


# Together AZ




Inspiring Success On The Road To Recovery


V.2 — No. 3—December 2010



**Understanding Anxiety**  
by Dr. A. David Wall



**Feed the Hungry**  
by Alan Cohen



**Children and Emotional Health**  
by Bobbe McGinley

## Tips for a Stressless Holiday Season

This is the season to be stress-ful. Planning ahead, setting expectations and seeking support can reduce the levels of stress and depression during the holiday seasons, according to Valley Hospital in Phoenix.



“The holiday season can be fun with parties, gifts, good food and friendship” says Dr. Gwen Levitt, Medical Director at Valley Hospital. “And with its joys also comes the stress of spending too much money, staying out late, and indulging a little too much. It is important to maintain a healthy balance during this time so you do not become overly stressed and overwhelmed. Take care of yourself and practice moderation in all good things so you can start off 2011 in a healthy frame of mind and body.”

The three most common stress triggers during the holidays are finances, relationships, and physical demands. Valley Hospital offers some tips to keep the joy alive:

- **Plan ahead.** Avoid last-minute pressure by creating a plan and timeline. Set aside days for shopping, baking, entertaining, and relaxation. “I love to bake and never need an excuse. I start making cookies in the fall and freeze them in batches. This spreads the extra calories from tasting samples over weeks rather than days.”
- **Set a budget.** Creating a budget, and sticking to it, can eliminate much of the stress related to holiday spending. Pay cash when you can to reduce holiday spending surprises on the January credit card statement. Don’t forget you can’t buy happiness, so shop wisely. “I think the holidays really should be for the children. Besides most of the adults in my life do not need another trinket so we take the money we would use to buy a gift and donate the cash to a worthy charity.”
- **Keep it simple.** Prioritize the activities that will have the most meaning and

*Stressless Holiday continued page 8*

### INSIDE THIS EDITION

PUBLISHER’S NOTE .....	2
THE GIFT OF GASPERS— with Dr. Dina Evan .....	2
NEWS .....	5
DECEMBER EVENTS.....	7
KIDS, PETS, RESPONSIBILITY?— with Dr. Marlo Archer .....	6
ARE YOUR BOUNDARIES WRAPPED UP TIGHT? - Carole Bennett, MA.....	9
KARMA, MANTRAS, GURUS & ZEN- Coach Cary Bayer .....	10
ADDICTED LIKE ME, THE JOURNEY CONTINUES .....	11

# Sober *and* Grieving

By DAN STONE, MSW, LCSW, LISAC, CT

It has been said that the only guarantees in life are death and taxes. This applies to everyone whether they are in recovery or not. Various aspects of the grieving process, however, hold special challenges for recovering alcoholics and addicts.

Everyone grieves uniquely. In the past it was thought that there are predictable stages that griever must go through to achieve acceptance of the loss. Twenty-three years of personal and professional experience tells me that, when it comes to the process of grieving, one size does not fit all. In my private practice and also at Cottonwood Tucson where I work as a grief counselor, I have conducted grief therapy with newly clean and sober clients, and found, time and again, that they respond to their losses differently. I have discovered that, in working with clients like these, the treatment of grief requires an individualized approach.

## Grief, Addiction and Recovery

In 1997 I had been working at Cottonwood for two years. One of the assignments that patients at that time presented in primary group was a timeline in which the patient depicted significant life events and how these events impact on their lives in the present. Viewing these timelines, I often observed that directly after the occurrence of tragic life losses in these patients’ lives, it appeared that their substance use spiked—sometimes dramatically. In some cases the loss triggered a downward spiral of using and depression that ultimately resulted in admission into treatment. I was drawn to learning more about how grief, addiction and recovery effect each other and how I could help newly sober people negotiate their grief more adaptively. I came to believe that if life losses were not adequately addressed in treatment, the neglect of this would be a contributing factor in potential relapse. My own experience of loss also reinforced my emerging viewpoint.

My father died in February of 1986, a time when, sadly, I was not yet sober. My response to that loss was that I used more of the substances I was then addicted to. Throughout the initial mourning rituals of my religion, I was physically present but emotionally checked out and unavailable.

In November of 1987 I hit my bottom and began a new journey of recovery and hope. As my body and mind healed, an interesting phenomena occurred when I had about three months of sobriety. I was now remembering my dreams as my sleep pattern began to normalize.



*“Suddenly the world is no longer as safe and predictable a place as it had earlier seemed. We are propelled into a strange and terrifying landscape. Nothing is the same as before.”*

One night I dreamt that I was in a New York City subway car. The car was empty with the exception of someone sitting next to me. That person’s role in the dream was to listen to me as I spoke of the new hope I was experiencing in recovery. In the far corner of the car a person was reading a newspaper. The paper was shielding their face.

As I spoke of my new life, the person in the corner put down the newspaper and stood up. It was my father but not as I remembered him. He was not the eighty-two year old who had recently died from pancreatic cancer. He looked like he did in photos I had seen of him in his twenties, healthy, robust with dark hair – the prizefighter he had been in his youth. I said, “Dad! What are you doing here! You’re dead!” He replied, “I just wanted to tell you to keep doing what you’re doing. It’s going to be O.K.”

I woke up with tears running down my face. Shortly afterwards I went to his grave at the cemetery. Standing by his tombstone I wept as I spoke to him about my life. I walked back to my car feeling relieved - as if a weight had been lifted from my shoulders.

Over the next ten years I continued my pursuit of recovery and eventually entered my current profession as a therapist. In 1988 my mother died of a stroke at the age of 81. I left Tucson to go to her bedside as she lay in a coma. During a seven-day death vigil, I stayed in touch with my recovery support system and received support from new friends I met at 12-step meetings in Florida. When my mother finally died, I was there to hold her hand and talk to her in her last moments.

My mother’s death helped me to realize that as an alcoholic working a spiritual program I was able to cope with adversity differently than when I was using substances. I was supported every step of the way and I found that I could be there for my family as well as for myself. This was a real contrast to the time when I lost my father and was self-medicated and thoughtless of the needs of others.

In grief, recovering people experience the same struggle as “normies.” We too are faced with the tasks of accepting the reality of the loss, experiencing our feelings, coping without

the loved one we have lost and accommodating to a world that has changed.

## The Rituals

Participating in mourning rituals often involve interactions with family members. Many cultures celebrate the passing of a loved one with wakes, funerals and the like. Participating in these ceremonies can often be problematic for those new in recovery. To be thrust into a situation where family members might be drinking is difficult enough. When this is compounded with unresolved family conflicts and mistrust of the recovering person, the chances of relapse increase. Even when we are mindful of this risk, we often feel an obligation to attend and somehow we must find a way to cope.

Many recovering addicts and alcoholics come to the realization that their grieving process had been delayed or postponed until their recovery began. This fact, I think, is evident in my story and also in the stories of many clients I have worked with. As a grief counselor I have adopted the position that I am “companionship” people in the first fitful steps of their journey through grief. By accompanying them on the first stage of their journey through the grief process, I am able to help them to narrate the story of their loss without judgment. This task is of paramount

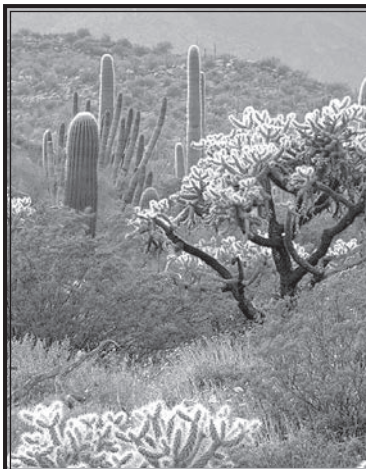
*Sober and Grieving continued page 12*



Dan Stone, MSW, LCSW, LISAC, CT is a social worker and counselor who specializes in addictions and grief. He has had a private practice in Tucson since 1999. Dan is a counselor at Cottonwood Tucson, a co-occurring disorders treatment facility for adults and adolescent females. Cottonwood Tucson offers a unique treatment approach

to recovery, putting health and wellness as the central component of healing from addiction and behavioral health disorders. For more information about Cottonwood Tucson and the programs they offer, visit [www.cottonwoodtucson.com](http://www.cottonwoodtucson.com) or call toll free 1-800-877-4520.





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

[themeadows.com](http://themeadows.com)  
[mellodyhouse.com](http://mellodyhouse.com)  
[themeadowsdakota.com](http://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.

## publisher's note



## Facing the Feelings

By BARBARA NICHOLSON-BROWN

For anyone who has faced a personal loss, whether it is a loved one, pet, or relationship—feeling the feelings and moving through them can be difficult work. Grief is not one size fits all. It can be a devastating process for anyone, especially those in early recovery.

Many of you know this year I lost my “best friend, partner, husband and confidant.” Bill was so many things to me all wrapped up in one wonderful man. If anything... this loss was surreal for me the first few months and it still can be at times.

When the shock and numbness began to wear off I had no idea what was in store. While I had read books which talked about the stages of grief, I've come to realize my experience with grief is as individual as my fingerprints. This hasn't been easy—yet through it all one thing has remained intact—my sobriety.

With the support of friends, family and colleagues, and a kind and loving Higher Power my commitment to recovery is more precious than ever.

I've learned the stages of grief sway back and forth. Everything is different. Learning to accept what is—can be a challenge. Yet, within all the feelings of loss, I am in gratitude for the 16 wonderful years I shared with a man I know I'll be with again, in God's time.

My thanks to Dan Stone for an insightful feature on grieving and how we can maintain our sobriety through the trying times of our journey. Reaching out for help is often the prescription we need to carry us through the valleys that are part of life.

The M

Within in these pages you will find 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.

Sobriety and the Holidays

Whether you are new in recovery or someone with 30 years, holidays can be filled with emotional highs and lows. It is always advisable for those of us in recovery to have a plan in place which includes a strong support system and plenty of phone numbers. There are plenty of safe gatherings across the Valley for the recovery community, join in and experience the gift of recovery this holiday season. Stay safe, be happy and health

From all of us at *Together AZ*, HAPPY HOLIDAYS

### **Together AZ®**

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

[www.togetheraz.com](http://www.togetheraz.com)  
email: [aztogether@yahoo.com](mailto:aztogether@yahoo.com)  
FOUNDER & CEO: H.P.

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

Publisher/Managing Editor  
*Barbara Nicholson-Brown*

#### Contributors

*Josh Azevedo*  
*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.



## relationships

By DR. DINA EVAN | [WWW.DRDINAEVAN.COM](http://WWW.DRDINAEVAN.COM)

## The Gift of Gaspers

We need comfort, gentle greetings and hugs, food created by caring hands, intuitive pinches of herbs and an atmosphere that feels like home. I didn't realize how much I needed that until I walked into a restaurant on 16th Street in Phoenix called Gaspers. The minute I entered it took me back to sitting on the patio of the best Italian Restaurant in West Hollywood, surrounded by friends, breathing air filled with sweet conversation and good feelings. For the past 10 years, since leaving L.A., I have longed for that feeling.

Sometimes gifts don't come wrapped, they come in Italian hugs from Maria, or Gasper's sweet smile popping up at your table or the luxury of watching a diverse group of people care about each other and feel as if they were invited to the Maria's home. Where else can you go where the wife of one of the couples you've never met, sitting at the next table, insists you try a bite of her cannoli? It's amazing.

Maybe this is the time

Are we so caught up in surviving that we have forgotten the things that feed our soul? Genuine hugs. A loving touch on the shoulder as someone walks by. A greeting that expresses true joy that you've arrived. Being treated like you matter. These sweet moments, that should be commonplace, are so rare these days that we are surprised when they arrive. For many, life has become rude. It smacks people around, takes their homes, their jobs and their aliveness and leaves them stunned, still standing, but questioning the purpose of it all. Maybe this is the time to reach out to each other with the warmth and caring that somehow got lost in the shuffle between fights about health care, the housing market and divisive politics. Minds, bodies and spirits are tired. They deserve to be nurtured.

This holiday we are doing Christmas differently. We are making soup and our gifts are only those that can fit into a stocking. We are going to get the games out, get the laughter started and reconnect. For years, we have all been chasing happiness and we forgot it was across the table. We all want happiness. We all want to avoid suffering. These hard times act as a reminder that real happiness isn't found in a gift box or a stock portfolio. Letting go of the externals and moving into the oasis of loving kindness, genuine connection and grace is the only thing that truly feeds our soul.

We have to expect that life will be messy and hard. We have to expect that people will disappoint us. We have to expect that those we love are less than perfect and so are we. It's not a negative or defeatist attitude. This is simply life happening and we have to learn to

embrace the uncertainty of it all. However, in the midst of life happening we must feed our spirits so that when life cashes bit, we have the strength to pick ourselves up and move on. There is a need for balance.

We also need to let go of expecting things will ever be the same. They won't. We have transitioned into a whole new era, one in which most of us will have to work harder and longer, have fewer extras and less down time. We won't be able to count on the government or the financial systems taking care of us. That's actually not bad news. It's time we grew up and had more self-reliance. Who is truly more capable of taking better care of you than you? We lost trust in ourselves and we need to get it back.

This is an era when we can co-create the reality in which we live. Instead of "I hope the war ends soon," we can be ending the war-like attitudes we still hold inside, the prejudices, the judgments, the separations.

We can increase self-reliance by looking back, behind us, at all the challenges we have overcome in life and reminding ourselves that whatever rises in the road before us today ...we can handle.

It's time to gather the conscious heroes and heroines around us. The people who are willing to be different, the conscious pioneers in families, businesses and life who are standing up for the things that really matter. Things like truth, honesty, presence, personal responsibility and compassion. These awake pioneers stand up for matters of character, the heart and soul. We need them in our personal circles. We need to be one of them ourselves.

*“Things often fall apart so that they can come back together more perfectly.”*

We can embrace the lessons life is offering us in every moment. Every experience we are having is in service to the growth of our soul even when we don't see it. War, peace, love, hate, wealth, poverty, grief and joy are all things we can learn from. We can learn through our responses to all of it. In the midst of our responses, we discover who we really are.

There is a sign in my office that reads, “Things often fall apart so that they can come back together more perfectly.” Perhaps this is all happening is perfect order and if we embrace it, we'll not only get to the other side, but we will come out better for the experience.

Look across the table, take time to focus on the blessings, your next breath, the next

*Gift of Gaspers continued page 4*

## 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

# 480-905-3117

1747 E. Morton, Suite 205  
Phoenix, AZ 85020

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



# ·N·E·W·S·

## Ariz. Legalizes Medical Marijuana After All

A measure to legalize medical marijuana in Arizona passed after trailing in the polls throughout almost two weeks of vote-counting, *The Arizona Republic* reported Nov. 13.

The Arizona Medical Marijuana Act, or Proposition 203, passed by 4,341 votes out of 1.67 million counted; provisional ballots, cast by voters whose eligibility had to be verified, turned the tide. Arizona is now the 15th state in the nation to legalize medical marijuana, although the federal government has not approved its use.

Under the measure, physicians can prescribe marijuana for patients with “debilitating medical conditions, including cancer, glaucoma, HIV/AIDS, hepatitis C and Alzheimer’s disease.” Patients, who will be required to register with the state health department, will be able to purchase up to two-and-a-half ounces of marijuana every two weeks at licensed dispensaries, or to cultivate their own plants if they live too far away from approved outlets.

Under the measure, only 124 dispensaries—which must be run by non-profits—will be formed at the outset. The number of dispensaries allowed by the measure is proportionate to the number of the state’s operating pharmacies. The state has 120 days from Nov. 29 to finalize its rules governing medical marijuana, and should commence a review of applications from patients and would-be dispensaries as of April 2011.

Carolyn Short, who chaired **Keep AZ Drug Free**, the campaign opposing Proposition 203, said the new measure was only a “concept” and that it would make marijuana available to everyone.

Andrew Myers, who managed the Arizona Medical Marijuana Policy Project’s campaign for Proposition 203, acknowledged that some voters were worried that the proposed program would be loosely run and resemble programs established in California and Colorado. He said the new program

would be strictly regulated. “It’s up to us now to prove them wrong and assuage those concerns,” he said.

## Momentum Builds Against Alcohol Energy Drinks, “Blackout in a Can”

The onslaught of national attention to Alcohol Energy Drinks (AEDs), dubbed “blackout in a can” by many, continues to pick up steam. After a series of national media reports from the *New York Times*, *ABC*, *CBS* and other major outlets about several recent alcohol poisoning cases linked to AEDs, the products are back in the news full-force.

In 2008, a group of state attorneys general, aided by The Center for Science in the Public Interest and other groups, successfully pressured Anheuser-Busch and MillerCoors to drop premixed, sweetened alcohol energy drinks from their product lines.

Since then, AEDs with even higher alcohol concentrations, such as Joose and Four Loko, have gained popularity with college-age and younger youth as a cheap and easy way to get drunk. The sugary, fruit-flavored beverages mask the flavor of alcohol, and the caffeine fuels a dangerous perception of being able to “party all night”—that is, drink harder and longer. With AEDs getting renewed attention from many corners of the media as colleges, state alcohol control boards, and advocacy groups spring into action. (Source: *JoinTogether.org*)

## ‘You’ve Got Drugs!’ V: Prescription Drug Pushers on the Internet

This report by The National Center on Addiction and Substance Abuse (CASA) at Columbia University documents the widespread advertising and offers of sale for controlled prescription drugs, like OxyContin and Valium, Xanax and Vicodin, and Ritalin and Adderall, online and without a prescription.

- CASA identified a total of 365 web sites either advertising or offering controlled prescription drugs for sale on-line; only

*NEWS continued page 10*

# 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: bobbie4act@aol.com

*Bobbe McGinley, Clinical Director*

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

*RR*  
**REMUDA RANCH**

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



**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](http://www.remudaranch.com) today.





# Children and Emotional Health

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

To thrive children require pleasure and fun and be stimulated by age-appropriate challenges. They also need to experience legitimate suffering. Over indulging or over-submissive parents are abandoning and abusing their children by not allowing them to experience normal amounts of pain that life brings.

A child needs their parents to be dependable, to count on them as they test their personal limits. Testing of limits is a requirement for identity formation. It demands there be a reasonably healthy solid person available for a child to push against.

A sense of warm contact tells them there is someone they can depend on. Our hope for getting our dependency needs met depends on this. If we feel the warmth of an emotionally available person, we begin life with a sense of trust. We believe the world is friendly and warm. If our mothering person is not there for us emotionally, we will experience mistrust. We will have to create a fantasy bond, an illusion of connectedness, in order to go on. *Here comes our next generation of alcoholics and addicts.*

Kids have a need for physical space. This is the foundation for physical boundaries. Each person is unique, with a basic need for individuality, autonomy and difference.

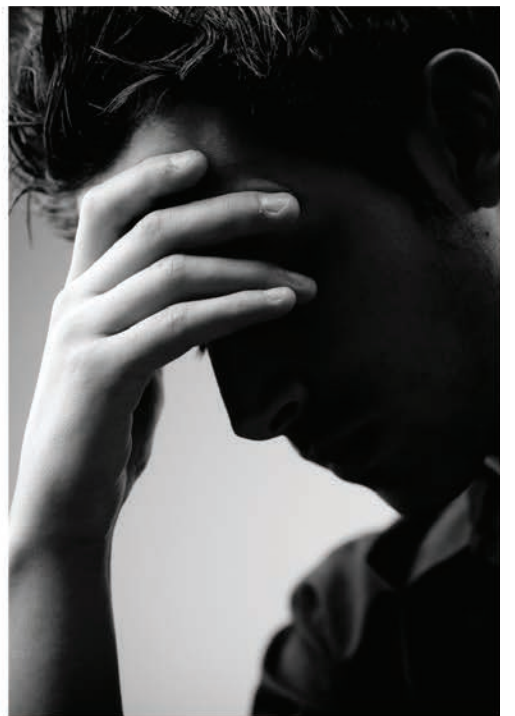
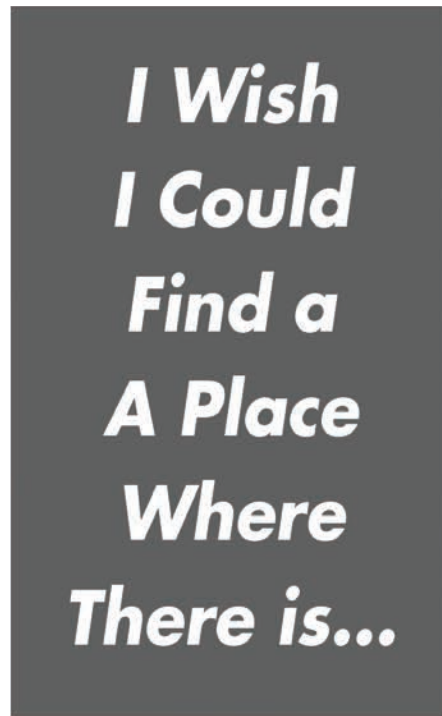
There is strong agreement the children we once were live in us as a complete energy state of feelings, thoughts and desires. If our developmental dependency needs were not met, the energy which would have accrued in the resolution of each developmental stage is blocked and is mostly composed of blocked emotions.

In infancy, the emotional need is trust. If this is not met, one moves on to their next stage—wounded. It will be more difficult to experiment and separate from mother if a child does not have trust. Later in life, every time that person goes into a new situation, issues of infancy will surface. *And here comes our next generation of alcoholics and addicts.*

Children need to be valued for the special person they are. They need to see all of their emotions in the eyes of their caretakers as they interact with them. All of their emotions, needs and drives need to be echoed back so they develop a sense of themselves and establish an inner unity. If parts of a child are accepted (when they giggle and coo) and other parts are rejected (when they have a temper tantrum) those parts get split off. Each time they feel those parts of themselves; their internalized parents eyes and later, voices reject them. The rejected parts of self (most often our sexuality, anger and aggressiveness) operate underground. They continue to grow outside our consciousness and have a life and power of their own.

Too much shaming creates the internalized shame that is covered by obsessive control and perfectionism. Here you can plainly see the generational cycle. The compulsive controlling parent shames the child who will be an adult with a compulsive controlling immature child inside. Again, here comes our next generation of alcoholics and addicts.

In healthy family systems, guilt forms the conscience. It makes one accountable and responsible. Guilt is developmentally more mature than shame. It presupposes the presence of some internalized values. Guilt 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](http://www.promises.com)



**602-952-3939**

3550 EAST PINCHOT AVENUE  
PHOENIX, ARIZONA 85018  
[www.valleyhospital-phoenix.com](http://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)

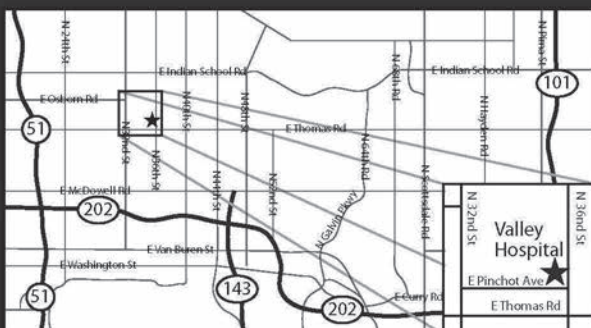


Private and confidential assessment and referral information are provided at no charge 24 hours, seven days a week through the

**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

the feeling of regret one has about behavior that violated a sense of personal value. A program developed to teach children these differences and validate them as "precious people" is a wonderful beginning to stopping a destructive cycle and bringing a family back to values and standards before addiction can tear them apart.

*Bobbe McGinley is a nationally known speaker, presenter and trainer, consulting many different industries about problem gambling. She has been published and currently travels the country assessing treatment programs and writing gambling treatment components. For more information 602-569-4328 or visit [www.actcounseling.com](http://www.actcounseling.com).*

Contact Bobbe for information on PITCH4KIDZ program. ■

### Gift of Gasps from page 2

sunset, the people who love you and then go get busy helping someone else who needs you. Nothing fills your heart like being in service. Peace of mind comes from the peace in your heart.

Perhaps, when Henry Miller said, "I have no money, no resources, no hope. I am the happiest man alive," he knew something. He knew that happiness comes from the things unseen and just between you and me, I think he had just been to Gasps. Happy Holiday from all of us at *Together AZ*. We wish you mind-boggling love. ■

*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 [drdabe@attglobal.net](mailto:drdabe@attglobal.net) or visit [www.DrDinaEvan.com](http://www.DrDinaEvan.com).*



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



\*Discount offers available; call for details



# 2010 Arizona Youth Survey reveals troubling levels of violence among youth

According to a statewide survey that included more than 60,000 students, Arizona students are experiencing and/or participating in frequent incidences of violence and bullying as self-reported in the 2010 Arizona Youth Survey.

The Arizona Criminal Justice Commission (ACJC), with support from the Governor’s Office for Children, Youth and Families, Arizona Department of Health Services (DHS), the Department of Gaming’s Office of Problem Gambling and with technical assistance from Bach Harrison LLC., conducted the 2010 Arizona Youth Survey to assess health risk behavior and measure the prevalence of substance abuse—including alcohol, tobacco and other dangerous drugs—behavior among Arizona 8th, 10th and 12th graders.

The survey includes questions concerning other risky behavior such as bullying, violence and gambling. The 2010 survey was administered in Arizona’s 15 counties representing 372 schools for a total sample of 63,784 valid survey respondents statewide. State and county profile reports are available at [www.azcjc.gov](http://www.azcjc.gov). The full state report will be available in late December.

### Teen dating violence and bullying

- Nearly one in five youth (17.3 percent) reported being physically assaulted by a boyfriend or girlfriend in the 12 months prior to completing the survey.
- More than one of every four youth (29.1) youth report being bullied at school in the past 12 months
- Nearly 15 percent (14.9) of youth reported attacking someone with the intent to seriously hurt them in the 12 months prior to taking the survey.
- More than one out of every ten youth (11.9 percent) reported having seen someone shot or shot at in the past 12 months.

“The AYS data suggests that our children are being exposed to extremely violent incidents,” said Stevenson. “Approximately two-thirds of our youth have seen someone punched, kicked, choked, or beaten up, nearly 18 percent witnessed someone being attacked with a weapon, and more than one of every ten youth reported having seen someone shot or shot at in the 12 months prior to completing the survey.”

“We must do more to address bullying behavior in our schools and create an environment where youth feel safe to learn,” said Stevenson.

### Overview of Significant Arizona Drug Use Findings

The 2010 survey indicates decreases in drug use in both lifetime and past 30-day use in more than half of the substances measured. There were increases in the reported use of marijuana, hallucinogens, heroin, ecstasy, sedatives, over-the-counter drugs and chewing tobacco. The overall results indicate a slight increase in some substance use and a slight decrease in other areas of substance use since the 2006 Arizona Youth Survey.

“The survey is the best source of data in this state on youth behavior and the circumstance under which they live,” said Phillip Stevenson, director of ACJC’s Statistical Analysis Center. “These data should be reviewed and discussed by prevention and service organizations across the state to inform their policies and practices.”

This type of detailed, quantitative research is preferable for decisions in public policy. Various state and local prevention coordinators will be able to analyze the AYS report results to tailor prevention programs to the needs as reported in the AYS.

“As we continue to face serious fiscal challenges and budget cuts, this level of detailed data that the AYS provides allows policy makers to determine the most effective ways to use limited funding. AYS data allows for this type of informed decision-making,” said ACJC Executive Director John Blackburn Jr.

### Alcohol Use

Alcohol (31.9 percent) continues to be the substance used by the largest percentage of youth in the 30 days prior to completing the survey, although that total has decreased slightly from 2006 (34.4). The percentage of students in all three grades who admit to having consumed alcohol at least once in their lifetime was 58.2 percent, a decrease from 61.7 percent in 2006. The numbers are higher for high school seniors only. Nearly three out of four 12th graders reported drinking alcohol at least once in their lifetime.

### Cigarette Use

Cigarette use increases with increased grade level. In the month prior to taking the survey, 14.7 percent of Arizona students have used cigarettes, and 34 percent have used cigarettes at least once in their lifetime. The lifetime use dropped from 39.6 percent in 2006. While there has been no significant decrease in 30-day use of cigarettes, there have been meaningful decreases in lifetime cigarette use between 2006 and 2010, which represents a downward trend for nearly a decade.

*“The survey is the best source of data in this state on youth behavior and the circumstance under which they live.”*

### Marijuana Use

After modest decreases for several years, reported marijuana use increased among 8th, 10th and 12th grade students between 2006 and 2010. In the past 30 days, 14.8 percent of 8th, 10th, and 12th graders have used marijuana at least one time, a modest increase from 13.1 percent reported in 2006. For lifetime use, a total of 29.9 percent of Arizona students reported using marijuana, compared to 29.2 percent in 2006. Marijuana use had been trending downward for several years until 2010.

### Inhalant Use

While use of other drugs tends to increase with increased grade level, a common pattern for inhalant use is to peak in middle school and decline significantly after the 8th grade. In 2010, 1.5 percent of 12th graders used inhalants in the past month and 5.6 percent of 8th graders reported using inhalants in the past month. The difference in inhalant use trends may be related to the fact that younger students have more access to inhalants than they do other drugs.

### Methamphetamine Use

The 2006 AYS administration was the first in which survey respondents were explicitly asked about their lifetime use of methamphetamine. Compared to the 2006 results, the 2010 results indicate a decline in meth use among all grades. In 2006, 1.3 percent reported having used in the last 30 days and 4.3 percent of survey respondents reported ever using methamphetamine. In 2010, .4 percent of students reported using methamphetamine in the previous 30-day period, and 1.5 percent reported ever using methamphetamine.

Past-month use rates by grade indicate that in 2006, 1 percent of 8th graders had used methamphetamine; 1.7 percent of 10th graders had used methamphetamine and 1.4 percent of 12th graders had used methamphetamine.

In 2010, lifetime use rates by grade indicate that .7 percent of 8th graders have used methamphetamine; 1.6 percent of 10th graders have used methamphetamine and 2.5 percent of 12th graders have used methamphetamine. These are significant reductions. ■



## 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](http://cottonwoodtucson.com)



# Fetal Alcohol Syndrome is Preventable

## NCADD Healthy Connections for Moms-To-Be

### Services include:

- Education
- Case management
- Peer support
- Outreach and engagement
- Treatment
- Ongoing support and services
- Transportation
- Vocational Counseling
- Parenting skills and more!

We are here to help.

*No insurance required.*

Call us 602-274-3456



National Council on Alcoholism and Drug Dependence

4201 N. 16th St  
Phoenix, AZ  
Federal funding provided by SAPT



# Pathway

## Drug Abuse Program

**480.921.4050**

- Free Evaluations
- Individual Counseling
- Intensive Outpatient
- Drug Education
- Speaking
- Parent Support Groups
- Peer Support Groups
- Dui Services
- Problem Gambling Services
- Aftercare

**Adolescent and Young Adult Specialists**

Located in Gilbert [pathwaydrugabuseprogram.com](http://pathwaydrugabuseprogram.com)





# Down to Earth

WITH DR. MARLO ARCHER [www.drmarlo.com](http://www.drmarlo.com)

## Kids, pets, responsibility?

Lots of children love animals and beg their parents for pets, promising to do all the necessary care, vowing parents will have no added responsibilities should they bring an animal into the family. Adults who have prior knowledge of pet care and children know those promises fail on about the third day of having the animal—parents are then forced to either get rid of the animal after others in the family have fallen in love, or take care of the pet themselves for the next 10 years until the child becomes responsible enough to engage in animal care. Thus, many savvy parents say, “No,” starting what may be a lengthy and bitter battle that wastes lots of good teaching opportunities.

The Alternative

The alternative I suggest is not to immediately say, “No,” but rather, to invoke the powerful principle of saying, “Yes, when...” which is the process of teaching children what they need to demonstrate in order to get the “Yes” answer. Some parents try to use this approach by telling their kids they can have a pet when they have enough money to feed it

or when they keep their room clean, but they don’t go the step further and actually teach the child how to do those things. Thus, the child never learns. The second part of the process is to set up the circumstances by which the child could actually learn and demonstrate whatever is necessary.

Let them be a pet owner in training

Set up a laboratory in which they can learn the required behaviors. The following are suggestions, but you can certainly make the tasks simpler or more complex, depending on how much of the pet care you’re actually willing to take on yourself.

Tell your child it is a life and death matter that a dog gets daily food, water, and disease-causing waste is removed in a timely manner and that you cannot risk the life of a real dog until the child proves himself able to perform such tasks. Have the child draw and name a dog. Have the child use his or her own money to buy a food dish, a water dish, and a small bag of food. If the child also wants to buy the animal a toy or two, great, just remember to tear them up in about a week.

## In a crisis or feeling stuck in therapy?

## Is your current therapy going too slow?

**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 an alternative to an inpatient program providing 30 hours of individual/couple therapy and over 20 hours of group therapy per week. Clients choose to stay from 1-3 weeks.

*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](http://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

## Are you facing challenges in recovery?

## Awaken your passion for recovery and Prepare for your success in life!

*“Progressions is an incredibly important program that reminded me of where I’ve been, where I am, and where I need to go.”*  
~David K., Sierra Tucson Alumnus

### The Progressions Program at Sierra Tucson helps you prepare for the next level of recovery!

This intensive program can help you focus on everything YOU need for advanced healing and recovery success! With a 2- to 4-week length of stay, our “experiential workshop” format will address your own relapse prevention needs and help you work on deeper issues to improve your quality of life.

Components may include Life Coaching and a Couple’s Workshop. Two-week EMDR Intensives™ are also available for individuals currently in therapy who want to accelerate the healing process.

*Please call us today for more information.*



## SIERRA TUCSON®

800-842-4487

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

*“Compassionate Care, Clinical Excellence”*


A Member of CRC Health Group

Dually Accredited by The Joint Commission • Accredited by the American Academy of Pain Management



## 10 Steps Toward a Longer Healthier Life

1. Don’t smoke.
2. Build physical and mental activities into every day.
3. Eat a healthy diet rich in whole grains, vegetables, and fruits, and substitute healthier mono-unsaturated and polyunsaturated fats for unhealthy saturated fats and trans fats.
4. Take a daily multivitamin, and get enough calcium and vitamin D.
5. Maintain a healthy weight and body shape.
6. Challenge your mind.
7. Build a strong social network.
8. Protect your sight, hearing, and general health by following preventive care guidelines.
9. Floss, brush, and see a dentist regularly. Poor oral health may have many repercussions, including poor nutrition, unnecessary pain.
10. Discuss with your doctor whether you need any medication—perhaps to control high blood pressure, treat osteoporosis, or lower cholesterol—to help you stay healthy.




## 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](http://thecrossroadsinc.org)





# CALENDAR of EVENTS

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

## DECEMBER EVENTS

**DEC. 1—FREE—ST. LUKE'S BEHAVIORAL HEALTH** Center Clinical Breakfast Series. 8:00-9:00 a.m. **Dave Wilsterman, Chaplaincy Coordinator Cultural Competency Series 3: Spiritual Dimensions of End of Life Care.** Behavioral Health Center Auditorium, 1800 E. Van Buren. Free CEU. Breakfast, networking. Chip Coffey, **602-251-8799**. [pcoffey@iasishealthcare.com](mailto:pcoffey@iasishealthcare.com).

**DEC. 2-5 and FEB. 10-13—Tucson—Cottonwood Tucson – InnerPath Developing Healthy Relationships Retreat.** Four-day intensive retreat for couples who need to work on communication, boundaries, anger, maintaining connection and recreating passion. Facilitated by **Rokelle Lerner**. Visit [www.cottonwoodtucson.com](http://www.cottonwoodtucson.com) or call Jana at **520-743 2141** or email at [jzeff@cottonwoodtucson.com](mailto:jzeff@cottonwoodtucson.com) for information and registration.

**DEC. 6-10—Tucson—Cottonwood Tucson – InnerPath Beginnings & Beyond Retreat.** 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](http://www.cottonwoodtucson.com) or call Jana at 520-743-2141 or email at [jzeff@cottonwoodtucson.com](mailto:jzeff@cottonwoodtucson.com) for information and registration.

**DEC. 10—Phoenix—"Gratitude for Giving" Celebration,** 8:30 a.m. Arizona Biltmore. Join us in honoring professionals in the Phoenix area for their years of giving to others. Visit [www.SierraTucson.com](http://www.SierraTucson.com) for more nomination/registration information.

**DEC. 13—7:00-8:30 p.m. FREE LECTURE SERIES.** The Meadows presents—"Stress Management" with Charlie Atkinson. For information: Meagan Foxx, email: [mfoxx@themeadows.com](mailto:mfoxx@themeadows.com) or call **866-633-5533/ 602-531-5320**.

**DEC. 17—11:30 TO 1:00 "SPEED DATING" FOR THERAPISTS** ©. Light, informal and fun marketing opportunity, get to know each other as people as well as professionals and become part of a collective long-term referral base. Inner-Work Counseling 3231 S. Country Club Way #111 Tempe AZ. Bryon Sabatino 480-221-1013. No fee, no RSVP.

## LOOKING AHEAD

**JAN. 10-14, and APRIL 11-15—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](http://www.cottonwoodtucson.com) or call Jana at **520-743-2141**, email: [jzeff@cottonwoodtucson.com](mailto:jzeff@cottonwoodtucson.com) for information and registration.

**JAN. 10—Marriage Counseling Workshop with M. Gary Neuman, LMHC.** Chapparal Suites, 5001 N. Scottsdale Road, Scottsdale. Presetned by Jewish Family & Children's Service Aleinu Network. 3 Contact hours. Cost \$40.00 RSVP online [www.jfcz.org](http://www.jfcz.org). By phone **602-567-8327**.

**FEB. 2 – 6, 2011—Tucson—Certified Sex Addiction Therapist (CSAT®) Training, Module 2,** for professional therapists, presented by IITAP,

hosted by Sierra Tucson at Sierra Tucson and Tucson El Conquistador Golf and Tennis Resort. Training Facilitator: Stephanie Carnes, Ph.D. 30 CECs available at this 5-day Module 2 Training; Modules 3 and 4 to be presented at a later date. Registration required by January 19, 2011. For information, visit [www.SierraTucson.com](http://www.SierraTucson.com) or contact IITAP staff at 480-575-6853 or (toll-free) 866-575=6853.

## ON GOING SUPPORT

**DEC. 1, HAZELDEN'S Phoenix Alumni and Friends Monthly Meeting.** First Wednesday of each month. Best Western Papago Inn, Lloyd's office, 7017 E McDowell Road, Scottsdale. Twelve Step format and is peer led. Contact [lorenberg@earthlink.net](mailto:lorenberg@earthlink.net) or [farleylloyd@gmail.com](mailto:farleylloyd@gmail.com).

**PATHWAY** presents **CHOICES.** Teen workshop/support group, activities night open to all teens ages 12 to 21. **480-921-4050** or email: [zeebies@msn.com](mailto:zeebies@msn.com). Gilbert location.

**Beginning January 8 - 10AM.** Incests Survivors Anonymous ISA meeting in Phoenix—Freedom Hall (corner of 12th Street & Highland). Contact Gloria, 602-819-0401

**WOMEN'S LIFE ISSUES GROUP**—For women struggling with life issues related to their spouse's sexual addiction and resulting trauma. Facilitated by Jacqueline Scorza, MC, LAC (Under the supervision of Raymond Branton, Psy.D) and Jennifer Smithson, M.Ed., NCC, LPC. Mondays 7-8:30 p.m. Ongoing basis to new group members. Jacqueline or Jennifer **480-730-6222**.

**ROADMAP to LIFELONG SOBRIETY.** For individuals who desire Relapse Prevention. Facilitated by Cristi A. Soiya, MAPC, LPC, LISAC, NCC. 10149 N. 92nd St. Ste. 103. Scottsdale. Ironwood Square Office Park \$75 per group session. **602-989-2837. 6:00-7:30 p.m.**

**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**

**FAMILIES ANONYMOUS**—12-step program for family members of addicted individuals. Two locations: Phoenix and Scottsdale. For details call 800-736-9805.

**PILLSANONYMOUS**—Tues: 7:00 p.m., Glendale Community Church of Joy, 21000 N. 75th Ave. Tues-day: 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**.

**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](mailto:larrydaily@chandlercc.org).  
*continued on page 11*



By Dr. A. David Wall

REMUDA RANCH, PROGRAMS FOR EATING AND ANXIETY DISORDERS

# Understanding Anxiety

After church, my family and I sat around a table drinking coffee with a long-time friend, discussing nothing of importance. Somehow the subject of reading came up. My 22-year old son, Ian, who never misses an opportunity to poke fun at his 18-year old sister, declared that Emily was addicted to reading, but only to the books that involved teenage angst. His use of the word angst caught my friend off guard. We joked about us never having used a word like angst when we were teens.

**Angst is**, "...a strong feeling of worry about what you should do, how you should behave, or what will happen in the future." [i] Most of us have gone through periods of angst, whether it's about the purpose of our lives, a specific circumstance, or a momentous and enduring change. Angst is one of those words where the meaning is captured by its sound. Angst provokes an image of wrestling with some conflict that threatens our sense of well-being and balance. Angst also involves a deep awareness that we are not fully in control.

In and of itself anxiety is not pathological. Many years ago, a patient in her late 20s asked me for help with her anxiety disorder. I asked her to describe her anxiety and its cause. She told me her husband was physically abusing her and having an affair with her best friend. "You don't have an anxiety disorder" I exclaimed, "Your anxiety is doing exactly what it was designed to do." I went on to explain that her anxiety was a healthy response to a very unhealthy situation.

Anxiety is a warning signal that motivates us to avoid or escape danger. Once we are safe, the anxiety usually begins to subside. However, anxiety can be excruciatingly chronic. There isn't always a quick escape, and anxiety can linger and become a period of angst.

Anxiety can also cause psychiatric disorders when the experience of anxiety goes well beyond what the situation creating the anxiety warrants. Many people have a fear of meeting new people. However, if this anxiety causes significant impairment to the individual's life or causes marked levels of distress, social phobia may be diagnosed. [ii]

Genetics plays a primary role in the development of anxiety problems/disorders. An experience I had on an airplane can illustrate how this happens. We were taxiing to the runway when the pilot pulled over and announced that a warning light had come on. Ultimately we learned that the problem was the warning light itself, which lit up unnecessarily. We have warning lights in our brains that the same thing. Like the plane, our neurological warning lights can be activated by false information. This happens to all of us, but some are born with warning lights that fire off too quickly and often erroneously. This is referred to as overestimation of harm/risk.

## Post-Traumatic Stress Disorder

(PTSD) can occur in response to extreme trauma. Genetics do not cause people to experience trauma, but genetics play a significant role in determining whether the trauma results in PTSD (*e.g., nightmares and flashbacks*). People are also born with a strong propensity to develop Obsessive Compulsive Disorder (OCD) which involves extremely distressing, persistent and unwanted thoughts, images (*e.g., picturing themselves engaged in a behavior that is repugnant to them*), or impulses (*e.g., hurting a loved one*). Unlike an angry person trying to control his behavior, these feelings are completely alien and abhorrent to the individual.

The genetic evidence is strong for OCD and specific problem areas in the brain have been identified. What the individual with OCD inherits is an extreme tendency to doubt things like whether or not she shut off the stove. Even when there is no realistic reason to worry, they cannot shut off the doubt. There is an overwhelming need to reduce the anxiety resulting in repetitive rituals. Fortunately, there are highly effective treatments for OCD and other anxiety disorders.

## How do we deal with everyday anxiety?

A certain amount of anxiety is normal and even necessary; however, when anxiety outlives its purpose of warning us about danger or anxiety greatly exceeds the circumstance causing the anxiety, it becomes destructive. Here are a few ideas:

- 1. Get plenty of rest,** eat balanced meals and exercise; we are more vulnerable to anxiety when we are not doing well physically.
- 2. Take a realistic inventory** of what will happen if the situation you are worried about occurs.
  - a. Specifically, list what you fear will happen.
  - b. Even more important is to list valued parts of your life which will not be affected (*e.g., your family will be with you, your friends won't abandon you, etc.*).
- 3. Talk to someone.** Talking it out is one of the best things you can do. While it's okay to seek advice from a wise friend, in most cases you just need someone to listen. However, having someone throw out suggestions can result in both of you being frustrated.
- If the anxiety is getting to the point that it is impacting your health, your relationships, causing depression, etc., **seek professional help.**

[i] <http://www.macmillandictionary.com/dictionary/american/angst>. [ii] Fear of meeting new people is only one of many situations which can be classified as social phobia.

For more information on Remuda Ranch visit [www.remudaranch.com](http://www.remudaranch.com) or call **1-800-445-1900**.

## 2010 Free Lecture Series

Chapparal Christian Church  
6451 East Shea Boulevard  
Scottsdale

For information/RSVP  
Contact The Meadows:  
**800-420-1616**

Time: 7 to 8:30 pm



Where Recovery Becomes Reality  
[www.themeadows.org](http://www.themeadows.org)

December 13, 2010

## Stress Management

Charlie Atkinson, MA, MSW, LCSW

# teentrak.org

Locating Runaways  
Investigative Services  
Transporting Teens  
Spy/Tracking Products  
Resources



We don't just find missing teens  
We reunite families.





**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**

*Stressless Holidays from page 1*


- memories and don't feel you have to go to every holiday event. Avoid activities and events that will cause stress. Politely decline when the invitation or activity doesn't fit your plan.
- **Delegate.** Don't try to be a hero by doing all the shopping, cleaning, and decorating yourself. Get your spouse, friends and family involved and make the holidays a family project. Better yet, do less and simplify.
- **Avoid crowds.** Shop early or during off shopping hours, when it is less stressful. Purchase gifts through catalogs or online, avoiding jammed parking lots and stores. Along with crowds comes the germs that cause colds and flu so wash your hands often, use hand sanitizer and cover those sneezes and coughs!
- **Do something you love.** Be sure to save time for your own favorite activities, whether it is reading a book, watching a favorite movie, or going to special Christmas or holiday events.
- **Exercise, rest, and eat healthy.** Exercise and sleep can reduce stress and fatigue and make the holidays more enjoyable. Limit your intake of sugar, and caffeine.

Try to maintain your regular schedule and not stay up late too many nights. "Make sure to take time for yourself."


- **Reach out for support.** It's normal to feel sad during the holidays, especially if you have lost a loved one during the year. Take time to share your feelings. If you feel isolated, depressed, or lonely, seek support from friends and family, or consider talking to a professional. If the sadness persists and is accompanied by other depression symptoms, schedule a depression screening. If you find you are anxious, irritable, unable to sleep, feel constantly sad and hopeless and unable to cope, contact your doctor or a mental health professional.

*Valley Hospital is a private freestanding psychiatric hospital specializing in mental health and chemical dependency care. Initial services include Adult Inpatient Psychiatric, Detoxification and Chemical Dependency Care along with Partial Hospitalization and Intensive Outpatient Programs. Valley Hospital accepts referrals from the professional community (physicians, courts, community agencies, education systems, psychologists and counselors), as well as by self or significant others.*

*For more information call 602-952-3939 or visit [www.valleyhospital-Phoenix.com](http://www.valleyhospital-Phoenix.com). ■*



**GIFTS Anon, Inc.**  
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



By ALAN COHEN

[www.ALANCOHEN.COM](http://www.ALANCOHEN.COM)

# From the Heart

## Feed the Hungry

**T**his is the time of year when many of us turn our attention to feeding the hungry. When most people think about feeding the hungry, we consider giving canned goods to the poor or serving at a soup kitchen. And what a benevolent service that is! Yet there is a hunger far more pervasive in our culture than the hunger for physical food, a malady from which hundreds of millions of people suffer every day. It is the hunger for presence and connection.

Recently I was sitting in a club lounge at Chicago's O'Hare Airport on a hectic day. Adverse weather conditions had delayed most flights, and the sitting areas were crowded with frustrated travelers. As I got settled, I noticed a woman across the aisle from me. She appeared to be an executive, talking on her cell phone loudly, giving orders to her subordinates. The lady seemed generally irritated and upset, demanding, and rather rude. She went on for quite a while in this manner over a number of calls to different people.

A few minutes later a cleaning lady came through the lounge. A Hispanic woman, roughly the same age as the executive, she bore a kind smile and offered a pleasant, "Hello, how are you?" to the folks she passed. As she picked up the trash and wiped down the counters, she seemed at peace with herself and her work, a sharp contrast to the executive and many of the other travelers.

I marveled at the irony of the scene. Here were lots of business travelers in a club lounge that cost a lot to enter; the patrons likely earned significant salaries, lived in upscale houses, and were successful professionals. By contrast, this humble cleaning lady wore a smock bearing the company name "Scrub," probably earned minimum wage, and lived in a rented apartment. Yet she seemed like the happiest person in the room. If ever there was a teaching that happiness comes from the inside out, here it was.

As we move into the holiday season...

We will exchange gifts, most of which you can touch with your fingers. Yet, as I learned from the cleaning woman, the gift of presence runs far deeper. If you are not present, you are absent, and if you are absent you have missed the most precious gift of all: this moment. A fellow in one of my seminars recounted that he had been feeling unfulfilled in his marriage for many years and he was disappearing daily. One day his 11-year-old daughter told him, "You're not here, daddy. You're a ghost."

We're all familiar with Ebenezer Scrooge's Christmas Carol encounter with the ghosts of Christmas past, present, and to come. If we were to put a modern spin on the story, Scrooge might meet himself as the

ghost of Christmas absent. Christmas and the holidays may come and go, but if you are not here, all the protocols and festivities are meaningless.

I have had my own lessons in the importance of being present and the tragedy of being absent. After I moved to Hawaii, I bought a lovely house in the country and I offered a married couple a rental unit on the property in exchange for caretaking. At that time I was very busy, traveling a great deal. During my times at home, I was constantly debriefing from the last trip or preparing for the next one. As soon as I felt present, it was time to go out again. I was on a treadmill.

One day the wife took me by the arm and invited me to stroll the grounds with her. As we walked, she made a statement that proved to be one of the greatest gifts of my life. She said, "Look at this magnificent property, Alan! Here are trees, birds, flowers, and glorious sunrises. It is heaven on Earth. But how much do you enjoy it? You're hardly here, and when you are here, you're rushing to come and go. We're your caretakers, and we enjoy your property more than you do. I wish you would experience the peace and joy that we do here."

Now that got my attention. My caretakers were enjoying my home more than I was! That day I made a commitment to use my free time for soul satisfaction, not work, and now, after years of practice, I am finally enjoying my property as much as my caretakers did.

I'm not suggesting you need to move to Hawaii to be happy. To the contrary, the goal is to find connection wherever you are. Busy places are the most likely to distract us from connection, and the most powerful places to practice it. A supermarket checkout clerk counted that out of over 200 people she served on her shift, 57 were talking on their cell phones. Many of them, she reported, were discourteous, acting as if she was interrupting them from something more important, while she was simply trying to help them. It's not what you get done that makes or breaks a life. It's how you get it done.

Most people are hungry for human contact, many are starving for it, and some are dying for it. This holiday season let's feed the hungry, starting with our own hunger for depth, meaning, and connection. Then maybe we can attain the extraordinary success of the cleaning lady.

Alan Cohen is the author of many popular inspirational books, including his new metaphysical thriller, *Linden's Last Life*. Listen to Alan's weekly radio show Get Real on Hay House Radio at [www.hayhouseradio.com](http://www.hayhouseradio.com), and join him on Maui in March 2011 for the Life Mastery Training. For more information about Alan visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



**Cristi A. Soiya**

MAPC, LPC, LISAC, NCC

Licensed Professional Counselor

Licensed Independent Substance Abuse Counselor

Child · Adolescent · Adult

ADHD Depression Anxiety OCD  
PTSD Eating Disorders Substance Abuse

2 Scottsdale Locations

17150 East Camelback Road, Suite 444

7702 East Doubletree Ranch Road, Suite 300

**602.989.2837**

pager 602. 210.2200 [www.cristicounselor.com](http://www.cristicounselor.com)











# LIFE 101

By COACH CARY BAYER WWW.CARYBAYER.COM

## Karma, Mantras, Gurus & Zen: The East and West have Met

When the guru who I studied with (Maharishi Mahesh Yogi) taught me how to teach his Transcendental Meditation in the decade of the '70s, the word guru made people's eyes glaze over. I remember teaching his meditation technique from India in those early days and people would look at me as if I had four arms. Perhaps they thought I was hanging out with those Indian gods and goddesses with the four arms who they thought also used that meditation. Now you hear the word guru every single day in the media.

Today, however, so many years later, there are still many people whom I meet—who I play tennis with, etc.—who also haven't heard of what I do now: life coaching. (Note to self: You don't always have to be so ahead of your time?) Fortunately, the media is catching up: In the March 10, 2008 issue of *The New Yorker* two cartoons spoke to my two careers. An Edward Koren cartoon featured two of his inimitable hippie-looking middle-aged women having coffee in the kitchen of the one whose son is being fed.

Her comment to her friend: "I'm not his mom anymore—now I'm his life coach."

A couple of pages later, a Roz Chast cartoon under the title, "In the Guru District," 11 people are seated in cross-legged semi-lotus position on a mountaintop, each on his own little spot in front of his own private cave. Boxed copy labels each one as a guru. There's the media guru, investment guru, diet guru, sex guru, technology guru, relationships guru, fashion guru, child-care guru, car guru, wine guru, and political guru.

It's remarkable how, in a few short decades, words like guru, mantra, Zen, and karma, to name just a few from the East, have become part of our daily lexicon. "East is east and west is west and never the twain shall meet," says the old maxim. And old it is—and outdated, too. We live in a global marketplace of ideas and words that are part of a wisdom culture—like Zen, karma, mantra and guru, among others—are now part of our lives, too. Good old southern boys, who wouldn't know their karma from their dogma (thanks to Swami Beyondananda for that one), use these words with the same ease as the words they use to talk about their hunting or fishing.

Jon Stewart finishes each of his half-hour programs on *The Daily Show* on Comedy Central with "Your Moment of Zen." Zen is also a line of high-tech video and audio consumer products; it's a starting theme for Drupal for software coding; it's a chain of health food restaurants in Manhattan; it's a fast food chain of restaurants in Austin.

Some of the most stressed-out pundits on Wall Street, guys who study computerized charts moment-by-moment and pop ant-acids and who knows what other pharmacological aids to prevent them from burning out, are routinely called investment gurus. The Guru is a feature film, *The Love Guru* is a feature film; the guru is an energy drink; it's a road and triathlon bike maker in Quebec; Guru.com is an online marketplace for freelance writers and editors; Windguru is an online weather forecasting service.

***"We live in a global marketplace of ideas and words that are part of a wisdom culture—like Zen, karma, mantra and guru, among others—are now part of our lives."***

Mantra is a tool for monitoring various aspects of multicast at the router level; it's a record label; it's a software programming language; it's a substitute for mission statements in corporations; it's a venture group that acquires and develops green technologies and services that reduce environmental impact of energy production and resource consumption; it's a Sonoma County winery; Manta 986 is a restaurant in mid-town Manhattan. Baseball players remind themselves over and over again to stay back in the batter's box and keep their eyes on the ball—this repetitive instruction is known as their mantra.

Karma is practically everywhere—it's a song by Alicia Keys, a song by NLT; it's a hybrid plug-in manufactured by Fisker Automotive, a "green American premium sports car company," that claims to burn no fuel whatsoever for the first 50 miles of driving—producing, what we expect to be, great karma. You can drive your Karma to the Karma Lounge restaurant in lower Manhattan.

Once there, you can use the mantra your guru gave you, or watch your breath the way your Zen roshi taught you, all in all, chilling out and sending out good karma. ■

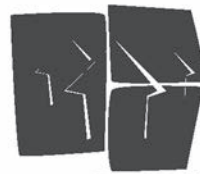
*Cary Bayer is a Life Coach who conducts a national private telephone coaching practice from his two offices: in the mountains of New York State in Woodstock (845-679-5526) and by the ocean in south Florida (954-788-3380). Visit [www.carybayer.com](http://www.carybayer.com) or email [successaerobics@aol.com](mailto:successaerobics@aol.com).*

A new sober living community catering to the personal mission of recovery and providing affordable housing in Tucson.

For information on eligibility & pricing call:

**520-647-9640**

email: [glenstonevillage@nicolositich.com](mailto:glenstonevillage@nicolositich.com)



**GLENSTONE VILLAGE**

**2835 North Stone Avenue • Tucson, AZ 85705**

**Studios – from 388 sqft starting at \$403.00**

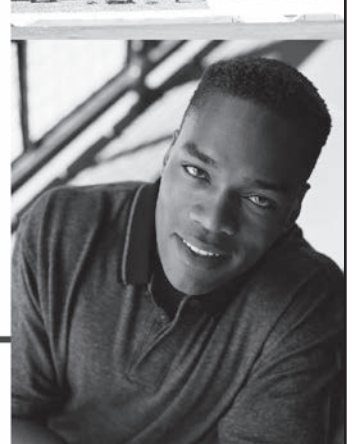
**1 Bedrooms – from 410 sqft starting at \$431.00**

**2 Bedrooms – from 770 sqft starting at \$518.00**

***\*Prices and square footage may vary depending on apartment.***

### Amenities Include:

- Laundry - Solar
- On bus line
- Near shopping, medical facilities, schools & recreation.
- Exercise room
- Library
- Community center
- Utilities included
- Bike racks
- Professional on-site management & services
- Newly renovated
- Landscaped courtyards
- Business center
- Outdoor exercise area
- Furnished/Unfurnished



NEWS from page 3

two of those sites were registered Internet pharmacy practice sites.

- Despite a decline in the past year of the number of Web sites advertising or selling controlled prescription drugs, 85 percent of Web sites selling such drugs do not require a prescription.
- Of the 15 percent of sites offering drugs for sale that do indicate that a prescription is required, half simply ask that the prescription be faxed—increasing the risk of multiple use of one prescription or other fraud.
- There are no controls to block the sale of these drugs to children.

The report offers a range of recommenda-

tions and calls on Congress to enact legislation closing this illicit channel of distribution.

The full report can downloaded as a PDF at no cost. Visit <http://www.casacolumbia.org/articlefiles/531-2008%20You've%20Got%20Drugs%20V.pdf>. ■

## GOT NEWS?

Send your press releases to [aztogether@yahoo.com](mailto:aztogether@yahoo.com) for consideration



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

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

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

10427 N. Scottsdale Road, Suite A 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](http://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



**Helping Families and Turning Hearts Homeward for More Than 20 Years**



ANASAZI Foundation is an intervention resource for adolescents, young adults—and their families.

State Licensed, Nationally Accredited, Recognized Worldwide. Scholarships available for those in need.



**anasazi.org**  
800.678.3445



**Depression and Bipolar Support Alliance**  
Maricopa West Chapter peer support groups. 480-593-4630.

**Bridge to Recovery Support Group**—18 or older whose lives have been touched by alcohol and drugs. ADHD, Social Anxiety, Bipolar Disorder, Depression, Spirituality. Group Therapist: **Cristi A. Soiya, MAPC, LISAC. 602 989-2837.**

**GA meeting** Sunday night. ACT Counseling & Educatgion. 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** is a fellowship of men and women recovering from addictive sexual behavior. Visit [www.saa-phoenix.org](http://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.** Volunteers will call or visit those with chronic illness, injury who are homebound. Contact Cynthia SN/AC Coordinator **480-946-1384**, email Mike at [mphaes@mac.com](mailto:mphaes@mac.com)

**North Phoenix Visions of Hope Center**—Recovery center for 18 or older enrolled in Magellan. Recreation, special events, peer support. 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), room 42 in back (north side) of building. Carlos 520-881-3400

**MENTAL HEALTH AMERICA OF ARIZONA**—**Maricopa County-Peer Support Groups. 480-994-4407.**

**OVEREATERS ANONYMOUS**—Teen Meeting, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. [www.oaphoenix.org/](http://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** is a twelve step oriented fellowship based on the model pioneered by AA. For meetings or to learn more call **602-337-7117.** [www.slaa-arizona.org](http://www.slaa-arizona.org)

**FOOD ADDICTS Anonymous**—12 step group. [www.Foodaddictsanonymous.org](http://www.Foodaddictsanonymous.org)

**GAM-ANON Meetings:** 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](http://www.arizonada.org).

**Sierra Tucson Alumni Support Group– Scottsdale** 2<sup>nd</sup>-4<sup>th</sup> Tuesday of month, 6-7 p.m. **Tucson** 2<sup>nd</sup> Sunday of month 6:30 p.m. For information [www.SierraTucson.org](http://www.SierraTucson.org)



**Aurora Behavioral Health System**

**Compassionate Care and Clinical Excellence**  
*Inpatient and Outpatient Psychiatric Care for Adults and Adolescents*


**Inpatient Mental Health Treatment for Adults and Adolescents**

**623-344-4400 (main line)**  
[www.aurorabehavioral.com](http://www.aurorabehavioral.com)

**Inpatient Detoxification Services for Adults and Adolescents**

**Intensive Outpatient Psychiatric and Chemical Dependency Program for Adults**

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



**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**

## Addicted Like Me

### The Mother–Daughter Journey Continues

By KAREN FRANKLIN

Many blessings have come as a result of writing our book about family and teen addiction. We have had the occasion to appear and present at numerous events at ASU, the Southwestern School of Behavioral Health and The Franciscan Renewal Center, just to name a few and more opportunities are in the works. We wrote *ADDICTED LIKE ME, A Mother–Daughter Story of Substance Abuse and Recovery* for two main reasons; to honor our family members who lost their lives due to this horrible disease and to help families who are in the grips of addiction—to let them know there is hope and recovery is possible. Every so often we receive a communication regarding the impact the book has had on someone. The email below particularly touched us. It has been edited slightly to protect anonymity.

*“Little did I know that my world would change in the next couple of days after we spoke. I anxiously began to read your book that same night and cried the rest of the weekend as I poured myself into it. You see I grew up and lived in a family and legacy of addiction both drugs and alcohol that is still alive and well with my siblings, nieces, nephews, uncles, etc. What was about to change was my realization that maybe my daughter was using drugs. She had really struggled with many things but not that, I thought.*

*So I confronted her and to my surprise the answer was yes. I found out it was not just pot, but ecstasy and acid, and she could not stop. Next week, she begins treatment. I thought about you often as I read your book. I figured my story was nowhere near as what you had endured and got strength. I have brought you and Lauren's struggle into my daily thoughts and prayers for peace but also as a testament of strength.*

*As my transformation for healing has been facilitated I feel just as much that this is my new journey as well as my daughter's. I had been praying about my healing related to everything about addiction since it is still so powerful in my life. One of the reasons I am now divorced is due to my ex-husband's excessive drinking and substance abuse. I really connected and came to acceptance with your journey to recognize our own part in the history of addiction.”* —Anonymous

It is always great to hear the stories of hope and recovery but we also hear about the devastation of addiction. Some years ago dur-

ing the writing of our book, we reached out to a dear friend who had a teenage daughter struggling with addiction. We recently received an email from her parents who were visited by the Tempe Police Crisis team with the news their daughter had taken her own life. She was a vibrant, beautiful, bright young woman who had recently received her Bachelor's degree from ASU. Stories such as these continue to ignite our passion to help people to realize that this is a life or death disease that does not discriminate.

When Lauren started using, I didn't want to think that she was responsible for her bad choices. My first inclination was to blame her friends, the school and sometimes I even blamed myself. I thought that maybe if she experienced some consequences, she would stop abusing substances. Once I sought professional help I learned addiction is a progressive disease that will only get worse with time if left untreated.

As we delve into new territory our journey has connected us with Interventionist Carey Davidson of InterventionASAP. We are working alongside him to develop seminars designed as public events to help educate and provide resources to clergy, professionals, families and individuals who are seeking answers. As a mother-daughter team, we are not only speaking to share our experience but have recently begun facilitating teen breakout sessions during events that provide a non-judgmental environment where young people can be honest in their struggles in dealing with today's peer pressure surrounding alcohol and drugs.

There is much work to be done to help those dealing with substance abuse issues. Sometimes we feel we are only scratching the surface but we are honored to be on the front lines of this battle to help families face and deal with their legacy of addiction that has marched down through the generations. There are new family legacies of recovery to be made.

*Karen Franklin and Lauren King are the authors of the book **Addicted Like Me, a Mother–Daughter Story of Substance Abuse and Recovery.** For information visit [www.addictedlikeme.com](http://www.addictedlikeme.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
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
Cristi Soiya, MAPC, LPC, LISAC, NCC	602-989-2837
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Decision Point Center	928-778-4600
Dr. Dina Evan	602-997-1200
Dr. Janice Blair	602-460-5464
Dr. Marlo Archer	480-705-5007
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
Jaywalker Lodge	866-529-9255
Sarah Jenkins, MC, LPC	480-370-7630
Geffen Liberman, LISAC	480-388-1495
Magellan of Arizona	800-564-5465
The Meadows	800-632-3697
MindBody Medicine Center	480-607-7999
NAATP	717-392-8480
NCADD	602-264-6214
NotMYKid	602-652-0163
Pathway Programs	480-921-4050
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
Sierra Tucson	800-624-5858
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
WINR	480-464-5764
RESOURCE DIRECTORY LISTINGS	
EMAIL: <a href="mailto:aztogether@yahoo.com">aztogether@yahoo.com</a>	



**LaRae Erickson, REALTOR ePRO**  
602.625.9203 mobile  
[larae.erickson@russlyon.com](mailto:larae.erickson@russlyon.com)  
[www.LaRaeErickson.com](http://www.LaRaeErickson.com)

**Russ Lyon**

**Sotheby's**  
INTERNATIONAL REALTY



*Sober and Grieving* from page 1  
importance in successfully negotiating the grief process. Addicts and alcoholics often experience complicated grief as a result of their self-perceived failures and lapses in being a “good” child, parent, partner, sibling or friend. It is common to hear statements beginning with “If only I had...” or “I should have...”

Sometimes people will have had an ambiguous relationship with the deceased. The fact that the deceased family member might have struggled with his or her own issues and inappropriate behavior can also complicate the grieving process. Clients sometimes need encouragement to talk about their painful experiences so that healing, forgiveness and acceptance can ultimately be achieved. Working with a counselor who understands the grief process can help the griever address these issues so that resentment and shame are not suppressed for fear of being disrespectful to the dead.

In my work at Cottonwood and in my private practice, I begin any grief counseling with a consultation to assess the client’s need and to fully hear their story. Developing a strong and trusting therapeutic relationship with a client is essential to a successful outcome. In some cases the death is a sentinel event that has profoundly disrupted the life of a client. Prior to the loss the client may have enjoyed a fairly contented life. Understandably, their worldview assumed that their children would outlive them, that they would enjoy a long life with their partner and that their parents would live to a ripe old age. Death results in the bursting of these expectations. Suddenly the world is no longer as safe and predictable a place as it had earlier seemed. We are propelled into a strange and terrifying landscape. Nothing is the same as before.

Tools and Support

One of the tools I have found to be helpful for clients whose presumptive reality has been shattered is an exercise called a Loss Characterization. The Loss Characterization is basically a character sketch the client composes about him or herself that is written in relation to a loss. The client writes this in the third person from the perspective of a close and loving personal friend who knows the client intimately. When the assignment is completed I ask that they share it with me. Together we can explore what meaning the author perceives of their experience of loss.

In one recent session a client had experienced the death of a teenage son. At the conclusion of sharing the loss characterization with me she expressed anger at God for taking her child from her. As she was a religious woman, the thought of anger towards God was a difficult one for her to express. She felt intensely guilty about being disrespectful toward God. I gently encouraged her to dialogue with God using the technique of an empty chair gestalt. After some initial reluctance, she was able to go with it. Along with expressing her anger, she was able to ask questions like, “Why did you do this to me?” and, “When will you give me the strength to go on?” Concluding this exercise the client reported feeling comforted and relieved. In fact, she reported that afterwards she felt that her relationship with her Higher Power was healing.

On several occasions I have suggested that my grieving clients write a letter to their deceased. I provide these clients with a format that cues them to write about what is missed, what is not missed, regrets, and appreciation. I encourage clients to write what feels appropriate and authentic. When the letter has been completed, I ask my clients to share it with me. This is also a time when I have used the empty chair technique with positive results. I begin the gestalt by asking the client to describe the physical appearance of the deceased including their posture, clothing and expression. Sometimes a photograph is available and we use it. I then ask them to determine what distance between the chairs is comfortable. The client then begins to read the letter. At the conclusion of the reading I will ask the questions to assist the client in getting further in touch with their feelings.

If I feel it is appropriate, I will ask them to speak in the voice of the deceased, telling the client what they need too hear from their loved one. We conclude the exercise by processing what has happened. Clients often report feeling relieved as a consequence of doing this exercise.

Activities in a grief-specific group setting are also helpful in assisting clients in addressing their losses. One exercise involves identifying a person’s greatest pain by giving it a name, shape, color and sound. After sharing their descriptions of pain, clients are then asked to give their pain a new shape, color, sound and name. I encourage them to use this as a tool in reducing the intensity of the feelings when overwhelmed.

Sometimes during the mourning process one has to deal with well wishers who sometimes make statements that are thoughtless and inappropriate. An example of this might be, “Don’t cry. Everything will be ok.” Another remark might be, “They are in a better place.” It’s o.k. if the griever chooses to believe this. Sometimes, this kind of thoughtless statements are just a sign of the well wisher’s anxiety in experiencing the grief of others.

Recovering people need to give themselves permission to cry if they need to. For so long we medicated our feelings. Some of us were raised in environments where crying was considered unmanly or childish. Many of us have heard the expression “Pull yourself up by your bootstraps.” When the world is full of sorrow, statements like these can be cruel and insensitive. What I found to be helpful is the presence of people who care. Support is always available at 12-step meetings. Sometimes the words of comfort are not needed but the hugs are.

Discovering Triggers

In recovery we learn to identify triggers that could lead us to relapse. Grief has its own triggers. They can arrive without warning, reminding us of our pain. Photos, films, articles, songs and anniversaries can prompt thoughts of our pain. At these times the pain brought on by these reminders of our loss can elicit thoughts of using substances. In relapse prevention workshops that I have facilitated we address the grief-related risk factors that can precipitate a return to using substances. Among these are difficult emotions, conflict with others and testing control.

There are ways for alcoholics and addicts to cope with loss so that the experience can be meaningful. We have learned to value a relationship with our higher power. Turning to the God of our understanding can provide comfort even when our prayers express only anger and confusion. Journaling has proven to be beneficial. Writing can be therapeutic on both a physical and emotional level. After the death of my mother I returned to the twelve steps. Completing a fourth step inventory and sharing it with a sponsor proved helpful.

There are many books related to bereavement. Some may seem to reinforce the idea that grief is a predictable process. I tend to suggest other books that recognize the uniqueness of the grieving process while providing identification for the reader. One of these is *Sanity and Grace* by the singer Judy Collins. Several years ago she lost her 30 year-old son to suicide. Her experience as a recovering person proved key in her ability to cope with that tragedy. I have recommended this book to many recovering people who have similar losses. Another title that is helpful is *The Year of Magical Thinking* by Joan Didion. Clients who have lost spouses have been able to relate Ms. Didion’s experience to their own.

For younger grievers, including adolescents and young adults, the book *Green Angel* by Alice Hoffman has been helpful. Several years ago I introduced this book to Cottonwood’s Sweetwater Program for adolescent females. One of our young patients returned to a session with notes she had taken detailing her identification with the main character’s mourning process.

I often describe grief as similar to an old water heater with a safety valve. Periodically we open the valve to let some water out so the heater doesn’t burst. Similarly the griever needs to let the feelings out. We alcohol-

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



TERROS  
People care by caring people



Serving the  
community for  
the last 40 years

TERROS helps people cope, hope and get better

TERROS helps people recover from substance abuse, mental illness and other behavioral health problems. We provide a wide range of services throughout Maricopa County, including outpatient treatment, mobile crisis intervention, substance abuse and HIV/AIDS prevention, and specialized services to assist persons who have a serious mental illness.



To contact TERROS for additional information please call 602-685-6000 or visit our website at [www.terros.org](http://www.terros.org)

ics and addicts are notorious for repressing our feelings until they come out sideways. I recommend that after the initial grieving period, when the family and friends are no longer available, that the griever allows him or herself a specific period of time each day to sit quietly with their feelings. This allows us to gradually accommodate and return focus to the business of life. Above all else we need to be kind to ourselves and recognize that we have a right and a need to grieve our losses. Unpleasant events and feelings are part of life. **Our primary responsibility is to not pick up a drink or a drug no matter what. ■**

For more information about Cottonwood Tucson and the programs they offer, visit [www.cottonwoodtucson.com](http://www.cottonwoodtucson.com) or call toll free 1-800-877-4520.

GET NOTICED  
in Together AZ

