

TogetherAZ





Inspiring Success On The Road To Recovery

V.2 — No. 8—May 2011

A Heavy Burden

How do we raise healthy kids in a weight obsessed culture?






ATOMIC CONTRAST

Alan Cohen

Understanding Addiction in Relationships

Bobbe McGinley



Cultural Diversity event addresses ways that Acceptance, Inclusion and Equality issues can affect behavioral health

May is “Mental Health Month,” and thanks to a recent behavioral health event sponsored by TERROS, more than 600 healthcare professionals are better prepared to treat clients of diverse cultures.



Dr. Manuel Medina, Dr. Matthew Whitaker, and Dale Rinard: Dr. Manuel Medina, V.P. of TERROS; Dr. Matthew Whitaker, and Dale Rinard, president and CEO of TERROS. Dr. Whitaker is an ASU Associate Professor of History and an Affiliate Faculty member of African and African American Studies. He was a distinguished speaker at the 7th Annual Cesar E. Chavez Behavioral Health Conference sponsored by TERROS. Photo credit: Johnny Lozoya, Jr.

The 7th Annual Cesar E. Chavez Behavioral Health Conference on Friday, March 25 at the Arizona State University West Campus in Glendale featured 30 national and local presenters. Topics ranged from: teenage alcohol and drug abuse; how to better treat clients of Mormon faith, Arabic and Islamic and other diverse cultures; how healthcare professionals discriminate against overweight people; why queer youths are at a greater risk for suicide; how art can promote recovery in Latino populations; and others.

Dr. Karol Kumpfer, Ph.D. of the University of Utah, was one of the event’s distinguished speakers.

“In the last two or three years, we’ve had a significant surge in alcohol, ecstasy, prescription drugs and marijuana use among teens. And you notice that those are all the party drugs,” said Dr. Kumpfer, a nationally recognized researcher and substance abuse treatment expert.

TERROS continued page 8



By JEFFREY C. FRIEDMAN, MHS, LISAC

Paul Cox is a man of quiet reserve who in casual conversation gives the impression of a business executive just entering his peak earning years, rather than the hard working carpenter he was in his youth. But today, at 43, Paul has no career—unless you count the prison job he toils at each day in the New York penitentiary where he is serving double life for the 1988 murders of a couple he had never met prior to the night before New Years Eve in 1988, when, in an alcohol-induced blackout, Paul stabbed them to death.

Readers who recall the news events of the early 1990s might remember the case of Paul Cox, not for the fact that he had committed an unspeakably brutal crime while in an alcoholic blackout—crimes committed in alcohol-fueled blackouts are way too common to make the front pages of newspapers. His case made headlines for an entirely different reason. Paul was arrested and charged with two counts of second-degree murder four long years after the night of the stabbings, because he had disclosed his involvement in the crimes at a meeting of Alcoholics Anonymous.

At his trial, Paul’s freedom depended on his lawyers’ assertion of two key points: **point one** was that his blackout on the night of the crimes constituted a state of temporary insanity that prevented Paul from appreciating the wrongness of his actions, and **point two**, that since Paul’s confession occurred in the context of an A.A. meeting his statements should be considered privileged in the same way a disclosure to a priest or psychiatrist is. Because communication within an Alcoholics Anonymous meeting was privileged, his

lawyers argued, any utterances Paul made to other members of A. A. were inadmissible in court.

It was bad news for Paul when the trial judge ruled against him on both of these points. The even worse news was that the state’s attorney’s case against Paul was of the slam-dunk variety.

The Strange State of Oblivion

At trial, the story told by the prosecutor about Paul’s actions on that night in December 1988 is one guaranteed to send a chill down the spine of anyone who has ever suffered an alcoholic blackout. After an evening of heavy drinking at a Larchmont, New York bar, Paul was driving home with two drinking buddies. His last memory of that night was trying to negotiate a tight curve and one of his friends warning, “You’re not going to make it.” Then nothing. The alcohol Paul had consumed that night had triggered a biological reaction deep within his forebrain that temporarily but effectively prevented Paul’s brain from forming new memories. Not even knowing it, Paul had entered the strange oblivion of an alcoholic blackout.

But somehow, he made it home that night and, too early the next morning a bleary-eyed and befuddled Paul was roused by a phone call from the local police who were pointedly interested in why they had found his damaged but drivable car abandoned along a Westchester County highway. Paul stammered through a weak and implausible explanation about why he has left his car by the side of the road the night before, but in reality Paul had no clue about why his car was still out on the highway. In fact, prior to hearing from the police, he had assumed the car was parked in its usual spot in his driveway. Eventually, one of his drinking buddies told Paul that he had hit a guardrail and, even though the car was still operable, he abandoned it and his bewildered friends and calmly walked off down the road.

The same morning he had spoken to the police, Paul first heard an ominous buzz circulating in the neighborhood about a husband and wife, both prominent local doctors, who

had been stabbed to death the night before while asleep in their beds—in their Dutch colonial home at 36 Lincoln St.—the same house in which the Coxes had lived when Paul was a child.

The police mounted a vigorous investigation of the murders but before long, despite the money and man-hours they put into the case, the detectives hit a dead end. The police hadn’t found any viable suspects, they had no promising leads and they lacked even a plausible motive for the crime. At the same time that the Larchmont police were scratching their heads over the murders, Paul began to feel a haunting unease and an inexplicable but increasingly intense sense of guilt whenever anyone talked about the crime. He also began to experience fragmented but persistent dream-like recollections of stabbing his own parents in their old family home.

These frightful quasi-memories combined with other alcohol-related life unmanageabilities and eventually Paul sought recovery in Alcoholics Anonymous. Two years after joining A. A., and in the clarity of sobriety,

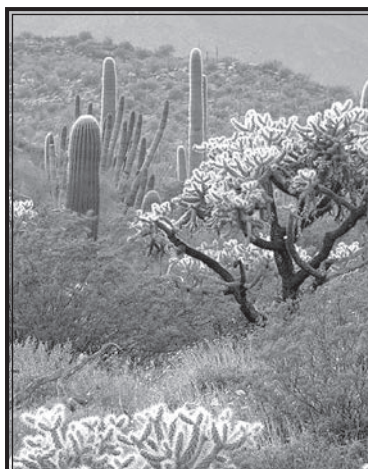
BLACKOUT continued page 10



Jeffrey C. Friedman, MHS, LISAC is a primary therapist at Cottonwood Tucson, a 60-bed inpatient behavioral health treatment center located in Tucson, Arizona. He is a summa cum laude graduate of The School of Human Services of Lincoln University (PA). Jeff’s work at Cottonwood includes

treating chemically dependent and disordered gambling patients, lecturing on the neurobiology of addictive and mood disorders, and presenting workshops on a range of behavioral health issues at counseling conferences throughout the U.S., Europe and Asia. His articles have appeared in Counselor Magazine and Addiction Professional. For more information about Cottonwood de Tucson’ visit www.cottonwoodtucson.com, call 800-877-4520. Email Jeff at jfriedman@Cottonwoodtucson.com

INSIDE THIS EDITION	
PUBLISHER’S NOTE	2
MAKING THE RIGHT DECISIONS with Dr. Dina Evan	2
NEWS	3
LIFE, LIBERTY AND THE PURSUIT OF SERENITY with Larry Solomon	5
MAY EVENTS	7
CAN ANGER PROMOTE INTIMACY? Dr. Mamiko Odegard	6
STUDY ON TEEN SUBSTANCE ABUSE	6
THE MARRIAGE GAMBLE with Dr. Marlo Archer	9



For more information:
800-MEADOWS
(800-632-3697)

themeadows.com
mellodyhouse.com
themeadowsdakota.com



THE MEADOWS®

CONFIDENTIAL & CARING TREATMENT

The Meadows, located in Wickenburg, Arizona, is a multidisorder facility specializing in the treatment of trauma and addiction. Intensive treatment focuses on addiction to alcohol and drugs, compulsive behaviors, mood disorders, and anxiety disorders.

Mellody House

EXTENDED CARE FOR TRAUMA

Mellody House, an on-campus extended-care facility, offers supplementary treatment and care for clients who desire to augment and safeguard their recovery.

DAKOTA

EXTENDED CARE FOR SEXUAL RECOVERY

Dakota, an extended-care facility for sexual disorders, provides continued care with a focus on trauma resolution, 12-Step traditions, and the holistic healing of mind, body and spirit.



relationships

By DR. DINA EVAN | WWW.DRDINAEVAN.COM

Making the Right Decisions

Is it possible to be a conscious, spiritually evolved person without being a person with good ethics? I don't think so. In fact, the issues of values, morals, spirituality, character and ethics all seem to me to be on the same continuum of who we are as conscious human beings. Although we might think of ethics more as standards, and morals more as individual judgments, you can't have one without the other. Values and ethics are central to our lives and our organizations, however, today, we have unfortunately lost these moral guidelines.

It can, at times, feel hard to make the right ethical and moral decision. So let's revisit some basic guidelines that would be useful.

What is your priority?

First, determine what your personal highest priority is. For example, do no harm.

Then determine what the affect of your decision will be, both short term and long term, on the people or situation involved.

Examine your use of power in your decision-making process to be sure it is just. Your decision should embody equal treatment and you taking equal responsibility. Even when you are not the wrong doer, you are still responsible for your response to those involved and your response to the situation. Make sure you are keeping your word, telling your truth and standing in your integrity.

Don't jump to conclusions

Think about the ethical dilemma that you are facing and ask, "What don't I know?" We often make decisions without having all the facts. I remember in college my classmates and I were furious with a classmate and we sternly confronted him because he had disconnected from us and pulled away. We were indignant. Later we found out he had AIDS and was not ready to tell us about it. We were horrified and ashamed. Don't jump to conclusions.

Consider all your options before making a decision. There are very few decisions that require an instant answer. Give yourself the time for due diligence so that you can know the decision you are making is the best and most ethical one.

Toss your decision around with people whose ethics you admire and respect. I have a friend who seldom makes any major decision without discussing it with several people. I use to think that was silly. That is, until I realized that she normally does what her instincts told her in the first place, but she often increased her scope of understanding because these people brought up information that she had not considered.

Make sure your decision is consistent with your individual purpose, vision and code of ethics. If you decision is the right one, you

will not be stewing about whether or not you did the right thing later.

Check in with yourself frequently to make sure that you are behaving in ways that are consistent with what you say you believe your code of ethics to be. Having that code clearly in mind is a gift you can give yourself that shortens the time needed to make ethical decisions. When you are clear about your ethics and purpose, when issues arise, you'll already know what you need to do.

It's always important to behave in ways that build self-esteem and self-respect. The bottom line is that who you are as an ethical and conscious person is all that people will remember about you when you are gone. They won't remember how many cars you had or even how big your house was. However, they will remember your kindness, fairness and ability to be humble and ethical.

Ethics anyone?

Be willing to be different and be a pioneer of ethical behavior. We live in world without ethics, hence the situations we are currently experiencing. Had we had ethics, we would not have pillaged or polluted the planet. With ethics, we would not have a legislature frozen in its need for personal power. We would not be dealing with the politics of party as opposed to the good of the people. We would not have had a financial crisis, a housing crisis...well, you get the picture. You being an ethical pioneer, even when it isn't comfortable, and isn't popular, is the spiritual mandate for all of us right now.

Remember what is truly important to you personally. You may not achieve or have everything you want in this life, but be sure to remember, that how you responded to life and every circumstance in it will become the defining elements of your character. Moreover, that is a gift you want to give your self when all is said and done. You want to be ale to say, "I did what I can here to do as a conscious human being."

Dr. Evan is a life/soul coach in Arizona working with individuals, couples and corporations. For more information call 602-997-1200, email her at drdbe@attglobal.net or visit www.DrDinaEvan.com.

Visit us online
togetheraz.com

publisher's note



Guardian angels working overtime

By BARBARA NICHOLSON-BROWN

At the age of 14 I had my first alcoholic blackout. All these years later I still remember fragments of that day.

One minute I was standing up gulping a concoction of every available liquor from a friends parent's secret cabinet—then what seemed to be seconds later, (*I came to find out it was over eight hours*), I was waking up from being passed out, underneath a pool table—with a headache and nausea from hell. Still wobbly and drunk, I was petrified to go home to face my mom and dad. Like many parents, they were standing at the door waiting to interrogate me. It was then and there I told my first alcoholic lie.

For the next 23 years I drank...not everyday, but most. No matter how hard I tried not to get *too drunk*, inevitably it happened. Ninety-nine percent of those drinking excursions resulted in a blackout. My pattern was the same every time—I had absolutely no recollection of what happened in the missing hours.

Sometimes I drove, sometimes I stumbled on foot. How I made it home alive, still amazes me and it's impossible to count the time that has been lost in alcohol. My husband always said I must have had a tribe of guardian angels working overtime.

Most of us have heard stories of blackouts, some are hilarious, yet too many of them are tragic, just like the story of Paul Cox in our feature article. I want to extend a very special thank you to my friend Jeff Friedman for this insightful and eye-opening look into what happens to the alcoholic brain in a blackout.

My blackouts included everything from difficulty walking, slurred speech, blurred vision and memory loss. I have come to learn that blackouts can last for hours or even days, and if you've experienced them, it's probably fitting to thank your guardian angels too!

The M

May is Mental Heath Awareness month and within in these pages you will find the latest edition of Magellan of Arizona's insert The M. As the Regional Behavioral Health Authority for Maricopa County, Magellan Health Services of Arizona serves as a critical point of connection to the more than 80,000 individuals who have experienced life challenges as a result of mental illness and substance abuse. Magellan gives these individuals voice and choice to realize their desired outcomes and supports them with caring, unrivaled customer service that is sensitive to the diversity of our communities.

I personally want to congratulate Greg Dicharry, Magellan's Youth Empowerment Director and his team for organizing another wonderful event, MYLIFE festival on April 23 at Tempe Beach Park. Great job!

Enjoy this issue,

Together AZ®

10105 E. Via Linda, Suite A103-#387
Scottsdale, AZ 85258
Reach us 602.684.1136 | 480.767.7880

www.togetheraz.com
email: aztogether@yahoo.com
FOUNDER & CEO: H.P.

In gratitude and the memory of
William B. Brown, Jr.

Publisher/Managing Editor
Barbara Nicholson-Brown

Contributors

Mark Bell

Cary Bayer

Alan Cohen

Dina Evan, Ph.D.

Dr. Marlo Archer

Bobbe McGinley, MA, MBA, CCGC, NCGCII, LISAC

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

CATES, HANSON, SARGEANT, & RAKESTRAW, P.L.C.

Attorneys At Law

PERSONAL SERVICE • REASONABLE FEES • EFFECTIVE REPRESENTATION



Protecting Your Rights and Advocating for You in:

- D.U.I. • Major Felonies • Personal Injury
- Criminal Matters • Divorce • Legal Separation
- Paternity • Spousal Maintenance
- Child Custody/Support
- Pre/Post Nuptial Agreements • Family Law

FREE INITIAL CONSULTATION

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

www.azlaw4u.com

480-905-3117

1747 E. Morton, Suite 205
Phoenix, AZ 85020

NEWS

Over 700,000 Young Teens Drink Alcohol; Most Get It From Home

A new analysis of four years of government data shows that most underage youth get alcohol from home, and about a third were given it by their parents or guardians, according to a Feb. 17 press release from the Substance Abuse and Mental Health Services Administration (SAMHSA).

Drawing on data from the National Survey on Drug Use and Health (NSDUH) conducted annually 2006 through 2009, SAMHSA estimated that about 709,000 U.S. adolescents ages 12 to 14 currently drink alcohol.

Over 44,000 teens ages 12 to 14 participated in the surveys, of whom 5.9 percent said they drank alcohol in the previous month.

Nearly half of the youth surveyed either got their alcohol from a parent or guardian (29.6 percent), or from home (15.7 percent). Others acquired it from an unrelated adult (13.5 percent) or from another underage youth (19.6 percent).

“People who begin drinking alcohol before the age of 15 are six times more likely than those who start at age 21 and older to develop alcohol problems,” said SAMHSA Administrator, Pamela S. Hyde. “Parents and other adults need to be aware that providing alcohol to children can expose them to an increased risk for alcohol abuse and set them on a path with increased potential for addiction.”

TIME reported the SAMHSA data Feb. 21, but questioned whether parents who shared alcohol with their children put them at greater risk of serious alcohol problems later in life. *TIME* cited a Wake Forest University study from 2004 that appeared to show that teens who shared alcohol with their parents at

dinner or in a religious context (versus being given alcohol for a party) were less likely to drink or to develop drinking problems.

A one page summary of SAMHSA's data was published in the Data Spotlight (PDF) from SAMHSA's Center for Behavioral Health Statistics and Quality. More information: Stop Underage Drinking—a portal of federal resources. Visit www.stopalcoholabuse.gov/

New Service Matches Clinicians with Mentors to Help Treat Patients' Substance Abuse

A free nationwide service has been launched to help primary care providers who are looking for help in identifying and

advising substance-abusing patients. *Medical News Today* reports that the Physician Clinical Support System for Primary Care (PCSS-P) provides peer-to-peer mentorship and resources on incorporating screening and follow-up into regular patient care.

The service is known as a “warm line” instead of a “hotline” because doctors and other health care providers receive a response within 24 hours instead of immediately. Providers register with the service and receive the contact information of a mentor who specializes in screening, brief intervention, treatment and referral for patients who have substance abuse problems. The providers can contact the mentors via phone or email with specific questions. PCSS-P is a project of the National Institute

on Drug Abuse (NIDA) and the American Society of Addiction Medicine.

NIDA also launched an online interactive single-question screen to help health care providers identify patients with potential substance-abuse issues. The screen asks, “In the past year, how many times have you used the following: alcohol (more than 4 or 5 drinks in a day for women or men, respectively); tobacco products; prescription drugs for nonmedical reasons; and illegal drugs?” If the answer indicates a potential substance abuse issue, the provider can conduct NIDA's full screening tool for the specific substance.

CALVARY

Addiction Recovery Center

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

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

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

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

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



RR
REMUDA RANCH

PROGRAMS FOR EATING AND ANXIETY DISORDERS
www.remudaranch.com • Tel. 800.445.1900

For more than 20 years...

HOPE HEALING LIFE

Remuda Ranch Programs for Eating and Anxiety Disorders has provided inpatient and residential treatment to women and girls. Hurting individuals come to us because an eating or anxiety disorder has devastated their families and nearly destroyed their own lives.

More than 10,000 patients have trusted their care to Remuda Ranch. Why? Because our treatment works. Remuda Ranch programs are located in Virginia and Arizona.

For additional information please call 1-800-445-1900 or visit www.remudaranch.com today.



Understanding Addiction in Relationships

By **BOBBE MCGINLEY**
Clinical Director/CEO of ACT – Counseling & Education

Those who are closest to an alcoholic, addict or gambler find it very difficult to understand and accept the changes occurring within the person they think they know. The often-erratic nature of those changes makes them not only confusing but easy to interpret as a lack of love and commitment.

It is possible, however, to understand the belief system and personality that evolves with the disease of addiction. The more you can comprehend this belief system and personality, the more objective you will be about the disease.

When you are able to see that the behavioral changes of the person you are close to are not aimed *at you*, when you can avoid taking them personally, you will be able to intervene much more successfully.

Many addicted people, by their very nature, are kind, sensitive, big-hearted, altruistic, loving, gentle and caring. It is this core structure of their personality that makes coming to grips with the addiction so difficult, both for them and those close to them. Addicted individuals are often the kind of people who will go out of their way to help someone in need; even find the most interesting ways of saying “I love you.” But as the disease progresses, this kind, sensitive side of the person becomes more difficult to see as it becomes progressively obscured by defense mechanisms.

Most addicts will deny, rationalize, justify, defend, and blame. When all the other defenses fail, anger surfaces and many will simply tell you to mind your own damn business: “This is my life. What I do is up to me. You take care of you and I will take care of me.”

The extent to which these defense mechanisms represent depends solely on the stage of the disease. The more advanced the disease, the more these defense mechanisms and behavior will dominate the core personality. Defense mechanisms evolve to protect the psyche of the affected individual. They protect them from feeling the overwhelming sense of guilt and shame that would come with facing the behavior and the symptoms of this disease head on. Defense mechanisms are neither good nor bad, but natural: difficult to understand and to cope with, but not bad.

A dictionary of psychological terminology defines a defense mechanism as “an involuntary or unconscious measure adopted by an individual to protect her/himself against the painful effect associated with some highly disagreeable situation, physical or mental, of frequent occurrence; it may be employed to cover a wide range of phenomena.”

In other words, these mechanisms are not malicious or purposeful; they are not used deliberately to inflict emotional pain on you or loved ones. The alcoholic, drug addict or gambler act and behave the way they do because they need to, not because they want to.

“Most addicts will deny, rationalize, justify, defend, and blame. When all the other defenses fail, anger surfaces and many will simply tell you to mind your own business.”

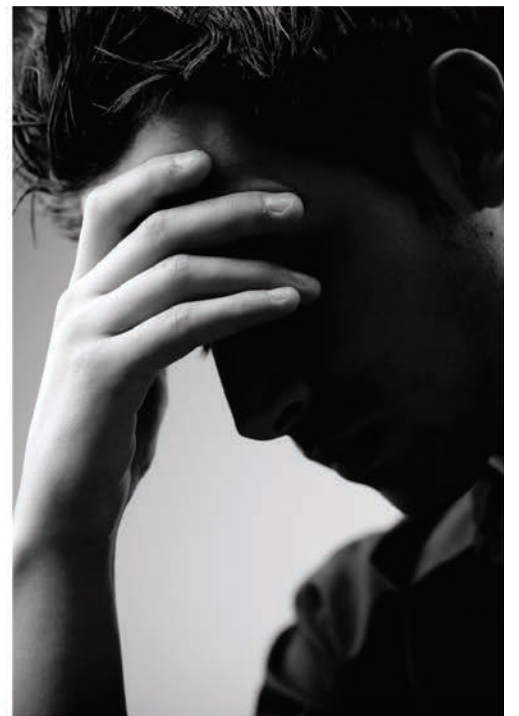
Remember that if the addiction has progressed, you may only be able to see his or her core personality and beliefs by looking at the past. The more the disease progresses the less visible the core personality is —the further back in your memory you will need to look. Sometimes it is initially difficult to remember the good in this person because your own hurt and anger get in the way. These feelings are as normal as the defense mechanisms of the addicted person. Don’t try to swallow your feelings and pretend they aren’t real, and certainly don’t get angry at yourself for feeling what is normal and natural.

If you are faced with these challenges, now might be the time to research intervention. It is very important to the intervention process that you develop an understanding of the addicted person. It is equally important to understand how this disease has affected you, and what defense mechanisms you have developed to cope with it.

No one can be emotionally involved with an alcoholic, addict or compulsive gambler without experiencing hurt. Because of the presence of the addiction, the chances to deal with that hurt within the context of the relationship become infrequent and often nonexistent. The lack of opportunity creates anger, and would be the ideal time to investigate self-help groups in your area, where you can become grounded, and informed and ready to take the next step in your own recovery which may in turn will help the addicted person in your life.

Bobbe McGinley MA, MBA, CADAC, LISAC, NCGC II, is a nationally known speaker, author, presenter and trainer, consulting many different industries about Problem Gambling. She currently serves as their Gambling Program Consultant. Call 602-569-4328 or visit www.actcounseling.com

***I Wish
I Could
Find a
Place
Where
There is...***



- * ***A small intimate confidential setting, where I won’t feel lost***
- * ***Truly individual treatment with a minimum of 4 individual private sessions a week***
- * ***A safe therapeutic structure with real world experiences***
- * ***A place that cares about me and my recovery with follow up, community, and a 12 step foundation***
- * ***A beautiful location near the ocean with the comforts of home***
- * ***A highly credentialed staff, proficient in credible clinical skills and experience***
- * ***A place where I feel I belong and have the flexibility to grow...***

A difference you and your family can count on...

PROMISES
TREATMENT CENTERS

866-390-2340

www.promises.com

NIDA raises the curtain on addiction

“Addiction Performance Project” premiers for clinicians in Phoenix May 6

The National Institute on Drug Abuse (NIDA) announced the launch of its Addiction Performance Project, an innovative continued medical education program designed to help primary care providers break down the stigma associated with addiction. The program includes dramatic interpretation of a family’s struggle with addiction, followed by a dialogue among participants aimed to foster compassion, cooperation, and understanding for patients living with this disease.

Of the 23.5 million patients who needed specialized treatment for a drug or alcohol problem in 2009, nearly 90 percent had not received it. Research suggests that primary care providers could significantly help reduce drug use, before it escalates to abuse or addiction. However, many express concern that they do not have the experience or tools to identify drug use in their patients.

“Primary care providers can play such a vital role in screening for drug abuse”, said NIDA Director Dr. Nora D. Volkow. “Yet, for many providers, discussing drug abuse with their patients is beyond their comfort zone. NIDA’s Addiction Performance Project is a creative way for doctors to earn CME credit while breaking down the stigma associated with drug addiction.”

Addiction Performance Project is part of NIDAMED, NIDA’s outreach to practicing physicians, physicians in training, and other health professionals. It has a limited run during 2011 and 2012, with the next scheduled performance in Phoenix on May 6.

Performances are free, but seating is limited, and registration is recommended. Attendees do not have to be registrants at the conferences where some performances take place. For more information on the Addiction Performance Project, or to register for a performance, visit: <http://www.drugabuse.gov/nidamed/APP>.

Valley Clinical Services
recognizes that there are many challenging issues throughout the journey of life. We offer strength-based counseling services for children, adolescents and adults.

Our Services..

- Substance Abuse Treatment
- Eating Disorder Treatment
- Counseling Services
- DUI Services
- Autism Spectrum Services

VCS offers a full range of insurance selections, out-of-network benefits, sliding scale and private pay

Serving Metropolitan Phoenix | Contact Us: 480.661.1075
www.valleyclinicalservices.org



TEEN CHALLENGE IS ARIZONA’S FAITH-BASED SOLUTION TO THE DRUG EPIDEMIC

www.tcaz.org

HOME OF HOPE <small>Women and Women & Children</small> 520-836-5030	PHOENIX TEEN CHALLENGE <small>Male 18+</small> 602-271-4084	SPRINGBOARD HOME <small>Girls 12-17</small> 520-887-8773	NEW HORIZON <small>Boys 12-17</small> 928-527-4848
--	--	---	---





Life, Liberty and the Pursuit of Serenity

By LARRY SOLOMON, MA, LPC, LISAC

When the focus of recovery is “not using” there is often a failure. An attempt to not use is an effort at denying the flesh. It can only last so long. Kind of like swearing off chocolate. A person can last for awhile, but how much effort is involved?

A successful recovery is one where the individual actively pursues his or her serenity. The first word of importance is “actively.” One cannot sit still and hope recovery will find them. The second word of importance is “pursue.” Think of an officer on the show “COPS.” When he is in pursuit he isn’t relaxed, one hand on the steering wheel having a casual conversation with his partner. No, he is leaned forward, focused and intent on catching what he is after. We should have the same determination in recovery.

I have heard from countless graduates how easily they found their serenity inside the walls of Calvary, but once they got back into the real world it seemed elusive and difficult to find.

No doubt, when the outside world is removed as a stressor it is easier to find your internal serenity. Removing the distractions is paramount to giving the early recovering person a chance to make it. However, 30 days of residential treatment isn’t going to keep anyone sober if they don’t apply the lessons learned to their everyday life.

Life around you is going to go at its own pace

Your every fiber doesn’t have to keep up. Slow your heart and mind down and strive to keep the inner peace from being affected by the outside world. It’s like a sturdy structure in the middle of a storm. The inside environment isn’t affected by the storm that is raging outside.

Serenity is that sturdy structure in the storm. The key to maintaining serenity isn’t about the environment you’re in. It’s about the environment you create within. Applying the serenity prayer is a great start to pursuing your serenity. Most of us only know the first part of the prayer.

The Serenity Prayer

A Pastor from Detroit, Reinhold Niebuhr, is credited with being the author of the serenity prayer for use in a sermon. The full version of the prayer is...

*God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And the wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardship as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.*

“Accepting the things I cannot change,” may be the most important step in building a life of serenity. However, this is difficult to put into practice. We all like things structured in a certain way and when things don’t go that way we experience anxiety. That is simply part of being human.

“Courage to change the things I can.” The list of things I can change is a rather short one. Put simply, if it isn’t something about myself (my thoughts, my behavior...) it doesn’t belong on the list of things I can change.

Remember that God deals out life “one day at a time,” and we can only live one moment at a time. If we are focused on the past, our overwhelming feelings will be remorse and guilt. If we are focused on the future our overwhelming feelings will be fear and anxiety. God calls Himself, “I am.” The only way to have God’s serenity is to be focused on the present.

Another key to serenity isn’t removing hardship. It is accepting turmoil as the “pathway to peace.” I have said it a bit simpler in many groups and lectures. “The key is learning to be okay, not being okay.”

Finally, let God be God and quit trying to do His work for Him. Instead, do His work with Him. God wants you to have His peace. The storm doesn’t. The storms of the world will rob every ounce of peace from you if you do not tighten down the structure of your heart. Life is busy enough. Going faster won’t make it less busy. Slow down at every opportunity and make serenity a priority. Resist the temptation in the morning to rush out the door with the thought, “I don’t have time to read or meditate.” You don’t have time not to.

Take that extra time to slow down and read one single verse from the Bible or a line out of the Daily Reflections book. The cost to your time for doing so will be the equivalent of sitting at one traffic light. The cost to your serenity if you don’t will be much greater.

Larry Solomon is Clinical Director at Calvary Center. Calvary has expanded services to include inpatient medical detox, partial hospitalization (day treatment) and intensive outpatient services. Calvary works with all major insurance companies. Call 1-866-76-SOBER (866-767-6237), or visit www.calvarycenter.com.



Body, Mind & Spirit...

Cottonwood’s internationally respected multidisciplinary team uses the latest research to treat the whole person.

For over 20 years, Cottonwood’s beautiful, 35-acre setting has been the perfect place to begin the process of recovery...recovery based on a balanced, holistic approach to treating the mind, body and spirit. Intensive programs – with individualized treatment plans – include a solid base of medical management, 12-step concepts, family involvement, group therapy, nutritional counseling and experiential therapies (including equine services)...with an emphasis on treating co-occurring disorders.



COTTONWOOD
tucson

- Chemical Dependency
- Depression
- PTSD
- Grief and Loss
- Anger and Rage
- Compulsive Gambling
- Sexual Addiction
- ADD/ADHD
- Eating Disorders

1-800-877-4520 • Tucson, Arizona

cottonwoodtucson.com

drugfreememorials.org

The Partnership for a Drug-Free America has created a memorial website to give friends and family members a special place to share their memories of loved ones who lost their lives to drugs or alcohol.

Visit <http://memorials.drugfree.org/memorials/>

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

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



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

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

Phone 480-947-5739

www.pcsearle.com

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

PCS
7530 E. Angus Drive
Scottsdale, AZ 85251



psychological counseling services



THE
RIVER SOURCE
— 12-STEP HOLISTIC —
Drug & Alcohol Treatment Center

Call Now. We Can Help.
888.687.7332

Real Recovery from Chemical Dependency

At The River Source, we help our clients develop a new way of life through a unique and comprehensive treatment program that focuses on all aspects of personal recovery - mind, body, and spirit - without chronic relapse.

Our methods are proven and affordable. We can help.

- Comprehensive, individualized treatment
- Affordable 30-, 60-, and 90-day programs*
- Safe, residential detox environment
- Counseling
- Participation in 12-step programs
- Naturopathic clinic onsite
- Yoga, meditation, and exercise
- Aftercare support and services



108 E. 2nd Ave.
Mesa, AZ 85210

888.687.7332

480.827.0322

www.riversource.org



*Discount offers available; call for details

Can anger promote Intimacy?

By DR. MAMIKO ODEGARD

We are bombarded with admonitions to curb our anger and to consider “anger management.” When discussing the benefits of allowing honest anger to be present within a relationship, I am often asked, “Can anger really promote intimacy?” That question is frequently followed with yet another common question, “Isn’t anger a negative emotion?” The answer to the first question is a resounding, “Yes!” and to the second, an equally passionate, “No!”

Is anger a negative emotion?

Unfortunately, most of us have been taught that we should not get angry and that anger is a negative emotion. Quite frankly, it is one of those myths that has been perpetuated too long. Anger is just another emotion like joy, excitement, or frustration and is absolutely a necessary and important emotion that signals to us that something is not right—or that we are feeling threatened in some way.

Ignoring and shoving aside our angry feelings simply does not work. This is clearly evidenced by the frequency of the type of explosive responses that can occur at any given moment over even small irritations. It is healthier by far to use anger as a constructive tool in managing ourselves and promoting healthy relationships.

What are the benefits of constructive anger?

In contrast, anger, and the mindful, constructive expression of anger can actually help us to become closer with others. It allows us to make mindful choices about expressing our emotions. Mindfulness has to do with us carefully choosing how we want to view and communicate our emotions with another.

When we are in touch with our thoughts and feelings and can be honest enough to express them to others, we are free to reveal our hurt, sadness, disappointment, fears. Having the freedom to express these emotions is vital because beneath anger are the much deeper feelings of hurt and sadness. Therefore, the art of using constructive anger is being able to communicate in a direct manner saying “I was angry when you criticized me in front of our friends. I felt humiliated and disrespected by you when you said that I spend too much money shopping. I felt ashamed and embarrassed when you said this.”

When we can remain calm and clearly state the behavior that is bothering us and let the other know exactly why we are so troubled by certain statements or behaviors, others with whom we are communicating can begin to understand, and—emotionally taking our place, be able to sense for just a moment just how we might actually feel. Not only does the other person have a better understanding of our feelings and responses to a given situation, we can feel understood, cared, and listened to... ultimately promoting deeper relations and true intimacy through honesty and openness to allow our authentic selves to emerge.

Dr. Mamiko Odegard is a psychologist offering individual and couples therapy; a Relationship and Self-Empowerment Coach, and author of the highly acclaimed book, *Daily Affirmations for Love: 365 Days of Love in Thought and Action*. www.DrMamikoOdegard.com. 480-391-1194.

When it comes to addiction, there’s no discrimination...



It doesn’t care about your age



where you live, or who you are.*

A Comprehensive Program for Problem Gambling and Substance Abuse

Treating: Individuals, Couples, Families and Significant Relationships.

ACT
Counseling
& Education

602.569.4328

www.actcounseling.com

ACT Locations:
Phoenix-602.569.4328
5010 E. Shea Blvd., Suite D 202

Glendale-623.931.2350
4480 W. Peoria Ave. Ste. 203

Mesa Clinic-480.827.2406
460 N. Mesa Drive, Suite 110
Mesa Appts: 602-569-4328

Email: bobbe4act@aol.com
Bobbe McGinley, Clinical Director

**Bring in this ad for a percentage off Initial Assessment cost*

Study On Teen Substance Abuse Highlights Need for Screening and Prevention Programs

A new study showing marked increases in teen use of marijuana and Ecstasy over the past three years underscores the importance of incorporating screening and prevention programs into all health care interactions with adolescents and their parents, says a leading expert on adolescent substance abuse treatment.

“Any time professionals have an option to work with parents or teenagers, even if it’s not directly about a substance abuse issue, they should be putting drug use on the radar screen,” says Ken Winters, Ph.D., Director of the Center for Adolescent Substance Abuse Research, Professor in the Department of Psychiatry at the University of Minnesota, and Research Scientist at Treatment Research Institute. “Many health care settings don’t have the luxury of specialized and expensive drug

treatment, but a quick screening and a brief discussion about drug use should be more achievable in pediatric and other adolescent health settings.”

Teen Drinking Normalized

Dr. Winters said the findings of the 22nd annual Partnership Attitude Tracking Study (PATS), released by The Partnership at Drugfree.org and MetLife Foundation earlier this month, echo the reality that substance abuse treatment professionals see every day. The study shows that underage drinking has become more normalized among adolescents. Of those teens who reported alcohol use, 62 percent said they had their first full alcoholic drink by age 15, not including sipping or tasting alcohol. Of those teens who reported alcohol use, 25 percent said they drank a full

alcoholic drink for the first time by age 12 or younger. *Almost half of teens (45 percent) said they do not see a great risk in heavy daily drinking.*

Age of first use is critically important: research has shown that more than 40 percent of those who start drinking at age 14 or younger developed alcohol dependence, compared with 10 percent of those who began drinking at age 20 or older. The study also found that marijuana use is on the rise. Past-year marijuana use among teens increased by 22 percent (from 32 percent in 2008 to 39 percent in 2010). There was a 67 percent increase in the number of teens who reported using Ecstasy in the past year (from 6 percent in 2008 to 10 percent in 2010).

Prescription Drug Abuse

The PATS survey touched on an issue that parents are often unaware of: teen abuse of prescription medicines. The data found that 25 percent of teens reported taking a prescription drug not prescribed to them by a doctor at least once in their lives, and 23 percent used a prescription pain reliever not prescribed to them by a doctor. “Health care professionals need to alert parents that if they’re taking prescription drugs, they can’t just take the medicine home and put it in an unsecure place—that’s risky,” Dr. Winters says. “Parents are often surprised to find out how common it is for teenagers to take medication from the medicine chest and use it or sell it. We have to remind them not only to monitor their prescriptions, but also to dispose of unused medications with the many drug disposal programs that are now available.”

Before getting on
the road to recovery,
you’ve got to get on
the **Right Track.**

The Crossroads introduces the a 21-day, non-medical program to prepare for the integration into the full Crossroads program.

INCREASED SUCCESS RATE *70% over a 2 year period

LIFE SKILLS & JOB ACQUISITION

AVERAGE \$45 PER DAY



THE crossroads
PUTTING LIVES TOGETHER. ONE PERSON AT A TIME.

1845 East Ocotillo Road | Phoenix, AZ 85016 | 602.279.2585
thecrossroadsinc.org



St. Luke’s Behavioral Health Center

Serving the needs of adults, adolescents, children and seniors

St. Luke’s Behavioral Health Center offers a full spectrum of inpatient and outpatient services using a holistic approach to treatment that addresses each person’s physiological, psychological, spiritual and social needs. Services include:

MENTAL HEALTH

- Adult Outpatient
- Adult Inpatient
- Child/Adolescent Inpatient

CHEMICAL DEPENDENCY

- Adult Outpatient
- Adult Inpatient Detox
- Adolescent Outpatient

OTHER SERVICES

- Generations/Geropsych – inpatient psychiatric and medical care for patients ages 55+
- Momentum – outpatient treatment for long-term mental illness

Intake representatives are available 24 hours a day to schedule appointments for assessment. St. Luke’s Behavioral Health Center does not have an Emergency Department and does not offer emergency services.



Call 602-251-8535 or 800-821-4193 to schedule an appointment for a free assessment.
stlukesbehavioralhealth.com

CALENDAR OF EVENTS

HAVE AN EVENT? CLASSIFIED? Email us: aztogether@yahoo.com
Submissions accepted one month prior to event.

MAY EVENTS

MAY 4—P. Chip Coffey, MAPC, NCC, LPC
“Ethics Series 3: Review of Ethics and Client Care”—**St. Luke’s Behavioral Health Center**
Clinical Breakfast Series. 8:00-9:00 a.m. Behavioral Health Center Auditorium, 1800 E. Van Buren. Free CEU. Breakfast, networking. Chip Coffey, **602-251-8799**. pc Coffey@jasishealthcare.com.

MAY 4—6:30-8:00 p.m. FREE LECTURE SERIES—TUCSON. The Meadows presents “**Emotional Incest: The Seduction of Being Special**” with Debra Kaplan, MA, LAC, LISAC, CSAT. Jewish Community Center, 3800 E. River Road, Tucson. Earn 1.5 Continuing Education Credits. For information: Meagan Foxx, email: mfoxx@themedadows.com or call **866-633-5533/ 602-531-5320**.

MAY 7—1:00– 2:30 p.m. American Hospice Foundation and Hospice of Arizona presents “**Remembering Mom.**” At Hospice of Arizona’s Peoria Inpatient Unit located at 12740 N. Plaza del Rio Blvd., Peoria, 85381. FREE and open to all adults who are grieving the loss of their mother. Space is limited. RSVP. Debra Moorhead: 602-589-2203. www.americanhospice.com

MAY 23—7:00-8:30 p.m. FREE LECTURE SERIES. The Meadows presents—“**Understanding and Healing Your Pool of Pain**” —Charlie Atkinson, MA, MSW, LCSW. Chapparral Christian Church 6451 E. Shea, Scottsdale. For information: Meagan Foxx, email: mfoxx@themedadows.com or call **866-633-5533/ 602-531-5320**.

MAY 23-27, Jun 27-Jul 1—Tucson – Cottonwood Tucson—InnerPath Beginnings & Beyond Retreat. This five-day intensive retreat is tailored to meet the needs of those individuals who want to make healthy changes in their lives. Facilitated by Rokelle Lerner. Visit www.cottonwoodtucson.com or call Jana at **520-743-2141** or email at jzeff@cottonwoodtucson.com for information and registration.

May 24—11:30–1:30 p.m. Earn 1.5 CEUs with lunch. **Aurora Behavioral Health System, Lunch & Lecture Series. “Neurofeedback Is It Right For My Patient?”** Neurofeedback is one of the best-kept secrets in behavioral health and a very powerful adjunct to talk therapy, especially when dealing with addiction and/or trauma. Learn what neurofeedback is, how it works, the power of brain mapping. Live demonstration. Presented by: Sue Shipman, The Institute for Optimum Balancing 6015 W. Peoria Ave. Glendale. RSVP Erin Boyd 623-344-4416 Cell: 623-256-3469. Email: erin.boyd@aurorabehavioral.com.

MAY 4 through JUNE 8-6:30-8:00 p.m. American Hospice Foundation and Hospice of Arizona offers 6-week Bereavement Education and Support Program. Hospice of Arizona, 1241 W. Warner Rd., Ste. #110, Tempe. Gain perspective and understanding of the grief experience in a safe, comfortable environment. FREE and open to any adult who has experienced the death of a loved one. RSVP required. Pamela BurkeCowing: 480-327-4925, email pamelaburkecowing@americanhospice.com

PROMISES ALUMNI MEETING—MAY 10, JUNE 14, JULY 12, AUG. 9, SEPT. 13, OCT. 11, NOV. 8, DEC. 13. 7:00 p.m. For information

about location. Contact Tracey **310-595-0166** tsimmons@promises.com or Ann **602-996-6395**.

JUN 20-24, JUL 25-29 –Tucson – Cottonwood Tucson – InnerPath Women’s Retreat—Five-day retreat has been designed especially to meet the needs of women who are re-evaluating their relationships, their priorities, and their sense of self. Facilitated by Rokelle Lerner. Visit www.cottonwoodtucson.com or call Jana at 520-743 2141 or email at jzeff@cottonwoodtucson.com for information and registration.

ON GOING SUPPORT PATHWAY presents **CHOICES.** Teen workshop/ support group, activities night open to all teens ages 12 to 21. **480-921-4050** or email: zebbies@msn.com. Gilbert location.

Incest Survivors Anonymous ISA meeting in Phoenix—Freedom Hall (corner of 12th Street & Highland). Contact Gloria, 602-819-0401

COTTONWOOD DE TUCSON. On going Alumni Meetings: Every Wednesday @ 6:00 –7:30 p.m. Cottonwood campus in Tucson. 4110 W Sweetwater Drive. Tucson 1st and 3rd Tuesday of every month in Scottsdale at 7:00—8:30 p.m. 7219 E. Shea Blvd, Scottsdale. Contact Sally Hicks 520-743-0411 ext. 2517 or email shicks@cottonwoodtucson.com

TUCSON—ARTS Anonymous a 12 step program for creative people. Fridays, 5:30pm. First United Methodist Church of Tucson 915 E. 4th Street. Tucson. Alison 520-203-7763

(ACOA) Adult Children of Alcoholics and Dysfunctional Families. Saturdays 4:00 p.m. First United Methodist Church of Tucson 915 E. 4th Street. Tucson. Alison 520-203-7763

ACOA (Adult Children of Alcoholics) Thursdays, 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd, Scottsdale. Contact: John V. **602-403-7799**.

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

Do you know food can also be an addiction? **OVER-EATERS Anonymous** is a 12 Step program that deals with addictions to food and food behaviors. OA has 18 meetings scheduled throughout the week. For more information call 520-733-0880 or check our web site www.oasouthernaz.org

FAMILIES Anonymous—12-step program for family members of addicted individuals. Two locations: Phoenix/Scottsdale. 800-736-9805.

PILLS Anonymous—Tues: 7:00 p.m., Glendale Community Church of Joy, 21000 N. 75th Ave. Tuesday: 7:00 pm, Mesa- Open Discussion. St. Matthew United Methodist Church, 2540 W. Baseline Road Room B 14, Mesa. Jim **480-813-3406**, Meggan **480-241-0897**. Wed: 5:30 p.m. North Scottsdale Fellowship Club, Room 3, 10427 N. Scottsdale Road, Thurs: 7:00 p.m., Phoenix, Desert Christian Church Rm. D-2, 1445 W. Northern. Janice **602-909-8937**.

continued on page 11



A Heavy Burden

How do we raise healthy kids in a weight obsessed culture?



By DEBORAH RUSSO, PsyD, & Amy Spahr, LCSW

Have you ever noticed that babies don’t have a trace of body image insecurity? They play, giggle with glee and just delight in themselves. How can it be that 40 to 60% of preteens and adolescents report being dissatisfied with their bodies? What happens between infancy and adolescent years that transform that joy to insecurity? And, how can we help kids navigate toward healthy attitudes and choices related to food and weight in this weight and diet trend obsessed culture?

We’ve learned a lot working with more than over 10,000 women and girls suffering with eating disorders for the past 20 years. For instance, (1) eating disorders including body image issues are complex and involve a myriad of interrelated contributing factors, (2) physical perfection has no form and, therefore, can never be attained, (3) popular media and marketing will never let you believe this, and (4) friends and family are too often the worst sounding board for negative thoughts about body image.

Dissatisfaction with physical appearance is a growing trend among females and males and effecting younger ages. Bedford and Johnson (2006) compared body image concerns in younger and older women and revealed no age-related differences in body dissatisfaction.

Where does all this start?

It is not so easy to point to one influence on children. The influencing factors of weight related and body image issues are complex. Eating disorders and obesity are caused by many factors that interact with each other. Individual characteristics, including genetics and temperament, family factors, peer influences, community factors, and societal factors all may play roles in causing weight related issues and body dissatisfaction. Numerous studies confirm that body dissatisfaction is closely linked to self-esteem in adolescents, more so than in adults. Thus, if a teen is struggling with body dissatisfaction, it may interfere in the development one’s self-concept and sense of identity. Regardless of our levels of sensitivity to our own imperfections, vulnerability to criticism increases during the developmental years as puberty brings both physical and emotional changes. Society’s narrow standard of beauty confuses most children. We often hear teen girls say... “Those images are living inside of me; how am I supposed to be feminine without being overly sexual?”, “How do I see my strengths apart from my looks?”

Studies indicate a growing trend of pre-teen girls believe they must restrict their food intake to become thinner and they just can’t measure up. This internalized sabotaging critic may be carried throughout life. As example,

Brown & Slaughters’ (2011) study examined body attractiveness and normality in females ages 4 to 26 and found that all age groups rated photos of women who were significantly thinner as more attractive than women they viewed in normal weight ranges.

It is clear that given the countless ways children are bombarded with messages that reinforce negative body image, parents play a powerful role in shaping weight-related ideals and must start within themselves to encourage healthy perceptions, beliefs and actions in their children. Schuman (2010), a recent study of the correlation between parents’ weight related ideals found that parents’ overt and covert restriction of children’s food intake were significantly associated with child body dissatisfaction. The research demonstrates that both direct and indirect parent weight-related attitudes and behaviors can negatively influence a child’s body satisfaction.

What can you do? The following is a list of ten ways to help children build resilience, make healthy food choices, and maintain positive body awareness.

Inner Dialogue

Pay attention to your own inner dialogue related to body and weight attitudes – they are directly linked to a child’s inner sense of “fit” inside their own body and attitudes related to weight and food choices. Listen, process, and engage. Listen to how your child speaks to herself/himself during play - you can learn a lot about how they are processing emotions and resolving conflict. Purposeful play can be a vehicle to introduce respect and regard for diversity of body sizes and people in general. It is never too early. These are precious times to engage this developmental phase to build bridges of healthy cognitive functioning including healthy body awareness and image!

Puberty

Body Image is influenced throughout our lives by multiple factors. Puberty experiences and changes greatly influence body image and can remain fairly constant through life. Puberty brings windows of opportunity to guide as the body changes and the desire to meet expectations of “fitting in” intensifies. This is a perfect time to emphasize appreciation for different body sizes and shapes. Parental modeling of this is a powerful teaching tool.

Sites like Kidshealth.com provide creative ways to talk about questions related to body, growth and esteem. They can also teach kids how to respond to peers who may be overly focused on unhealthy ideals.

Sports and Games

Kids who are involved in athletic en-
HEAVY BURDEN *continued page 11*

2011 Free Lecture Series

Chaparral Christian Church
6451 East Shea Boulevard
Scottsdale

For information/RSVP
Contact Meagan Foxx:
866-922-0951
602-531-5320
Time: 7 to 8:30 pm



Where Recovery Becomes Reality
www.themedadows.org

May 23, 2011

“Understanding and Healing Your Pool of Pain”

Charlie Atkinson, MA, MSW, LCSW

Adolescent and Young Adult Specialists



THE
PATHWAY
PROGRAM

480.921.4050

thepathwayprogram.com

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





602-952-3939
3550 EAST PINCHOT AVENUE
PHOENIX, ARIZONA 85018
www.valleyhospital-phoenix.com

Specialized Mental Health & Chemical Dependency Care

INPATIENT STABILIZATION & TREATMENT

ACUTE DETOX

DUAL DIAGNOSIS PROGRAM

PARTIAL HOSPITALIZATION PROGRAM (PHP)

INTENSIVE OUTPATIENT PROGRAM (IOP)

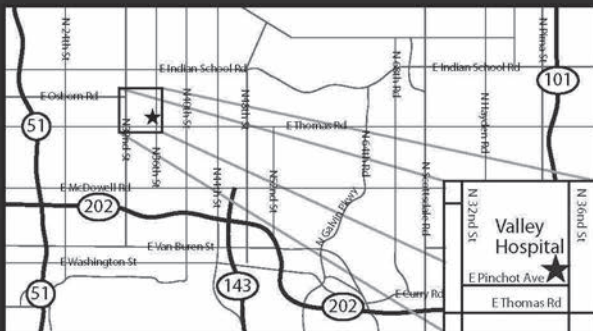


Private and confidential assessment and referral information are provided at no charge 24 hours, seven days a week through the

Valley Hospital Care Center.

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

602-952-3939



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

TERROS from page 1

Dr. Kumpfer believes the upsurge in party drug abuse among teens is their attempt to reduce some of today's economic stress in families and the loss of time that they can spend with their parents. National statistics reveal that parents are spending about one third less time with their kids in the last three years—an average of only 4.2 hours per week.

To prevent teen drug abuse, Dr. Kumpfer advises: "Research shows that in the area of bonding and attachment, time together is incredibly important in building positive relationships. Parents do matter. Try and stay involved with teenagers in positive ways." And if a situation calls for intervention or treatment, she recommends that parents choose parenting and family therapy programs.

"If there's anything that you can do, don't just do youth-only groups," she said. "Don't just do individual therapy. Do family work because you have to change the family system."

The event workshops focused on helping participants to better understand diversity issues when providing counsel to clients dealing with substance abuse and other behavioral health problems.

"Our treatment system is evolving," said Dale Rinard, president and CEO of event sponsor, TERROS. "We're moving

from a model of the provider as expert to a system of recovery based on a belief of Cesar Chavez—that we must show more responsibility to and for one another."

This new philosophy looks upon providers more like guides in the recovery process, and puts the power to change in the hands of the person who is undertaking the journey of recovery and discovery, according to Rinard.

TERROS board member and artist April Edwards shared her inspiration for a commemorative altar she created in honor of Marcia Powell, who suffered from mental illness and died tragically of heat exposure in 2009 while left for hours in an Arizona prison's uncovered, outdoor chain-link cage.

About TERROS

TERROS is a community-based behavioral health organization that helps people recover from substance abuse, mental illness and other behavioral health problems. TERROS provides a wide range of services throughout Maricopa County, Arizona, including mobile crisis intervention, prevention of substance abuse and HIV/AIDS, outpatient treatment and specialized services to assist persons who have a serious mental illness. To learn more, visit www.terros.org or call 602-685-6000.



By ALAN COHEN

WWW.ALANCOHEN.COM

From the Heart

ATOMIC CONTRAST

I was invited to present a seminar in Hiroshima, Japan, the city devastated by the atomic bomb in 1945. As I approached the Hiroshima train station via the bullet train, I felt uneasy, wondering if the psychic shadow of the holocaust would linger unto this day. To my surprise, Hiroshima Station felt light and airy, passersby friendly and upbeat. At initial encounter the place actually felt more peaceful to me than the dozen other cities in Japan I have visited.

As my host drove me through Hiroshima's streets, I was impressed by the comeliness of the area. Rivers wended beneath many bridges, banks highlighted by cherry blossom trees in full bloom. Families picnicked by the riverside as children laughed and played. Was this the same city instantly burned to a crisp by the world's most dire single act of man-made destruction?

At the center of Hiroshima resides a lovely manicured park, dedicated to the intention that peace prevail on earth. Manicured green commons create a soft backdrop to fountains and a waterfall. At one end burns an eternal flame set atop a simple altar where people from all over the world pray and leave flowers as a symbol of their wish for peace.

There my host told me that various seers at this site had explained that in the wake of such massive destruction through warfare, the desire for peace has magnified to an extraordinary degree. Hiroshima has become a nexus for many gatherings in the name of world harmony. Recently His Holiness the Dalai Lama was joined by Bishop Desmond Tutu and another Nobel peace laureate, Betty Williams, for a conference, ceremony, and prayer to further world peace.

As much as the name Hiroshima was once synonymous with decimation, the name is now being associated with healing. Abraham (of Abraham-Hicks) underscores the value of contrast. Negative events generate intense motivation for their opposite. When you get what you don't want, you are more highly motivated to create what you do want. A bad marriage moves you to have a better one. Physical illness amplifies your intention for wellness. A business failure induces you to generate more success. When you experience what is clearly Not It, the next question is "What is It?" and "How can I get It?"

A few blocks from the peace park stands a small monument indicating the exact spot where the atomic bomb fell. That spot now has a grocery store on one side of it and a parking lot on the other side. The street is busy and unless you notice the stone slab you might overlook it altogether.

That night as I lay in bed in my hotel room a few blocks from the monument, my mind was spinning. I had no box in which to file such an experience. I was about to go to sleep a few hundred yards from the hypercenter of where an atomic bomb had once exploded. When the bomb went off, it instantly reduced to ashes practically everything in a twenty-kilometer radius. Yet now there stood parks, hotels, stores, restaurants, apartments, and people in the midst of a vital, colorful life.

What was the truth about that place on the globe? How did I fit into it? What could I learn from it?

I was slipping back and forth between parallel realities. In one, a huge mushroom eclipsed the sky, signaling the beginning of humanity's ability to wipe itself off the face of the earth with one careless press of a button. In another reality—life was blooming in glorious, productive ways, love was clearly present, and the greatest respect for peace on Planet Earth prevailed.

"Life rushes to replace death and healing seeks to erase wounds."

On some level I was being prompted to choose which reality I would live in. The more I focused on the idea of an ominous megathic cloud overtaking life with all its evil consequences, the more unsafe and depressed I felt. When I looked out the hotel window and saw Hiroshima's main promenade with people driving, walking, talking, laughing, and listening to iPods, I felt encouraged. Then I recognized that I serve far better to focus on life rather than death.

All things change

Nothing is always one thing or one way. Before I went to Hiroshima I spent a week in Tokyo. Considering the radioactive pollution from the Fukushima nuclear plant, I thought, "I'm looking forward to going to Hiroshima to get away from the radiation." While at first this felt like a bad joke, later I realized the profound lesson of juxtaposition. Life rushes to replace death and healing seeks to erase wounds. As the bumper sticker says, "Nature bats last." Human beings can do an act as heinous as dropping an atomic bomb on their brethren, and horrific as that act is, life will return. With the exception of one skeleton of a building now used as a tourist attraction, Hiroshima has been resurrected. Not just as a city, but as a city of determined peace.

You and I, too, have had our moments of pain, destruction, and perhaps even decimation. Yet those experiences always give way to life, and sometimes even greater life. May we all learn from the contrast in our lives, individually and collectively, so that we may build parks of beauty over the ashes of war. As A Course in Miracles tells us, "The holiest spot on earth is where an ancient hatred has become a present love."

Alan Cohen is the author of many popular inspirational books, including his newest book of uplifting messages, A Daily Dose of Sanity. Listen to Alan's weekly radio show Get Real on Hay House Radio at www.hayhouseradio.com, and join him for Life Coach Training beginning September 1, 2011. For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-808 572-0001.

Affordable, Structured Sober Living Houses

Sober Living AZ provides structured sober living for those in need of a sober, safe and upscale living environment while in the early stages of recovery from alcohol and/or drug addiction. Residents get the support and tools needed to transition back into society while renewing responsibilities to themselves, their families and community. *Onsite house manager at every residence. All food provided. Our homes offer all the amenities of a large, clean, upscale home with elegant, modern furnishings.*

Rates range from \$500 to \$1100 a month inclusive for basic sober living. \$6500 a month for our upscale home which includes our Intensive Outpatient Program and sober coaching. Full treatment at a fraction of the cost of any residential treatment center. All insurance accepted. CALL US FOR MORE INFORMATION.



www.soberlivingaz.com



Phoenix | Scottsdale | Mesa

Call: 888-309-3385
Email: chris@soberlivingaz.com



Down to Earth

WITH DR. MARLO ARCHER www.drmarlo.com

The Marriage Gamble

“You got to know when to hold ‘em,
know when to fold ‘em
Know when to walk away and
know when to run
You never count your money
when you’re sittin’ at the table
There’ll be time enough for countin’
when the dealing’s done”

“Every gambler knows that
the secret to survivin’
Is knowin’ what to throw away
and knowing what to keep
‘Cause every hand’s a winner
and every hand’s a loser
And the best that you can hope for is to
die in your sleep” (*Kenny Rogers, The Gambler*)

In a game of cards, there can only be one winner and the only way that gambler can win is to turn everyone else at the table into losers. Unfortunately, too many people look at marriage the same way. They act as if it’s some sort of special skill they have in knowing when the marriage is worth holding and when it’s time to fold and walk or run away. Lots of people are somewhat unhappy in their marriage and they will often waste lots of time trying to determine whether they should stay or go, or how they would go if they did decide to go, thinking about what they’d lose if they left and what they’d gain if they left, rather than spending time to work on whatever it is they are doing that is contributing to the unhappiness.

Unhappy couples will often sit, poised on the crossroads of divorce, counting their money, trying to see whether the relationship is worth sticking around for. I’ve heard numerous people talk about not leaving their marriage for fear of losing the house, the 401K, the business they bought together, or the vacation home in Sedona, yet, spending no time talking about what it is they’re willing to pay into the relationship to make it worth staying for so that both parties can grow old

and enjoy all those things together. If couples would focus on what they’re paying in, rather than what they can cash out, there’ll be time enough for counting when the dealing’s done, when the marriage ends by the ‘death do we part’ method.

The Gambler lyrics speak honestly about marriage when they say that every hand’s a winner and every hand’s a loser. Every marriage has potential to be a winner and every marriage has potential to be a loser, it all depends on the two people involved. Not just one person, both people. The notion of knowin’ what to throw away and what to keep can be applied to hopes, dreams, expectations, grudges, boundaries, and limitations within a marriage. If you married with the idea that you could make your spouse become a much better person through your continual criticisms, it would be really good to give up that idea. If you married with the notion of loving your spouse complete with all their faults and quirks, that would be good to keep. Grudges are best thrown out. Boundaries are typically best if kept, unless they are unnecessarily rigid. Unwarranted fears and jealousy should be thrown out. The hope of attending your children’s weddings or college graduations together should be kept.

As the Gambler so eloquently stated, the best that you can hope for is to die in your sleep. That is also quite true for marriage. It doesn’t sound very fun or happy, but a marriage that has been nurtured, cared for, worked on, and fought for will last until one of the spouses expires and frankly, most people would prefer to go peacefully in their sleep, surrounded by loved ones and that is the best of endings for the best of marriages, but you never find that out, if you fold every potentially winning hand you’ve got.

Dr. Marlo Archer is a licensed psychologist specializing in working with kids, teens, and their families. DrMarlo.com or 480-705-5007.



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



Saturday, Sept. 24, 2011

6th Annual Art of Recovery Expo

Join us for the Southwest’s largest mental health and addiction recovery event. A day for the public to discover the finest treatment resources available today.

- **Free admission!**
- **Workshops geared toward prevention and education for adolescents, young adults and families!**



Keynote speaker
Paul Williams

**For sponsorship and exhibit space
contact Barbara Brown 602-684-1136**

Details at www.artofrecoveryexpo.com

When You Need Help

PHOENIX /VALLEY AREA

ACT Counseling & Education	602-569-4328
AZ NicA	480-990-3860
Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
ACA	602-241-6760
Anasazi Foundation	480-892-7403
Aurora Behavioral Health	623-344-4400
AZ Office of Problem Gambling	800-NEXTSTEP
AWEE	602-258-0864
Banner HELP LINE	602-254-4357
Bipolar Wellness Network	602-274-0068
CCARC	602-273-9999
Cocaine Anonymous	602-279-3838
CoDA	602-277-7991
COSA	480-232-5437
Commun. Info & Ref	602-263-8856
Community Bridges	480-831-7566
Cottonwood de Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Crystal Meth Anonymous	602-235-0955
Emotions Anonymous	480-969-6813
EVARC	480-962-7711
Gamblers Anonymous	602-266-9784
Greater Phx. Teen Challenge	602-271-4084
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Magellan Crisis Hotline	800-631-1314
Marijuana Anonymous	800-766-6779
The Meadows	800-632-3697
Narcotics Anonymous	480-897-4636
National Domestic Violence	800-799-SAFE
NCADD	602-264-6214
Nicotine Anonymous	877-TRY-NICA
Our Common Welfare	480-733-2688
Office Problem Gambling	800-639-8783
Overeaters Anonymous	602-234-1195
Parents Anonymous	602-248-0428
Psychological Counseling Services (PCS)	480-947-5739
The Promises	866-390-2340

Rape Hotline (CASA)	602-241-9010
Remuda Ranch	800-445-1900
Runaway Hotline	800-231-6946
Sexaholics Anonymous	602-439-3000
Sex/Love Addicts Anonymous	602-337-7117
Sex Addicts Anonymous	602-735-1681
SANON	480-545-0520
Sober Living of AZ	602-478-3210
Suicide Hotline	800-254-HELP
St. Lukes Behavioral	602-251-8535
Step Two Recovery Center	480-988-3376
Stonewall Institute	602-535-6468
Teen Dating Violence	800-992-2600
TERROS	602-685-6000
Valley Hosptial	602-952-3939
WINR	480-464-5764
Workaholics Anonymous	510-273-9253

TUCSON

Alcoholics Anonymous	520-624-4183
Al-Anon	520-323-2229
Anger Management Intervention	520-887-7079
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood de Tucson	800-877-4520
Crisis Intervention	520-323-9373
Information Referral Helpline	800-352-3792
Half-Way Home	520-881-0066
Narcotics Anonymous	520-881-8381
Nictone Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Sex/Love Addicts Anonymous	520-792-6450
Sex Addicts Anonymous	520-745-0775
Sierra Tucson	800-842-4487
The S.O.B.E.R Project	520-404-6237
Suicide Prevention	520-323-9372
Surv. of Incest Anonymous	520-881-1794
Tucson Men’s Teen Challenge	520-792-1790
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559




GIFTS Anon[®]
THE ORIGINAL
12-STEP GIFT & BOOKSTORE
602-277-5256
4524 North Seventh Street
PHOENIX, ARIZONA 85014



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!**

M-F 10-7 pm Sat. 10-5pm 4524 N. 7th St., Phoenix 602.277.5256
10427 N. Scottsdale Road Call 480.483.6006



THE
RIVER SOURCE
12-STEP HOLISTIC
Drug & Alcohol Treatment Center

In a quiet, residential setting near historic downtown Mesa

108 E. 2nd Ave.
Mesa, AZ 85210

Call Now
480.827.0322
www.theriversource.org

**In the rush of life, we can help.
For relaxation. For support. For you.**

At The River Source Naturopathic Clinic, we help our clients stay centered through life with naturopathic treatments that focus on all aspects of personal recovery ~ mind, body, and spirit.

Our methods are proven and affordable. We can help.

Open Monday - Thursday, 6:30 - 8:30 p.m.

Services & Fees:	
General Evaluation	Free
Vitamin B-12 Shot	\$10
Acupuncture (General Evaluation)	\$15
Physical Manipulation (Back Adjustment)	\$15
Urine Drug Test "US test":	\$20
Vitamin I.V. Bag	
Small (250cc)	\$35
Large (500cc)	\$45
Therapeutic/Detox Massage	\$60



LIFE 101

By COACH CARY BAYER www.carybayer.com

How your dog can awaken you

A dog, so the proverb goes, is a man's best friend. He may also be his best teacher. A dog embodies so many qualities of the Enlightenment described by great teachers like Jesus, Buddha, Krishna, Lao Tzu and Mohammed that it's hardly a coincidence that dog is god spelled backwards.

Every great spiritual teacher has put love at the top of the list of requirements for the cultivation of that highest state of consciousness that we call Enlightenment. A dog demonstrates not just love, but an unconditional love that's hard to find. What husband and wife don't like to think that their partner loves them unconditionally? Many a husband who's turned his head too long to gaze at the "hottie" in a mini-skirt at the mall, has discovered how quickly his spouse's love is less than unconditional. What if a woman gains 75 pounds? Unfortunately, that's moved many men in our disposable culture to be on the lookout for a slimmer model.

But it doesn't matter how much you weigh, it doesn't matter how many hotties and hunks you stare at, it doesn't even matter how many other dogs you pet your dog is your pal forever. He'll love you unconditionally to his dying breath. A dog will greet you with a wagging tail and endless licks and kisses. (Does your wife or husband do that? I didn't think so.) You can yell at a dog in anger, and he will perhaps cower away in fear, but an hour later, he's completely forgiven you of such unconscious cruelty. Most spouses are less forgiving.

Another quality the great teachers place high on the list as a prerequisite for spiritual attainment is that of service. It's a quality that's second nature to a dog. Make that first nature. There are still many a dog around who, if shown how, will retrieve the slippers of his master on a nightly basis. The service that a dog manifests for his man rivals that of the most refined Jeeves-like butlers.

Consciousness firmly awakened in the present is another necessity for the achieve-

ment of the highest states of human development. Eckhart Tolle wrote a best-seller, *The Power of Now*, in which he elucidated the necessity for, and advantages of, keeping yourself in the present moment, as compared to looking over your shoulder at the past, or into the future that has not yet come.

A dog never dwells in what once was, nor is he obsessed with what may or may not be on its way. He is firmly and resolutely focused on the present. Even when lying down to catch some shut-eye, he will often still keep one of those eyes open to the goings on of the humans around him, just to stay present.

Enthusiasm, from the Greek entheos or "in god," is another criterion for gaining higher consciousness, as well as a symptom of it. If the wagging tail of a dog doesn't remind you to stay enthusiastic, nothing else can. Retrievers of the Golden and Labrador type, for example, are perfect embodiments of an enthusiasm that's hard to top in this world. A human being can throw the same ball to the same retriever over and over again but, while the person may soon tire or be bored from this repetition, the dog never will be bored. The jaded human being, far too often, says, "Been there, done that." But to a retriever, the idea cannot possibly arise. Each new toss of the ball is a brand new moment, the first time to fetch. His presence in the moment and his enthusiasm for chasing the same thing time and time again display the kinds of freshness that points to an awakened state of being that our great teachers have both explained and embodied.

With all of these things that dogs teach us, who really are the masters? Perhaps they love to awaken us so much that we're like our teachers' pets.

Cary Bayer conducts a private practice You can find him at www.CaryBayer.com and reach him at succesaerobics@aol.com

BLACKOUT from page 1

Paul was beginning to connect the dots of that horrible night, and ultimately shared his fears and haunting recollections about the stabbings at an A. A. meeting. Another person at the meeting informed the police about what he had disclosed, and detectives soon matched Paul's fingerprints with those left in the victims' blood all over the grisly crime scene. Short months later, Paul was looking at the world through the bars of the upstate New York prison where he will likely spend the rest of his life.

What is an Alcoholic Blackout?

Paul Cox's journey to prison began in an alcoholic blackout—a phenomenon known to anyone with a working knowledge of alcohol and alcoholism. Actually, an alcoholic blackout is a peculiar form of anterograde amnesia caused by the presence of a sufficient amount of alcohol in a drinker's bloodstream. The term anterograde amnesia refers to memory loss in which the affected person is unable to form new memories after an actuating event (in this case, alcohol intoxication) but can remember everything—including procedural or how-to memory, known before the onset of the amnesia. Anterograde amnesia is distinct from another kind of memory loss called retrograde amnesia. In retrograde amnesia, a person can remember present and ongoing events but cannot recall anything that happened prior to the actuating event (typically a traumatic brain injury) that triggered the amnesia.

“A drinker who is in the netherworld of an alcoholic blackout can appear fairly normal; they are usually able to carry on conversations and even negotiate their way through difficult or complex tasks.”

Alcohol can produce measurable impairments in memory after only 2-3 drinks. A drinker who is in the netherworld of an alcoholic blackout can appear fairly normal; they are usually able to carry on conversations and even negotiate their way through difficult or complex tasks. There are even documented cases of pilots flying airplanes, surgeons performing complex operations and lawyers trying cases—all while in full-blown alcoholic blackouts. Both men and women drinkers seem to experience blackouts in about equal numbers and, surprisingly, blackouts are as common among social drinkers as they are in alcoholics (White, 2003). Some drinkers, particularly those with a history of blackouts, are at a higher risk for blacking out whenever they drink heavily. There might also be a link between prenatal exposure to alcohol and a vulnerability toward blackouts. Some researchers believe there may even be a specific genetic predisposition to having blackouts (Hartzler & Fromme, 2003).

And, while the alcoholic blackout is something that has long been recognized by medical science, the neurobiological process by which alcohol robs the brain of its ability to remember has only more recently been discovered.

Early Research

The noted alcoholism researcher E. M. Jellinek (1946) studied alcoholic blackouts in the 1940s by surveying recovering alcoholic members of Alcoholics Anonymous. Because of the high prevalence of blackouts in the

drinking histories of A. A. members, Jellinek concluded that alcohol-induced blackouts, especially blackouts occurring early in one's drinking career, were an accurate biological marker of alcoholism. In 1969, and based on interviews with 100 hospitalized alcoholics, Goodwin and his colleagues concluded that there were two distinct forms of alcoholic blackout: *en bloc* and *fragmentary*. According to Goodwin, an en bloc blackout is a complete loss of memory, characterized by an inability—despite all efforts by the drinker or others to cue recall - to remember any events that occurred while intoxicated. Fragmentary blackouts, as the term implies, involve only a partial inability to remember events that occurred while the person was drunk. In fragmentary blackouts, forgotten events can sometimes be recalled with persistent cueing. These data and their clinical implications were the result of careful observations of blackout drinkers. Alcoholism researchers had to be content with this kind of observed clinical data because they lacked the kind of neuroimaging technology that would allow them to look deeply into the brains of blacked-out subjects. In the late 1960s though, innovative neuroimaging systems allowed a new generation of brain scientists to unravel the neurobiological intricacies of the alcoholic blackout.

The Neurobiology of an Alcoholic Blackout

In order to make sense of how alcohol can disrupt the brain's ability to make memories, researchers first had to identify a model of

memory formation that could be used as a contextual reference for the process of remembering, and also one that was adaptable to the rigors of neuroscientific investigation. A number of the early studies into the neurobiology of alcoholic blackouts used a paradigm of memory formation first described by Atkinson and Shiffrin (1968) and called the *Modal Model of Memory*.

In the *Modal Model of Memory* the formation of memories involves a number of distinct but coordinated actions that begins with sensory input forming an immediate, or sensory memory (the kind of memory that lasts only a few seconds). If a person attends to the sensory memory and if information encoded in the sensory memory is important enough or if the information related to the memory is rehearsed, the immediate memory may then proceed to long-term storage—a place where it can be retrieved whenever it is needed. Each of these processes is handled by a different part of the brain (Scoville and Milner, 1957); the most critical of which is the hippocampus, a chili pepper shaped structure deep in the forebrain. The job of the hippocampus is to coordinate the process of memory formation by routing raw sensory data from a variety of sites in the neocortex (the outer, wrinkled surface layer of the brain) and sorting this often-jumbled information into a coherent autobiographical memory. The hippocampus then sends the memory on—via tiny structures on its surface called pyramidal

BLACKOUT continued page 12



4524 N. 7th Street Phoenix
602-277-5256

10427 N. Scottsdale Road, Suite A 480-483-6006

The BEST bookstore in the valley for unique recovery and 12-step merchandise.

- Medallions
- Recovery Gifts
- Books, Cards and more!
- 12 Step Merchandise



Call for free private and confidential assessments and referrals
24 hrs a day, 7 days a week.
623-344-4444

Compassionate Care and Clinical Excellence

Inpatient and Outpatient Psychiatric Care for Adults and Adolescents

Inpatient Mental Health Treatment for Adults and Adolescents

Inpatient Detoxification Services for Adults and Adolescents

623-344-4400 (main line)
www.aurorabehavioral.com

Intensive Outpatient Psychiatric and Chemical Dependency Program for Adults

Aurora Behavioral Health System, 6015 W. Peoria Ave., Glendale, AZ 85302

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Friday meetings 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other Hurts, Hang-ups and Habits. 1825 S. Alma School Rd. Chandler. **480-963-3997.** Pastor Larry Daily, email: larrydaily@chandlercc.org.

Depression/Bipolar Support Alliance Peer support groups. 480-593-4630.

GA meeting Sunday night. ACT Counseling & Education. 5010 E. Shea, D 202, 6:30 to 8:00. Details call 602-569-4328.

Spanish Speaking GA—448 W. Peoria Avenue, Suite 203, Glendale. Contact Sue, **602-956-4931**.

CELEBRATE RECOVERY—City of Grace Mesa Campus, 655 E. University. Fridays, 6:00-10:00 p.m. Chapel Bldg. 7. City of Grace Scottsdale Campus, 9610 E. Cactus Rd. Scottsdale. Tuesday's 6:30-10:00 p.m. Linda Rinzel **480-464-3916**.

Are sexual behaviors in and out of relationships causing you problems? **Sex Addicts Anonymous** www.saa-phoenix.org **602-735-1681** or **520-745-0775** in Tucson.

Tempe Valley Hope Alumni Support Groups, Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tuesdays 8-9:00 p.m. , 3233 W. Peoria Ave. Ste. 203, Open to anyone in recovery.

Special Needs AA Meetings. Contact Cynthia SN/AC Coordinator 480-946-1384, email Mike at mphaes@mac.com

North Phoenix Visions of Hope Center—Recovery center for 18 or older enrolled in Magellan. 15044 N. Cave Creek Road #2. Phoenix. **602-404-1555**

Survivors of Incest Anonymous. 12-step recovery group for survivors. Tucson Survivors Meeting, Sundays 6:00 to 7:15pm. St. Francis in the Foothills, 4625 E. River Road (west of Swan). Carlos 520-881-3400

OVEREATERS Anonymous—Teen Meeting, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. www.oaphoenix.org/ **602-234-1195**.

CLUTTERERS Anonymous—Thurs. 6:30 p.m. North Hills Church, 15025 N. 19th Ave, Rm F-103, Phoenix. **602-601-1414**.

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

FOOD ADDICTS Anonymous—12 step group. www.Foodaddictsanonymous.org

GAM-ANON: Sun. 7:30 p.m. Desert Cross Lutheran Church, 8600 S. McClintock, Tempe. Mon. 7:30p.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 pm, University Medical Center, 1501 N. Campbell. **520-570-7990**, www.arizonada.org.

GOT NEWS?


Send your press releases to aztogether@yahoo.com for consideration



LaRae Erickson, REALTOR ePRO
602.625.9203 mobile
larae.erickson@russlyon.com
www.LaRaeErickson.com
Specializing in working with the recovery community.

Russ Lyon

Sotheby's
INTERNATIONAL REALTY



NCADD

The National Council on Alcoholism and Drug Dependence

One Agency –Three individual Programs for Women

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

4201 N. 16th Street | Suite 140 | Phoenix,AZ 85016
P-602.264.6214 F-602.265.2102

HEAVY BURDENfrom page 7

deavors tend to have a healthier body image than those who don't. Encourage parents to involve kids in fun and doable sports that will challenge, and provide experience of mastery. These activities will help kids find their own unique physical strengths and provide excellent ways to reduce stress and increase mood and energy levels.

Modeling Body Gratitude

You are the most powerful model for your children. Teach them ways they can appreciate about their own bodies and its function. It is important they see you living in your body in peace. For example, catching you smiling at yourself in the mirror, or expressing gratitude for your strong legs, bright smile, and skillful hands.

Critical Thinking Skills

Media messages about food and bodies are often distorted and kids are the most vulnerable to these messages. But, not if they are taught to be watchdogs of the media! Help them question advertisement messages and use "talk back" techniques with your kids when hearing messages that both discourage healthy realistic attitudes and behaviors related to eating and weight. The National Eating Disorders Association has project ideas to build resilience and tips on how to be proactive against negative media messages.

The Whole Picture

Take a realistic approach to your family's heath. Identify free seminars on nutrition and activity lifestyles for families. Parents have the most difficult job in the world. Lead kids to resources that provide building blocks for healthier choices. Balance, variety and moderation are wise templates to help kids create their own internal healthful boundaries with food and weight. There are multiple tools that are free and easily available to guide families to making the right choices to improve eating and exercise health and to make the best of their bodies! Bodyworks at www.women-shealth.gov is one excellent resource.

Genes versus Jeans

Broaden understanding of the influence of genetics on body types. Biological traits speak a great deal to body shape and individual frames. We all benefit from knowing the "how to's" of working with our genes versus the energy, time and failed attempts to be something they are not. Keep the goal on body health and move away from fitting a form that is not true to you. What's on the inside is what counts.

Family Adventure

Include activities that promote physical movement as well as problem solving and communication skills. Experiential and adventure activities help families get "out of the box" and get into new awareness and learning through fun challenges.

Tool Kits

More than ever kids need guidance and assistance related to overall health and nutrition. Keep your resources plentiful. Include updates of online and community resources such as free educational seminars on nutrition, family stress busters, healthy esteem and body image enhancers.

Red Flags

Know the warning signs that might indicate over concern with poor or distorted body image. This may indicate deeper problems. Sometimes it is difficult to see the forest through the trees and even committed parents may miss early detectors indicating a concern. One behavior does not cause eating disorders; however, some behaviors can be an indicator that one could be more vulnerable to an eating disorder. Some of these include:

- *Anxiety that does not resolve*
- *Isolation and withdrawal*
- *Extreme change of attitude and mood*
- *Unrelenting disparaging talk about hating their body*
- *Increasing rigidity about food to point of cutting out healthy and needed food for proper growth*
- *Over-exercise and calorie counting that seems obsessive*
- *Strict and fad dieting practices*

Visit www.remudaranch.com to learn more about the indicators of both eating and anxiety disorders in youth. View our calendar of free continuing educational events for treatment professionals in your area.

Bedford, J.L., & Johnson, C.S. (2006). Societal influences on body image dissatisfaction in younger and older women. *Journal of Women and Aging*, 18, 41-55.

Brown, F., & Slaughter, V. (2011). Normal body, beautiful body: Discrepant perceptions reveal a pervasive 'thin ideal' from childhood to adulthood. *Body Image*, 8, 119-125

Schuman, S. (2010). Weight-Related Attitudes and Behaviors: Influence on Child and Adolescent Body Dissatisfaction. *University of Florida Journal of Psychological Science*, 1, 24-43.

Dr. Deborah Russo is a licensed clinical psychologist and member of the National Speakers Bureau for Remuda Ranch Treatment Programs. Amy Spahr, LCSW, is Director of Clinical Services at Remuda Ranch Programs for Eating and Anxiety Disorders. Remuda Ranch is located in Arizona.

Remuda Ranch has resources for women and girls, families and treatment providers about the signs and symptoms of eating and anxiety disorders. Call 1-800-445-1900 for more information. Online at www.remudaranch.com.

Recovery Resources

FINANCES / TAXES

First Arizona Credit	602-248-0203
Suzie Adams – Taxes	602-277-0521
Bernie Scarborough CPA	480-540-8628

LEGAL SERVICES

Dwane Cates	480-905-3117
-------------	--------------

REAL ESTATE

LaRae Erickson	602-625-9203
----------------	--------------

RECOVERY SERVICES

ACT Counseling	602-569-4328
Alcohol Recovery Solutions	480-496-9760
Amity Foundation	520-749-5980
Anazai Foundation	480-797-5186
AZ. Dept. of Health	602-364-2086
AZ Clean and Sober Living	602-540-0258
Office of Problem Gambling	800-NEXTSTEP
Aurora Behavioral Health System	623-344-4444
Banner Health Helpline	602-254-4357
CeDAR	1-877-999-0538

Celebrate Recovery with

Chandler Christian Church	480-963-3997
Celebrate Recovery Glendale	602-620-4076
at CrossPoint Christian Church	
Chicanos Por La Causa	602-233-9747
Community Bridges	480-831-7566
Cottonwood de Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Decision Point Center	928-778-4600
Dr. Dan Glick	480-614-5622
Dr. Dina Evan	602-997-1200
Dr. Janice Blair	602-460-5464
Dr. Marlo Archer	480-705-5007
Dr. Mamiko Odegard	480-391-1184
Ecumenical Chaplincy for the Homeless	602-417-9853
Franciscan Renewal Center	480-948-7460
Gifts Anon	602-277-5256
Glenstone Village	520-647-9640
Hospice of Arizona	602-678-1313
Intervention ASAP	602-606-2995
Intervention Services of AZ	480-491-1554
Geffen Liberman, LISAC	480-388-1495
Magellan of Arizona	800-564-5465
The Meadows	800-632-3697
NAATP	717-392-8480
NCADD	602-264-6214
NotMYKid	602-652-0163
Pathway Programs	480-921-4050
Phoenix Metro SAA	602-735-1681
Promises	866-390-2340
Psychological Counseling Services (PCS)	480-947-5739
Remuda Ranch	800-445-1900
Rev Sandi Britton, M.Ed., M. Div.	602-485-1161
River Source-12 Step Holistic	480-827-0322
Run Drugs Out of Town	480-513-3909
Sage Counseling	480-649-3352
Seabrook House	800-761-7575
SLAA	602 337-7117
Sober Living AZ	602-478-3210
Sundance Center	480-773-7329
Sex Love Addicts Anonymous	520-792-6450
St. Luke's Behavioral	602-251-8535
Stonewall Institute	602-535-6468
Teen Challenge of AZ	800-346-7859
Turn Your Life Around	520-887-2643
TERROS	602-685-6000
Valley Hosptial	602-952-3939
WINR	480-464-5764

RESOURCE DIRECTORY LISTINGS
EMAIL: aztogether@yahoo.com





Helping Families Find The Courage To Recover

Recovery from chemical dependency is a process that no one can achieve alone. Seabrook House helps individuals and their families reclaim their lives in a safe, healing environment. Founded by Jerry and Peg Diehl in 1974, Seabrook House is licensed and CARF-accredited to provide a range of programs, including specialized opioid detox.

Our main treatment center is only 45 minutes from Philadelphia, nestled on a 40-acre manicured estate in rural Southern New Jersey, offering a beautiful, tranquil setting for self-discovery. You can rebuild your life. Treatment works.

Most insurances are accepted. Call to find out about scholarships through the Seabrook House Foundation.



Available 24 hours a day
800-761-7575
www.seabrookhouse.org

133 Polk Lane, Seabrook, New Jersey, USA 08302 • 355 Church Street, Westfield, Pennsylvania, USA 16950

BLACKOUT from page 10

cells—to the brain’s frontal cortex, where it can be used to reason, plan and guide behavior (Zola-Morgan et. al, 1986).

In sufficient amounts, alcohol can prevent memory formation by disrupting the normal function of the hippocampus and paralyzing the pyramidal cells. When affected by alcohol the hippocampus loses its ability to sort the random sensory data sent to it by various areas of the neocortex. Hippocampal impairment is then compounded by alcohol-soaked pyramidal cells that are now incapable of sending memories, jumbled or otherwise, to the frontal cortex. By causing a dysfunction in the hippocampus and pyramidal cells, alcohol ensures that the drinker’s brain cannot form new usable memories. A person in an alcoholic blackout lives only in the present, lacking any kind of immediate or recent memory to guide their speech or actions. Memory loss is why intoxicated people often repeat themselves in conversation—going over the same conversational ground again and again.

Some drinking behaviors can increase the risk of triggering an alcohol-induced blackout. There is persuasive data that suggests that gulping drinks can heighten one’s risk of blacking out. Drinkers who suffer alcoholic blackouts often drink too much and too quickly. The rapidity of rise in blood alcohol level (BAL) may be as important in triggering a blackout as a high BAL itself (NIAAA, 2011). Alcohol can also interact with other drugs, several of which even when taken alone, are capable of producing dysregulation in hippocampal function similar to that produced by alcohol.

Benzodiazepines, like Valium® and Xanax® can cause memory impairment even when taken alone and in amounts only minimally higher than a large therapeutic dose (White, et. al, 1997). And when alcohol and benzodiazepines are taken in combination, their mutually potentiating effects are almost guaranteed to result in a blackout. A recent addition to our collective knowledge on the neurobiology of alcohol-induced blackouts is

data that clearly show that using alcohol and marijuana together results in greater memory impairment than would result if either drug were taken alone (Ciccocippo, et. al, 2002).

“A person in an alcoholic blackout lives only in the present, lacking any kind of immediate or recent memory to guide their speech or actions.”

The last twenty years have been a time when tremendous advances have been made in our understanding of the neurology of alcohol-related memory loss. In the near future, a new generation of electrophysiological recording devices—instruments that will allow scientists to gather data from many parts of the brain simultaneously, will likely yield new and more detailed information and possibly a more nuanced understanding of how alcohol can impact a wide range of brain functioning, including memory formation. But these new insights may end up being of more interest to the neuroscientific community than to the typical problem drinker.

Most problem drinkers are already familiar with a much more cogent reality: Horrible things can happen to people when alcohol shuts down their brain’s ability to remember. Just ask Paul Cox.

For more information about Cottonwood de Tucson visit www.cottonwoodtucson.com, call 800-877-4520.



**Recovery is Possible...
Community Bridges Can Help.**

Find a program that’s right for you.
www.CommunityBridgesAZ.org

Crisis Stabilization & Medical Detoxification Centers

Outpatient Behavioral Health Programs
Group, Family, and Individual Counseling
Outpatient Detoxification-Suboxone™
Psychiatric Evaluation and Medication Services
Specialized Women’s Programs
Support Groups
Peer Support Services

**Introducing our new 24/7
Access to Care Line!**
877-931-9142