

# Together AZ

JULY 2017

Inspiring Success on the Road to Recovery

## Arizona's Opioid Epidemic

*Q & A with Dr. Shapiro & Dr. Jackson of Sierra Tucson*

**Q: Governor Doug Ducey declared a state of emergency regarding the opioid epidemic in our state; what are your thoughts?**

**Dr. Jackson:** The Center for Disease Control and the Surgeon General's report on addiction have both declared an opioid epidemic in the United States. Recently, opioid overdose statistics for 2016 were released. 59,000 American died from a drug overdose in 2016. Drug overdose is now the leading cause of death for people under the age of 50.

Allocating funds in the state of Arizona is progress in the right direction.

**Q: Why do you think opiates are so prevalent in Arizona?**

**Dr. Shapiro:** Prescription medication misuse is a nationwide problem and Arizona is not an exception.

**Q: What factors have contributed to the severity of the current prescription drug abuse problem?**

**Dr. Shapiro:** Beginning in the 1990's, there occurred significant societal and political pressure on the medical community to treat pain as the so-called "5th vital sign" (in addition to pulse, blood pressure, respiratory rate, and temperature). There was a perception in the community that medical providers were not doing enough to address patient complaints of pain.

Opioid analgesics have long been used as ineffective and appropriate treatment for acute pain, but have generally been shown to be less effective for chronic pain syndromes and possibly more dangerous. The pendulum is now swinging back in the other direction, given the current opioid misuse epidemic. I believe that other factors include increased advertising by pharmaceutical manufacturers including television ads for prescription medications, and the ready availability on the internet of medical information that makes the public feel more enlightened, but is often incomplete and frequently read out of context.

**Q: Education is a critical component to curb the abuse of prescription medications; do you think most doctors are now more aware of what they are prescribing?**

**Dr. Jackson:** The tides are turning. Medical students and residents now learn improved opiate prescribing and the risk of opiate addiction. The DEA and Arizona Medical Board require education on opiate prescribing as well. Arizona Board of Pharmacy has a monitoring program that physician can use to monitor both patients' opioid prescriptions and their own prescribing trends.

More physicians are learning about addiction and learning to screen for signs and symptoms of addiction.

**Q: What are some other options for pain management other than prescribed drugs?**

**Dr. Shapiro:** That depends on the type of pain, but in general the following: physical therapy, chiropractic, bio neuro feedback, acupuncture, acupressure, deep tissue massage, craniosacral therapy, transcu-

OPIATE EPIDEMIC continued page 2

## Healing, Recovery, and Emotional Growth

By Georgia Fourlas, DSW, MSW, LCSW, LISAC, CSAT-S,  
Clinical Director of Workshops, Rio Retreat Center at The Meadows



*For those who are looking to overcome negative behaviors, or even simply identify the source of some of their emotional suffering, intensive workshops can be a springboard to recovery and renewal.*

Workshops are brief and often intense sessions designed to address an area of concern or personal struggle. They are transformative programs that help individuals identify negative patterns and break the cycle of maladaptive behaviors that may be holding them back. Workshops often last three to five days but can last up to two weeks.

Workshop participants work on sensitive issues in a concentrated format. This allows them to gain insight into unhealthy, embroiled patterns of behavior, and to practice new relational skills within a safe environment. Workshops are a great option for people who do not need inpatient treatment but want to participate in a program that can bring them more immediate results than they are able to accomplish in weekly individual therapy sessions.

### What Can You Expect?

Participants can expect to be in programming all day and often continue into the evening with group activities and ancillary services. Workshops typically contain a lot of psycho-education with therapeutic activities designed to

break through barriers and strengthen recovery.

Workshop providers often have therapists who are dedicated solely to facilitating workshops. This means the therapists are specifically trained in conducting a particular workshop and have extensive expertise in the subject matter. For example, you will often find specialized trauma therapists, certified sex addiction therapists and licensed marriage and family therapists running workshops related to their areas of expertise. Other providers may have therapists who work in their inpatient treatment center rotate into facilitating workshops occasionally when they are offered.

In addition, some private practitioners who function as long-term, ongoing therapists may also provide workshops to their clients. These may occur over a weekend or another block of time that the therapist chooses. Workshops provided by a private therapist may or may not occur in a group environment.

Many workshop providers offer on-site accommodations which allow participants to stay cocooned into the treatment process, offering a supportive environment even outside of group

HEALING RECOVERY continued page 8



# REAL TREATMENT, REAL RESULTS



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

**The  
River Source**

**INTEGRATIVE MEDICAL DETOX**

**30, 60, 90 DAY RESIDENTIAL • DAY TREATMENT PROGRAM  
INTENSIVE OUTPATIENT • CONTINUING CARE PROGRAM**

## **ADULT RESIDENTIAL**

**MEN'S ONLY PROGRAM**

**WOMEN'S ONLY PROGRAM**

16286 S. Sunland Gin Road  
Arizona City, AZ 85123

## **OUTPATIENT LOCATION**

**ADULT DAY TREATMENT & IOP**

108 E. 2nd Avenue  
Mesa, AZ 85210

**CALL NOW, WE'RE HERE TO HELP: (866) 582-0101**

### **OPIATE EPIDEMIC** from page 1

taneous electrical nerve stimulation techniques, radiofrequency nerve ablation, naturopathic remedies (holistic approach). All the above techniques represent management of pain, and not necessarily elimination or even reduction of pain, and patient's need to understand these differences and the limits of our current state of the art for pain management; and this requires patient education.

**Q: As parents, neighbors, community members, what can we do collectively to bring more education and awareness to this crisis?**

**Dr. Jackson:** 1. Remove all controlled prescription medication from the home when not using 2. Keep controlled medication locked 3. Don't be afraid to start asking about drug use early (age 10 to 12) 4. Intervene early when children have behavioral changes 5. Confirm, but verify with a drug screen 6. Involved physician, school counselors, and church.

**Q: What if any responsibility should the pharmaceutical companies take on this crisis?**

**Dr. Shapiro:** Significant responsibility, but not all. The pharmaceutical

industry responds to the demand from society, but I also believe that it is the FDA's responsibility to provide some check on the pharmaceutical industry, and that has sometimes been lacking when it comes to the proliferation of more and more formulations of opioid analgesics.

**Q: What age group do you see as the most vulnerable?**

**Dr. Shapiro:** All age groups are vulnerable and we are seeing the epidemic of the opioid use disorder cross all demographic boundaries, not just age boundaries but traditional socioeconomic lines. In my opinion, the younger age groups, teens and adolescents, are at more risk because, in general, younger patients have less developed coping skills to avoid the pitfalls and temptation of using substances to address situational stressors and peer group pressures.

**Dr. Jackson:** Junior high and high school age children most commonly begin using opiates from family members or friends. The first exposure is normally an opiate pill from a friend or family member's medicine cabinet.

### **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**

*Rick Baney*

*George J. Nicholson*

*Stephanie Siete*

*Website: Webconsuls*

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

*Teresa Jackson, MD, is the Director of the Addictions / Co-occurring Disorders Program at Sierra Tucson. Dr. Jackson is board certified in Addiction Medicine.*

*Dr. Shapiro is board certified by both the American Board of Addiction Medicine and the American Board of Anesthesiology. He is a member of the American Society of Addiction Medicine and the California Society of Addiction Medicine.*

*If you or someone you know needs help contact Sierra Tucson (855) 693-7208 and visit **sierratucson.com***

**"Faith and hope work hand in hand, however while hope focuses on the future, faith focuses on the now."**



We're proud to announce that the Department of Veterans Affairs and Valley Hospital have signed the Provider Agreement making us one of the go-to community resources for providing behavioral health treatment to Veterans.

We are truly proud of the treatment we provide to Veterans, Active Duty Service Members, First Responders and civilians.

As a reminder, Valley Hospital's Treatment options include:

**Adult Mental Health  
Adult Detox / Rehab  
Adult Dual Diagnosis  
Exclusively Women's Program  
Freedom Care Program  
PHP/IOP**

**Ages 18 & Older**

**For any questions or referrals please contact Freedom Care  
Community Liaison Ken Flack @602-292-6757**

Secure Fax: 602-952-3922

24 Hours / 7 Days a Week Referral & Admission Center: 602-952-3939

**Valley Hospital  
3550 E. Pinchot Ave.  
Phoenix, AZ 85018**



# Pain is lonely.

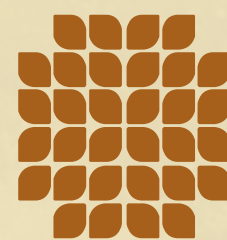
*Together We Are Stronger*

*"As the direct result of receiving treatment from Sierra Tucson, I am living a life of peace, serenity, strength, and hope. No longer am I a burden to my family, but an asset."*  
-Lana E., Leawood, KS.

## SIERRA TUCSON WILL BE THERE RIGHT ALONGSIDE YOU.

Whether you are suffering from chronic pain or the pain of depression, addiction, PTSD, or disordered eating, we are here to help you heal.

Call us to take the next step on your journey of change.



## SIERRA TUCSON®

Where Change Begins®

844-209-3372 | [SierraTucson.com](http://SierraTucson.com)

We work with most insurance.



# 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

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

[www.azlaw4u.com](http://www.azlaw4u.com)

# 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](http://www.calvarycenter.com)**

# The R Word

Dr. Dina Evan

What's the world coming to? It seems no one is willing to take personal responsibility for any decisions about anything, especially in Washington. However, that's not the only place. We see this in families when couples blame each other, when kids argue and blame each other and in business when medicines, toys, cars or any other product fails or is faulty.

Somehow, we got the message that taking responsibility is a bad thing, it makes us feel like a failure. Actually, just the opposite is true. Taking responsibility for our actions is a sign of integrity, strength and courage. It makes you self-aware and honorable in a healthy way, both of which may seem unfamiliar and new to you. Careful though, one pitfall to avoid is that of beating yourself up for making human mistakes — because that is self-abuse. The truth is that people who either never make mistakes, or never admit to them, are standing still in their own ego.

## Making mistakes is part of life

Finding out what doesn't work is required for creating what does. Leave the past in the past and don't drag it into your now. It's not helpful or relevant.

A major part of being responsible is also about setting healthy boundaries. In the beginning of your process, you may have a tendency to take too much responsibility for what others think, what they may be feeling or how they react. You are not responsible for anyone else's feelings or responses. You are only responsible for your own.

When you take responsibility, everyone wins because your relationships are more honest and authentic. Unfortunately, you can't avoid the reality that others may feel pain simply because you choose to be who you are.

An example may be that you are dead tired and your best friend needs you to sit up all night commiserating over her broken relationship. If you say you take responsibility and say you are exhausted and need to be with your family that night, she is going to feel pain and it is not your job to fix that.

What you can do is set a time that is better for both of you during which you can give her what she needs. If you treat yourself as if your needs are important, worthy of being respected, most people will respect that as well and if they can't...it's not about you and it's not your problem.

We all come here with only one assignment and that is to be fully who we are. We can get side tracked or delayed, but, sooner or later, we have to get back to this one basic assignment. It is that of taking full responsibility for every action, every word we speak and everything that happens in our life. That is what being fully empowered means. Here's a little something you can hang on your wall in case you need

**Taking responsibility for our actions is a sign of integrity, strength and courage.**

a reminder about what your responsibilities are or are not supposed to be.

## Responsibility

It is never your responsibility to:

- Give what you don't want to give, for that is a violation of your own boundaries
- Sacrifice your integrity to anyone for that grieves your spirit
- Drain your strength for others because that discounts your own needs
- Listen to unwise counsel for that ignores your inner wisdom
- Maintain an unfair relationship because that devalues your worth.
- Be anyone other than who you are because that robs the world of your unique gift
- Conform to unreasonable demands for that creates resentment
- Be 100% perfect because we are all still works in process
- Follow the crowd because there is no value in sameness
- Please unpleasant people because that is self-induced abuse
- Bear the burden of an other's misbehavior because accepting consequences are a precious part of each person's own path
- Feel guilty for your own inner desires for those are Divinely inspired
- Endure your own negative thoughts because that is a refusal to heal
- Meekly let life pass you by for that is a waste of your choice to be born.



Dr. Evan specializes in relationships, personal and professional empowerment, compassion and consciousness. 602-997-1200, 602 571-8228,

[DrDinaEvan@cox.net](mailto:DrDinaEvan@cox.net) and [www.DrDinaEvan.com](http://www.DrDinaEvan.com).



# TAX INTERVENTION

Tax Resolution | Business Accounting | Tax Preparation

Providing Arizona residents with  
Tax Resolution Services since 2000

Renee Sieradski is a Federally Licensed Tax Practitioner specializing in helping Individuals and Business Owners with tax debts to get the IRS or the State off their back by resolving back tax issues.

Initial Consultation  
Valued at \$350, ONLY \$39  
When you mention this ad

**(602) 687-9768**



Renee Sieradski, EA  
Owner of Tax Intervention

4545 N 36th St, Ste 100  
Phoenix, Arizona 85018

**[www.tax-intervention.com](http://www.tax-intervention.com)**





Intensive Treatment Systems

Enhancing the Quality of Life

855-245-6350 / info@itsofaz.com

Intensive Treatment Systems of Arizona

www.itsofaz.com

## Why You Shouldn't Use the Word "Addict"

### Addiction is a disease.

It's important we use language that frames it as a health issue and shows respect to people with an addiction and to their families who are impacted. Just like we would with any other disease, like diabetes or asthma.

A person shouldn't be defined or labeled by his or her disease or illness, it is something they have. For example: Instead of calling someone a "diabetic," it's preferable to use person-first language and say "someone with diabetes." The same goes with the word "addict."

### We have a choice when we communicate

We can use words that perpetuate the negative stigma around substance use — words that label people with an addiction in a negative, shameful and judgmental way. Or we can use words that are compassionate, supportive and respectful — words that helps others understand substance use disorder as the health issue that it is.

By choosing to rethink and reshape our language, we will allow people with an addiction to more easily regain their self-esteem and more comfortably seek treatment, allow lawmakers to appropriate funding, allow doctors to deliver better treatment, allow insurers to increase coverage of evidence-based treatment and help the public understand this is a medical condition and should be treated as such.

The *Associated Press* recently took an important step to stop using stigmatizing language toward people struggling with a substance use disorder, recognizing that words have power. We invite you to do the same.

We've assembled a brief list of words and phrases to avoid and words to use in their place. With a unified language, we can help reshape the landscape and end the negative stereotypes and stigma of addiction. And by doing so, we can remove barriers that continue to hold back too many people from the lifesaving treatment they need.

**AVOID:** Abuse/Abuser Example: He's a drug abuser.

Why? Linked with violence, anger or a lack of control. Not positioned as a health issue and places blame on the person with an addiction.

Instead say: Misuse, risky use, harmful use, inappropriate use, unhealthy use, hazardous use, problem use, unhealthy use, non-medical use; individual struggling

Language continued page 7


**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.




**AURORA**  
BEHAVIORAL HEALTH SYSTEM

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.**



# Missing Money

By Renee Sieradski, EA

As I write this column, I am struggling with a depressive episode. My SSRI that has worked for over four years at the same dose, has slowly stopped working over the last two months. After bargaining for a few weeks with the reality of the situation and getting some feedback from my husband, we decided I most likely need an increase in my dosage. He did some research online and found the average dose is 40mg per day. I'm on 20 mg, therefore, I'm headed to the doctor's office and will most likely bump up to 30 mg.

I've been down this road before so I know once I start the higher dose, it will take about two weeks before I feel better. Waiting isn't fun when you don't feel well. But on the other hand, two weeks isn't a long time considering it took me 10 years to find this particular medication that lifted my depression.

I also have some random musings rattling around in my brain such as, "Doesn't it seem strange to have a depressive episode in summer?" Of course, I know Serotonin is not solely produced by the sun's vitamin D. Also, "If I gained 40 pounds when I went on 20 milligrams, will I gain 20 more pounds if I increase to 30 mg's?" (*as an accountant, I have to break everything down by the math.*)

### Not Internalizing Other People's Reactions

When we become self-aware and begin to have self-love, only then can we extend it to others. If we are talking to someone and they become defensive, we've hit a shame button. This would be a shift from internalizing their defensiveness and feel shame ourselves asking ourselves "What did I do wrong to deserve that reaction?"

This takes time and a lot of failed attempts. I can attest to this being a continual work in progress. But it's easier if we can take a step back and realize this person has their own shame and their reaction of defense may have absolutely nothing to do with us.

They could be experiencing shame over fear, anger over shame, or insecurity. It's an invisible button inside another. It helps us not take a swan-dive into chaos, responsibility for another person's reaction. We're okay and hopefully someday they will experience their own self-awareness.

### On to Finances

One exciting thing I like to share with my clients is a website maintained by the NAUPA (National Association of Unclaimed Property Administrators). They keep a record of funds the government is holding in trust until owners are located. It's surprising how many people, due to moving have missing money owed to them because a check didn't get forwarded.

I encourage you to check it out at [www.missingmoney.com](http://www.missingmoney.com). You'll put in your first and last name, and the state you're living in (if you've moved leave this one blank and do a national search). If you have missing money, it will show up and tell you which government agency is holding the funds. Usually, it's the unclaimed funds department of the state that you lived in when the funds were mailed to you and returned to the sender. If you find missing money for your friends, you'll be their hero. If you find missing money for yourself, it's pretty exciting. The search will inform you if the value is under \$100 because then it might not be worth your time to fill out the paperwork or go down to the state office to claim less than \$100.

If the site does return a search stating you have unclaimed funds, it won't tell you the dollar amount but will tell you if it's less than \$100. You can assume if it doesn't say "less than \$100", then it's over. Last year, I received \$500 from finding my husband's name on [www.missingmoney.com](http://www.missingmoney.com). It was from a car accident in 2005 where we had to pre-pay our insurance deductible for the car repairs to the auto-body shop and then after the case was settled, the insurance company reimbursed us. We forgot about the expected reimbursement, moved in 2005, and it was returned to the unclaimed funds department where it stayed for 11 years until I discovered it on [missingmoney.com](http://missingmoney.com).

My husband and I printed out the Arizona Unclaimed Funds form, filled it out, and had his signature notarized. We took it downtown to the Arizona Department of Revenue and after about 10 minutes, we had a check in our hands for \$500. Not bad at all!





**Scott Troyanos**

Scott Residential Group

**602.376.6086**

stroyanos@hsmove.com

www.ListSellMove.net

*Trusted real estate representation*


RESIDENTIAL  
INVESTMENT  
VACATION



**HOME SMART**  
Elite GROUP

*Serving the recovery community since 2005*







**PCS | PSYCHOLOGICAL COUNSELING SERVICES**  
HEALING HEARTS & TRANSFORMING LIVES

## Introducing the PCS Intensive Program

- PCS is staffed by a team of 25 highly trained and nationally recognized mental health professionals who deliver a powerful balance of compassion, support, and challenge that is action oriented and results focused for better treatment outcomes even in difficult and challenging situations.
- Treatment is personalized and progress continuously monitored- 30 hours of individual/couple face-to-face therapy and 20 hours of group therapy per week- truly an INTENSIVE learning and transformational experience.
- Cost-effective  
If you are a therapist, doctor, pastor or HR professional and have not yet heard of or experienced the PCS Intensive:
- Call our Intensive Coordinator for a description of how our program works
- Attend a free Shadowing Experience at our treatment center
- Attend a free monthly networking luncheon, tour our facilities, and meet with the Intensive Coordinator about how you can become a referral resource.

Call or Visit Today to Learn More  
**480.947.5739**  
[www.pcsearle.com](http://www.pcsearle.com)

49TH ANNUAL  
SOUTHWESTERN SCHOOL FOR BEHAVIORAL HEALTH STUDIES

# SWWS 2017

"DELIVERING EXCEPTIONAL CARE  
IN A CHANGING LANDSCAPE"

There will be 8 plenary and more than 100 breakout sessions. Come network with numerous Sponsors & Exhibitors and hundreds of professionals!

BROUGHT TO YOU BY  
**LA FRONTERA ARIZONA**  
IMPACT - SUICIDE PREVENTION CENTER  
**AUGUST 13-17, 2017**  
[www.azsws.org](http://www.azsws.org)  
EARN UP TO 36.75 HOURS OF CONTINUING EDUCATION!

**JW Marriott Star Pass Resort & Spa, Tucson AZ**




BBC provides counseling and treatment to those facing challenges related to Substance Use Disorders, and Mental Health Concerns.

- Intensive Outpatient Treatment
- Individual, Couples and Family Counseling
- DUI/DV Evaluations, Education and Counseling
- SMART Recovery Meetings
- Specialized Programs for LGBTQA

**602.626.8112**  
4225 W. Glendale Ave., #E-108, Phoenix, AZ 85051 • [www.bbcaz.com](http://www.bbcaz.com)

# The Thrill of Victory

By Coach Carl Hargrave

*Integrity and character are the cornerstone to our success. This opens the door to meet our objective, to build an excitement and understanding about living and growing in sobriety. Here we experience the joy and confidence that comes as we unearth and demonstrate those positive character traits that so easily escaped us.*

It is a pleasure to have the opportunity to impart into the minds and hearts of the many who are mired in the agony of addiction, that they know Victory is imminent when "Recovery" becomes a intricate part of who we are.

I liken it to the playing field. Having been a significant participant in guiding and mentoring numerous individuals on the football field, I now coach people in the game of life. When I say "Life" that's exactly what I mean.

The fight or game of addiction is about life. We must be cognizant in the reality of winning this game. It's for keeps, the stakes are high, and we must play to win and understand with addiction — looms death.

To insure we align ourselves with the quest of the end goal, I present the "X & O's of Sobriety," the playbook of champions. Here we will bring to life the game plan in attacking the opponent.

You will see the importance of a positive attitude as step one, gaining and launching an assault against the strong but not so worthy opponents drugs and alcohol ravaging our society.

We must understand we are digging out of a situation that calls for intention and singleness of purpose, and it is imperative we identify our expectations and commitment. What are our expectations and what is the commitment to meet them? What do you want to achieve, and what are you willing to do to achieve your goal? This must be defined prior to kick off.

with a staunch defensive front becomes the task at hand as we set our goals on both sides.

**Offense:**

1. In the Pass (I will pass up that drink or drug)
2. Top 3 in the Rush ( a. I will do it now. b. Take the action immediately. c. Rush to get it accomplished.)

**Defense:**

1. The Rush (I don't need the rush, avoiding the triggers, great avoidance technique)
2. TOP 3 vs. PASS (a. Don't Pass It To Me, (b. I will break up the pass, c. I will sack the QB. "the dealer"
3. # 1 in Turnovers ( I turn it over to my Higher Power)

The offensive philosophy is one of "Attack, Attack, Attack, wanting to strike fast and often. We want to take the game to the opponent. Take the initiative (show up) I can't stress enough the importance to GET UP and GET GOING. Don't lay around feeling sorry for oneself, and expect anything to change. The champion dictates the game. It is imperative we keep the opponent off balance. Remember "Enthusiasm " is contagious. Talk about it; (Share your story) Be about it; (Service) this allows you to be unselfish.

I encourage you to put your huddle together and surround yourself with those you trust. The Huddle is the most sacred place on the field, where you can gain the support of those who love you. Your Huddle may consist of family, friends, and sponsor, and therapists. They are in the game with you, inherently committed as you are, if not kick them out of your circle.

The defensive philosophy must be one of tenacity as you SWARM the opponent. Gang tackle the disease: (attend meetings, there is power in numbers.) Force turnovers: (turn it over to your higher power, work the steps) Dictate the game: (be large and in charge of your mind. Call your sponsor).

The Recovery community will overtake the addiction community as we become less anonymous, less fearful and less self consumed. We will one day see more people in active recovery than active addiction. Stand strong! It truly takes more than a village, it takes a society.

### The Winning Game Plan

From a football analogy, taking a radical approach gives us the best chance of beating our opponent. Launching an offensive assault coupled

Coach Carl and Fit Four Recovery will be presenting at the 12th Art of Recovery Expo on Saturday, September 16, Phoenix Convention Center, Hall F. [artofrecoveryexpo.com](http://artofrecoveryexpo.com)



Language from page 5  
gling with misuse, individual suffering with substance use disorder, individual struggling with chemical dependency.

**AVOID:** Addict

Related: alcoholic, crackhead, druggie, dopehead, dooper, drunk, drunkard, junkie, pothead

**WHY?** The word addict is stigmatizing, reducing a person's identity down to their struggle with substance use and denies their dignity and humanity. In addition, these labels imply a permanency to the condition, leaving no room for change. It's better to use words that reinforce the medical nature of the condition.

**INSTEAD:** A person with a substance use disorder (SUD), with addiction, in active addiction, experiencing an alcohol/drug problem, with an addictive disorder, with the disease of addiction, with an addictive disease; person who suffers/suffered with addiction; patient (if receiving treatment services).

**AVOID:** User

**WHY?** The term is stigmatizing because it labels a person by his or her behavior (much like "addict").

**INSTEAD:** Person who misuses alcohol/drugs; person engaged in risky use of substances.

**AVOID:** Clean/Sober/Staying Clean/Clean Test

**WHY?** It associates illness symptoms with filth and implies a person struggling with a dependence on drugs or alcohol is inherently "dirty" or socially unacceptable. Same goes when referring to a drug test as a "clean test" (i.e. a negative result/no evidence of use) or "dirty test" (i.e. to a positive result/evidence of use). These terms regarding tests should also be avoided.

**INSTEAD:** In recovery, addiction-free, addiction survivor, in remission, maintaining recovery, wellness, quality of life, substance-free; positive test or negative test.

**AVOID:** Habit


**WHY?** A habit is something that can easily be broken through persistence or willpower. Addiction is more complicated. As a disease of the brain, it requires medical treatment in addition to an emotional commitment to treatment and recovery. Calling addictive disorders a habit denies the medical nature of the condition and implies that resolution of the problem is simply a matter of willpower.

**INSTEAD:** Substance use disorder (SUD), alcohol and drug disorder, alcohol and drug disease, active addiction, inappropriate use, hazardous use, problem use, non-medical use,

unhealthy use, misuse, risky use, harmful use; person struggling with misuse, person suffering with substance use disorder, person struggling with chemical dependency, person who suffers/suffered from/with addiction.

**"For a long time, we've known that language plays a huge role in how we think about people and how people think about themselves. Words have to change so attitudes change."**


*Michael Botticelli, former director of the Office of National Drug Control Policy in The Boston Globe*



**The Valley's Original  
12-Step Bookstore!**

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**



# I am enough

**The Meadows Outpatient Center is now an in-network provider with Blue Cross Blue Shield and Humana insurance carriers, making The Meadows' cutting-edge services and resources accessible to more people than ever before.**


We want to assist you on your journey to recovery from addictions, trauma, and mood or other behavioral health issues, and empower you to create a full, authentic, joyful life. The Meadows Outpatient Center provides comprehensive outpatient program services to adults aged 18 years and older. Patients benefit from The Meadows Model, combined with a time-tested outpatient milieu, that together create a blueprint for ongoing, successful, and long-term recovery.

The Meadows outpatient program is designed for individuals who require 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. 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.

**OUTPATIENT PROGRAM SERVICES**  
Our patients benefit from up to 20 hours of available services per week. We offer:

- All-inclusive price—no surprises or add ons
- 12 hours of group therapy per week
- 1-2 hours of individual counseling weekly
- Psychiatry consultations
- BrainPaint Neurofeedback
- Cognitive Behavioral Therapy (CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Somatic Experiencing® (SE)
- A Brain Spa that is open all day
- Expressive art therapy
- Trauma-sensitive yoga
- Acupuncture
- Specialized treatment groups facilitated by specially trained therapists
- Extensive family involvement
- Aftercare

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



**800.244.4949 | www.themeadowsiop.com | 19120 N. Pima Rd. #125, Scottsdale, AZ 85255**

SCOTTSDALE

# Detox

CENTER OF ARIZONA

**Where the HEARTBEAT of recovery begins**

**Begin your journey with us...**  
*Hope Can Shine Bright in Our Darkest Moments*

**Scottsdale Detox's boutique style environment provides a safe, comfortable, healing space for those seeking detox from alcohol, opiates, benzos, heroin and methadone.**

**Offering private rooms with private bathrooms, catered meals, open café and outdoor patio smoking area.**

**(480) 646-7660**  
**SCOTTSDALEAZDETOX.COM**

We accept most insurances and provide an affordable private pay option.





sessions. It is possible to stay in your own home for some workshops if you are able to find a provider within driving distance of your home, but this is not ideal. If on-site accommodations are available, participants can maximize their experience by staying on site.

Intense work is most effective if participants are able to “check out” of the regular daily stresses of everyday life and just focus on the healing. Work duties, family responsibilities, world news events, and technological devices can distract a person from focusing on themselves and their personal healing.

Who Benefits the Most?

There are a number of different types of people who can benefit from workshops. Anyone who wants to begin an emotional healing process, take an emotional healing journey already in progress to the next level, or who need a little recovery renewal, could benefit greatly from a workshop.

Those Who Are Beginning a Healing or Recovery Journey

Some participants may want to start a journey of healing and recovery but need to build a solid foundation first through some intensive, focused work. Others may not have any addictions or mental health conditions, but feel they need some help with a particular issue. People who do not have a history of addictions or other mental health issues still struggle with the same life issues as those who are addicted or mentally ill. They may pursue a workshop to address those needs.

Maybe it is a mother who cannot stop enabling her addicted child. A child abuse survivor who never really got a chance to address the trauma they experienced. Possibly it is a person who continues to find themselves in destructive and abusive relationships. A student who is gifted and has always had success in high school but finds that in the freedom of college, they get stuck for hours watching online pornography and fail to complete course assignments. It could be someone who just lost their beloved spouse and feels overwhelmed and stuck in grief. Or even someone who just wants to learn more about mindfulness practice. These are only a few examples.

Sometimes participants may have considered inpatient or outpatient treatment and have determined — maybe with the help of their therapist—that they do not qualify for that level of treatment. The therapist may recommend workshops as a viable alternative.

Those Who Need a Recovery Refresher

Workshops can provide a refresher or a source of renewal for those in recovery or those who have already completed an inpatient treatment program, an intensive outpatient program, or both and are active in a 12 step recovery program.

People who are already in recovery from substance use disorders or intimacy disorders often find in their recovery process that other issues pop up that need to be addressed. Sometimes we call this “**Whack-a-Mole,**” referring to the carnival game where the player is challenged to continue to hit “moles” as they pop up out of a game board, with the “moles” popping up faster and faster in an endless cycle that makes it very difficult for the player to keep up — as they hit one down, another pops up. Addiction and other mental health issues can be much like this.

As an example, a person might stop drinking only to find their on-line porn use starts taking over more and more time than they used to spend in the bar. Or a person may find some healing with depression only to discover they are having increasing issues within their relationships. Workshops are designed to help these people address arising issues and navigate their way through the obstacles they are facing on their journeys.

Who Should NOT Attend a Workshop?

Most workshop providers will not accept someone who is in active addiction with drugs or alcohol and may also exclude those active in sexual addictions. Typically, there is a minimum requirement of 30 days of abstinence prior to attending a workshop. Individuals who are a danger to themselves or others are not a good fit until after they are safe. Individuals who are psychiatrically unstable are also not a good fit for workshops. This is not an exhaustive list of who would not be appropriate but this covers the main exclusions. Participants can expect to enter a screening process to determine their eligibility for workshops at the specific facility and for the specific workshop in which they are

attempting to enroll. Each facility and each workshop have unique criteria for admission that they will consider. Their intake departments can guide participants and help determine eligibility.

Types of Workshops

There are many different types of workshops available, so people seeking help should have very little difficulty in finding one that suits their own particular needs or issues.

There are workshops designed to help people to generally break through obstacles with no specific focus on the type of issues to be addressed. There are workshops that are specific to the issue or obstacle that a person may be attempting to overcome. There are workshops that use a specific treatment modality or type of therapy. There are also workshops that are based on a specific popular book or on the work of someone who is highly respected in the addictions or behavioral health field.

Trauma Workshops

Trauma workshops are very popular and offered by a number of providers. Trauma workshops may address general traumatic events or may specialize in a certain type of trauma. There are workshops geared towards childhood, sexual and military trauma. These workshops are designed to address the residual effects of traumatic events, to reduce reactivity to past trauma, and minimize the strength of triggers from past trauma that can lead people back to addictive or other maladaptive behaviors.

Rio Retreat at The Meadows has two trauma workshops that were both designed under the guidance of Pia Mellody. They follow the Overview of Developmental Immaturity Model outlined in her book ***Facing Codependence***. These workshops are called the Survivors Workshops and are focus solely on childhood trauma. Survivors I is run every week of the year. It is a vital component of inpatient treatment at The Meadows, and it is also offered for individuals who want to deal with childhood trauma but do not need inpatient treatment. Survivors II is a continuation of Survivors I and can deal with a wider array of traumatic events that range from childhood to adulthood.

Relationships and Intimacy Workshops

Intimacy disorders represent another topic commonly addressed in workshops. It should be noted that depending on the severity of the intimacy disorder, inpatient treatment is sometimes necessary. However, many people find that a workshop sufficiently addresses their challenging intimacy patterns. Sexual compulsivity, love addiction, partners or sex addicts, and those who consistently find themselves in destructive, abusive or exploitive relationships may find a workshop to fit their needs. Intimacy Disorder workshops are designed to help individuals cope with the obsessive and compulsive nature of the sexual or intimate behaviors. Addressing intimacy issues in a workshop can go a long way in reducing shame and empowering people into recovery.

Rio Retreat at The Meadows offers a Men’s Sexual Recovery Workshop and a Women’s Sexual Recovery workshop. Both of these workshops were designed using Dr. Patrick Carnes’ 30 Task model. The workshop for partners of sex addicts, **Healing Intimate Treason**, is designed by Dr. Claudia Black who frequently stops by the workshop to meet the participants. The **Love Addiction/Love Avoidance** Workshop is based on Pia Mellody’s book ***Facing Love Addiction*** — Pia often drops in to meet the participants of this workshop.

Grief and Loss

Grief and loss workshops are extremely effective in helping individuals who are grieving, and particularly those people who feel they may be stuck in grief. While it is common to think of death and dying as the reason to come to a grief workshop, there are actually many more reasons people attend. Some people may have lost a marriage, career or their health. It can be a relief to just be in a group with other grieving people who would like to honor their grief while also moving forward in their lives. **Healing Heartache** is the name of the grief workshop at Rio Retreat Center.

Couples and Family Workshops

Individual work is not the only type of work that can be accomplished in a workshop. Couples and family workshops are also popular.



Couples workshops can include general couples work or can be specialized for couples who are dealing with specific issues, such as sexual addiction. Couples workshops usually involve more than one couple per workshop. Rio Retreat Center has **Couples Bootcamp** which is for couples who want to improve communication and renegotiate boundaries with one another. **Discovery to Recovery** is a series of couples' workshops that help promote recovery for couples who have had issues with sex addiction that have impacted their partnership.

Family workshops are a bit different since they are often limited to one family and can be customized to the specific needs of that family. Family workshops are great for families that have difficulty getting everyone to commit to long-term therapy or for families that live in different geographical locations. **Family Matters** is a customized workshop for families that want to heal from any number of issues.

**Specialty Workshops**

Specialty workshops include specific therapeutic modalities or the work of specific experts in the field. Rio Retreat Center offers a mindfulness workshop and an equine therapy workshop. Many other facilities offer divorce workshops, workshops that address money and work disorders, eating disorder workshops, workshops based on the work of Brené Brown and more. All it takes is a simple Google search to find a workshop that might fit whatever issue you need to address.

**Why Should You Attend a Workshop?**

Workshops are known for giving people “more bang for their buck.” They can offer a cost effective way to address a wide variety of people with a wide array of presenting issues. The ability to delve deeply into sensitive issues while having the safe container of the workshop structure and support of the group environment enable participants to get to a level of healing beyond what they thought could ever be possible in such a short time period. Participants are frequently amazed at how much progress and relief they were able to experience in only a few days.

Workshops cannot replace the value of long-term, on-going therapy; but, they can enhance an individual’s ability to clear an obstacle they may be encountering in their on-going work or build a stronger foundation in recovery as they delve deeper into the roots of the problems

that fed their addictions or other mental health issues. Therapists who send their clients to workshops often report that the clients come back to them with resolutions to issues that have been long-term struggles and with a renewed commitment to healing.

Workshop participants often describe their workshop experience as “life-changing,” “life-altering,” and “transformative.” Recovery beyond their wildest dreams is how some people have described the relief they have gotten from workshop participation. Groups are large enough for participants to benefit from the energy of the shared experience with others and small enough to allow for personal and intimate sharing and support. Participants are able to achieve a higher level of emotional health and are able to make substantial progress on their healing journeys.

The common goal of most workshops is to help people improve their emotional health. Individuals who are emotionally healthy are able to regulate and manage their own emotions and behaviors. They are able to manage life’s challenges, build strong relationships, and recover from setbacks. Workshops are designed to provide participants with the tools they need to participate in life to the fullest extent possible through productive and meaningful interactions with others. Workshops can help you find the path to emotional health. Even with the help of workshops, life is never going to be perfect, but it can be more manageable, breathtakingly beautiful, and profoundly joyful.



*Dr. Georgia Furlas is the Clinical Director of Workshops at Rio Retreat Center at The Meadows. Dr. Furlas has been working in the field of behavioral health for more than 20 years. Dr. Furlas has extensive experience working as a crisis counselor, a trauma therapist, and as addictions therapist. More than ten years of her experience has been working with patients in an inpatient setting with both state funded and privately funded agencies and patient populations. Learn more about the workshops offered at Rio Retreat Center at The Meadows by visiting [www.rioretreatcenter.com/](http://www.rioretreatcenter.com/)*



# Whole Health, Whole Person Care

## WE PROVIDE:

- ▶ Physical Health Care
- ▶ Addiction Care
- ▶ Mental Health Care
- ▶ Prevention
- ▶ Education
- ▶ Wellness
- ▶ Mobile Crisis

**Locations Valleywide**  
Se proveen servicios en español  
**602.685.6000**  
**terroshealth.org**







# Living with/out Fear: *The Power of Being a Rational Optimist*

By Jason Powers M.D.

Much has been written on the subject of fear and how it impedes success. Go to the self-help section of any bookstore and you'll find thousands of pages dedicated to the idea that if you "throw your fears aside you will shine like a burning star and achieve your goals." According to popular literature, fear tells us "wait a minute you can't do that, it's never been done" or "you're not good enough" or "you don't have the resources" or "now is not the time."

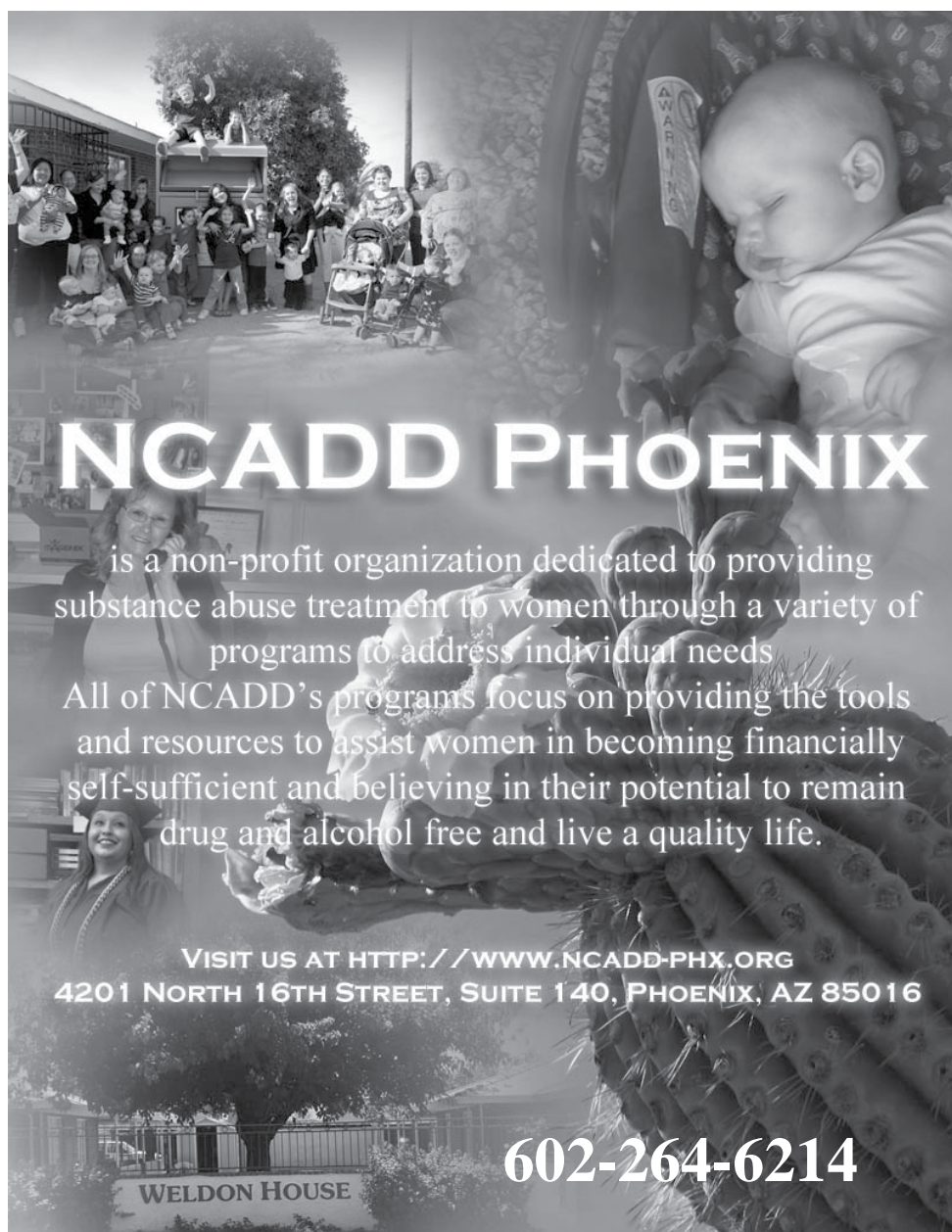
Author Samuel Johnson said, "Nothing will ever be attempted if all possible objections must first be overcome." Fear will drown your passion and halt your momentum before any dream has a chance to become reality.

Even love is letting go of fear (*there's a book by that title*). You can achieve power, success, a financial windfall and love if you just put fear aside — at least that's what you'll find in the self-help section and in blogs — but here is a little different view on fear and passion and life.

related to the things that are important to him. It's just that his passion isn't about attaining great wealth and prestige and the accoutrements of success. To him, achievement is measured differently. "I don't want to be successful the way other people are professionally and I am not jealous of them in any way," he tells me. "I worry about the people I love being healthy and happy."

That is his passion — achieving happiness, not striving for the next promotion, because that just brings with it the stress of climbing up the next rung on the ladder, or the fear of falling off, because the higher you climb the more painful the tumble.

I asked, so what exactly do you do with fear — do you just push it aside? "Absolutely not," he replied. "I put everything in a box and I look at it. I can't push it aside or it's going to take on a life of its own. I decide I'm going to do something about it rather than give it more energy than I'm giving myself."



**NCADD PHOENIX**

is a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address individual needs. All of NCADD's programs focus on providing the tools and resources to assist women in becoming financially self-sufficient and believing in their potential to remain drug and alcohol free and live a quality life.

VISIT US AT [HTTP://WWW.NCADD-PHX.ORG](http://www.ncadd-phx.org)  
4201 NORTH 16TH STREET, SUITE 140, PHOENIX, AZ 85016

**602-264-6214**

WELDON HOUSE



## Living a Passionate Life, Devoid of Fear

Truth be told, I started out intending to write a similar blog post. I interviewed CEOs and COOs, executive vice presidents, regional vice presidents and professional athletes. I talked with two clients I coach on personal development, a practice that focuses largely on escaping the clutches of fear and entering "the zone," where one can achieve optimal performance. I also interviewed a close friend who to me is an exemplar of living a passionate life, seemingly devoid of fear.

When I was younger, I was fortunate enough to be part of a tightly knit group of best friends. There were five of us and we would dream about what our futures would be like. All but one of us wanted to change the world in our own way, to make it better than the way we found it, to help people and not least of all to be wealthy and successful professionally. But my friend Stan didn't participate in that type of future planning. He said he hoped he had a modest house and had "enough," and we would laugh at him.

So I asked Stan recently what he is passionate about and how he handles fear and stress. Although he appears to be devoid of the types of fear-induced neuroses, let's call them, that afflict so many of us, he says he does feel stress

In short, what he talked about was not an unrealistic and overwhelming delusion about the harsh realities in the world, but rather a realistic, rational optimism.

## Mindless Optimism vs. Rational Optimism

On the flip side of rational optimism is irrational or mindless optimism. Irrational optimists see the world through rose-tinted glasses, believing that negative experiences are what happen to other people. For example, research has shown that people are irrationally optimistic about an array of health concerns. Smokers underestimate their risk of developing lung cancer compared to other smokers and even nonsmokers. Most of us believe we are less likely than other people to have a heart attack or be involved in a car accident. Such irrational optimism, or what psychologists call the "optimism bias," can also be found in the problem gambler who is irrationally optimistic about winning.

Buoyed by mindless optimism, the smoker forgoes medical research and never tries to quit. The career-changer gets his real estate license at the top of the bubble (home prices will never fall!) without doing his homework on market indicators. These people hope for the best and close their eyes to potential

threats. And therein lies the danger. Just believing things will get better will not cause them to get better and can prevent us from taking preventive action that might curb the inherent risks.

Martin Seligman, one of the foremost experts on optimism and the father of positive psychology, implores the need for optimism to be checked by reality testing in these words: "What we want is not blind optimism but flexible optimism — optimism with its eyes open. We must be able to use pessimism's keen sense of reality when we need it, but without having to dwell in its dark shadows. Flexible optimism accounts for risk, rather than a Pollyannaish belief that everything will turn out just fine."

## Becoming a Rational Optimist

Being realistic and at the same time positive helps us move forward. We shouldn't worry about or fear the future, but rather have a plan to deal with things should they not turn out like we hope. And if Plan A doesn't work, we'll have Plan B and Plan C at the ready.

In short, rather than being paralyzed by fear or, on the other end of the spectrum, unwisely pushing forward while ignoring danger signs, channel my friend Stan, the rational optimist. Combine a positive attitude with an honest appraisal of risk. Don't simply put fear aside. Look at it, consider its validity, then put it in a box. Think of two or three actions you can take to make things better. Plans A, B and C. In the words of William Arthur Ward: "The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."

I think Stan is dealing with fear

optimally, the way we all should no matter what we are striving to achieve. I also believe that Stan stresses about the right things. Health and happiness are what he is passionate about and what he's focusing on.

And, by the way, others might come to the same conclusion that Stan reached at such an early age about what to concern ourselves with if they knew what Aristotle said about happiness — that it is an end in itself, that all virtue and action aim to happiness:

"Honor, pleasure, reason, and all other virtues, though chosen partly for themselves are chosen for the sake of the happiness that they will bring us. Happiness, on the other hand, is never chosen for the sake of these, nor indeed as a means to anything else at all."

Jason Powers, MD, is chief medical officer at Promises Austin drug rehab and The Right Step recovery programs in Texas. He is the pioneer of Positive Recovery, an approach to addiction treatment that helps people discover meaning and purpose in recovery.







# Claim Your Inheritance

When my coaching client Lana was a small baby, her parents divorced and she never saw her father again. For much of her life, she felt sad because she was fatherless. As an adult, Lana became a life coach and wanted to set up a studio and business, but she did not have the funds. Then she received a surprise letter informing her that her father had died and left her a substantial inheritance—enough to start her coaching business and a lot more.

Like Lana, you may feel fatherless—not so much for a physical father, but for a source of support, abundance, and well-being to live the life you would choose. You may feel in some way deprived or outside the circle of enoughness. Meanwhile the universe has ingenious ways and means to take care of you.

The spiritual teacher Bashar defines abundance as *“the ability to do what you need to do when you need to do it.”*

This definition says nothing about a particular amount of money in your bank account or a specified way your support should come. There are an infinite number of ways you can be taken care of. Money is just one of them.

I sat on an airplane next to a woman who told me that she and her husband wanted to live amidst lush nature on the island of Kauai, but the couple did not have money to make such a purchase. Then they met someone from a family that had just inherited an 1,100-acre estate in one of the most beautiful areas of that island. The family lived far away and needed caretakers for the estate. They didn’t have to ask this woman twice. Now she and her husband live there full time, enjoy all the amenities as if they owned the property, and the owners hardly ever visit. This entire transaction occurred without the couple having to pay even a penny.

Don’t get stuck on how your supply should show up. You may have your idea that it should come through a particular person, job, sale, or investment, but it could come in any one of a thousand ways. The universe is clever and creative when it comes to manifestation. Affirm, *“I am open and willing to have the universe support me in the easiest and most efficient way possible,”* and you will set in motion the positive dynamics necessary to work on your behalf.

In my book *Handle with Prayer*, I designate several different identities or positions from which most people pray.

One is that of a beggar, in which you see yourself as unworthy and outside the kingdom and you must scratch and plead to get your prayers answered. The next identity is the servant, in which you see yourself as a worker on God’s payroll and you live in the kingdom because you have a job

at which you are earning your good. The next level is that of Child of God, meaning that you deserve the kingdom not because of anything you have done, but simply because you are heir to the estate established by your infinitely wealthy Source. While all the positions of prayer work if you are sincere, the identity in which you deserve the kingdom by virtue of who you are is the closest to the truth and the most rewarding to exercise.

Someone gave me a pamphlet titled, *Are You Letting Life Love You?*

That pamphlet sat on my coffee table for years, and every time I looked at the title I had to do an honest introspection. We spend lots of time trying to make life love us, through people and things and events, but less time noticing how life is already loving us. You have been taken care of very nicely thus far.

The hand of Grace that has provided for your needs will not stop now. The ego wants us to believe that the current challenge is an exception to the presence of love, but it is not. The universe has not let you down so far, and it will not let you down now or ever. You are valuable and you are loved. This is God’s vision of you, calling for you to join it.

You are not fatherless, abandoned, or unsupported. Those thoughts are tricks of the mind fooled by current appearances. But appearances cannot override the truth that you have an infinite, eternal, loving Source that will give you exactly what you need when you need it. If you discovered that you have a winning lottery ticket, all you need to do is go to the lottery office, show your ticket, and claim your winnings. You don’t have to beg, plead, argue, explain, or convince the bank of good to give you what you deserve. The number you are holding gives you all the entrée you need.

**You were born with the winning ticket; everyone was.**

But only a few are willing to show it with confidence. Ask and it is given, but claim and it is done.



Alan Cohen is the author of *The Grace Factor: Opening the Door to Infinite Love*. Become a certified professional life coach

though Alan’s transformational Life Coach Training beginning September 1. For more information about this program, his books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.AlanCohen.com](http://www.AlanCohen.com).

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

THE LAURA INGRAHAM SHOW		THE SAVAGE NATION WITH MICHAEL SAVAGE	
THE JOE WALSH PROGRAM		THE LARS LARSON SHOW	
IMUS IN THE MORNING		THE ALEX JONES SHOW	

To advertise, host a show, or for more information:  
Call (602) 277-1100 or visit our website: [www.1100kfnx.com](http://www.1100kfnx.com)

## Governor’s Office of Youth, Faith And Family Announces Grants Awards for High School Health and Wellness Program

Governor Doug Ducey announced his Office of Youth, Faith and Family has awarded 31 Arizona schools across six counties with funding through the High School Health and Wellness Program. The program aims to prevent drug and alcohol abuse and increase well-being.

All awarded schools participated in a competitive grant solicitation process. This financial support to Arizona’s traditional and public charter high schools is an ongoing effort by Governor Ducey to ensure our schools are equipped with the necessary resources to effectively educate and protect Arizona’s youth.

“In order to foster healthy, drug-free behaviors we must engage in early, evidence-based prevention programs,” said Governor Ducey. “The dollars provided through the High School Health and Wellness program will enable school administrators to engage in proactive measures to prevent drug and alcohol abuse and increase the well-

being of Arizona’s youth

Awarded schools will implement evidence-based or evidence-informed primary prevention programs. Each school will also be given a complete primary prevention marketing toolkit to ensure every child in the school receives accurate and relevant information pertaining to alcohol and drug abuse.

“Competitive school-based prevention grants, such as this, not only support school systems but also encourage collaborative partnerships between the school and local substance abuse coalitions, non-profits and other community resources,” said Debbie Moak, Director of the Governor’s Office of Youth, Faith and Family.

Many evidence-based prevention programs taking place in schools have been shown to develop more positive school climates and student teacher relationships thereby increasing school attendance and academic performance. The Arizona High School Health and Wellness Program has been built on the understanding that school attachment and student participation in positive school activities, such as substance abuse prevention programs, help protect children against risky behavior and reduce the use of tobacco, alcohol and other drugs. Visit [SubstanceAbuse.AZ.gov](http://SubstanceAbuse.AZ.gov)

## 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](http://thepathwayprogram.com)**





# Publisher's Note

By Barbara Nicholson-Brown

## We are in a Crisis

As I was about to write this month's Publisher Note, the news feed below came across my screen...so whatever I was going to write doesn't matter at this moment—this does:

### New reporting on opiate overdoses finds 15 deaths last week

PHOENIX (AP) - The first real-time report on opioid overdoses in Arizona show **191 suspected overdoses** and **15 deaths** last week.

If the death count remains steady through the year Arizona will nearly match the **790 opioid overdose deaths** counted in 2016. Overdose deaths have increased by nearly **75 percent since 2012**.

The weekly count released Monday (June 26, 2017) is the first since daily reporting requirements for overdoses were **ordered by the state Department of Health Services** earlier this month. The department was authorized to boost reporting under an emergency order issued by Gov. Doug Ducey.

Medical providers and emergency workers also must report uses of an overdose antidote and babies born addicted to opioids. There were **18 babies born showing withdrawal symptoms** and **102 uses of the antidote**.

This is our 21st century plague. It takes lives without warning; destroys families and communities from East to West. It is deadly. It is heartbreaking. Awareness and education are tools to prevent and treat this alarming trend. Keep the dialog open, please.

*I encourage every reader to please join us on September 16 for the 12th Annual Art of Recovery Expo and spend the day becoming informed on the ways of recovery that are available to each and every one who needs help. I invite you to stand with us as we become one voice and inspire others on the road to recovery. [artofrecoveryexpo.com](http://artofrecoveryexpo.com)*

## 11<sup>th</sup> Step Meditation Monthly Workshop

*Learn how to meditate with each of the 12 Steps*

**Join us on the 2nd  
Sunday of each month**

**July 16**

**5:00 - 6:30 p.m.  
A Mindfulness Life Center  
10339 N. Scottsdale Rd., Bldg. B.**

**480.207.6016**

*Workshop is free and  
open to the public*

**[www.11thStepMeditation.org/workshop](http://www.11thStepMeditation.org/workshop)**

### 7th Step in Meditation:

**We practice right perspectives  
as we release our attachments  
to our shortcomings and old  
habits**

## SAMHSA: Medication treatment for SUD increases

According to SAMHSA's latest Behavioral Health Barometer, released Monday, more patients are receiving medication-assisted therapy. Between 2011 and 2015, methadone use increased by 16%, with nearly 357,000 people now receiving the medication, and use of buprenorphine more than doubled, with nearly 76,000 people now receiving the medication.

Treatment delivery for substance use disorders still falls short overall, considering the size of the population in need of care.

According to SAMHSA, in 2015, only 11% of the 7.7 million individuals identified with illicit drug use (including heroin, marijuana and misuse of prescription drugs) were receiving specialized treatment—about 850,000 people. The administration is unable to track the historic trend for this number because of a change in survey methodology for this year's update, but it's clear that the key barrier to treatment remains the perceived lack of need for it. More than 82% of those with the disorder didn't believe they required treatment.

"Among people with illicit drug use disorder in the past year, only 11% received treatment in a specialty facility," says researcher Beth Han, MD, PhD, MPH, of SAMHSA. "The rate is low because people don't recognize the problem."

Han says that even though the illicit drug use data can't be compared to past measures, SAMHSA will continue tracking the trend into the future. Data comes from the 2015 National Survey on Drug Use and Health.

The barometer also indicates that an estimated 12.5 million individuals misused a prescription pain reliever in the past year, and the age group reporting the highest incidence of misuse was 18-to-25 year-olds. Among pain relievers, hydrocodone and oxycodone products were most often misused.



## Teen Challenge is Arizona's Faith-Based SOLUTION TO THE DRUG EPIDEMIC

With heroin addiction at epidemic proportions and drug abuse at an all time high, Teen Challenge is seeing results with an 86% success rate!

[www.tcaz.org](http://www.tcaz.org)

**We can help!**

**PHOENIX  
TEEN CHALLENGE**  
(Male 18+)  
**602-271-4084**

**HOME OF HOPE**  
(Female 18+)  
Women or Women with Children  
Casa Grande, Arizona  
**520-836-5030**

**SPRINGBOARD**  
Home for Adolescent Girls  
(Female 12-17)  
Tucson, Arizona  
**520-887-8773**

**PREVENTION**  
**Stay Sharp**  
THINK ABOUT IT®

To schedule a Drug Prevention  
Presentation for your group or  
school, contact the  
Public Relations office at  
**602-271-4084**

[www.tcaz.org](http://www.tcaz.org)

State Corporate Office P.O. Box 5966 Tucson, AZ 85703 800-346-7859



## Keeping Them Safe

Visit **[www.SubstanceAbuse.az.gov](http://www.SubstanceAbuse.az.gov)** to download the **"Keep Them Safe"** brochure & Family Prevention Substance Abuse Plan. A website providing a locator for use by anyone seeking help with prevention, treatment and recovery resources.



**Provided to the community by  
The Governor's Office of Youth, Faith and Family.**



# BOOK REVIEW

Reviewed by Kyle Rhodes

## *A New Pair of Glasses*

by Chuck C.

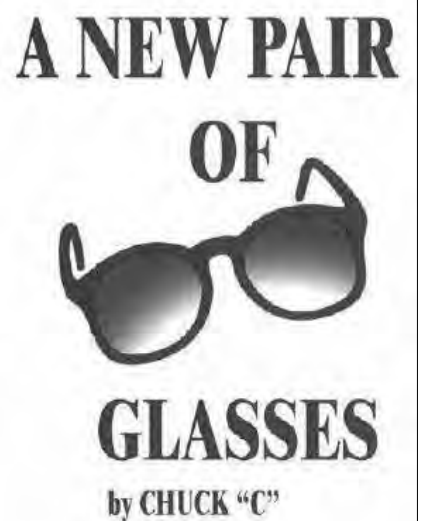
*A New Pair of Glasses* is widely regarded as one of the most influential books about alcoholism and recovery since Alcoholics Anonymous was first published in the 1930's. The author is a recovered alcoholic, who was by his own account a "tongue chewing babbling idiot" when he was approached by Alcoholics Anonymous. He recovered and went on to design and build shopping centers in California. He also helped countless people to recovery along the way.

*A New Pair of Glasses* is a written transcript of Chuck C. leading a spiritual workshop at Pala Mesa Resort in California, 1975. A highly spiritual and transformative experience are obvious aspects that Chuck C. speaks of simply and honestly as it pertained to himself and his recovery. His personal philosophy and actualized beliefs led to his becoming an iconic figure in Californian AA and eventually nationwide. With his talks, this book and his personal living example he has affected, for the better nearly all AA members nationwide to this day. The book is separated into six chapters, coinciding with his six sessions during the workshop.

Chapter one is appropriately titled **The Problem**. "Surrender is the thing that opens the door that us to get help, because God, Himself, cannot help us until we allow it," page 33. Chuck spends most of the opening chapter talking about the problem, which is, for him, more than just alcohol. He talks about his spiritual malady and the state of desperation which he was in when he was a "tongue chewing, babbling idiot" teetering on the edge of insanity and death. He relates his home life and domestic troubles with his audience in a way that almost all of us in the program can appreciate, if not entirely relate to.

The second session, called **The Golden Key**, focuses on what Chuck believes is the key to a successful recovery. "I could not accept a God of that kind and I don't know. My insides wouldn't hack it and they still don't. But a God of love and a great law of justice without judgement, I can go with. It's a fantastic thing," page 66. Chuck tells us that we have a "living problem" that needs a "living solution" and that there is most likely no solution that doesn't include a conscious relationship with God, or whatever we perceive as our higher power. Spirituality is the center of the AA solution and Chuck shares with us just how he managed to discover his divine connection and how it may help us create our own.

Section three is **The Power of Truth**. "I came to the program, and I learned by doing the things that the program told me to do, that the truth was the most powerful thing on earth," page 75. Chuck shares with us his belief in the importance of Step 10 and, of course, the power of truth. He tells us that the AA way of life is centered on **"Uncovering, Discovering, and Discarding."** By which he means, if we are going to fully center our lives around the spiritual, and therefore the solution, we must be entirely willing to be honest. And then we take painstaking action. "It's a fascinating way of life and it gets better for twenty-nine years to my certain knowledge, and I suspect it's going to get better forever," page 110.



Chuck gets to the meat and potatoes of what AA can bring us in the fourth chapter, **Sobriety – A Spiritual Rest**. "And so, it depends on where we are as to what we can do, and what we have to get rid of," page 127. "And we find that the formula for sobriety and the formula for the good life and the formula of God is all the same," page 142. These quotes sum up the section quite well, in my opinion. Chuck C. shares about the importance of knowing where we are in recovery so that we can be aware of what we need to work on more diligently and what has helped us up to this point, which is God of our own understanding.

The fifth section, **The Prodigal Son**, is filled with stories and parables that Chuck found entertaining, interesting or otherwise, but always he felt they were helpful. He reiterates the importance of carrying the AA message to the next suffering alcoholic and he expresses his own personal gratitude and thanks to the AA's that helped save his own life and allowed him to be born again as a child of God.

The final chapter is entitled Questions and Answers, in which Chuck shares about his experience helping others. This includes specific situations in which he tried, best he could, to answer questions directly posed to him about AA and everyday life. His wisdom is profound and his advice is simple and I would suggest this book to anyone. Give it a read and let it change your life.

*A New Pair of Glasses* is available at Gifts Anon., Inc, located at 10427 N. Scottsdale Road, Suite A, Scottsdale, AZ 85253 or 5817 N. 7th Street in Phoenix.



## 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**



National Council on Alcoholism and Drug Dependence

4201 N. 16th St  
Phoenix, AZ

Federal funding provided by SAPT



*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



# Community Calendar

Send your events and support group information to [aztogether@yahoo.com](mailto:aztogether@yahoo.com). Due 20th of month prior to printing

**Professional Events**

**Mondays**– Scottsdale – **FAMILY RECOVERY GROUP**—The Meadows Outpatient Center. Brough Stewart, LPC. 5:30-7:30 p.m. Designed to help begin/continue family recovery. No charge. The Meadows Outpatient Center, 19120 N. Pima Rd., Ste. 125, Scottsdale. Contact: Jim Corrington LCSW, 602-740-8403.

**SIERRA TUCSON— Alumni Groups. Scottsdale**, Tues., 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). Contact: Rob L. 602-339-4244 or [stscottsdalealumni@gmail.com](mailto:stscottsdalealumni@gmail.com).

**SIERRA TUCSON— Continuing Care Groups in Phoenix**. Wed. — for Family Member Alumni (18 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 Rd., Scottsdale, 5:30 – 7:00 p.m. Facilitated by the clinical staff of PCS. No charge for Patient and Family Member Alumni.

**Open Support Groups & Events**  
**JULY 16 —11<sup>th</sup> Step Meditation Workshop 7th Step in Meditation:** FREE. All welcome. 5:00 - 6:30 p.m. **A Mindfulness Life Center**, 10339 N. Scottsdale Rd. 480-207-6016. Randy Fahrbach, 805-895-2007. [www.11thstepmeditation.org](http://www.11thstepmeditation.org).

**Celebrate Recovery —Chandler Christian Church**. 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@chandlercc.org](mailto:larrydaily@chandlercc.org).

**Valley Hospital**— IOP Group for Chemical Dependency/Co-Occuring. Mon.,Tues., Thurs. 6:00-9:00 p.m. 602-952-3939. 3550 E. Pinchot Avenue, Phoenix. [valleyhospital-phoenix.com](http://valleyhospital-phoenix.com)

**Open Hearts Counseling Services** — Women’s Therapeutic Group for Partners of Sex Addicts. Comfort, strength and hope while exploring intimacy issues. Cynthia A. Criss, LPC, CSAT 602-677-3557.

**FAMILIES ANONYMOUS**—12 step program for family members of addicts. 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., N. Scottsdale Fellowship 480-225-1555 or 602-647-5800

**NICOTINE ANONYMOUS** (NicA) Fellowship for those with a desire to stop using nicotine. Phoenix Sat., 5-6:00 p.m. at Our Saviour’s Lutheran Church, 1212 E. Glendale Ave., Glendale, Sun., 9:15-10:15 a.m. Fellowship Hall, 8910 N. 43rd Ave. 480-990-3860 or [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**Chronic Pain Sufferers** “Harvesting Support for Chronic Pain,” 3rd Saturday of month, 12-

1:00 p.m. Harvest of Tempe, 710 W. Elliot Rd., Suite 103, Tempe. 480-246-7029.

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

**COSA** (12-step recovery program for those whose lives have been affected by another person’s compulsive sexual behavior) Thurs. 11:00 a.m.-Noon. 2210 W. Southern Ave. Mesa. 602-793-4120.

**WOMEN for SOBRIETY** — [www.womenforsobriety.org](http://www.womenforsobriety.org). Sat. 10-11:30 a.m. All Saints of the Desert Episcopal Church-9502 W. Hutton Drive. Sun City. Christy 602-316-5136.

**Co-Anon Family Support**— Message of hope and personal recovery to family and friends of someone who is addicted to cocaine or other substances. **“Off the Roller Coaster”** Thurs., 6:30-7:45 p.m., 2121 S. Rural Rd., Tempe. Our Lady of Mount Carmel Church. Donna 602-697-9550 /Maggie 480-567-8002.

**Cottonwood Tucson Alumni**—First Wednesday of month 6:00-7:30 p.m. 4110 W. Sweetwater Drive. Tucson. 5:00 p.m. dinner. 800-877-4520 x2141. [www.cottonwoodtucson.com](http://www.cottonwoodtucson.com)

**ACOA** Thurs., 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale.[www.aca.arizona.org](http://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, Tucson. Room A. Michael 520-419-6723.

**OA**—12 Step program for addictions to food, food behaviors. 520-733-0880 or [www.oasouthernaz.org](http://www.oasouthernaz.org).

**Pills Anonymous**—Glendale, Tues. 7-8:00 pm. HealthSouth 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., Rm 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.

**GA**—Christ the Redeemer Lutheran Church, 8801 N. 43rd Ave. Sunday, Spanish 7:00-9:00 p.m. Good Shepherd Lutheran Church, 3040 N 7th Ave. Sunday, English 6:00-8:00 p.m. 5010 E. Shea Blvd., Ste. D-202, Contact Sue F. 602-349-0372

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

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

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

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

**Eating Disorder Support Groups— PHX**— Monday @ 7:00 p.m. (N,D/SP,O). 2927 E. Campbell Dr. Ste. 104, (Mt. View Christian Church). Contact Jen at (602) 316-7799 or [edaphoenix@gmail.com](mailto:edaphoenix@gmail.com) for directions/info. Wed. 7:00 p.m. Liberation Center, 650 N. 6th Ave, Phoenix. (cross street McKinley). Jennifer at (602) 316-7799.

**Tempe**—Thursday@ 6:30 p.m. Big Book/ Step Study meeting. Rosewood Centers for Eating Disorders, 950 W. Elliot Road, Suite #201, Tempe. Contact [info@eatingdisorder-sanonymous.com](mailto:info@eatingdisorder-sanonymous.com).

**Tucson**— Tues. 5:30 - 6:30 p.m. Steps to the Solution Meeting. Mountain View Retirement Village, 2nd floor, 7900 N. La Canada Drive, Tucson. Holly (203) 592-7742 or [leeverholly@gmail.com](mailto:leeverholly@gmail.com). Thurs. 5:30 - 6:30 p.m. EDA Big Book Step Study. Mountain View Retirement Village, 2nd floor, 7900 N. La Canada Drive, Tucson. Holly, (203) 592-7742 /[leeverholly@gmail.com](mailto:leeverholly@gmail.com).

**Wickenburg**—Wed. 7:15 p.m. and Sunday 7:45 p.m. (N,D/SP,O,) Capri PHP program. Contact (928) 684-9594 or (800) 845-2211. **Yuma**—Wed. @ 5:00 - 6:00 p.m. 3970 W. 24th St. Ste. 206 Yuma. Alyssa at (928) 920-0008 or email [2014yumae.d.a@gmail.com](mailto:2014yumae.d.a@gmail.com).

**GODDESSESS & KACHINAS** A philosophical, spiritual, religious 12 step, 12 Tradition, 12 Promises support group. Details call 480-203-6518. Working with Native American and Hindu community worldwide and Southwest.

**Crystal Meth Anonymous** [www.cmaaz.org](http://www.cmaaz.org) or 602-235-0955. Tues. and Thurs.Stepping Stone Place, 1311 N 14th St. Phoenix

## Treatment Service Resources

TOGETHER AZ	602-684-1136
Art of Recovery Expo	602-684-1136
ACT Counseling & Education	602-569-4328
AZ. Dept. of Health	602-364-2086
Office of Problem Gambling	800-NEXTSTEP
Aurora Behavioral Health	623-344-4400
AzRHA	602-421-8066
Calvary Healing Center	866-76-SOBER
Carla Vista Sober Living	480-612-0296
Chandler Valley Hope	480-899-3335
Choices Network	800-631-1314 - 602-222-9444
CBI, Inc.	480-831-7566
CBI, Inc. Access to Care	877-931-9142
Cottonwood 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
Julian Pickens, EdD, LISAC	480-491-1554
Foundations Recovery Network	855-316-0114
Gallus Detox	928-227-2300
Gifts Anon	480-483-6006
Governor’s Office of Youth, Faith & Family	602-542-4043
Hayes/Davidson	800-219-0570
Hunkapi Programs	480- 393-0870
Geffen Liberman, LISAC	480-388-1495
Lafrontera -EMPACT	800-273-8255
The Meadows	800-632-3697
Mercy Maricopa Integrated Care	
602-222-9444 or 1-800-631-1314	
NCADD	602-264-6214
Pathway Programs	480-921-4050
PITCH 4 KIDZ	480-607-4472
Psychological Counseling Services (PCS)	480-947-5739
Remuda Ranch	800-445-1900
Rio Retreat Center	800-244-4949

River Source-12 Step Holistic	480-827-0322
	or 866-891-4221
Scottsdale Detox	480-646-7660
St. Luke’s Behavioral	602-251-8535
Teen Challenge of AZ	800-346-7859
TERROS	602-685-6000
Valley Hosptial	602-952-3939

<b>Legal Services</b>	
Dwane Cates	480-905-3117
<b>Real Estate</b>	
Scott Tyoyanos	602-376-6086
<b>Tax Intervention</b>	
Renee Sieradski, EA	602-687-9768
<a href="http://www.tax-intervention.com">www.tax-intervention.com</a>	

## TUCSON

ACA	<a href="http://aca-arizona.org">aca-arizona.org</a>
Alcoholics Anonymous	520-624-4183
Al-Anon	520-323-2229
Anger Management	520-887-7079
Center For Life Skills Development	520-229-6220
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Desert Star	520-638-6000
Narcotics Anonymous	520-881-8381
Nicotine 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
Men’s Teen Challenge	520-792-1790
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559

Get listed email us: [aztogether@yahoo.com](mailto:aztogether@yahoo.com)

## Arizona Support Groups

Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
ACA	<a href="http://aca-arizona.org">aca-arizona.org</a>
Bipolar Wellness Network	602-274-0068
Compass Christian Church	480-963-39972
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-385-8454
Crystal Meth Anonymous	602-235-0955
Emotions Anonymous	480-969-6813
Families Anonymous	602-647-5800
Gamblers Anonymous	602-266-9784
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665

Marijuana Anonymous	800-766-6779
Narcotics Anonymous	480-897-4636
National Domestic Violence	800-799-SAFE
Overeaters Anonymous	602-234-1195
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
Sex/Love Addicts Anonymous	602-337-7117
Sex/Love Addicts Anonymous	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Suicide Hotline	800-254-HELP



# Columbine Shooting Survivor, Austin Eubanks to headline Art of Recovery Expo

An injured survivor of the Columbine shooting, Austin has now devoted his career to helping others who have journeyed into addiction by way of trauma. He speaks nationally regarding the problems with over-prescribing medication, how anonymity adversely affects youth, the importance of the continuum of care, benefits of treatment centered in empowerment vs. powerlessness, and overcoming trauma as it pertains to addiction.

Austin will share his compelling story which started on that horrific day in April of 1999 at Columbine High School. So many impactful lessons can be learned from listening to Austin. He moves his audience through many ranges of emotions as he traces his journey from that dark day into active addiction and despair and then slowly, finally into the light of recovery. An amazing keynote speaker, Austin can address a variety of audiences and touches on many of the most critical and relevant topics surrounding addiction today.

Austin is currently the Program Director at The Foundry Treatment Center in Colorado.

He came to the rehabilitation industry by way of his own personal recovery after a decade-long career as an advertising executive. After years on both the agency and the client sides of marketing, Austin found inspiration through his own recovery to focus his professional talents on the behavioral health and addiction treatment industry.

Art of Recovery Expo, Saturday, September 16 at the Phoenix Convention Center, Hall F, South Building. Admission is FREE to the public. Austin will take the stage at 1:15 p.m. Visit [www.artofrecoveryexpo.com](http://www.artofrecoveryexpo.com)



## Beyond the ABC's of Eating Disorder Treatment

At **Remuda Ranch at The Meadows**, we go above and beyond treating only the symptoms of an eating disorder. Unlike most other eating disorder treatment programs, we address the underlying issues contributing to a person's dysfunctional behavior and teach them real life skills for recovery.

Our goal is to give adolescent girls and women with complex eating disorders and dual diagnosis conditions a foundation for restoring their healthy relationship with food or creating one for the very first time. We use a specialized approach that combines proven medical and clinically intensive treatment with an extensive experiential program to reach the underlying cause of the eating disorder. Additionally, our female-exclusive environment, situated on a scenic ranch property, offers a safe and non-institutional healing environment.

Remuda Ranch at The Meadows offers a Critical Care Unit, inpatient and residential programming, and a dedicated adolescent unit. Call us today to find out how we can help.



866.390.5100 | [www.remudaranch.com](http://www.remudaranch.com) | Wickenburg, AZ

*Don't be shy about asking for help. It doesn't mean you're weak, it only means you're wise.*

# RECOVERY IS POSSIBLE

## CBI

COMMUNITY BRIDGES, INC.  
CELEBRATE BELIEVE INSPIRE

## We Can Help

480-502-7000



Art of Recovery Expo

PRESENTS

Workshops Resources

Over 100 Exhibitors

Austin

# Eubanks

From Trauma & Opiate Addiction to Recovery



SATURDAY

September 16, 2017

9:30PM - 4:00PM

FREE TO THE PUBLIC

Austin shares his compelling story which started on that horrific day in April of 1999 at Columbine High School. So many impactful lessons can be learned from listening to Austin. He moves his audience through many ranges of emotions as he traces his journey from that dark day into active addiction and despair and then slowly, finally into the light of recovery.

Phoenix Convention Center

100 N. 3rd Street, Hall F

Phoenix, AZ



**Stephanie Siete, CBI, Inc.**

Stephanie has over 15 years focusing on targeted messages to youth, parents, teachers and administrators in school districts and colleges, locally and nationally.

[artofrecoveryexpo.com](http://artofrecoveryexpo.com)