, Information Referral Helpline, Narcotics Anonymous, Nicotine Anonymous, Overeaters Anonymous, Sex/Love Addicts Anonymous, Sex Addicts Anonymous, Sierra Tucson, Suicide Prevention, Men's Teen Challenge, Turn Your Life Around, Workaholics Anonymous.

To get listed email Barbara Brown: aztogether@yahoo.com

The Addiction Gene
Someone who tries drugs is more likely to wind up in full-blown addiction if they start young, before the parts of their brain that govern impulse control mature.

By Robert Yagoda

If you have a family history of addiction, one way to avoid addiction is simply never to begin experimenting, yet sometimes that is an impossible thought. It's an inevitable lament at birthday parties, girls' nights and cook-outs: "None for me, thank you. If I eat just one (insert something delicious here), I won't stop." Research shows about half of a person's vulnerability to addiction stems from biological factors. Their environment and the circumstances surrounding their development also contribute to whether or not that predisposition manifests itself in the form of full-blown addiction. Conventional wisdom posits that if a person's parents or grandparents struggled with substance abuse or addiction, they too will be fated to some form of chemical dependency. But many children of addicts live against the grain of that upbringing, swearing off any substances that could be abused. But scientists believe there is no singular addiction gene. There is no test that can label someone a future addict. Awareness and education can go a long way in this case.

- BUILD A KNOWLEDGE BASE

There is more attention focused on addiction and addiction science now more han ever, and increasingly few excuses for not paying attention. This epidemic touches everyone. Even those without a family history of addiction likely know one or a dozen people who are struggling — possibly in silence.

From recovery groups to counseling to information available online about causes and treatment, the time to become educated is right now.

- SCRUTINIZE BEHAVIORS

Now is the time for analyzing the underlying problems that may manifest themselves in harmful behavior. You might polish off a pint of ice cream the night before a project is due, or because you are bored. You pause in the pantry to down that last glass of wine out of sight, lest someone think you have a drinking problem. Overdoing the sweets or having one beer too many may not seem like a big deal — and it's not, if it never escalates. But it could also be an attempt at self-medication for anxiety or depression for someone prone to impulsive or compulsive behavior. These folks might not be in active addiction, but they are struggling with the same issues that can lead others into a downward spiral.

- UNDERSTAND RISK FACTORS

Risk factors for dependency or addiction don't stop with the genetic hand one is dealt. A social circle that revolves around drinking or drugs, a personal history of trauma, low self-esteem, family dysfunction and a lack of social support can all leave someone vulnerable to this disease.

- PREVENTION IS KEY

The best way to avoid addiction is simply never

to begin experimenting. This may sound obvious, but it's borne out by fact. Although experimentation at any age can open the door to the chronic compulsion to seek and use illicit substances, someone who tries drugs is more likely to wind up in full-blown addiction if they start young, before the parts of their brain that govern impulse control mature. According to annual estimates from the National Survey on Drug Use and Health, about one in 10 people aged 12 or older had used an illicit substance within 30 days of taking the most recently published survey. That's 27 million people, with nearly 8,000 people aged 12 or older using an illicit drug for the first time within the preceding 12 months. About 10 to 20 percent of people who try those drugs become dependent on them. Why take the risk?

- LEAD BY EXAMPLE

Anyone with a genetic predisposition toward addiction ultimately has a responsibility to pass lessons learned on to the next generation. When children enter the picture, the stakes are high. They have a right to understand what they are up against. That means openness, honesty and courage on the part of a parent who might rather not discuss such a sensitive subject. It means having the courage to seek help if help is needed. It takes courage to acknowledge a problem, but even more courage to resolve it.

Community Calendar

Send your events and support group information to aztogether@yahoo.com. Due 20th of month prior to printing

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: **AUG. 16**. If you have attended in the past, 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.

RIO RETREAT CENTER — A Man's Way™ Intensive. *Upcoming October 3-7.* Using the powerful curriculum developed by Dan Griffin, The Meadows Senior Fellow and based on his two groundbreaking books *A Man's Way through the Twelve Steps* and *A Man's Way through Relationships*, we will provide a five day intensive and challenging experience for you to transform your understanding of what it means to be a man in recovery. **Register: 800-244-4949.**

Friday July 15. 9:00 AM to 11:00. Professional Lecture Series by **Meadows Behavioral Healthcare.** The Meadows Outpatient Center 19120 N. Pima Road, Ste. 125, Scottsdale *It's Not Us, It's Them: How We Are Failing Men in Treatment*, by Dan Griffin, MA. Presentation offers practical guidance and tools for professionals working with men in navigating challenging areas.

Clinical Breakfast Series — First Wednesday of the month 8:00-9:00 A.M. *St. Luke's Behavioral Health* Trends and treatments in the behavioral health field, 1 CEU. St. Luke's Behavioral Health Center Auditorium. 1800 East Van Buren Street.

Mondays—Scottsdale—FAMILY RECOVERY GROUP at The Meadows Outpatient Center. Facilitated by Brough Stewart, LPC. 5:30 -7:30 p.m. Group designed to help begin and continue family recovery. Stop enabling behaviors and learn how to set healthy boundaries based on Pia Mellody's Model. **No reservations or charge.** The Meadows Outpatient Center, 19120 N. Pima Rd., Ste. 125, Scottsdale. Contact: Jim Corrington LCSW, **602-740-8403.**

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.

SIERRA TUCSON— Alumni Groups. Scottsdale, 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, follow signs to the Counseling Center, located in the chapel complex. Contact: Rob L. at **602-339-4244** or stscottsdalealumni@gmail.com.

SIERRA TUCSON— 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, PCS, 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.*

On Going Support VALLEY HOSPITAL— IOP Group for Chemical Dependency/Co-Occuring. Mon., Tues., Thurs. 6-9:00 P.M. Call intake for details: **602-952-3939.** 3550 E. Pinchot Avenue, Phoenix. www.valleyhospital-phoenix.com

Open Hearts Open Minds Counseling Services — Women's Therapeutic Group for Partners of Sex Addicts. Find comfort, strength and hope while exploring intimacy issues. Shea/Tatum area. **Men's Therapeutic Group for Sex Addiction—** work through a task-centered model with a certified sex addiction therapist. Call Cynthia A. Criss, LPC, CSAT **602-677-3557** for details.

Families Anonymous—12 step program for family members of addicted individuals. Phoenix -Mon. 7:00 P.M., First Methodist Church, 5510 N. Central Ave. 602-647-5800. Scottsdale Sun. 4:00 p.m., 10427 N. Scottsdale Rd., North Scottsdale Fellowship Hall **480-225-1555** or **602-647-5800**

Thursdays— Men's General Therapy Group empowering work through blockages to living. Dennis Ryan, M.C., L.P.C. 5-6:30 P.M. and 6:30-8:00 P.M. Transformation Institute. 4202 N. 32nd St., Suite J, Phoenix. **602-381-8003.**

Chronic Pain Sufferers "Harvesting Support for Chronic Pain," third Saturday of month, 12—1:00 P.M. Harvest of Tempe, 710 W. Elliot Rd., Suite 103, Tempe. Carol **480-246-7029.**

Hope, Strength, Support—Jewish Alcoholics, Addicts, Families and Friends (JACS*) 1st / 3rd Wednesday, 7:30 p.m. Ina Levine Jewish Community Campus, 2nd floor conference room. 12701 N. Scottsdale Rd. **602-971-1234** ext. 280 or at JACSarizona@gmail.com

PSA Behavioral Health "The Guild" Monday 5:30 -7:30 pm. A fun-filled, educational, supportive get-together. 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. 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.** Thursday 11:00 am-Noon. 2210 W. Southern Ave. Mesa, 85202. Information **602-793-4120.**

WOMEN FOR SOBRIETY — www.womenforsobriety.org Meeting every Saturday —10-11:30am. All Saints of the Desert Episcopal Church-9502 W. Hutton Drive. Sun City. 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"* Thurs., 6:30 - 7:45 pm, 2121 S. Rural Rd., 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.

COTTONWOOD TUCSON. ALUMNI—First Wednesday of month 6:00-7:30 p.m. **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. 5:00 p.m. dinner. **800-877-4520 x2141.** cottonwoodtucson.com

ACOA Thurs., 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. www.aca.arizona.org

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

Overeaters Anonymous - 12 Step program for addictions to food and food behaviors. 18 meetings scheduled per week. **520-733-0880** or www.oasouthernaz.org.

Pills Anonymous—Glendale Tues. 7-8:00 pm. HealthSouth Stroke Rehab 13460 N. 67th Ave. Rosalie 602-540-2540. **Mesa** Tues. 7-8:00 pm, St. 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. Janice **602-909-8937.**

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Fridays 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, E: larrydaily@chandlerccc.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. Cynthia SN/AC Coordinator 480-946-1384, email Mike at mphaes@mac.com

Survivors of Incest Anonymous. 12-step recovery 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.



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