

Together AZ

SEPTEMBER 2017 Inspiring Success on the Road to Recovery

From Tragedy to Triumph

Columbine Shooting Survivor shares his journey at Recovery Expo

Do you remember where you were on April 20, 1999? *Art of Recovery Expo, Key-note Speaker, Austin Eubanks personally experienced the mass shooting at Columbine High School that day. He survived his injuries, and among the many lost who their life was his best friend, Cory DePooter.*

After a long and painful struggle with an opiate addiction that began soon after that horrific day, Austin has devoted his career to helping others who have journeyed into addiction by way of trauma.

Austin will speak on the problems with over-prescribing medication, the importance of the continuum of care, the benefits of treatment and overcoming trauma as it pertains to addiction.

*You won't want to miss his compelling story from **Tragedy to Triumph** on Saturday, September 16, 2017 at the Phoenix Convention Center. Austin takes the stage at 1:15 p.m.*

I encourage you to attend this free event with family and friends. Together we inspire success on the road to recovery. — Barbara Nicholson-Brown

Was your introduction to pain medication a direct result from your injuries sustained that tragic day at Columbine?

My first experience with them was immediately following Columbine, after being shot. When I left the hospital I was given a 30 day supply of pain medication. At a follow up appointment with my primary care physician, I was given another 30 day supply. Before those pills ran out — I was already taking them off label, and in the early stages of a decade long addiction. My addiction snuck up on me fairly quickly. Before the shooting, I had never drank a beer, or smoked weed. I didn't realize I was taking those medications for emotional as well as physical pain.

While my physical wounds were healing, the emotional ones like survivor's guilt, remained wide open and raw. Taking pain meds made me feel better, so, I kept taking them.

At the time I had no clue about how addiction works. I had never been spoken to about it. That's why I think in the work I do today, **education on substances is so important.** Maybe if I had prior knowledge I might have had a different outcome.

Were you worried that you would become addicted?

No, because professionals were prescribing them for my injury, they were intended to make me feel better and they were absolutely working. That was all I knew — feeling better. It wasn't until years later I started to explore the idea I might be an addict.



AUSTIN EUBANKS

The first time I went into withdrawal I thought I had the flu. I went out of town and simply forgot to bring them. Two days later I was on the bathroom floor in the worst pain of my life. I remember Googling, "what is withdrawal?" That's how little I knew about what was happening to me.

That nightmare of a day affected so many young lives, their families, how did your family cope?

It was incredibly tragic. My best friend Cory was like a brother to me and very close to my family. It was a loss, a very long period of grief and heartache.

What finally led you to seek help for your addiction?

I went to treatment on three different occasions. At first through the urging of my family, and it didn't stick because I didn't go for the right reason, I didn't go for me.

Each time I entered treatment I learned a little bit more. With relapses, I became tired of the ups and down and realized as my tolerance to drugs increased, my behaviors worsened. If I didn't change I was going to be dead or in prison.

When I entered the last treatment center I **finally** had a willingness. If someone would have told me to stand on my head for six hours a day to stay clean I was willing to do it — anything not go back that life of an addict.

I was done fighting. I stayed in a continuum of care for 14 consecutive months, consisting of in-patient for seven and transitional living for seven. That long term continuum of care was pivotal for my recovery because of all the stumbling points my first year of sobriety. Having accountability allowed me to stay sober. When I was back in independent living at a year and a half of sober I was able to respond to triggers in a responsible way and not use any substances.

What signs should parents watch out for that may indicate their children are on drugs?

Extreme changes in a child's behaviors are a good indicator. I became rebellious, stayed out all night, and did things I would not have normally done. When this happens you should definitely be on alert. My behaviors were like night and day, **before** and **after** Columbine.

What can parents do once they realize there are signs pointing towards addiction?

Like with any other disease, early intervention has the greatest outcome, especially if someone can get an understanding early on. I don't believe you have to wait until someone is at rock bottom. We can help people earlier than that. The sooner you can intervene and get someone in an educational curriculum the better, often at an out-patient level, this is incredibly important.

Art of Recovery Expo
Saturday, September 16
Free Admission to the Public

Phoenix Convention Center
South Building, Hall F
33 N. Third Street
9:30 a.m. - 4:00 p.m.

View the day's agenda at
www.artofrecoveryexpo.com
Info: E: aztogether@yahoo.com



Pressure Points – Everyone Has Them

By Samuel Burba, Interim Director of the Governor’s Office of Youth, Faith and Family

Several years ago, I read a statistic that will always stick with me in my profession and as a parent. Seventy three percent of youth say that school stress is the primary reason they use drugs while only seven percent of parents believe their child would use drugs to cope with stress. The disconnect between parents and youth on this point is sobering. If we as parents can help our children understand healthy levels of stress and healthy coping strategies, we will go a long way in helping them avoid negative and risky behaviors such as the early onset of substance use.

Just like adults, youth face different levels and types of stress at different points in life. For youth, a significant amount of stress may come at high-risk periods in their life. These key risk periods often occur during major transitions which may include moving to a different school, facing new social and academic challenges or changes in a family dynamic. To complicate the issue of stress, our children hear a myriad of ways to self-medicate stress, many of which end up causing more stress.

Underage drinking, marijuana, and prescription drug use are significant issues for Arizona youth and for parents who are struggling to communicate with them about the potential dangers. In fact, the average age youth first try alcohol and drugs is 12 to 13.

Knowing our youth are at a vulnerable point in their life, it’s important for us, as their role models, to help them develop proper coping strategies and keep them from turning to unhealthy



copied mechanisms such as substance use.

Here are some simple ways parents can work with their children to develop healthy coping strategies:

- **COMMUNICATE** — Youth need ongoing positive communication with their parents or guardians. It is estimated that having ongoing talks with children about drugs and alcohol can reduce the risk of youth drug use by 50 percent. *Yet in Arizona, only 51 percent of youth report ever having these conversations.* Every talk does not need to be about drugs and other risky behavior, but we want to create a consistent expectation of having open and honest dialogue with our children.

One strategy that helps in setting this expectation is having tech-free time every night. While it may be uncomfortable at first, this intentional time naturally leads to conversation. Consider using conversation starters over a family dinner and ask open-ended questions about each person’s day. If a conversation ever becomes too intense, it is actually healthy to take a break and set a time to come back and finish the



**DECISION
POINT**

HOPE BEGINS HERE



Decision Point Center provides a comprehensive range of Joint Commission accredited treatment services to those suffering with addiction and mental health issues. **Programs include:** Medical Detoxification, Inpatient Treatment for Addiction and Co-Occurring Disorders, and Extended Care.

MEDICAL DETOXIFICATION | RESIDENTIAL TREATMENT | EXTENDED CARE
505 WEST WHIPPLE STREET, PRESCOTT, AZ 86301
ADMISSIONS: 877-772-3648 | WWW.DECISIONPOINTCENTER.COM

conversation after everyone has had time to cool down. By modeling healthy communication, we are teaching our children one of the most important coping strategies and life skills.

- **BE INTENTIONAL ABOUT SPENDING TIME WITH YOUR CHILDREN** — By spending intentional, uninterrupted time, we are communicating we love, care about and want an ongoing

relationship with our children. Consider spending 15 minutes a day, an hour a week and one to two uninterrupted days a year with each child. This time spent together helps build a positive relationship between parent and child and allows for trust to be established. Never underestimate how important it is for your child to know you are in their corner and enjoy their com-

continued page 4

REAL TREATMENT, REAL RESULTS



**The
River Source**

INTEGRATIVE MEDICAL DETOX

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

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

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

Why Sierra Tucson?

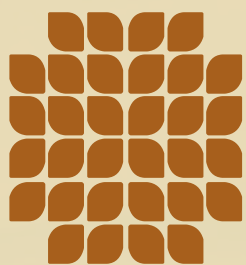
It Literally Saved My Life.

"I would not be alive today if it weren't for Sierra Tucson. I believe that every person who enters those front doors by that beautiful fountain is a blessed miracle, just like me." -Andrew S., Scottsdale, AZ.

NO ONE KNOWS WHAT DESPERATION FEELS LIKE UNLESS YOU'VE BEEN THERE.

It renders you hopeless. Whether you are suffering from depression, anxiety, or PTSD, 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

We work with most insurance.

Pressure Points from page 2

pany. Parents can find a list of low to no-cost activities to do with their child on OvercomeAwkward.org.

- **CREATE TIME FOR YOUR CHILD TO DE-STRESS AND RELAX** — While it is important for youth to be involved in school, extra-curricular activities and spending time socializing, it is equally important for parents to create a safe place and time for children to disconnect. Many children become overloaded with all the activities and social pressure throughout the day. Having a time and place to safely de-stress is critical for youth in a day-and-age when they are always “plugged-in.” Activities can be as simple as journaling, playing music, reading a book, healthy exercise or exploring a new hobby. The key is they can spend intentional time just being themselves.
- **ESTABLISH CONSISTENT, OBTAINABLE FAMILY EXPECTATIONS** — It is stressful for anyone, let alone youth, when we do not know what is expected of us. Imagine working in an environment in which you never knew what was expected of you or if you are doing a good job. In a similar way, families need consistent and clearly stated values and expectations. One of the best ways to form this consistent foundation for your family is by developing a family prevention plan.

Consider taking time with the leaders of the household (adults) to clearly articulate and write out the core family values and develop strategies for upholding those values on a consistent basis. The purpose is never to entrap anyone or to make expectations on the family or child that are unobtainable.

Review the plan as a family, listening to each family members thoughts and input. Post or place the plan where everyone can see it to serve as a constant reminder. Remember, a prevention plan is an ongoing, living document for the family, so revisit the plan every six to twelve months to see if it needs to be modified.

You can find a family prevention plan template at OvercomeAwkward.org

- **RECOGNIZE SIGNS OF STRESS** — When is the last time you asked your child what stresses them out and actually listened? Youth will tell us what their stress is, but we usually don’t ask them and listen without trying to solve their problems or becoming defensive. The truth is, as parents, our role has never been to eliminate stress from our child’s life. Our role is to understand their stress, intervene in negative behaviors and help them identify healthy coping strategies. With that said, there are times that youth will not be able to healthily cope with stress and we, as parents, will need to intervene. For example, bullying, negative peer influence, risky behaviors, substance use, etc. The more we seek to understand or child’s stress the more equipped we will be to know when it is time to intervene.

Warning signs in kids often look like normal adolescent development: withdrawal from family and friends, drop in grades, pushing against family rules or unwillingness to talk. The sooner you identify signs of stress or other negative behaviors, the sooner you can come alongside and better support your child.

- **IDENTIFY COMMUNITY SUPPORT SYSTEMS** – The beautiful thing about community is that it means families are never truly alone. It is good for our youth to have monitored and positive relationships with adult role models and mentors such as coaches, school teachers or pastors. Ideally, these people will help reinforce family values and give youth perspective on difficult situations. The more the family can be active in a healthy community, the more our youth are protected and likely to grow into the individuals they want to be rather than having their future radically altered because of a series of negative choices.

Samuel Burba is the Interim Director of the Governor’s Office of Youth, Faith and Family. The Governor’s Office of Youth, Faith and Family aims to create a brighter future for youth and families by providing Arizona with programming, resources, and expertise.

DWANE CATES LAW GROUP, PLLC

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.

Initial Consultation is Free

THERE IS NO SUBSTITUTE FOR EXPERIENCE

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

480-620-8568

www.criminallawyer4u.com

4425 N. 24th Street, Ste 150
Phoenix, AZ 85016

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

Adolescent and Young Adult Specialists



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



THE
PATHWAY
PROGRAM

480.921.4050

thepathwayprogram.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

A Glance and a Smile

By Renee Sieradski, EA

As I was mowing the lawn one Sunday morning, a neighbor and her son passed by. The mom was looking at her cell phone and her son was on his tricycle in front of her. As they passed, I glanced at her in hopes of greeting her with a smile. She briefly looked up and smiled back. In my peripheral view, it occurred to me the little boy was grinning at me from ear to ear, yet I had never met his gaze. I wondered if this was a normal thing we adults do; overlook the little ones. Did this happen to me as a child? I definitely felt unseen as a kid. There wasn't much of a connection between me and my extended family, and I don't recall a real conversation with any of them.

So I've discovered a way to boost my self-esteem — go on a well-traveled hiking trail and greet and make eye contact with every one on the path. They respond with a friendly hello, and it helps me feel seen. It's therapeutic and as bonus it's a positive way to take care of my inner child and body at the same time.

On to Taxes

Many people wonder why they owe taxes. As an employee, the main reason may be you didn't have your paycheck tax withholdings correct.

When starting a new job, we are required to fill out tax paperwork, including a W-4 form to choose dependents. You can claim one dependent exemption for yourself and one for any children. If married, make sure your spouse doesn't double up on the kids. If you're married with two children, each of you could claim yourself plus one child. The more dependents you claim, the less taxes are taken out of your paycheck, but this may result in owing the IRS at tax time.

Shouldn't I always get a refund?

The IRS revealed that 80% of tax returns are refunds. If you receive one, you're having more than what you need withheld each paycheck and giving it to the IRS interest-free. There are two schools of thought on this:

- If you're not a good saver, then it's not a bad strategy to put away a little extra and get a refund in April and use the IRS as your "piggybank." When filing your return, you'll get a refund to use for things like paying real estate taxes, going on a vacation, or paying down debt.
- If you are a good saver, then you should have a goal of breaking even with taxes at the end of the year. This means claiming the exact number of dependents in your household on your W-4. You will have more money hitting your pocket every paycheck. You could put some of that money into an interest-bearing savings account. At the end of year, you will not get a big refund.
- If self-employed; the IRS prefers you pay your tax in the year you earn it, rather than wait until tax returns are due. You can pay online at IRS.gov and use a direct pay

feature. IRS prefers payments every quarter on the 15th of April, June, September and January. To calculate yours take last year's income, divide it by four, and pay in equal amounts each quarter. This saves on interest and penalties.

- If you can't pay quarterly, when you file your return the following April, you'll owe tax plus interest and penalties for not prepaying. Think of it like this: Just as a W-2 wage earner's boss withholds taxes every paycheck and submits it to the IRS, the IRS wants you as a self-employed person to send in your taxes in real time, while you make the money during that year.

I owe and can't pay, do I still file?

Many people I have worked with who owed taxes, felt if they did not file their tax return, somehow the IRS wouldn't come after them to pay.

The truth is — eventually it catches up and you will have to pay. The IRS can collect on your unpaid tax return for up to 10 years after you file. If you don't file, the 10 years gets extended until you do. This makes it important to file on time.

You can always work out a payment plan at IRS.gov. Another option is to hire an accountant to do that for you to negotiate a payment plan.

If you always owe the IRS, you can solve this by adjusting your W-2 withholdings, paying in quarterly if self-employed, or filing your taxes timely.



Renee Sieradski is a Tax Specialist, visit www.tax-intervention.com or call 602-687-9768.

Life can be difficult at times.

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

There is hope.

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

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



Help is only a phone call away.

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

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



Scott Troyanos

Scott Residential Group

602.376.6086
stroyanos@hsmove.com
www.ListSellMove.net

Trusted real estate representation

RESIDENTIAL
INVESTMENT
VACATION

Serving the recovery community since 2005

Intensive Treatment Systems

Enhancing the Quality of Life



855-245-6350 info@itofaz.com

Intensive Treatment Systems of Arizona

www.itsofaz.com

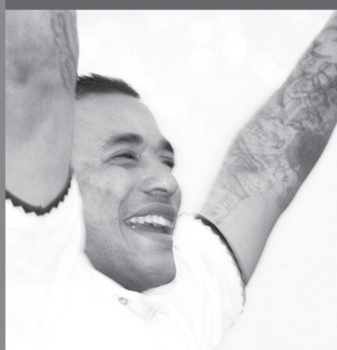


Teen Challenge is Arizona's Faith-Based SOLUTION TO THE DRUG EPIDEMIC

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

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

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

You Break it, You Own It!

By Dina Evan, Ph.D

Someone once said. "The face of the devil is our own." That is true in this moment. We have tolerated bigotry, dishonesty, racism and prejudice and now it has come home to roost. We are responsible! So, how shall we respond to what we have created? First, we have to move out of our heads, fear and ego and back into our hearts in order to live the truth we know, no matter what the cost. **And, we do know the truth.** In the deepest recesses of our hearts we know, that we are complicit, even if it's because of our apathy. Just breathe. We created this...We can change it.

Nothing is ever created that does not first exist in our own consciousness, good or bad. The era we are in and the principle players are master teachers for us. They are asking us to search our souls and realize we have been asleep. Even in the smallest circle of our personal lives, we have seldom taken responsibility for broken relationships, financial challenges, health issues, lost jobs and almost everything that happens to us daily. We don't even take responsibility for the good things, we credit those to good luck. I even sat in a New Thought Church recently and had to tape my mouth shut as the minister said things like, if you want something you must ask God for it, God has your answers, everything is God's will not yours. I nearly wet my pants. I wanted to jump up and say, "Who in the world taught you God's job is to work for us not through us? Where is our responsibility in creating our reality?"

We have gotten so lazy that we now expect our politicians, our ministers and even God to do it for us. We have abdicated our power as a way to avoid responsibility for our lives. Our power is returned the moment we own that we are a part of God or Spirit in the same way my hand is part of my body. As long as we believe in separation, we don't have to take responsibility for anything. That's convenient, albeit a lie. We are responsible for everything in our lives and the moment we accept that really we wake up and start creating the lives we want. We can feel the joy of being part of a Di-

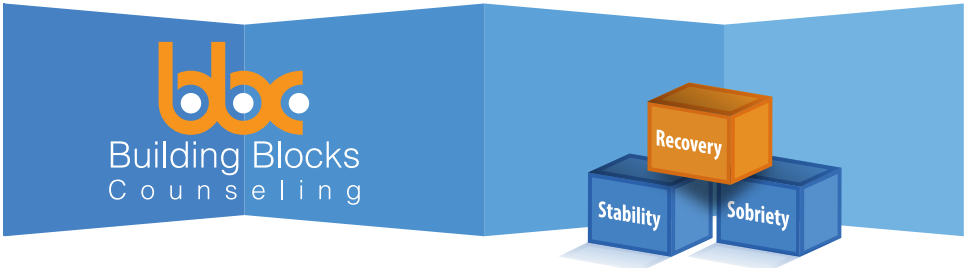
vine Spirit that empowers us to change the things that need changing, to find the answers that are aligned with love, honesty, truth and compassion and to act in that alignment powerfully.

This is not the time to beat ourselves up, it is not helpful. Once a child understands why he or she should not run in the street there is no need to keep spanking. Beating ourselves up past the point of understanding is self-abuse. So how do we start to empower ourselves and return to a sense of unity with our spiritual power?

First, we need to learn to greet everything in our lives and every person in our lives as a gift to our spiritual growth. The first question to ask when a horse's patoot screws around with your life is, "What am I supposed to learn from this experience?" The first time you have to claim a bankruptcy, lose a dear friend, say something that was hurtful or end up with a government that is dysfunctional is, "What am I supposed to learn from this?" The minute your relationship hits some stormy patches ask yourself, "What am I supposed to learn from this?" This planet is a grand school in which we can push our souls forward toward enlightenment but we have been skipping classes! It's clear from everything that is happening today, if we don't graduate with honors from this school we may not have many more chances. We are creating more of what we don't want than what we say we do. Time to wake up.

You have no idea how amazing and loved you are. Nothing you have done in the past changes that. We are all free to be our greatest selves and do what we came here to do to fulfill our purpose. The first step is owning our responsibility, together with owning our power. Go for it. You are safe. The Universe has your back now and always.

Dr. Evan specializes in relationships, personal and professional empowerment, compassion and consciousness. 602-997-1200, 602 571-8228, DrDinaEvan@cox.net and www.DrDinaEvan.com.



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



CALVARY
HEALING 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.

CalvaryCenter.com | 1-866-76-SOBER



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.



Dr. Ralph Earle



Dr. Marcus Earle

Call or Visit Today to Learn More
480.947.5739

www.pcsearle.com

Who is Minding Your Meds?

Two-thirds of teens who report abuse of prescription medicine are getting it from friends, family and acquaintances. Make sure the teens in your life don't have access to your medicine. Follow these three steps to find out how to monitor, secure and properly dispose of unused and expired prescription and over-the-counter cough medicine in your home.

Step 1: Monitor

Parents are in an influential position to immediately help reduce teen access to prescription medicine because medicine is commonly found in the home. But how aware are you of the quantities that are currently in your home? Think about this: Would you know if some of your pills were missing? From this day forward, make sure you can honestly answer yes.

Start by taking note of how many pills are in each of your prescription bottles or pill packets, and keep track of refills. This goes for your own medicine, as well as for your teens and other members of the household. If you find you need to refill your medicine more often than expected, that could indicate a problem.

If your teen has been prescribed a medicine, be sure you control the medicine, and monitor dosages and refills. You need to be especially vigilant with medicines that are known to be addictive and commonly abused by teens, such as opioids, benzodiazepines and stimulants.

Make sure your friends, parents of your teen's friends, neighbors and relatives — especially grandparents — are also aware of the risks. Encourage them to regularly monitor their own medicines in their own homes.

Step 2: Secure

Approach securing your prescriptions the same way you would other valuables in your home, like jewelry or cash. There's no shame in helping protect those items, and the same holds true for your medicine.

Take prescription medicine out of the medicine cabinet and secure them in a place only you know about. As mentioned previously, if your teen has been prescribed a medicine, be sure you control the medicine and monitor dosages.

If possible, keep all medicines, both prescription and over-the-counter, in a safe place, such as a locked cabinet your teen cannot access. Spread the word to other households that teens may have access to, and encourage them to secure their prescriptions as well.

Step 3: Dispose

Safely disposing of expired or unused medicine is a critical step in helping to protect your teens, your family and home, and decrease the opportunity for your teens or their friends to abuse your medicine.

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.



THE MEADOWS
OUTPATIENT CENTER

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

Kimberly A. Johnson, PhD
Director, Center for Substance Abuse Treatment to Speak at Art of Recovery Expo




Kimberly A. Johnson, Ph.D., Director, Center for Substance Abuse Treatment, (SAMHSA) leads the center's activities to improve access, reduce barriers, and promote high quality, effective substance use disorder treatment and recovery services. Dr. Johnson's extensive experience in and contributions to the behavioral health field ensure the center's programs are correctly focused and support SAMHSA's mission.

Dr. Kimberly A. Johnson began her tenure as Director, Center for Substance Abuse Treatment, in February 2016. Dr. Johnson is a highly-regarded thought leader, who has authored a variety of publications on topics important to the addiction and recovery field, including e-health solutions for people with alcohol problems, using mobile phone technology to provide recovery support for women offenders, and new practices to increase access to and retention in addiction treatment.

The Art of Recovery Expo is honored to have Dr. Johnson at the annual event.

Visit www.artofrecoveryexpo.com



VALLEY HOSPITAL
MENTAL HEALTH AND CHEMICAL DEPENDENCY CARE

When You Need Someone to Talk to...

Free Confidential Assessment- 24/7

Outstanding Care, Compassionate People, Unparalleled Service

Help For: Active Military, Family Members and Veterans:

- ☐ Depression, Anxiety
- ☐ Sleep Disorder
- ☐ Hearing Voices, Hallucinations, Paranoid
- ☐ Sexual Trauma
- ☐ Self-Harm
- ☐ Mood Swings
- ☐ PTSD
- ☐ Drug/Alcohol Abuse
- ☐ Prescription Drug Abuse



Freedom Care
FC
ASCENDHEALTH Corporation

Service Members accepted upon referral from their Military Treatment Facility

602-952-3939

3550 East Pinchot Avenue • Phoenix, Arizona 85018
www.valleyhospital-phoenix.com

Pain Management/ Opioid Use with Veterans and Service Members

Military service brings a risk for serious injury, and with it, the possibility of severe or chronic pain. Such pain may be treated with prescription medication —sometimes opioids, which carry a risk for overuse or misuse. SAMHSA has been working with the U.S. Department of Defense (DoD) and the U.S. Department of Veterans Affairs (VA) to enhance informed prescribing practices and prevent misuse that can result in overdose or even death.

Controlling Pain

Injuries incurred during military service can be complex and the management of chronic pain requires attention. According to Friedhelm Sandbrink, M.D., VA's Acting National Program Director for Pain Management, up to 75 percent of older veterans experience chronic pain.

Prevalence of severe pain is strikingly more common in veterans than in the general population, particularly in younger veterans and in veterans who served during recent conflicts. Complicating matters are co-occurring disorders experienced by veterans, such as posttraumatic stress and traumatic brain injury, for which additional psychotropic medications may be prescribed. Medication interaction is an important consideration.

"The challenge for those prescribing medications in the military and in the VA is to find the right balance to get the pain under control and to keep the patient safe," said Dr. Sandbrink. "We want to ensure that patients are finding relief and taking medications as prescribed, and that we are aware of other sedating medications or alcohol use that could increase the risk of overdose."

He added, "in order to find the right balance, we nowadays rely less on medication and make much greater use of other approaches, including behavioral therapies, physical therapy and integrative health modalities, and emphasize physical and mental function."

Providers outside the military systems and VA are accessed by more than half of those who serve, so they need to be aware of population-specific guidance for veterans and service members. This is particularly true for members of the National Guard and Reserve, whose home communities may not include military supports.

The High Risk Of Relapse

For individuals in recovery from a substance use disorder who relapse, the risk of overdose is greatest. Tolerance of a drug during sobriety decreases, so if a person resumes at the same dosage as before recovery, that use can be lethal. It is extremely important to educate family members on the possibilities of misuse and how to respond.

The DoD currently has a pilot project called *Building Healthy Military Communities* that addresses the unique needs of geographically dispersed service members and their fami-

lies that may affect readiness, resiliency, and wellbeing. SAMHSA supports this work to address the mental health needs of service members and their families in communities throughout the U.S.

Interagency Task Force

The DoD, VA, and HHS participate in the Interagency Task Force on Military and Veterans Mental Health, created in 2013 to ensure veterans, service members, and their families can access the services and supports that they need. SAMHSA represents the U.S. Department of Health and Human Services on this Task Force. Through this partnership, SAMHSA provides a number of resources to DoD and VA providers.

SAMHSA and Veterans Affairs in Action

Dr. Karen Drexler, M.D., the National Mental Health Program Director for Substance Use Disorders in the VA, explained that, "SAMHSA resources and trainings are excellent. We are currently using many SAMHSA resources to educate Veterans, their families and clinicians about the best approaches to care."

"SAMHSA's contribution on the Task Force has led to some specific advancements that support military service members, veterans, and their families," said Cicely Burrows-McElwain, SAMHSA's Military and Veteran Affairs Liaison. "In addition to reviewing the clinical practice guidelines, SAMHSA also worked with the other agencies to relay and report prescription drug information to Prescription Drug Monitoring Programs which helps to prevent over prescribing and overmedicating."

The VA also worked to eliminate the co-pay on drugs like naloxone that are used if someone overdoses, making it much more accessible to patients and their families.

Although advancements have been made to better equip treatment providers with information and training to prevent circumstances that could lead to addiction, opioid misuse continues to be a serious public health concern. Providers in the DoD and VA continue their efforts to address pain and limit opioid use, while discussing potential associated risks with military service members, veterans, and their families. SAMHSA's work with the Task Force, and work done to support states across the country through the SMVF TA Center, will ensure that the support, resources, and training to improve care and prevent substance use disorders is accessible no matter where military service members and veterans go for care.

Substance Abuse and Mental Health Services Administration | 1-877-SAMHSA-7 (1-877-726-4727) | <http://www.samhsa.gov>. SAMHSA is a public health agency within the U.S. Department of Health and Human Services. Its mission is to reduce the impact of substance abuse and mental illness on America's communities.

Terro's HEALTH

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



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.

REMUDA RANCH
AT THE MEADOWS

866.390.5100 | www.remudaranch.com | Wickenburg, AZ



Resign as Your Own Teacher

While traveling in Europe to attend an André Rieu concert, my laptop wouldn't boot. If you ever had this happen, you know it can be, well, disconcerting. I Googled computer repair technicians in the small Holland city where I was staying, and found two technicians with good reviews. One of them seemed really attractive, with lots of great comments. I decided he was the guy for me, and phoned him. It was Saturday, and although Google said his shop was open, it wasn't.

I didn't have much choice but to phone the second tech, fingers crossed. Harry answered immediately and came to my hotel to pick up the laptop. In a foreign country, I had to really trust to let the machine go. Yet to my happy surprise, Harry returned a few hours later, the hard drive perfectly restored. In spite of my misgivings, he was the perfect guy for the job.

Often what I believe is my true guidance, isn't. It's quite humbling not to know it all. A Course in Miracles underscores our inability to make healthy decisions when we depend on our intellect only. A Course Workbook lesson asks us to remember, **"I do not perceive my own best interests."** The text bluntly advises us, "Resign as your own teacher." The Course explains, "You cannot be your own guide to miracles because it was you who made them necessary."

The way we have been taught to make decisions, through intellect and emotion, is ultimately not our answer. If we can't trust our thoughts and feelings, then, what can we trust? Are we bereft of guidance, impotent to know what is right for us?

To the contrary, we have impeccable guidance. We have an inner teacher to whom we can turn with perfect confidence. Call this teacher Higher Power, Holy Spirit, Divine Guidance, or whatever you like, there is a voice of deep knowing within us that will show us exactly what to do.

We must turn challenging situations over to this Higher Power. Say, "I do not know what to do here. I am not seeing clearly. I now release my attempts to figure this out, and I place this situation in the hands of Greater Wisdom. I ask and trust that right action be revealed to me, and this situation be resolved in the best interests of everyone concerned."

Now that's a prayer that will work—if you pray it sincerely.

In the case of my laptop repair, I didn't see my true guidance because I had made up my mind about how events should go. But when I turned it over and trusted the process, everything worked out perfectly.

The Course advises us to ask at the beginning of each day, "What would You have me do? Where would You have me go? What would You have me say, and to whom?" Instead of depending on ego, the mode from which we usually operate, we are asking for guidance from Spirit.

Many of us make up our mind about an answer before we ask the question. We decide that someone is our soulmate, or a particular job or house should be ours, and then we ask for guidance. Real asking is open-ended. "Send me the right partner, job, or house," allows that the partner, job, or house may be the one you think it should be, or another. End all prayers with "this or better."

Einstein explained that you cannot solve a problem with the same mind that created it. The problem is moving you to rise to a higher level of consciousness so you can see the issue from a broader dimension and resolve it from the Big Picture. Don't be so sure you know what to do. If you think you know what to do, head in that direction. Then watch for signs. Is your solution flowing and attracting people and events that foster resolution? Or are you hitting walls, having conflicts, and getting frustrated? If the latter, try another approach. The walls you are hitting are redirecting you to move in another direction. Great Spirit is very generous with signs as to whether or not we are on the right track. But we must be keen to observe and act on those signs.

The spiritual path is not about gaining sophistication. It is about gaining simplicity. We must become like a little child and be open to be shown. Don Marquis summed it up: "The most pleasant and useful persons are those who leave some of the problems of the universe for God to worry about."

Alan Cohen is the author of A Course in Miracles Made Easy; mastering the Journey from Fear to Love. Become a certified professional life coach through Alan's transformational Life Coach Training beginning January 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.



HOLISTIC RECOVERY CENTERS

A Brighter Tomorrow

www.holisticrecoverycenters.com

Our multidimensional program provides clients with the necessary tools to combat relapse and enjoy long-lasting recovery from drugs & alcohol.

— Treatment Programs —

• <i>Adult Residential</i>	• <i>Intensive Outpatient Program</i>
• <i>Residential Relapse Recovery</i>	• <i>Partial Hospitalization</i>
• <i>Dual Diagnosis</i>	• <i>Residential Inpatient Treatment</i>
• <i>Alcohol and Substances</i>	• <i>Alumni Program</i>

It all can start with a phone call.

Give up the daily struggle that is caused by active addiction and begin a new chapter in your life.

1-866-421-6628






MENTAL HEALTH AND CHEMICAL DEPENDENCY CARE

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

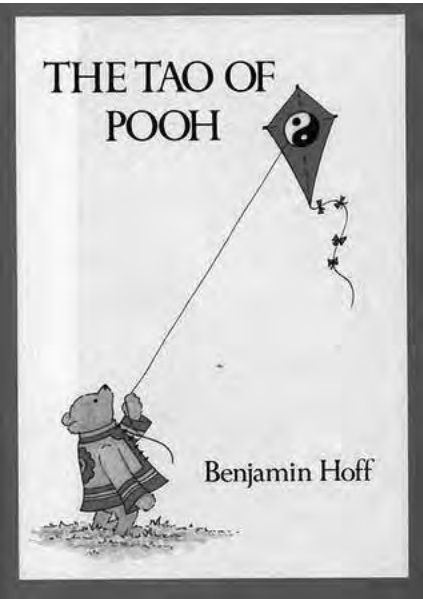
24 Hours / 7 Days a Week Referral & Admission Center: 602-952-3939

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

BOOK REVIEW

The Tao of Pooh by Benjamin Hoff

Reviewed by Kyle Rhodes



*"It sounds like something from Winnie-the-Pooh," he said.
"It is," I said.
"That's not about Taoism," he said.
"Oh, yes it is," I said.
"No, it's not," he said.
"What do you think it's about?" I said.
"It's about this dumpy little bear that wanders around asking silly questions, making up songs, and going through all kinds of adventures, without ever accumulating any amount of intellectual knowledge or losing his simpleminded sort of happiness. That's what it's about," he said.
"Same thing," I said."* – *The Tao of Pooh*, Foreword, pg. xi-xii.

Taoism is a philosophical tradition of Chinese origin that emphasizes living in harmony with the Tao, or the absolute principle underlying the universe, combining within itself the principles of yin and yang and signifying the way, or code of behavior, that is in harmony with the natural order. *The Tao of Pooh* is a charming little book that strives to introduce a Western audience to this wholesome Chinese philosophy that has largely been neglected in favor of its Indian and Japanese brethren. Authored in the early 1980's by Benjamin Hoff, this work still holds up as a delightful and insightful illustration of basic Taoist concepts and a wonderful re-interpretation of A.A. Milne's classic: Winnie-the-Pooh. Hoff uses stories and characters from *Winnie-the-Pooh* and *The House at Pooh Corner* to introduce and explain basic concepts of Taoism to those readers which are interested but have zero or a limited understanding of the ancient Chinese philosophy.

In the opening chapter, Hoff explains what Taoism is through the help of The Vinegar Tasters (and Pooh), an ancient painting that depicts three of China's most revered thinkers; Confucius, Buddha, and Lao-tse, tasting vinegar from an urn, understood as the Essence of Life. Confucius and Buddha react sourly and bitterly, respectively to the taste of the Essence of Life, but Lao-tse is smiling in the painting. According to Lao-tse and Taoism, "sourness and bitterness come from the interfering and unappreciative mind. Life itself, when understood and utilized for what it is, is sweet." That, Hoff suggests, is the message of The Vinegar Tasters.

The following chapters, and therefore the entirety of the remainder of *The Tao of Pooh*, Hoff explains several basic Taoist principles with the help of Pooh and his friends as well as stories from A.A. Milne's classic books. The first principle, The Uncarved Block, is the very epitome of Winnie-the-Pooh. Translated into "tree in a thicket" or "wood not cut", The Uncarved Block means "things in their natural state". According to Taoism, natural order contains within it a certain power that remains with simplicity. Hoff borrows a scenario from Milne in which Pooh, Piglet and Rabbit are attempting to find their way home from a pit. Pooh suggests, after many failed trials at finding a way back, that if they

were to walk away from the pit and then try to find it again, then they would end up home. Rabbit, of course, scoffs and claims that he would most definitely find the pit again if he were to try.

Once Rabbit wanders off and Pooh and Piglet wait for a while, Pooh decides that Rabbit has found his way home and that they should do the same. After all, Pooh has twelve jars of honey at home that have been calling him for hours and, now that Rabbit wasn't around to be talking, he could hear them much better. Pooh, as The Uncarved Block, can accomplish what he can, such as finding his way home, because he is simpleminded.

With the help of Pooh, Rabbit, Piglet, Eeyore, Owl, Kanga and Roo, Hoff proceeds to introduce Taoist principles such as Abstraction constraining Reality, Inner Nature and what follows, working The Way (those For and Against), enjoying the Present Moment, T'ai Hsu (The Great Nothing), and how the readers can begin heading Towards a Better Path. While short on page numbers,

The Tao Of Pooh is rich in substance and concentrated wisdom. Hoff introduces several basic concepts of Taoism and they all bring something essential to what seems like a monotonous task on the daily: our lives. The concepts laid out in basic Taoism are an excellent starting point for a re-evaluation of the self and a shift in the way we think about existence and our purpose in it. The representation of Pooh as an unconscious Taoist master from which we are taught high philosophical principles turns out to be more enlightening than humorous after all this time, and who could have expected such a thing?

The Tao of Pooh can be purchased from Gifts Anon., Inc. at 10427 N. Scottsdale Rd, Suite A, Scottsdale, AZ (SE corner of Scottsdale & Shea) or 5817 N. Seventh St, Phoenix, AZ (Seventh Street south of Bethany Home Rd).

INDEPENDENT TALK

1100

KFNX

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




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

Community Calendar

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

Professional Events

Sept. 17 —Introduction to Mindfulness: A Day of Retreat, Genevieve Tregor, MS. PCS, 3302 N. Miller Rd, Scottsdale One Day Mindfulness Workshop. \$79 inc. lunch - Register by Sept 14th.Unplug, re-energize with an experiential day discovering benefits of mindfulness practice. Register www.solutionmindfulness.com/register or call **480-910-4240**. 9:30 AM - 4:30 PM

Sept. 19— FREE Professional Networking Luncheon — Psychological Counseling Services (PCS) Networking luncheon 12:15- 1:45 p.m. If you are new send an email request for an invitation to pcs@pcsearle.com or call **480-947-5739**.

Open Support Groups & Events

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). Rob L. 602-339-4244 or stscottsdalealumni@gmail.com.

SIERRA TUCSON— Continuing Care Groups in Phoenix. Thursdays – Resident Alumni Psychological Counseling Services, 3302 N. Miller Road, Scottsdale. 5:30 – 7:00 p.m.This group is facilitated by the staff of Psychological Counseling Services at no charge for Resident Alumni.Contact Alumni Coordinator Courtney Martinez at **520-624-4000**, Ext. 600205 or email: Courtney.Martinez@SierraTucson.com..

SIERRA TUCSON - Resident & Family Member Alumni. Begins Thursday, Sept. 7. 1st & 3rd Thursdays of each month – Blue Door

Psychotherapy, 5929 E Pima Street. Tucson. (Parking off of Sahuara Street behind the Pilates center.Look for the blue door.) **6:00 – 7:30 p.m.** Bi-weekly group facilitated by clinical staff at Blue Door Psychotherapy. No charge for Resident and Family Member Alumni. Contact Alumni Coordinator Courtney Martinez at 520-624-4000, Ext. 600205 or email: Courtney.Martinez@SierraTucson.com.

Mondays– Scottsdale – **FAMILY RECOVERY GROUP**—Facilitated by Brough Stewart, LPC. 5:30-7:30 p.m. Designed to help begin/continue family recovery. Meadows Outpatient Center, 19120 N. Pima Rd., Ste. 125, Scottsdale. Contact: Jim Corrington LCSW, 602-740-8403

Celebrate Recovery — COMPASS 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.

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

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

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

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. 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

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

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

OA—12 Step program for addictions to food, food behaviors. 520-733-0880 or www.aa-southernaz.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 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

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

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

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

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 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@eatingdisordersanonymous.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. 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. **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.

GODDESSESS & KACHINAS Philosophical, spiritual, religious 12 step, 12 Tradition, 12 Promises support group. Details 480-203-6518.

Crystal Meth Anonymous 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

Legal Services	
Dwane Cates	480-905-3117
Real Estate	
Scott Tyoyanos	602-376-6086
Tax Intervention	
Renee Sieradski, EA	602-687-9768
www.tax-intervention.com	

TUCSON

ACA	aca-arizona.org
Alcoholics Anonymous	520-624-4183
AI-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



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

Art of Recovery Expo

PRESENTS

Save the Date

Workshops Resources
Over 100 Exhibitors

Austin

Eubanks

From Trauma & Opiate Addiction to Recovery



SATURDAY

September 16, 2017

9:30AM - 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.

the Art of Recovery

Phoenix Convention Center

33 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



COMMUNITY BRIDGES, INC.

