

Together AZ

NOVEMBER 2018

INSPIRING SUCCESS ON THE ROAD TO RECOVERY

Living Our Purpose



The Path to Achieving Miracles and Providing Lasting Hope

By Aaron Wilson, MD, Chief Medical Officer, Sierra Tucson

I distinctly remember the first time I drove through the gates of Sierra Tucson and experienced an overwhelming feeling of belonging. If the towering peaks of the Santa Catalina Mountains and the lush desert encompassing me weren't captivating enough, certainly the sign that greeted me — **Expect A Miracle** — on the ascending driveway, was. At that moment, I knew that I was somewhere exceptional, a place complementary to my deepest professional ambitions.

It was in medical school where I came face-to-face with my professional destiny. As a student at Tulane University in New Orleans in 2005, I found myself in the middle of one of this country's worst natural disasters — Hurricane Katrina. Along with my fellow classmates, I was surrounded by the devastating wake of one of the most infamous weather catastrophes in recent U.S. history.

With an opportunity to provide support to those traumatized by the disastrous event and its aftermath, I felt a deep satisfaction as our teams were deployed to assist. There were untold numbers of individuals suffering from mental health challenges, and I found myself ardently driven to assist in any capacity. Five years later, and the explosion in the Gulf of Mexico of the British Petroleum drilling rig, Deep Water Horizon, affirmed my calling. I, again, had the opportunity to serve this same community stricken by overwhelming loss and trauma.

And now, all these years later, I have the distinct privilege of continuing my service and commitment to community as the Chief Medical Officer at one of the premier residential treatment facilities in the country. At Sierra Tucson, I am not only applying my many years of experience attending to the behavioral and mental health care of people in high-impact emergency zones in the service of our residents, but I'm also in a unique position to see, meet, and hire other similarly driven and passionate professionals, all with their own stories of why they chose one of the toughest, yet most rewarding, branches of the medical profession.

I am happy to announce that, since joining Sierra Tucson in March, over the last seven months we have added seven experts to our elite medical team here at Sierra Tucson, each nationally and internationally recognized specialists in their respective practice areas:

LIVING OUR PURPOSE continued page 4

Throw the Rope, Don't Get In the Water

In 2009, I interviewed Christopher Kennedy Lawford for his appearance at the 2009 Art of Recovery Expo. To honor his legacy in leading the way for recovery advocacy, I've chosen to reprint his timeless knowledge. You are missed Christopher, and will be forever remembered. I was privileged to know you. —Barbara Nicholson-Brown

- *Do you have a specific message to our younger generation who are faced with the challenges and curiosity of "trying" alcohol or drugs?*

CKL: Young people have to understand what they perceive in a moment of adolescent bliss or experimentation may have serious consequences for them down the road. If you said to them at 30, when you were 13 do you wish you should have done that? They may say no to using drugs and alcohol. They need to realize there can be very serious consequences for those who experiment. One in 10 will end up with a serious addiction problem. If they have it in their family their odds of really having problems with this go up dramatically, we know this from the science. The other thing kids need to understand is their brains are not fully developed. Even if they binge drink or use drugs on occasion, but don't become an alcoholic or addict there will still be an impact on their brain chemistry, and some damage from that kind behavior. It's not that they aren't smart kids or productive, creative people— there are consequences to drug and alcohol behavior, the kind I engaged in. The consequences can sometimes be immediate and they can be long.

With most of the kids I know, if you give them good information they will usually make good decisions. My kids have the genetics, I've given them good information and they've experimented to a degree. I don't think any of them thus far have manifested any serious problems. That is because of the information they have gotten from their me firsthand and their mother — and the openness of our dialogue with them. Those are significant things. Kids are capable of understanding and I believe they should be told the truth. They often do make good decisions

- *Since the high profile tragedy of Michael Jackson and the media frenzy surrounding it- do you think this has changed the public perception of addiction and its consequences?*

CKL: Not at all! These things happen. Millions of people die of this disease just like Michael Jackson did. It gets played in media, people pay attention and then it goes away. This issue has been around for a long time. Elvis and John Belushi died from this. The media doesn't change anything.

This is a fundamental issue that is determined person to person— within families, friendships and with society at a grassroots level. People are going to get in trouble with drugs and alcohol, they always have, and they will continue to get in trouble. Ten percent of the population has the genetic predisposition to become an alcoholic or a drug addict.

This is going to continue, the answer to this is not notoriety, it's not exposure — the answer is, people talking honestly with one another about what really is going on. And that is what is going to change the landscape and it's already happening. We have come a long way since I began my journey in 1969. In the terms that we need to dialogue around these issues regardless of the high profile person who die of this disease.

- *What advice can you give families who are facing this situation with their loved ones?*

CKL: The biggest thing about drug and alcohol is **it's a family disease**. If one person has an addiction, then the whole family is sick and that is one of the most difficult things for people to get. The last person to get somebody sober or to help somebody is a family member. What I often say to families and people I care about is, "throw the rope, don't get in the water." Go to treatment yourself; go to Alanon or programs that will take care of you. Some of the great things happening today in treatment is we don't just treat the alcoholic — we treat the whole family. Oftentimes an addict or alcoholic go off to treatment and come back to same family dynamic and systems that they were in place before and they start using again. So the message always has to be the addict is not the only problem. I has been my experience if you're

THROW THE ROPE continued page 5

Publishers Note

By Barbara Nicholson-Brown

I do not want to write this piece, but I must.

I believe people who come into our lives; whether for a short time or a long while – arrive for a reason. And, there are those special ones we connect with on a soul level, in a deeper way, just like ‘family’.

Friendships, if truly authentic go through ups and downs, from spats to forgiveness, belly laughs and tears. The years go on and what develops is a bond between human beings. We help each other, we listen, call each other out when things go awry, challenge one another and accept one another. We focus on the lessons they bring us rather than the flaws. Each of us is perfect in God’s eyes, and that is what counts.

A month ago, on September 27th, my dearest and closest friend for over 20 years took his life. The Why’s will never be answered. The questions I’ve asked myself since, from “what did I miss, to why didn’t he let me know, I could have helped,” — spin in my mind, and it hurts.

It hurts because it is final. It hurts because he is gone. I’m angry, sad, and confused. I miss him and pray he will find peace.

To my best friend Bill, you were loved by many and you touched my life in ways I will cherish and remember all of my days till I see you again.

Peace my friend, may you find peace.

Let’s be honest with our feelings without shame or fear of being judged, We must ask for help when we don’t want to, If we feel hopeless or powerless or alone in this world, please, please reach out. 1-800-273-TALK (8255)



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your most important.”**

*-Aaron Wilson, MD
Chief Medical Office*

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at Sierra Tucson.**

We are proud to announce the recruitment of seven additional experts joining our elite medical team. Each are nationally and internationally recognized specialists in their respective areas.

- **James Seymour, MD**, Director of Trauma Recovery Program
- **Jerome Lerner, MD**, Director of Executive and Licensed Professional Program
- **Jasleen Chhatwal, MD**, Director of Mood Program
- **Brandon Yates, MD**, Attending Psychiatrist, Mood Program
- **Janaka Sarathchandra, MD**, Attending Psychiatrist, Desert Flower
- **Donnie Sansom, MD**, Medical Services, Attending Physician, Addiction/Co-Occurring Program
- **Janet Tinkey, DNP, PMHNP-BC**, Psychiatric Nurse Practitioner, Desert Flower



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Finding *Miracles* Across the Table



By DINA EVAN, PhD

This is the month for giving thanks and for many it may seem harder to feel thankful. The people having to rebuild lives and homes now still under water in many states, or many in Washington are feeling so separated from their own values they can hardly speak. I too am sad, even when my mind knows I have had an incredibly blessed life, not with material things, or wealth, but rather, like you, with doing what I came here to do and being who I came here to be.

Living on purpose, values, and an inner sense of connection with something bigger than ourselves — embracing the pain that shatters our souls into splinters out of which we build our cathedrals. We do it, chose it, to push our souls forward.

As an example, I have been so fortunate to find doctors who are present, compassionate and kind. I had to go back for my monthly visit with my pain doctor. He's a precious young family man who is awake, present and kind. As usual, we spent ten minutes talking about my prescriptions and then time talking about the world and what we are doing to try to make changes. He and his wife are bravely teaching young people in their church about relationships and I shared the videos we are putting up on my site that he had been watching, and invited him to use the material in his work. In that place of awareness — we were one.

When these kinds of connections take place, the energy in the room softens. It stills and vibrates differently in a deep sense of connection that arrives as if we had known each other forever. There are few, but deeply precious, people in my life with whom I share that magic. They stop whatever they are doing and show up, because they want to connect in that sacred space that says I care, we care. They stop rushing to, or from, anything. They tell the truth. They express the kind of love that sustains us and is so unbelievable it can't be contained with a description.

I left that office and sat in my car and wept for nearly fifteen minutes with the realization that nothing less than these connections have or could ever fill my soul or feed my spirit. The rest is mundane and unsatisfying. It leaves me longing for more.

That's when it occurred to me, it is these conscious connections for which we get to give thanks. Maybe when you get older like me, you realize your time here is limited, you know that only that

which is real, matters. However, the millennials and young adults are getting these concepts so quickly and deeply it astounds me, like this precious doctor, my producer, and thousands around the world.

Looking for ways to fill up my time bores me, anything except knowledge bores me. None of which is to say I am spiritual, but rather, I simply feel the realization that walking for forty years on the path with these courageous people, who bare souls to heal the pain they carry so they can replace the pain with their purpose and calling. It's a miraculous act of such courage that nothing less than their same level of bravery can or should be lived through my actions and service. They deserve that from me, because if I dare to ask it of them, they dare even greater to give it.

And so

This Thanksgiving, take a moment to thank the masters who sit across the table from you in your life. They came to share your journey, shoulder the responsibility and the joy and most of all to reflect back to you, your great courage and wisdom in choosing this path, at this very difficult time. Being real and conscious isn't always easy, however, it's it is vital to your evolution, as vital as your next breath. This my beloved readers, is what I mean when I say, "When you change inside, a world event takes place outside. Just breathe and know you are building cathedrals and fulfilling your purpose, and that's what you came here to do. Give thanks for that and know I give thanks for you for giving me another place to fulfill my purpose.

Please go to DrDinaEvan.com and help me share the vital tools on the videos *Your Path and Purpose*.



Dr. Evan specializes in relationships, personal and professional empowerment, compassion and consciousness. 602-8228, Dina.Evan@gmail.com and www.DrDinaEvan.com.

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HELPING YOU REACH YOUR POTENTIAL

LIVING OUR PURPOSE from page 1

- James Seymour, MD, Director of Trauma Recovery Program
- Jerome Lerner, MD, Director of Executive and Licensed Professional Program
- Jasleen Chhatwal, MD, Director of Mood Program
- Brandon Yates, MD, Attending Psychiatrist, Mood Program
- Janaka Sarathchandra, MD, Attending Psychiatrist, Desert Flower
- Donnie Sansom, MD, Medical Services, Attending Physician, Addiction/Co-Occurring Program
- Janet Tinkey, DNP, PMHNP-BC, Psychiatric Nurse Practitioner, Desert Flower

Why I am so certain of their place at Sierra Tucson is because of their unwavering dedication to our signature integrative mental health approach and their heart for recovery. In addition, they all subscribe to our 'less is more' approach to medication management and will continue to champion Sierra Tucson's Prescribing with Purpose movement.

For all of us, whether we are new to Sierra Tucson, or long-time veterans, this is truly a unique time in our 35-year history. We are experiencing unprecedented expansion to meet the growing demand for the care we provide. In April, we broke ground on a new 30,895-square-foot Behavioral Health Inpatient Lodge. The \$16.5 million expansion will include 44 licensed beds, integrative therapy rooms, a new pharmacy center, expanded facilities for individualized treatment, and a dedicated admission center.

Yet, even in the midst of the excitement that expansion can bring, we haven't lost sight of the fact that whenever individuals make the very difficult decision to seek residential treatment, they are often at their lowest point in their lives. That is why we believe that individualized care and proper diagnosis, from the start, represent the core of our responsibility. Our patients and their families don't care about how many books or peer-reviewed articles our doctors have written, or how many lectures she or he travels to present around the world. Instead, individuals come to Sierra Tucson expecting a miracle. And, they expect our brilliant doctors, nurses, and therapists to care as much about delivering their miracle as earnestly as they wish to receive one.

But miracles don't just happen

Miracles are the result of dedication and hard work, and from the gritty resolve of a treatment team that believes in collaborating with each other, as well as collaboration with our trusted referents and after-care providers. Miracles at Sierra Tucson also include families. Our providers work directly with our patients each day and with their family members during Family Week. Families have an opportunity to sit down next to their loved ones and meet with our providers to discuss diagnoses and medications, as well as to ask every question they wish. At a time in their lives when things can look so frightening and hope can seem so elusive, it's the individualized care that is a Sierra Tucson hallmark that our residents and their families relish.

We don't use the word 'miracle' lightly at Sierra Tucson. While many treatment facilities struggle with provider shortages, I am grateful to say that we have been able to recruit the best and finest group of experts in the industry to polish off our distinguished team. We believe that every individual who steps foot inside our facility is looking for the kind of help that gives them enduring hope. Our treatment team's goal is to provide that hope, not only when they are here, but long after they've left. This is why we can confidently post another sign that individuals can't help but see as they exit our campus— **You Are a Miracle** — and it is our collective goal to help them truly believe it. Visit www.sierratucson.com.

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THROW THE ROPE from page 1

systems that they were in place before and they start using again. The message always has to be the addict is *not the only problem*. It has been my experience if you're the one helping, you're the last one to get sober.

• **What is necessary for the conversation to begin?**

CKL: These are really difficult things for people to approach when someone is this sick. We pretend it's not there, we go into denial and we do those things to protect ourselves. These are fundamental issues and reason this is so difficult. It is not because of the addict or alcoholic, it's the underlying causes and conditions, perceptions and attitudes that go on in families where addictions run rampant. Everyone has stuff to work on and that's why it is difficult to confront it. I think it's always a good idea to get someone involved in your family dynamic that is non partisan, objective and a professional, to do some kind of intervention and to get the ball going. It's awfully difficult for families to take this on themselves. Get someone smart, who knows this business to come in and walk you through you it.

• **Have you noticed any changes in the last five years in regards to the stigma and addiction?**

CKL: Yes to some degree. My cousin Patrick Kennedy and Jim Ramstad (D.MN.) helped pass the Parity bill. He told me the new Obama bill makes the parity bill look like nothing. He said we are going to get this passed— complete parity on all levels of mental health and addiction, and that's what we need. As a society, as soon as we start doing these kinds of things on that level we take this out of the moral equation, which is there's something wrong with the alcoholic or the addict — into a place of disease — which is what this is. This is a mental illness. People that suffer from addiction and alcoholism are not at fault, they are not wrong, they are not bad people. They are sick people who need treatment and just like a diabetic or someone with chronic hypertension who needs a treatment plan, so do alcoholics and addicts. Patrick recently went back to treatment for his mental health. Stigma is all about blame and a misunderstanding of what this is, the fear of not being able to get a handle on it. As a society were getting there. I see steady progress, just as cancer had stigma 20 years ago and really none today, we will see this for addiction in my lifetime.

• **What inspired you to write *Symptoms of Withdrawal, Moments of Clarity and Healing Hepatitis C*?**

CKL: It wasn't what I really wanted to do at the time; I was involved in a novel, but the overwhelming need for a book of this kind was there. I had no idea how many people in this country were looking for a message of hope. I had no idea there were 26 million people with a substance abuse disorder and less than 10 percent were getting treatment, even though I had been an addict for fifteen years and sober for seventeen. The reason I wrote these books is because I became aware of how prevalent this illness is and how little attention it was getting. The Hepatitis C book was clearly a book where Hep C affects a huge proportion of the people I care about. People who have had histories of drug and alcohol abuse. This is a disease that gets very little attention in the public policy world; there is very little money. The CDC gets very little money for hepatitis in this country and it's an epidemic. Many of the people that suffer from it have no political capital. They are usually indigent, underserved folks who just die of liver failure. They don't get liver transplants. These are the reasons I did these books. I hope they are helpful. There are a couple other recovery books I want to do, one involving the family and kids, and something on the humorous side of recovery. (Reprinted from *Together AZ*, September 2009 edition)



About Christopher Kennedy Lawford

In September 2005, HarperCollins published Lawford's memoir *Symptoms of Withdrawal: A Memoir of Snapshots and Redemption* (William Morrow 2005, ISBN 0-06-073248-2), which immediately became a New York Times Bestseller. In 2009, he released *Moments of Clarity: Voices from the Front Lines of Addiction and Recovery*, a series of essays by public figures, athletes and entertainers who have struggled with addiction to drugs and alcohol. Almost every interviewee sought help from a twelve-step program such as Alcoholics Anonymous, Narcotics Anonymous or another spiritually based means of support for recovery.

In his own life, Lawford battled a drug and alcohol addiction for much of his early life.

Lawford worked extensively in politics, government and the non-profit sector holding executive staff positions with The Democratic National Committee, The Community Action for Legal Services Agency and in the Washington office of Senator Edward M. Kennedy. He has held staff positions on numerous national, state and local political campaigns, as well as with The Joseph P. Kennedy Jr. Foundation, Special Olympics and The Center on Addiction and Substance Abuse at Columbia University. He was later a Public Advocacy Consultant for Caron Treatment Centers, and was appointed by Governor Arnold Schwarzenegger to serve on the California Department of Public Health Advisory Board.

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.

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"Addiction is a deadly disease immune to age, race, sex, and socio economic status. It does not care who you are or where you're from. In my career as a professional athlete, I've seen it destroy the lives of several of my peers and the life of my brother who was as gifted an athlete as myself but is now serving a life sentence due to the grips of this fatal disease. I am passionate and committed to preventing this for you and your family." Frank Johnson, Founder & Chief Executive Officer. For information visit www.continuumrecoverycenter.com or call 602-903-2999.

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Book Review

Sick as My Secrets

Patricia L. Brooks

Sick as My Secrets is a powerful, compassionate, moving memoir told by a strong and honest woman who overcame a desperate need for alcohol to handle stress in her young life. Patricia L. Brooks, immensely proud of her 35 years of sobriety, openly and lovingly reveals her compelling story of powerlessness, her journey to recovery, and a spiritual transformation from the lowest point in her life to the apex of her trust in God. Her saga is a testament to resilience and hope for all of us. This is a must-read for anyone recovering from addiction, with questions about the recovery process, or curious about how a situation like this can happen to an ambitious young woman with a bright future.

Patricia's newest memoir chronicles her topsyturvy infidelities, her incarceration for a second drunk driving ticket, her rehab for alcoholism, and her years of therapy. She also tells her story of a struggle with love addiction and domestic violence on her road to gratitude, acceptance, forgiveness and purpose.

Both of her husbands from the 1970's tolerated some of her behavior in their marriages. Neither marriage lasted very long, the first one beginning as a teenager. Her later drinking years were spent in Arizona, often alone, working in a demanding real estate career and going to night school at Arizona State while spiraling down the rabbit hole. She saw sadness and chaos in her marriages as she moved through four states, Michigan, Iowa, Illinois and Arizona, before she left her second husband in Arizona to try to make it on her own.

She's a brave survivor of alcohol, coming to the war of alcoholism as a married teenager who had no place being at the University of Dubuque's Seminary in Iowa in 1969. It was there she found martinis and became a warrior, fighting for her life in many difficult situations that would have taken others down, such as grief, loss and deceit.

This 300 plus page memoir reveals an insecure young woman, dependent on her second husband for everything while desperately trying to be independent. She drinks heavily to cope with her loneliness and anxiety yet has no idea what is wrong with her as she perseveres.

As the first woman to break into the sales team of a major homebuilder in Arizona in the early 1980's, she earns many sales awards, and makes a name for herself. But despite her achievements, her perspective was that of an outsider pushing her way in where she wasn't welcomed. This weighed heavily on her and contributed to her drinking alone after work, despite the number of homes she may have sold that weekend.

Best Friend? Alcohol

Widely talented, but extremely insecure, in a male-dominated career that was a pillar of sexism in those early years, Patricia found peace with her friend alcohol. While often finding herself in a haze of pot-headed boyfriends and late-night parties where cocaine was served for dessert, she chose to just drink. It was legal, she did not want to lose her real estate license. She drank a lot, kept to herself and left parties early to work weekends and avoid confrontation.

Patricia somehow survived the sex, drugs and rock and roll of the 1970's and early 1980's only to find herself in dead end love affairs, accompanied by drunk driving tickets. The new DUI laws of Arizona had just gone into place in 1983, and although she began to find her sisterhood with other women in the real estate business, she could not put down the drink. Patricia was eventually threatened with her job despite being Salesperson of the Year, before her last DUI. She conquered her desire to drink only after surrendering to God and recovery, going to jail in Phoenix for DUI and attending out-patient treatment to save her job.

This author of *Sick as My Secrets* skillfully shows how alcohol slowly but surely invaded her life. The sad but very predictable progression of alcoholism is on full and well-explored display in her memoir. There's a lot of typical Twelve Step Recovery in her words, yet her story is told in an intriguing manner. This memoir serves as a strong refresher course for anyone who's been sober for a while and worried they may become complacent. Addiction to love and domestic violence issues are also covered as she moves through her early sobriety.

This memoir is also for those willing to buy into the spiritual aspects of Twelve Step Recovery. But if that's not your bag, try this book anyway, you might find that what worked so well for Patricia could also be for you, a loved one or a family member of an alcoholic. Remember, one in four people in this country are impacted by alcoholism daily.

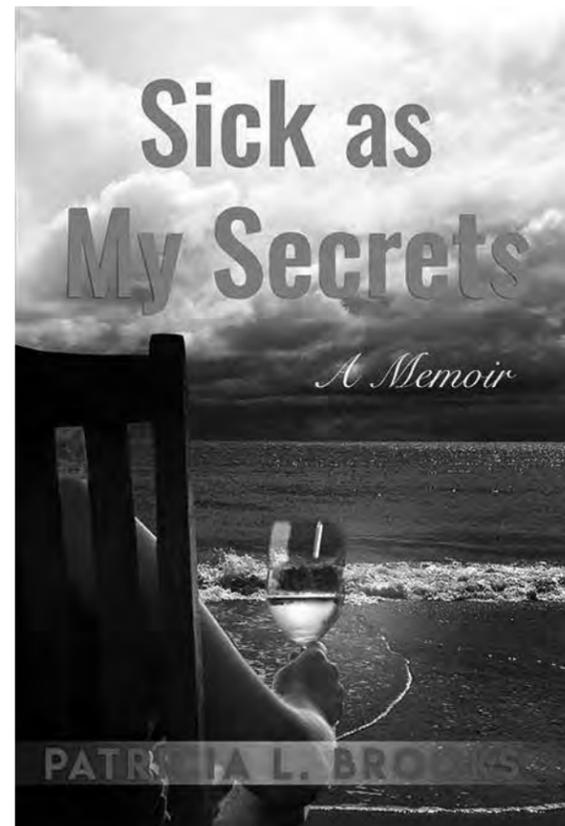
Author's Comments

My life experiences are fodder for my books, and memoir and biography are always my first choice in reading. I have always loved to read, write and speak up. *Sick as My Secrets* is a very personal story of my adult life and what it was like as a drinker who drove drunk, what happened to change my drinking to sobriety, and what thirty-five years sober means to me. True stories intrigue me and speak to me. It is my hope *Sick as My Secrets* does that for you.

One of my passions is advocating for addiction awareness so I am out there today and no longer anonymous. This decision happened five years ago when I began to write my book and publicly talk about my recovery to a variety of audiences. My book *Three Husbands and a Thousand Boyfriends* focuses on domestic violence and love addiction. And I participate in the Addiction Awareness Day and the Domestic Violence Awareness Day at the Arizona Capital each Spring, speaking to my legislators in LD23.

There are many myths related to who is a woman alcoholic. One defining question is "How did I change?" I clearly show that in the last half of the book with stories of sponsorship and service. By redoing the Twelve Steps more than once, and staying close to recovery, thirty-five years sober became my reality.

The next important question is "What was the catalyst to my change?" That answer is renewing my faith in God while in jail. I write in detail how that experience impacted me, and how powerful and humbling it was to be there. Jail made me grateful for my



life; the alternative was to drive drunk and eventually kill myself or someone else.

The purpose of the book is to share my experience strength and hope with those who may never find a meeting or talk to another person in recovery. It is for those who enjoy reading memoir or living vicariously through another's experiences. My goal was to write a riveting book so that the reader shares my words of hope and inspiration. Since I worked through the shame of alcoholism and told my truth with a passion for healing myself and others, it is now in God's hands.

"It is like reading a friend's diary." I was told recently, "you are so brave." That is how I wanted it to be, open and inviting, but attention-getting too. If you read memoir regularly, this book is for you. If you are new to memoir, check it out. It's a window into my reflections of what I learned and am learning on the road of recovery, how I live after so much change, and how I work to be the person I was meant to be all along.

Just like most of our reading in recovery, my words are meant to be suggestive only. I was brave and bold in my writing on the difficult topics of love addiction, alcoholism, domestic violence, post-traumatic stress and spirituality. They are everyday life to me. Real issues to me, for people like me. I faced this writing with integrity and hard work, and a lot of faith.

Not knowing how a reader will react to my work, I put it out there to the best of my ability with the noblest of intentions. I wrote for myself first and did not censor my audience. After conversations with myself and God, I wrote more and revised again. By acknowledging those who helped and supported me along the way, such as my author husband, Earl L. Goldmann, my critique group and my editor, the miracle happened.

This book is dedicated to my dear friend Charmen who was killed by a drunk driver over 40 years ago. She is a constant reminder to me of how grateful I am today for my incredible life as a sober woman.



Patricia L. Brooks, MAOM, is an award-winning author of three memoirs, a publishing consultant at her company Brooks Goldmann Publishing, LLC and president and Founder of the Scottsdale Society of Women Writers. She can be reached at patricia@plbrooks.com 480-250-5556 or www.brooksgoldmannpublishing.com

Tips to Improve Your Day

By Sharon Martin, LCSW

Are you feeling discouraged about your health, job, or the political climate in our country? Worried about a loved one who is struggling? Do you feel stuck in a toxic or unfulfilling relationship? Are you lonely or wondering if you'll ever find the one?

You're certainly not alone in feeling down and discouraged. Problems – our own and those in the world around us — have a way of casting a dark cloud over our entire lives. You may find yourself plagued with negative thoughts, self-criticism, and expecting the worst.

Most people would like to be happier, or at least more content. Positive psychology strives to help us understand how to be happier, more optimistic, and resilient. Positive psychology can be applied to your everyday life to improve your mood and wellbeing.

What is positive psychology?

Positive psychology studies happiness and how our lives can be more fulfilling. It helps us recognize and use our strengths and notice more of our positive emotions and experiences.

These tips or strategies aren't intended to solve all your problems or cure depression. They're simply a reminder of the little things we can do for ourselves to create more positive energy and emotional well being.

Ways to use positive psychology in your everyday life

Gratitude. Gratitude is one of the most popular positive psychology approaches— and for good reasons. People who practice gratitude regularly “experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and have stronger immune systems.” We're all familiar with keeping a gratitude journal or a daily practice of recording several things we're thankful for. But there are plenty of other ways to experience the positive effects of gratitude. Here are just a few other ideas:

- Prayer
- Volunteer, give back to your community
- Write a thank you note
- Spend time in nature and appreci-

- ating its wonder and beauty
- Share the best part of your day around the dinner table
- Call a friend and let them know you're thinking of them
- Write something positive about your family and post it on the refrigerator
- Bring coffee and bagels for your coworkers or employees
- When you look in the mirror, instead of focusing on your flaws, say thank you to your body for all it does.

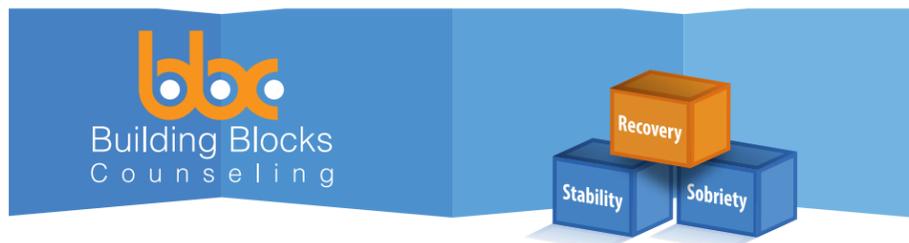
Humor. There's a reason that videos of laughing babies and goats in pajamas are so popular, they make us feel better by quickly shifting our focus onto something fun, hopeful, and uplifting. We all know from experience that laughter is good medicine! Research confirms laughter reduces physical pain, improves mood, counteracts stress, and increases resiliency.

Smile more. It turns out that you don't even need to have a good belly laugh to experience these mental and physical health benefits. The simple act of smiling can shift your mood from negative to positive. Since smiling is contagious, try to spend more time around others who smile often.

Visualize success. Another way to stay motivated and think positively is to visualize yourself acting in new ways. This creates a mental picture of success which strengthens your confidence and reinforces positive or optimistic thinking. To do this, find a quiet place to sit, relax your body, and close your eyes. Paint a mental picture of yourself successfully completing your big work assignment or giving your presentation with confidence. Visualization exercises help to relax the body and mind.

Self-compassion. Most of us are incredibly hard on ourselves. We're judgmental and critical, finding fault with every little imperfection. By fixating on and amplifying our mistakes and flaws, we train ourselves to focus on the negatives. Not only does this damage our self-esteem and self-confidence,

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but it also dampens our mood and interferes with our ability to enjoy positive experiences and events in our lives. Self-compassion is the natural antidote for self-criticism.

Remember. And the final way to increase your pleasure is to look back and reflect on the good times. Most of us do this by looking at photos and

retelling stories. You also might do it by making a scrapbook, keeping a journal, or even looking through your old calendars. Remembering in these ways helps sharpen our memories and allows us to re-experience some of the joy we felt when the event first occurred.

(Source: PsychCentral.com.)

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Understanding and Coping with *Grief and Loss*

Maia Pellegrini, LMSW
Workshop Facilitator

Grief and loss are unavoidable. They are a natural part of the human condition. No one can escape experiencing several forms of loss throughout their lives. However, in the American culture, many people attempt to avoid the feelings associated with grief and loss by denying the impact it can have on our present and future lives. Some people may quickly gloss over grief and loss, stating: "I've accepted, forgiven, and moved on" to put a matter to rest.

Others may delve into addictive behaviors or other dysfunctional ways to numb out or block the feelings associated with grief. Unfortunately, storing grief and loss in our heads is a missed opportunity for growth on an emotional and spiritual level. It's also an overlooked chance for hope according to Dr. Elizabeth-Kubler-Ross, a Swiss-American psychiatrist who was a pioneer in near-death studies. When a person processes thoughts and feelings, including grief, in a supportive, therapeutic individual or group environment, hope is often a powerful outcome.

Dr. Kübler-Ross proposed that while each person will experience the stages of grief differently, the grieving process is a normal and healthy expression of emotions. Although emotions such as pain, anger, and fear may bring about much discomfort during the grieving process, these emotions also have worthwhile gifts.

According to Pia Melody, Senior fellow at The Meadows, the gifts of feeling pain include healing, growth, and awareness. The gifts of anger encompass assertiveness, strength, and energy. The gifts of fear are preservation, wisdom, and protection. Dr. Kübler-Ross identifies the five stages of grief as denial, isolation, anger, bargaining, depression, and acceptance.

It is important to honor the feelings that arise during each of these stages. Dr. Kübler-Ross states that some people will skip stages, some may repeat stages, some may experience them non-sequentially, and some may not experience them all. In other words, there is no set formula for how each person will experience or move through the stages of grief. Additionally, it is clear that sometimes people benefit from getting a little outside help if they feel stuck in their grief.

When grief and loss are left unresolved, they may become like a stealth bomber showing up in covert ways such as sideways anger, guilt, depression, addiction, lethargy, and physical ailments. As a therapist I see various forms of grief show up while working with patients. I witness them grieving the loss of letting go of the old self, breaking the status quo in a family, or letting go of addictive behaviors after decades of familiarity. I see the loss and grief associated with an end to a long-term relationship through death, divorce, and retirement. Grief and loss come in so many forms, but what they all have in common is a change in circumstance and a change of course in one's life. These massive changes can be hard to adjust to and even harder to internalize.

Whatever the loss, working through the grief takes time, energy and commitment. It is essential that people who are grieving honor themselves, especially when there is unfinished business. It is by working through the issues that hope is born and expressed while relationships and consciousness shift. Grief and loss can be beautiful and life-enhancing, as loss and love are the great unifiers in life.

The loss of innocence in childhood brings a love for independence and autonomy in teen and early adult years. The loss of love leads to challenges, new insights, and other relationships. Loss of career and jobs lead to different experiences and new opportunities. The loss of addictive behaviors leads to clarity of action and purpose. The loss of the old makes way for the beginning of anew, with hope evolving from resolved grief and the unknown future waiting to be discovered.

Are you are struggling with grief and loss and need help moving through the stages of grief? Do you feel stuck in your grief? Are you longing to find meaning and hope after experiencing loss? If you answered yes to any of these questions, you may want to consider seeking help. Rio Retreat Center at The Meadows offers a grief workshop called **Healing Heartache**. Our next scheduled grief workshop is November 12-19, 2018. If this resonates with you, please call our intake department at **1-866-582-9850** for more information or to register.

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Teen Scientist Asks: How Can Parents Safely Manage Medicines in the Home?

By NIDA Blog Team



Addiction Science Award Winner Emily Garcia
Image by NIDA

One of the “honorable mentions” at NIDA’s 2018 Addiction Science Awards went to a project on safe drug disposal by Emily Garcia of Texas, on the importance of parents safely managing medicines in the home. We asked Emily about her project.

First, what do you love about science and research?

Science and research allow you to fully explore the world and gain an understanding of the things you find most interesting. And, I love that you can always learn more—the exploration never ends!

Why did you want to do a project on drug disposal?

The statistics about the growing opioid epidemic in my community, San Antonio, Texas, are shocking. I became interested in safe drug disposal because I think it’s the best way to make sure that medications aren’t intentionally misused. Initially, I wanted to focus my research on adolescents, but I realized it would be more beneficial to work with parents because they’re the ones most likely to handle medications in the home.

What did you find that most surprised you?

Knowledge about drug storage safety was not the most significant indicator of parents’ intentions to store their medications safely. It was “self-efficacy”—a person’s confidence that they can and will succeed at something.

What were some of the challenges you faced while working on this project?

The hardest part was recruitment. I created an online survey to collect data for my project. This allowed people to complete the survey at home or wherever they access the Internet. Many people were accessing the survey, but only a few were completing it. That meant I was getting some data, but not all the data that I needed. I worked hard to invite more participants to complete

the survey: I followed up with the people that we had already asked to take the survey, and I invited others to take the survey, too.

What’s your next project or science interest?

I’m working on the next step of my research. I want to find out if providing parents with information about safely storing their medications will improve their confidence and ability to properly store medicines. I’m also working to find out if increasing parents’ self-confidence about storing medicines can actually improve their medication safety practices. To answer these questions, I’m working directly with parents through interviews, focus groups, and observation.

Do you have any suggestions for a young person who’s interested in doing scientific research?

Find something you’re interested in and do as much research as possible on it. Don’t let bumps in the road stop you from pursuing your scientific interests. Also, try not to worry about winning a science fair or an award, because a love for science and research is the real fuel for scientific success.

The National Institute on Drug Abuse Blog Team. (2018, October 2). A Teen Scientist Asks: How Can Parents Safely Manage Medicines in the Home?. Retrieved from <https://teens.drugabuse.gov/blog/post/teen-scientist-asks-how-can-parents-safely-manage-medicines-home> on October 28, 2018. <https://teens.drugabuse.gov>

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Suicide among Working Aged Men in the US: *Understanding the Problem*

Kurt Cobain, Hunter S Thompson, Ernest Hemingway, and Don Cornelius were all famous and influential men whose lives were cut short by suicide. These deaths were widely covered in the media and discussed publicly, with little understanding of how or why men with such success died with such great despair. Unfortunately, far too many men, particularly men of working age, are dying every year by suicide without public knowledge or outcry, which contributes to a lack of awareness of the significance of suicide in the US.

- In 2009, 43 percent of the suicide deaths (15,904 of the 36,909 deaths) in the US were among men ages 25 to 54, which by a large margin is the highest number of suicide deaths among any age/gender group.
- For all ages, the suicide rate in 2009 was 12.02/100,000. For men ages 25 to 54, the rate was twice that at 24.83/100,000, illustrating the unique and significant burden men carry on the US suicide rate.
- Men are four times more likely to die by suicide than women.
- Suicide rates are highest among White non Hispanic Americans.
- Suicide is the second leading cause of death for men 25 to 34.

Men's unwillingness to acknowledge mental health problems or suicidal thoughts, coupled with the common behavior of not accessing available services contribute to the high suicide rate among men (Moller-Leimkuhler, 2002). While men die by suicide in much higher numbers than women, suggesting that men may be in greater need of mental health services, research finds

that men appear far less interested in and likely to access services. While there is no evidence that women experience higher rates of depression, men account for only one in 10 diagnosed cases of depression

Mental Health America, 2007, and research suggests male depression goes 50 to 65 percent undiagnosed. Further, men are resistant to asking for help, communicating inner feelings and forming groups around emotional issues (Davies and Waldon, 2004).

While it is true that consistently over different ages, nationalities, ethnic and racial backgrounds, men seek help less frequently than women, the trend is due in part on men's socialization and in part on health delivery systems and not entirely on "men behaving badly."

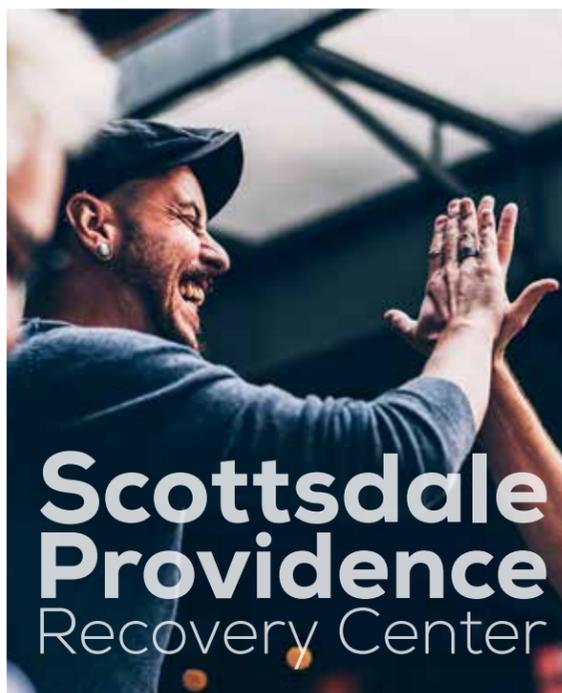
Gender role socialization theories (Addis & Mahalik, 2003) offer a perspective that helps explain these statistics. Cultural codes of achievement, aggression, competitiveness, and emotional isolation are consistent with the masculine stereotype; *depressive symptoms are not*. Cultural ideals of rugged individualism lead to social fragmentation and fewer coping alternatives.

According to Mansfield, Addis and Mahalik (2003), when men consider seeking help, they often go through a series of internal questioning:

- **Is my problem normal?**

The degree to which men believe other men experience the same problem affects their decision to seek help. A prime example of this psychological process is erectile dysfunction. Before Senator Bob Doles' public disclosure, many men thought they were the only ones suffering from this highly com-

SUICIDE continued next page



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Signing Opioid Law, Trump Pledges To End 'Scourge' of Drug Addiction

With the nation reeling from an epidemic of drug overdose deaths, President Trump signed legislation aimed at helping people overcome addiction and preventing addictions before they start.

"Together we are going to end the scourge of drug addiction in America," Trump said at a White House event celebrating the signing. "We are going to end it or we are going to at least make an extremely big dent in this terrible, terrible problem."

The opioid legislation was a rarity for this Congress, getting overwhelming bipartisan support in both chambers.

The expansive package focuses on improving access to treatment services by lifting certain restrictions on Medicaid and Medicare coverage, as well as backing the creation of comprehensive opioid recovery centers.

It attempts to address over prescription of opioids and authorizes government research into non-addictive drugs that could be used for pain management.

There are also measures that seek to curtail foreign shipments of illegal drugs to the United States.

Sen. Rob Portman, R-Ohio, spoke to NPR ahead of the bill signing. He was a leading proponent of the legislation in the Senate.

"It will help in terms of both reducing some of this poison coming into our communities, but it also helps with regard to getting people into treatment," Portman said.

Opioids kill more than 115 Americans each day, according to government statistics.

The widespread nature of the addiction problem may have helped the legislation get across the finish line in an otherwise deeply divided Congress, Portman said.

"Because of the severity of the crisis, and particularly in states like mine, people are willing to work together and join hands and figure out how to solve it and forget the politics," Portman said.

But, some critics of the new law argue that much more money is needed to fully address the crisis. Earlier this year, Congress approved an additional \$6 billion over two years to fight the epidemic.

"Experts in the field tell us that is not nearly enough," Hassan said. "We have to treat this as a starting point. We have a lot more work to do." (Source: NPR.org)

SUICIDE

mon and highly treatable problem. After the public campaign, many more men sought help.

- **Is my problem central to who I am?**

Mental health symptoms reflect an important quality about the person (for example the hypomania in bipolar disorder that impacts creativity or productivity), then the person will be less likely to seek help.

- **Will others approve of my help-seeking?**

If others, especially other men, are supportive, then the person will be more likely to go. Help seeking is particularly likely if the group is important to the person and unanimous in their support.

- **What will I lose if I ask for help?**

For many the biggest obstacle to asking for help is fear of losing control: losing work privileges or status, being "locked up," or losing one's friends or family.

- **Will I be able to reciprocate?**

Usually, the mental health services offered do not allow opportunities for reciprocity.

Because of ethical standards, the mental health practitioner is often not allowed to share personal information or receive favors, thus maintaining a position of power over the client.

For some men, receiving help is acceptable only if they can return the favor later on; in the relationship with a mental health provider, this is often not possible.

One exception is Alcoholics Anonymous. According to their mission,

"Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism." According to the AA fact file, men make up 65 percent of membership in AA, indicating this model of reciprocity is appealing to men. By contrast, among persons with any recent mental health disorder, a higher percentage of women (16%-26%) made mental health visits than men (9%-15%).

These data suggest that historical, traditional approaches to reaching men with mental health and suicide prevention messages have been mostly unsuccessful, and new, innovative approaches need to be explored and developed.

We know many men experience suicidal thoughts, believe they are the only ones, and become hopeless as a result. We also know many types of interventions and mental health services that effectively prevent suicide exist. The problem is no one has successfully bridged the two and men continue to die without linking to a life-- saving treatment or other intervention.

THE GOAL OF MAN THERAPY is to show working age men that talking about their problems, getting help and fixing themselves is masculine.

National Suicide Prevention Lifeline or "the Pros" (a vetted list of professional mental health service providers).

Source: <http://mantherapy.org>



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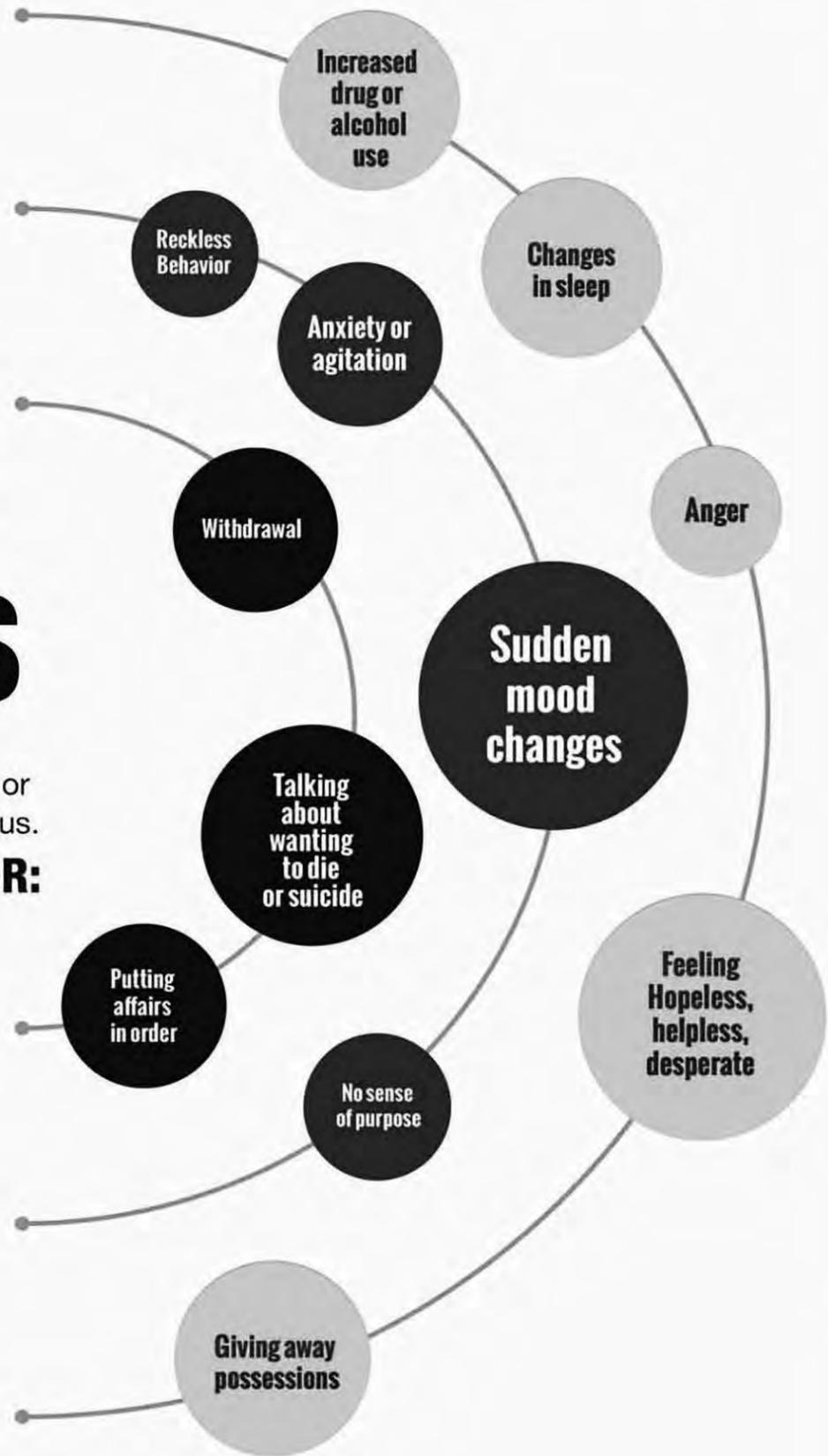
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Rape Hotline (CASA)	602-241-9010
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The Reincarnation Film Festival

There's the 12-day Cannes Film Festival in France, the 10-day Sundance Film Festival in, Utah, and now we need the Reincarnation Film Festival. It should be nine lives long, and held perhaps on the astral plane. (To get tickets and arrange flights perhaps pick up an issue of Astral Travel & Leisure Magazine.)

Jokes aside, a Google search for "Films about Reincarnation" yields 142 pictures (https://en.wikipedia.org/wiki/Category:Films_about_reincarnation). Here's a clean dozen.

1. Made in Heaven (1987), Alan Rudolph's fantasy-comedy stars Timothy Hutton and Kelly McGillis, who meet in the afterlife and fall in love. After she reincarnates he follows to find her in their next lifetime.

2. On a Clear Day You Can See Forever (1970), the musical comedy drama fantasy, so rich in past lifetimes it cuts across four genres. It stars Barbra Streisand and Yves Montand under Vincente Minnelli's direction, singing Alan Jay Lerner and Burton Lane songs. Montand plays a psychotherapist who uses hypnosis to send his patient (Streisand) back to different lifetimes.

3. Dead Again (1991) Kenneth Branagh in director's chair works with his wife Emma Thompson, Derek Jacobi, and Robin Williams. The director stars as a detective who helps amnesiac (Thompson) discover her identity through a hypnotherapist. What's discovered is a previous lifetime in which Thompson was murdered and Branagh was put to death for the crime.

4. What Dreams May Come (1998), stars Robin Williams and Cuba Gooding, Jr. with Vincent Ward as director. In this reincarnation love story, the comedian plays a doctor who dies, and finds himself in Heaven guided by a former medical colleague (Gooding) who is the reincarnation of Williams's son who died in a car crash. The plot includes a descent to Hell, return to Heaven, and the reincarnation of Chris and his wife who meet in a future lifetime as kids.

5. Cloud Atlas (2012), directed by Andy and Lana Wachowski, stars Halle Berry, Tom Hanks and Susan Sarandon in a complex plot demonstrating how our actions influence others in this life and future ones.

6. Little Buddha (1993), the Bernardo Bertolucci drama starring Keanu Reeves and Bridget Fonda, centers on Tibetan Buddhist monks who search for the reincarnation of a deceased lama.

7. The Reincarnation of Peter Proud

(1975) lensed by J. Lee Thompson, stars Michael Sarrazin and Margot Kidder. A college professor (Sarrazin) has nightmares of a murder, sees sites from the dream in a TV documentary, and goes there and finds the woman in his dreams (Kidder). In time, he discovers he's the reincarnation of the woman's husband who was murdered. He marries her daughter, and eventually dies again as he did in that previous lifetime.

8. Goodbye Charlie (1964) comedy stars Tony Curtis and Debbie Reynolds under Vicente Minnelli's direction once again. Reynolds is the reincarnation of philandering Hollywood screenwriter named Charlie who was murdered by his paramour's husband. Proving that writers, like leopards, don't change their spots; he gets murdered yet again for fooling around yet again—and gets reincarnated as a dog.

9. A Dog's Purpose (2017), directed by Lasse Hallstrom, who works with several canine actors and Peggy Lipton and Dennis Quaid. A must-see for dog lovers, this delightful film focuses on different canine lifetimes lived by a most devoted soul, whose purpose is to reunite with his human master.

10. The Three Lives of Thomasina (1963) Not to be outdone by reincarnating dogs is this film about a cat who reincarnates twice to live three lives—a third of her feline allotment. Patrick McGeehan stars under Don Chaffey's direction.

11. Chances Are (1989), a romcom stars Cybill Shepered, Robert Downey, Jr. and Ryan O'Neal under Emile Ardolino's direction. This wild plot features a man (Downey) falling in love with the daughter of who he was in a previous lifetime.

12. Somewhere in Time (1980) romantic fantasy, directed by Jeannot Szwarc, stars Jane Seymour and Christopher Reeve. A playwright (Reeve) is haunted by the photo of a young actress who, eight years earlier as an old woman, gave him a pocketwatch, telling him to "Come back to me." He becomes obsessed to journey back in time through self-hypnosis, to that lifetime when he was her lover.

Cary Bayer is a LIFE COACH in South Florida, specializing in helping people create breakthroughs in their finances, careers, relationships, and sense of purpose. My philosophy of coaching is: "There's nothing wrong with you that needs fixing, but something great in you that needs awakening." www.carybayer.com

Together AZ Resources

TOGETHER AZ	602-684-1136	Scottsdale Recovery Center 888.663.7847
Acceptance Recovery Ctr	844-302-0440	Serenity Recovery Services 866-243-6001
ACT Counseling & Education	602-569-4328	Teen Challenge of AZ 800-346-7859
AZ. Dept. of Health	602-364-2086	TERROS 602-685-6000
Office of Problem Gambling	800-NEXTSTEP	UnHooked 602-368-4471
Aurora Behavioral Health	877-870-7012	Valley Hosptial 602-952-3939
AzRHA	602-421-8066	VIVRE 480-389-4779
BBC	602-626-8112	Legal Services
Calvary Healing Center	866-76-SOBER	Dwane Cates 480-905-3117
CBI, Inc.	480-831-7566	Real Estate
CBI, Inc. Access to Care	877-931-9142	Scott Troyanos 602-376-6086
Chandler Valley Hope	480-899-3335	
Choices Network	602-222-9444	
Continuum Recovery Ctr.	877-893-896	
Cottonwood Tucson	800-877-4520	
Crisis Response Network	602-222-9444	
The Crossroads	602-279-2585	
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	
First Step	866-832-6398	
Fit FOUR Recovery	480) 828-7867	
Footprints Detox	877-539-3715	
Gifts Anon	480-483-6006	
Governor's Office of Youth, Faith & Family	602-542-4043	
Hunkapi Programs	480-393-0870	
Lafrontera -EMPACT	800-273-8255	
The Meadows	800-632-3697	
Meadows Ranch	866-390-5100	
Mercy Care	602-222-9444 or 1-800-631-1314	
NCADD	602-264-6214	
PITCH 4 KIDZ	480-607-4472	
Psychological Counseling Services (PCS)	480-947-5739	
Rio Retreat Center	800-244-4949	
River Source	480-827-0322	
	or 866-891-4221	
Scottsdale Detox	480-646-7660	
Scottsdale Providence Recovery Center	480-532-4208	

TUCSON

ACA	aca-arizona.org
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
The Mark Youth & Family Care Campus	520-326-6182
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
Sonora Behavioral Health	520-829-1012
Starlight Recovery Housing	520-448-3272
Suicide Prevention	520-323-9372
Men's Teen Challenge	520-792-1790
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559

Want to be a resource?
Send your request by email to aztogether@yahoo.com

What Parents Should Know About Kids Using CBD

THC (Tetrahydrocannabinol) is the most well-known component of marijuana, the one that "gets you high," so to speak. But have you heard of CBD? Many parents haven't, or if they have, they aren't sure what to make of it or even understand if their son or daughter is using CBD. What's certain is it's becoming more and more widely available, and like vaping, is often marketed to young people. Below is an overview of CBD, the numerous forms it's sold in, its efficacy in treating various problems and current knowledge about its relative safety.

What is CBD?

CBD, short for Cannabidiol, is the largest non-psychoactive component of marijuana, and interest in its effects is growing. High levels of CBD and low levels of THC are found in most medical marijuana products, but the CBD industry has started to expand and market their products as "life promoting" to healthy individuals. There are hundreds of online companies selling CBD, with the market estimated to grow to \$2.1 billion by 2020. CBD tinctures, edibles, sprays, vaping liquid, capsules and items such as gels, hand lotions and shampoos are widely available, varying in price and CBD content.

Some of these products are illegal, while others can be purchased in supermarkets and health stores by anyone. The legality of CBD varies by state, often based upon whether it is hemp-derived or marijuana-derived. Hemp and marijuana both originate from the cannabis plant, but cannabis crops grown for their flowers have high THC levels, while when grown for their fibers and stalks are usually called hemp. Regardless of how CBD is derived, it's best to check your state laws with respect to legality as it's a rapidly changing landscape.

Why is CBD so Interesting to Young People?

The U.S. in general is becoming increasingly interested in CBD because of its ability to produce the medicinal benefits of cannabis without the high. It's seen as a potential medicine without the side effects typically associated with mari-

CBD continued page 16

HAPPENINGS, EVENTS & SUPPORT

Professional Events

NOV. 13—10:00a.m.-6:00p.m. UR Pure Potential and The Institute for Integrative Coach Training presents: **The Nine Paths to Personality Development and Beyond**. Saguardo Library, 2808 N 46th St, Phoenix, AZ 85008. \$105 pp. 7 CEs available. Examine human development through the centers of knowing or intelligence (body, heart and head) and how the enneagram types come forward in human development. Presenter: Renee Siegel, MA, LISAC, MAC, ICGC-II, BACC, LMT, HHP. Co-Instructor: Laurel Elders, PCC. Lunch on your own. Register www.integrativecoachtraining.com/cce-enneagram.html

NOV. 20—**PCS Networking Luncheon**, 12:15 -1:30 pm. 3302 N. Miller Road, Scottsdale. Jacquee Nickerson, 480-947-5739, E:pcs@pcsearle.com

NOV. 30,— Sierra Tucson 11th Annual—**“Gratitude for Giving”** Celebration Sierra Tucson will recognize professionals in the Phoenix area for their years of giving to others. Join us in honoring your selected peers who have made a significant contribution to our community. 9:00 a.m.-Registration. 9:30 a.m. - 11:00 a.m. Breakfast, Presentation of Awards, Arizona Biltmore, 2400 E. Missouri Ave.

Support Groups & Events

NEW Young People AA Meeting. 6-7:00 pm. Saturday nights. North Scottsdale Fellowship Club Room 2. Open meeting, all are welcome. Details email: dhickey1@cox.net. 10632 N. Scottsdale Road, Scottsdale, 85254.

LGBTQ - IOP Program. Dedicated specialty program designed to meet the mental health and substance abuse, treatment needs of the LGBTQ+ population. Mon., Tues., Thurs. 6:00-9:00 pm. Transportation available. Call 602-952-3939/602-952-3907. Valley Hospital, 3550 E. Pinchot Ave. Phoenix. www.valleyhospital-phoenix.com

SIERRA TUCSON— Alumni Groups. Scottsdale, Tues., 6:00-7:00 p.m. Valley Presbyterian Church. 6947 E. McDonald Drive, Paradise Valley. 480-991-4267. Counseling Center (Parlor Room). Rob L. 602-339-4244 or stscottsdalealumni@gmail.com.

SIERRA TUCSON— Continuing Care Groups—Phoenix. Thurs. - Resident Alumni. Psychological Counseling Services, 3302 N. Miller, Scottsdale. 5:30 -7:00 p.m. Group facilitated by staff of PCS. No charge for Resident Alumni. Courtney 520-624-4000, Ext. 600205 or email: Courtney.Martinez@SierraTucson.com.

SIA (Survivors of Incest Anonymous) 12-step, self-help recovery program for men and women, 18 and older, who were sexually abused as children. The only requirement for membership is you were sexually abused as a child and want recovery. Scottsdale, **Saturday, 2:00pm - 3:00pm**, Bethany Lutheran Church, 4300 N 82nd St. 480-370-3854. www.siaawso.org

FAMILY RECOVERY GROUP—Facilitator, 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. Jim Corrington LCSW, 602-740-8403

HEALTHY INTIMACY GROUP— Tucson—Weekly women’s group. Explore intimacy issues and help heal relationship and intimacy wounds. **Desert Star Addiction Recovery Center. 520-638-6000.**

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.

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. Scottsdale Sun. 4:00 p.m., 10427 N. Scottsdale Rd., N. Scottsdale Fellowship 480-225-1555 /602-647-5800

NICOTINE ANONYMOUS (NicA) Fellowship for those with a desire to stop using nicotine. Phoenix Sat., 5-6:00 p.m. 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. 1st / 3rd Wed., 7:30 p.m. Ina Levine Jewish Community Campus, 2nd floor. 12701 N. Scottsdale Rd. 602-971-1234 ext. 280.

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

LIVING GRACE SUPPORT GROUP— A Christ centered approach for individuals and families affected by mental illness. Oasis Community church, 15014 N. 56th St. Scottsdale. 602-494-9557. 2nd & 4th Tuesday 6-8 p.m.

WOMEN for SOBRIETY —women-for-sobriety.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.

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.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 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, E: 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.,



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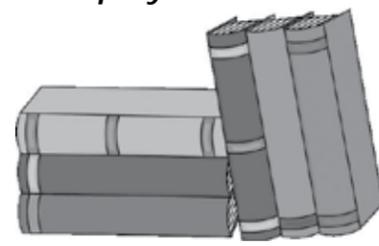
2 Valley Locations

5817 N. 7th Street, Phoenix
602-277-5256

10427 N. Scottsdale Road
(SE corner of Shea & Scottsdale Road)

480-483-6006

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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. 2927 E. Campbell Dr. Ste. 104, (Mt. View Christian Church). Jen (602) 316-7799 or edaphoenix@gmail.com. Wed. 7:00 p.m. Liberation Center, 650 N. 6th Ave, Phoenix. (cross street McKinley). Jennifer (602) 316-7799. Tempe—Thursday 6:30 p.m. Big Book/5:30 - 6:30 p.m. Steps to the Solution. Mountain View Retirement Village, 7900 N. La Canada Drive, Tucson. leeverholly@gmail.com. Thurs. 5:30 - 6:30 p.m. EDA Big Book Step Study. Mountain View Retirement Village, 7900 N. La Canada

EVENTS continued page 16



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

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www.tcaz.org

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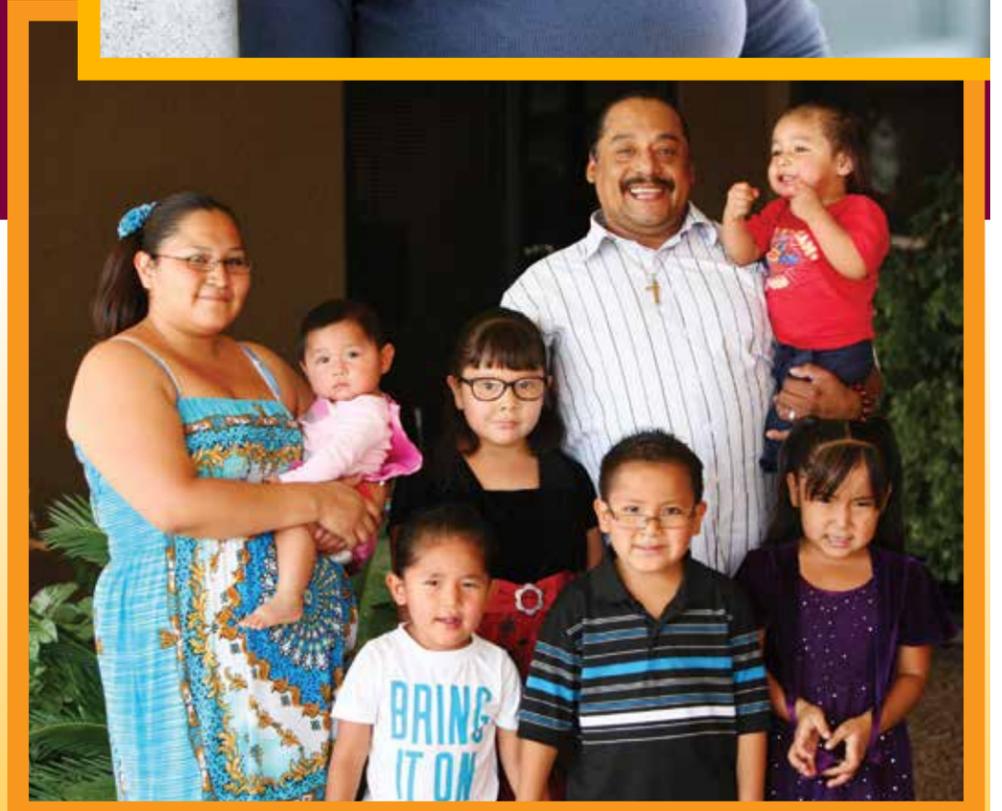
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terroshealth.org



EVENTS from page 14

Drive, Tucson. (203) 592-7742 / leev-erholly@gmail.com. Wickenburg—Wed. 7:15 p.m. and Sunday 7:45 p.m. (N,D/SP,O,) Capri PHP program. (928) 684-9594 or (800) 845-2211. Yuma—Wed. @ 5:00 - 6:00 p.m. 3970 W. 24th St. Ste. 206 Yuma. Alyssa (928) 920-0008 or email 2014yumae.d.a@gmail.com.

GODDESSES & 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.

SEND EVENT OR SUPPORT GROUP INFORMATION TO aztogether@yahoo.com.

CBD - from page 14

juana — especially for cancer, serious chronic pain and epilepsy. For the first time, the FDA approved a new drug based upon CBD derived from marijuana called Epidiolex in June 2018. It provides patients with a concentrated dose of CBD to treat seizures in rare forms of epilepsy.

Teens and young adults are using CBD as a homeopathic remedy for pain relief, depression and anxiety symptoms, acne, insomnia and boosting productivity. However, there's a crucial difference between CBD that's studied in labs for medical conditions like epilepsy and CBD products that are sold to consumers for well-being.

The biggest problem is a lack of well-controlled trials and little understanding of the long-term effects. For the most part, side effects from CBD alone are minor (dry mouth, dizziness, nausea), but they can be serious if the CBD products interact with other medications. CBD and other plant cannabinoids can interact with many pharmaceuticals by hindering the

activity of cytochrome P450, a group of liver enzymes, so other drugs don't metabolize as expected. Steroids, antihistamines, calcium channel blockers, immune modulators, benzodiazepines, antibiotics, anesthetics, antipsychotics, antidepressants, anti-epileptics and beta blockers could all potentially cause an adverse reaction when taken with CBD.

If you're a concerned parent, the best thing to do is to talk with your child about CBD just like any other substance.

(602) 368-4471
215 S. Power Road
Mesa, AZ 85206

(520) 323-9351
4310 E. Grant Road
Tucson, AZ 85712

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RECOVERY

info@unhookedrecovery.com www.unhookedrecovery.com

Unhooked Recovery is a residential alcohol and substance abuse program with 2 locations, Mesa, AZ and Tucson, AZ. We are a family-owned residential behavioral health facility in the East Valley and Tucson that caters to the unique needs of men and women suffering with Substance Use Disorders (SUD). Our mission is to treat addiction with the latest innovations in medical management blended with the best practices in traditional models of 12-step recovery.

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- Cognitive Behavioral Therapy
- DUI Revocation Packets
- Relapse Prevention

If you or a loved one has a substance abuse and mental health problem and would benefit from residential treatment, please call for assistance. We are here to help! You can also check out our website at unhookedrecovery.com

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