

TogetherAZ

Inspiring Success On The Road To Recovery V.1 — No. 10 — July 2010

Tough Guy Soprano Turned Mental Health Activist



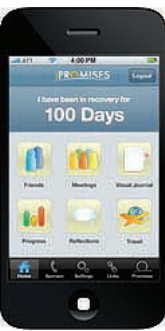
The follow through... after treatment
by Bobbe McGinley





Lessons from the Bumblebee
by Dr. Marlo Archer

Introducing the iPromises Recovery Companion for iPhone



The iPromises Recovery Companion offers a powerful tool to help build one of the most important elements of addiction recovery: a community of like-minded peers who understand the joys and challenges of recovery. iPromises allows you to easily contact your sponsor and friends in recovery, keep a calendar of meetings and service, get a daily positive message, and track your accomplishments, challenges, moods, and triggers.

Those in recovery can use the iPromises Recovery Companion to monitor their triggers and be alerted to call their sponsor if they choose a trigger. If they choose “ok” the alert automatically dials their sponsor.

Users can create a meeting list easily—right while they are sitting in the meeting! The geo-positioning feature allows you to open a new meeting entry and click “use this location.” The iPhone locates the address and inputs it into the meeting entry. Add a name, day, and time and you have stored a new meeting.

Traveling in recovery can be challenging. Where do you find a meeting? The iPromises Recovery Companion has a travel section that geo-locates you and gives you a list of local AA offices. Choose an office and click to dial them. You can get local meeting information from the source.

The visual journal progress graph allows users to note their moods, challenges, and accomplishments over time. As users add new moods to their calendar, the bars begin to show a pattern—Are you angry more often than not? Do you have a resentment you can’t seem to overcome? As the bars on the

iPromises continued page 10

Teens and Treatment Is the fun over?

By JOSH AZEVEDO, LISAC, CAC II

For a teenager staring down the doors of a treatment center, fun isn’t the first word that comes to mind. In fact, he or she is more likely thinking, “This is where fun goes to die,” and “How do I get out of this as painlessly as possible so I can get back to partying and get my parents off my back?”

This situation happens every day when young people are first introduced to treatment, counseling or 12-step programs. (*Of course, introduced usually means: got caught and dragged somewhere by mom and dad.*)

One of their greatest fears is they will never be able to have fun again. To a teen who has been using drugs or alcohol, this fear is very real. Those who start using drugs or alcohol at a young age often see instant rewards—they feel they fit in and are among the “cool” crowd; they find fun, confidence, laughter and freedom; and they have a good time.

Rejecting the Consequences

Drugs and alcohol appear to meet these teenage needs. What they haven’t yet discovered is drugs and alcohol are meeting their needs in a false and temporary way. Teens often equate drug and alcohol use and the accompanying scene as either the best or the only way to meet these needs, and this belief leads to an extreme reluctance to let go of the habit—even in the face of consequences.

Teenagers will often willingly endure consequences, such as groundings, school suspension, deteriorating relationships, and the loss of trust or privileges to hang on to the rush and good times surrounding their use. For those who have not yet experienced extreme consequences, the idea of being sober may sound completely absurd. To them, using is not the problem—rather, it is the answer to life’s problems. In their minds, being told to stop using is like telling someone with arthritis who’s found the cure for their discomfort to stop taking it.

It is common for parents to have a hard time understanding why their teen won’t respond to consequences or punishments surrounding their use. They don’t understand why their kid won’t think about the future or weigh the consequences, or why the child won’t sacrifice today’s “fun” for tomorrow’s security. For parents looking out for their child’s best interests, the young person’s decisions all seem so irrational. But these teens are living for the right-now—for the excitement of what is going on right in front of them.



The Teenager’s Perspective

Let’s look at it from a teenager’s perspective: It’s Friday night, and a group of teens are at a party drinking beer, smoking pot, laughing with friends and having a great time. The cops arrive! Chaos ensues, the dope is hidden, people exit over fences, visine is aplenty, clothes are put on backwards. Some kids get away, while some get taken in for underage drinking.

Parents may see this situation as a near-miss with an inherent lesson about alcohol and its consequences. For most teens, however, it is the opposite. Although the teen may have hell to pay at home with his parents, he is the talk of the campus for the next two weeks at school. Everyone who was there has a story to tell, and this makes them the “cool kids.” They are bonding over this experience, and all the excitement is well worth being grounded or doing some community service. What may seem like a lesson to some is a badge of honor to teens—a war story.

For a teen who is abusing drugs and experiencing all of those payoffs, it is easy to assume that a sober life would mean losing all those good times, that sobriety would consist of only the most “boring” and “adult” things in life—waking up at 5 a.m., reading the paper, school, work, responsibilities, and so on. Considering these things are rarely the top priority for teenagers, coupled with teens’ perceived benefits of the drugs, you might be able to see why they consider sobriety an extremely dull future.

So, how do teenagers get past these preconceptions about sobering up and become open to recovery? What incentive is there to be sober?

Better Than Getting High

Recovery must meet all of the same needs that drugs meet falsely, in both a fun and real way. Being sober must be better than getting high!

Understanding the priorities and needs of young people is the first step in trying to help them. It’s necessary to acknowledge they are going to need something to replace what they are giving up. It’s also important to realize their desire to have fun, fit in, be cool, create war stories and live in the moment will not go away just because they are in treatment. It

is critical that teens know they can experience all of these things in a life of sobriety.

When they’re using or even newly sober, teens are often told by their parents or other adults to get a hobby or to find better friends and activities. Hearing this advice from an adult is not enough. In most cases, before change is desired and most recovery concepts can be internalized, young people need to be in contact with others they can relate to and who will provide them with hope that recovery can be better than using. Seeing other teens who have found recovery and still have fun is critical.

Teens are drawn to people they think are “cool.” This part of their nature does not change when they enter treatment or seek help. They will need to meet other young people who are also in recovery, people they think are fun and cool, people they want to hang out with. It is important to have peers who can relate to their plight and reassure them that life is going to get better—not worse—if they get clean and stay sober.

Having a peer group that is working to improve their lives and finding ways to have fun while sober means having people to lean on when things get tough. Which they will at some point. Being a part of a group of people who are aspiring to the same goals creates the feelings of togetherness and excitement and offers the strength needed to recover. Knowing

Teens and Treatment continued page 10



Joshua Azevedo is a licensed substance abuse counselor who has been working with teens and their families for more than 13 years. He brings a unique perspective to supporting teens and their parents, because he entered recovery himself as a teen-

ager. As the owner of **The Pathway Program**, he is dedicated to creating a treatment experience for young people and their families that is relatable, accessible, fun and effective, helping teens avoid the pains of long-term addictions and experience the benefits of recovery. Contact Josh at **480-921-4050**, email, josh@pathwaydrugabuseprogram.com and visit www.pathwaydrugabuseprogram.com.

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publisher's note



The biggest step in the right direction

By **BARBARA NICHOLSON-BROWN**

Back in 1990 on June 17, I took the biggest step of my life....through the doors of my very first 12 step meeting. After calling my dear friend Janice with a desperate plea for help, she invited me along to check a place out. Janice was 14 years sober at the time, I was approaching something like 26 hours!

This wasn't any old meeting, it was a conference and round-up at the Jacob Javitz Convention Center in New York City.

Once we were inside I saw thousands of people, laughing, smiling, hugging, "Could this really be the right place?" I was shaking, scared, a bit "hungover," but most of all welcomed.

It is now 20 years later and the ritual of walking through the doors has become a part of my daily life. I am grateful every day that something pushed me to take that step. Living recovery is one of the greatest gifts we can give to ourselves. It is never to early or to late to start the journey.

Hope and Help for Teens

This months feature *Teens and Treatment* by Josh Azevedo of Pathway Drug Program, asks the big question: Is the fun over?

Teens who use alcohol or drugs typically don't associate what types of consequences can ensue from this type of behavior, their focus is on the instant reward of feeling "good" and "high" and "being cool." Josh takes an in depth look at the way teens think and shares the many successful ways many kids are changing the way they live. This is an important read for parents and young people alike.

Walking in Harmony

Also on the topic of teens and young adults, our Insights interview this month is with the Anazasi Foundation located in Mesa, AZ. Anazasi Foundation programs employ a holistic, bio-psychosocial-spiritual approach to treatment in a wilderness setting but is not a boot camp. Their approach recognizes the influence of mind, body, heart and spirit in the growth and development of individuals and families. ANASAZI Way works with young people, without forced or contrived techniques to assist them in the heart-warming awakening that takes place.

As always, a special thank you goes out to all of our contributors and advertisers who make Together AZ possible.



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Walking in Harmony

*An interview with Mike Merchant,
President of the ANASAZI Foundation*

For over 40 years the Anasazi Foundation has been serving at-risk youth in outdoor settings, as they see "a seed of greatness within every child." Recognized internationally for its caring and effective approach, ANASAZI Foundation is a non-profit (501c3) intervention resource that helps to restore and strengthen parent-child relationships.

The ANASAZI Way (the philosophy) is a way of "walking" in the wilderness and in life, what does that mean?

ANASAZI has a unique language that gives young people an opportunity to see their lives anew (it is not a language they already have a reference to—allowing them to create and add meaning to the language for themselves). The language is called the ANASAZI Way. For example; in the Native American tradition, life is a "walking"—or in other words a journey. At ANASAZI we believe the quality of our life depends upon the way in which we walk. Make wrong choices (resistant to the humanity of others, especially our family) and we "walk backwards," stumble and lose our way. The consequence of walking backwards is a "heart at war." Make right choices (responsive to the humanity of others) and we "walk forwards," and find joy and progress. The consequence of walking forwards is a "heart at peace."

What exactly is a wilderness program and how does it work?

There are many different kinds of "wilderness" programs; however, the term usually refers to a program where participants spend extended periods of time in the wilderness. The benefits of a wilderness experience can be extensive, physically, emotionally, and spiritually. The wilderness provides an environment free from the distraction of noise and clutter, one that requires responsibility as consequences of choices are immediate.

ANASAZI does not take a boot camp approach. We do not use behavior modification, coercion, levels or step programs. We believe that each child processes a 'Seed of Greatness' and we work with each young person to explore their greatness. The best teachers of life are Mother Nature and natural consequences. Our staff mentors model a positive healthy way of being, living under the same conditions, using the same gear and eating the same food as the young people walking the trail.

What age groups do you work with?

Adolescents 13-17 and young adults 18-25. Our program is ideal for adolescents and young adults with entitlement, defiance, lack of confidence issues and self defeating



behaviors. In addition the program addresses mild-to-moderate mood disorders and substance abuse.

What is the minimum stay and what is required of attendees?

The minimum stay is 42-days (longer if needed). Participants hike nearly every day (never camping in the same place more than a few nights). Participants cook their own meals, build their own packs and shelters, learn how to use the elements in nature and the technologies of the "ancient ones" to keep themselves safe and comfortable in the wilderness environment. Each child has an individualized treatment plan. They participate in daily group and weekly individual therapy sessions.

How are parents and family involved?

We believe that parent involvement is essential to the success of their family's program. Parents participate in an orientation (on the day of admission), a 12-hour workshop (authored, weekly sessions (in person or by phone) with their child's therapist, and three-days two nights in the wilderness with their child.

Larry D. Olsen and Ezekiel C. Sanchez gleaned and developed the ANASAZI Way from years of trial, error, and experience walking in nature with thousands of young people. They attribute their learning and awakenings to the Creator, their families, perceptive YoungWalkers, discerning parents, and their associates at ANASAZI. The principles in the Official Statement and the Ten Guiding Principles constitute the foundation of the ANASAZI Way.

- Acknowledges the Creator in all good things.
- Sees greatness in each YoungWalker and regards them as a person of infinite worth and potential.
- Respectful of each YoungWalker's agency (the ability to choose to walk forward or walk backward).
- Recognizes that each YoungWalker is part of a family and honors each family's personal faith and traditions.
- Seeks a heart at peace, knowing that YoungWalkers respond best to those who care about them deeply.

WALK IN HARMONY continued page 3

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relationships

By DR. DINA EVAN | www.DrDinaEvan.com

Graduating Planet Earth

There was a man who worked all of his life, and had saved all of his money. He was a real miser when it came to his money. Just before he died, he said to his wife, "When I die, I want you to take all my money and put it in the casket with me. I want to take my money to the afterlife with me." And so, he got his wife to promise him, with all of her heart, that when he died she would put all of the money in the casket with him.

Well, he died. At the funeral, he was stretched out in the casket, his wife was sitting there in black and her friend was sitting next to her. When they finished the ceremony, just before the undertakers got ready to close the casket, the wife said, "Wait just a minute!" She had a box with her; she came over with the box and put it in the casket. Then the undertakers locked the casket down, and they rolled it away.

So her friend said, "Girl, I know you weren't foolish enough to put all that money in there with your husband." The loyal wife replied, "Listen, I'm a Christian; I can't go back on my word. I promised him that I was going to put that money in that casket with him." "You mean to tell me you put that money in the casket with him!!!!?" "I sure did," said the wife. "I got it all together, put it into my account and wrote him a check. If he can cash it, he can spend it."

This is obviously just a cute joke however; it has an eerie similarity to the issue of personal responsibility, ethics and integrity these days.

There are so many levels of integrity and ethics and we often cross those lines without noticing what I call the ethics of reverence.

For instance, we expect people who are not conscious to act in conscious ways without regard for the fact that they have neither the information, nor the life experience to do so. We simply expect they should bump up in understanding and actions to where we think we are.

We are angry when someone abandons us, even though we abandoned ourselves to be with that person in the first place, knowing they might abandon us.

Leaders want to be on pedestals, and yet, are aghast when their followers knock them off in order to be equal.

WALK IN HARMONY from page 2

- Utilizes Mother Nature, survival skills, makings, sittings, and steppings to create opportunities to listen, learn, discover, and teach.
- Provides opportunities for each Young-Walker to leave behind the old and begin anew—always inviting a change of heart (from heart at war to a heart at peace).
- Is safe, prepared, attentive, and responsive to the physical, emotional, and spiritual needs of each YoungWalker.

Can you share some success stories with us?

"I have had many awakenings during my walking at ANASAZI. I have learned to respect others more, to be more tolerant of others and to treat them as I would like to be treated. But above all, I have learned that I can do anything that I want to do, whether it is getting good marks in school, stopping drugs or even getting along with everyone I meet."

—Young Walker, Ontario, Canada

"What brings about a change of heart is a realization that you can do good and that there is a better way. Also, it is realizing that you will be much happier and feel better inside by choosing the right way."

—Young Walker, Georgia

We are livid when others lie to us, yet we lie to ourselves about nearly everything and those who lie to us are simply reflecting that reality back to us.

We fight failure and unexpected challenges with the mistaken idea they have to do with our worth and lovability, while we miss the opportunities they present for graduating to higher learning.

We ignore the misuse of power when the one who has more of anything, takes from one who has less.

We give up and give in feeling like the victim, when in truth, it is we, who have stopped the process, and have taken control by doing so.

We act as if we have something to forgive another for when a potential partner has clearly told us who he or she is right from the beginning. Ah, but we who are almighty, convince ourselves we are powerful enough to change him or her - and then when they ultimately leave us - stunned we miss how we set ourselves up to be wounded. Why is it we don't believe people when they tell us who they are?

Life is a fine balance, from moment to moment an opportunity to look deeper, slow down and express reverence for both the moment and the master teachers who are in it with us. Master teachers come to us in the form of those people you could use, someone who could use you when you ought to set a boundary and say no, someone you could selflessly help, someone you could sacrifice an ego need for, someone who seems smaller or lesser in any way. They come to us in the form of circumstances and opportunities to see the bigger picture, take the higher road and push our souls forward.

This planet is the school of higher learning and each of us has a chance to throw our graduation cap up in the air and receive the highest degree in the universe. All it takes is a little reverence and two simple questions... "Who am I and what am I here for?"

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

"The most meaningful thing I learned on the trail is to get closer to my family and my Creator and to stay away from drugs. I learned that not everything is given to you in life. You have to earn it and really work hard for it."

—Young Walker, Arizona

"A lesson that I have learned through my walking is that if we have a good attitude, people will get along with us better and obstacles and challenges will seem much easier."

—Young Walker, Canada

"ANASAZI is where I learned the meaning of feeling good and wanting to stay that way. It's where things were hard, but things were good. I learned that everyone has something special inside of them and that gave me the assurance that maybe I did too."

—Young Walker, Utah

"My most meaningful awakening was that even in our darkest hours, if we hang in there and stay close to the Creator, then there is always light at the end of the tunnel."

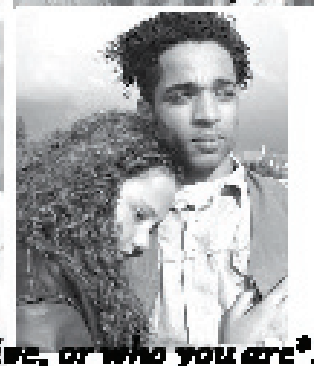
—Young Walker, Utah

For more details on the Anasazi Foundation call 800-678-3445 or visit <http://www.anasazi.org>

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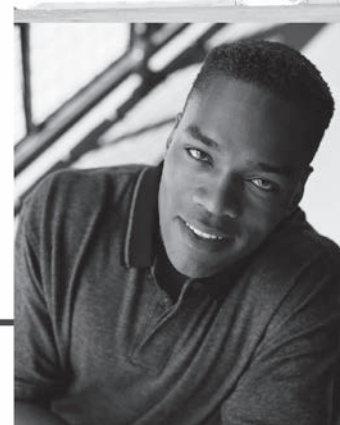
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The follow through... after treatment

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

The self-help programs spawned from AA (like G.A., Gamblers Anonymous) are often the first place suffering people turn for help. Nonetheless, it is an observable fact that formal treatment can accelerate and improve the quality of recovery. The visible proof of the merits of combining treatment with twelve-step programs can be seen and heard at twelve-step group meetings. It becomes quickly obvious who has been through treatment and who has not.

Most treatment “graduates” demonstrate a clearer understanding of the biogenetic nature of their disease, wrestle less with the vestiges of denial, and seem more comfortable with the idea of abstinence. Those who have undergone formal treatment are quite often more in touch with their feelings and in particular have learned how to deal with anger and fear in positive ways.

Aspects of the Disease

Probably the most distinguishing mark of those who have experienced treatment is their clearer grasp of the family aspects of the illness. On the other hand, those who undergo treatment but do not continue in a twelve-step program appear to be missing a valuable component in their lives. It is not that they can’t stay sober and drug-free and “off the bet” without A.A., C.A, N.A., or G.A., because they often do. But they seem to lack the spiritual vitality, sense of purpose, and serenity that grows out of a life based on the principles embodied in the Twelve Steps. My acquaintance with thousands of recovering persons has convinced me that the formula for accelerated recovery and optimum wellness is this: first-class family-based treatment, including a solid aftercare component, followed by “one-day-at-a-time” living built upon the long-respected “Twelve Steps” of your choice.

This remains part of follow-through after the treatment experience. Some experts say that 20 percent of recovery takes place in treatment and most of the rest during the first two years afterwards, providing certain aftercare steps are taken. Of all the critical actions, following through with continues recovery efforts after treatment is perhaps the most crucial to long-term success.

Aftercare is usually structured through a formal commitment by the addicted person and family to attend professionally facilitated weekly therapy meetings in which ex-clients and their families continue to work on chemical dependency and co-dependency and gambling issues. Aftercare combined with programs such as A.A., Al-anon, Alateen and G.A. is what assures sustained recovery.

“Those who have undergone formal treatment are quite often more in touch with their feelings and in particular have learned how to deal with anger and fear in positive ways.”

Aftercare provides the environment in which to continue processing the emotional pain of the disease. It reinforces the new beginnings in damaged relationships and helps refine valuable skills for living, such as stress management, relaxation techniques, exercise programs, nutrition, communication skills, self-esteem building, and assertiveness.

In addition, aftercare motivates the clients through the difficult early stages of establishing their twelve-step program. It is not uncommon to hear untreated addiction clients still wrestling with these issues years after quitting their addicted behaviors whether is alcohol, drugs or gambling. Similarly, recovering co-dependent people, without the benefit of aftercare, may continue suffering for years and have become disillusioned because they expected the addicted person sobriety/abstinence alone to fix all their problems. The record is clear. Those who remain faithful to their aftercare contract seldom relapse. Those who don’t have or follow an aftercare contract, often do.

The two most common reasons for continued recovery in any addiction process are a trend that continues throughout the years. They are...abstinence and twelve-step living to provide the foundation for sustained recovery. These two axioms should not be tampered with lightly. Beyond these bedrock concepts, the horizons of recovery will surely expand as the clients knowledge grows.

Why would anyone want to disrupt or challenge what has worked for so long, for so many?

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.

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Down to Earth

Lessons from the Bumblebee

I was at a workshop recently with people who believe in things like messages from nature, spirit guides, animal wisdom, synchronicity, and the like. Not that I don't share these ideas, I'm just saying that to explain how I got into the mood to make the observations I'll be reporting here.

Early in the workshop, on a break, I was enjoying spring weather, when I saw a bumble bee. He looked confused and it seemed his actions were a little haphazard and eventless. I thought perhaps he was sent to me for some reason, so I spent a few minutes watching him, but frankly, I ended up thinking he really didn't know what he was trying to accomplish. His behavior made no sense to me.

Later, in the workshop, I identified with the bumblebee. I felt directionless, like I didn't know what I was doing, like my actions in the workshop weren't going to result in a favorable outcome. However, I decided to adopt the bee's relaxed demeanor and just keep doing my best until it became clearer what was expected of me.

A few days later, still in this workshop, on the morning of my student performance, I was outside stretching and here came that bee again. He was certainly sent for me! I had seen him twice. I became determined to figure out what he was doing.

He flew low to the ground, slowly, seemingly randomly, doing what looked like nothing. There were a few clover flowers in the area, but he paid them no mind. Frequently, he'd land on the ground and walk around, climbing a blade of grass until it bent to the ground under his weight, then doing it again.

He trudged along, still not appearing to do anything. Sometimes, while on the ground, he took his front legs and swept them over his head and wings. After a long survey of the grassy area, he flew into a large stand of leafy flowering plants that had not yet bloomed. In and out of the tall leaves he flew, still not appearing to be reaching any sort of goal.

I worried I would not get a lesson from this gentle mentor and that I'd have to go into my evaluation without any inspiration, so I made up stories about what he might be doing since I could not figure it out and could not remember ever learning a single thing about bumblebee behavior.

I told myself he was using information left behind by his peers to get to a destination that may still be hours or days away and that I might never know what it was he was seeking. That said, I began to write down the lessons I had learned.

You may also benefit from the messages from my black and yellow friend.



- **Don't overlook the obvious**
- **Just because you see something, doesn't mean it's what you're looking for**
- **Take your time**
- **If others don't know what you're doing, it's boring to watch**
- **Get all the information you need first**
- **It's important to have a map**
- **Keep yourself clean**
- **Don't go into something unless you know how to get back out if you have to**
- **If you go into the darkness and never return, all will be lost**
- **Success takes a lot of hard work**
- **Any size, shape, and color can be beautiful**
- **After a while, the teacher disappears**
- **Wisdom is everywhere**
- **Help your fellows, even if they're not around**
- **Work hard, even if no one's watching**
- **If you know you're on the right track, proceed steadfastly in the absence of feedback**
- **Take direction from those who have gone before you**
- **You don't have to try harder just because someone is watching**
- **You don't owe anyone an outcome in your life**
- **A lot of noisy buzzing is annoying.**

Dr. Marlo Archer is a licensed psychologist specializing in working with kids, teens, and their families. She can be reached at www.DrMarlo.com or 480-705-5007. Follow Down To Earth Enterprises on Facebook or DrMarloArcher on Twitter.

NEWS

Mental Health America to Honor Arizona Teen for Mental Health Work



Last month Mental Health America honored Hayley Winterberg of Phoenix, Arizona, with its mpower award for her exceptional efforts to raise awareness of mental health issues among America's youth.

The award was presented by singer Ashley Miers at the closing night Awards Banquet of Mental Health America's 2010 Annual Conference in Washington, D.C.

Hayley, who is 16, created what is now called Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE). MY LIFE is made up of youth between the ages of 13 and 23 who have experience with mental health, substance use and/or foster care-related issues. Through regular meetings and local and national workshops, presentations and performances, the group focuses on important issues affecting youth.

Under her leadership, MY LIFE has been an active and vibrant voice in the planning and implementation of system trans-

formations to improve mental health care in Arizona and across the country.

"Hayley's efforts at such a young age are an inspiration to us all," said David Shern, Ph.D., president and CEO of Mental Health America. "Her vision, energy and activism are improving the lives of her fellow youth across the nation and helping to change the world."

In addition to her role with MY LIFE, Hayley has appeared in a television public service announcement, which focuses on reducing stigma associated with mental health conditions. She also stars in a short video documentary, This is MY LIFE, which serves to raise awareness of MY LIFE. The video has reached thousands via YouTube and other formats. Selected as one of the top 10 finalists in the National Council Conference's "Making a Difference" Video Contest, it can be viewed at: www.youtube.com/watch?v=ZMT40tB8GCs.

mpower, a Mental Health America youth awareness campaign, is supported by hundreds of musicians nationwide and encourages teens and college-age adults to get help for and promote understanding of mental health conditions.

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NEWS

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Misuse of Prescription Drugs Common Among H.S. Students

Twenty percent of U.S. high-school students say they have taken prescription drugs without consulting a doctor, including one in four high-school seniors, according to a new report from the U.S. Centers for Disease Control and Prevention (CDC).

The biennial Youth Risk Behavioral Survey found that male and female students were equally apt to misuse prescription drugs

like OxyContin, Vicodin, and Xanax, but white students were more likely to do so than Hispanics or black students.

Researchers also found that 72 percent of students reported they had used alcohol, 37 percent had used marijuana, 6.7 percent had used ecstasy, 6.4 percent had used cocaine, and 4.1 percent had tried methamphetamine. To view the survey visit www.cdc.gov/HealthyYouth/yrbs/index.htm.

College Official: Don't Ask Us to Solve Student Drinking

Binge and underage drinking are societal problems that college officials can't be expected to solve, according to a speaker at the annual meeting of the American College Health Association (ACHA).

USA Today reported June 4 that Edward

NEWS continued page 8



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The Transition From Treatment to Sober Living

with Chris Cohn



Who needs Sober Living?
Anyone with a willingness to get and stay sober, especially those in early sobriety and those getting out of a treatment center. Sober Living homes can be “A Sanctuary for Sobriety,” and can greatly benefit the newcomer trying to get dialed-into their new found fellowship and recovery. They can also benefit the recovering person with months or years of sobriety looking to fine-tune their recovery program. It’s a needed necessity for everyone in recovery. When choosing a home make sure the organization is structured, organized and serious about recovery.

What are the differences in the sober living homes in Arizona?
The main differences in the sober living homes here are the amenities, program structure and services. Our sober living homes emphasize structure, accountability and a personal passion for recovery. There are many sober living homes in the Valley that are “flop houses,” which can be non-structured and toxic environments. One must be very careful in their search for sober living here in Arizona. Call me, I’ll direct you to those programs (including mine) that are serious about recovery and actually strive to help their residents achieve long-term sobriety.

You recently opened a higher end home in Scottsdale, why would a client need a resort type atmosphere?
In our vast experience in the sober living business, we’ve realized a severe demand for a truly upscale, resort style sober living home for those not only seeking a structured program, but also looking to live in a luxuriously appointed home with all the amenities of an upscale residential treatment center. Many clients are recent graduates from a residential treatment center, typically upscale. We strive to provide our clients with an environment similar to what they are used to and services and amenities comparable to their lifestyle. This disease of addiction affects all walks of life. While our Scottsdale home caters to the more affluent type or professional business person, the work they do for their recovery is the same as at our other locations.

What is a typical day for residents in a sober living environment?
Residents wake up with a morning meditation of their choice, either a recovery related reading or one that touches on the

more spiritual aspects of recovery and sobriety. After that, residents eat breakfast together and prepare themselves for their day ahead. Depending on what house they’re staying in, residents get ready for work, volunteering, community service and 12-step meetings. All residents must attend meetings every day and be working the steps with a sponsor of their choice. We help residents find employment and/or volunteering opportunities. Employment or volunteering helps build self-esteem, which, in early sobriety is key. Residents eat dinner together, attend a meeting, workout or go for a swim. Early evening includes in-house meetings with a sober coach who focuses on relapse prevention and life skills. Curfew is 11:00 p.m., lights out by midnight, say your prayers, thank your Higher Power for a sober day and pray for another sober day tomorrow!

Tell us about your success rate.
The success rate in our sober living houses is high due to our structured program and zero-tolerance for drugs and alcohol. With that being said, residents must be willing to do whatever it takes for their sobriety, in our case it’s daily house chores, daily meetings, accountability and honesty. If I were to put a percentage on it, I’d say we have an 80% success rate at our homes.

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JULY EVENTS

JULY 7—FREE—ST. LUKE'S BEHAVIORAL HEALTH Center Clinical Breakfast Series. 8:00-9:00 a.m. Claire Valli, LCSW, **Engaging the Older Adult Patient.** Behavioral Health Center Auditorium, 1800 E. Van Buren. 1 free CEU. Breakfast, professional networking. Chip Coffey, **602-251-8799**. pc Coffey@iasishhealthcare.com.

JULY 8—Tucson—"Partners of Sex Addicts: Building the Bridge from Shame to Self-Empowerment," by Lauren Hoyt, LAMFT, LISAC, CSAT-S., 8 - 10 a.m. at the Arizona Inn. Professionals are invited to the Tucson Area Professionals' Networking Breakfast, sponsored by Sierra Tucson, Pia's Place, and Prescott House. 2.0 Contact Hours. \$15 pre-registration requested (\$25 at door, cash or check). Information visit www.SierraTucson.com.

JULY 14—Phoenix—"The Role of Neuroimaging in Psychiatry and Addiction Medicine" by Robert Johnson, D.O., 8 - 10 a.m. at The Pointe Hilton Squaw Peak Resort. Professionals are invited to the Phoenix Area Professionals' Networking Breakfast, sponsored by Sierra Tucson, Pia's Place, and Prescott House. 2.0 Contact Hours. \$15 pre-registration requested (\$25 at door, cash or check). For information visit www.SierraTucson.com.

JULY 20-23—11TH ANNUAL SUMMER INSTITUTE at the Sedona Hilton Resort. Details and registration at www.cabhp.asu.edu or contact linda.williamson@asu, 602-496-1483.

JULY 22—12:15 - 1:45 p.m. PCS Networking Luncheon. Professional networking luncheon. Your hosts will be Morgan Francis, MA, NCC, LAC, Doctoral Intern of Clinical Psychology, Ralph H. Earle, PhD, ABPP, Founder and President of PCS, Marcus R. Earle, PhD, LMFT, PCS Clinic Director This is a casual, informal luncheon. Morgan will be speaking on "How to Customize Your Body Image Makeover" Please RSVP to pcs@pcsearle.com or call **480-947-5739**. Seating is limited.

JULY 26—7:00-8:30 p.m. 2010 FREE LECTURE SERIES. THE MEADOWS presents—"COMPULSIVE GAMBLING, WHAT'S THE BIG DEAL?" with Bobbe McGinley, CSAC, NCGC, LISAC. For information: Meagan Foxx **866-633-5533**, **602-531-5320**.

JULY 30 - AUGUST 1—Tucson—Sierra Tucson Alumni Retreat, S.T.A.R. 23, at the Westward Look Resort. Visit www.SierraTucson.com for more information.

AUGUST 27-29—18TH ANNUAL PAYSON ROUNDUP, Serenity Under the Rim. For details call 928-474-3620 or visit www.paysonaa.com.

SEPT. 1 - 5—Tucson—Certified Sex Addiction Therapist (CSAT®) Training for professional therapists, presented by IITAP/hosted by Sierra Tucson at Sierra Tucson and Tucson El Conquistador Golf and Tennis Resort. Training Facilitators: Patrick J. Carnes, Ph.D.; Kenneth M. Adams, Ph.D., CSAT; and Tami VerHelst, Vice President, IITAP. For information and registration, visit www.SierraTucson.com.

SEPT. 3 - 5—2010 Arizona State Convention, Practicing AA Principles. Sheraton Crescent

Hotel, 2620 W. Dunlap, Phoenix. For details contact 480-215-7956 or email conventionchair@area03.org.

ON GOING SUPPORT

PATHWAY presents **CHOICES.** Teen workshop/support group, activities night open to all teens ages 12 to 21. Opportunity to hear from other teens and connect throughout the school year. **480-921-4050** or email: zeebies@msn.com. Gilbert location.

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 therapy session. **602-989-2837. 6:00-7:30 p.m.**

ACOA (Adult Children of Alcoholics) Thursdays, 7:00 pm, 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 please call 800-736-9805.

PILLS ANONYMOUS —Tues: 7:00 p.m., Glendale Community Church of Joy, 21000 N. 75th Ave. Tues: 7:00 p.m. Tempe, Bethany Community Church Rm. D-2, 6240 S. Price Rd, Tempe. Wed: 5:30 p.m. North Scottsdale Fellowship Club, Room 3, 10427 N. Scottsdale Road, Thurs: 7:30 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 or email: larrydaily@chandlercc.org.

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE Maricopa West Chapter announces peer support groups. A new Military and Vets group begins at the VA Hospital, Indian School Road and 7th Street. Room D540. Begins June 3, 2:00 p.m. Details 480-593-4630.

BRIDGE TO RECOVERY SUPPORT GROUP—For 18 or older whose lives have been touched by alcohol and drugs. Processing and Psycho-Educational. ADHD, Social Anxiety, Bipolar Disorder, Depression, Spirituality. Group Therapist: **Cristi A. Soiya, MAPC, LISAC.** Ironwood Square Office Park, 10149 N. 92nd St., Ste. 103, Scottsdale \$25 per session. **602 989-2837**.

continued on page 11



From the Heart

By ALAN COHEN

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I Love You As You Are

At a small group seminar, Donna reported that she had just come from seeing a healer who told her about several physical issues she needed to address. Her chakras, the healer explained, were out of balance and her body was filled with parasites. This report led to a lengthy discussion among the seminar participants, including lots of advice for Donna about how to regain her health. Donna was also dealing with a weight issue, which elicited plentiful recommendations from the group.

As I listened, I was uncomfortable with the general tone of the conversation. Everyone meant well, but the general theme of the talk was, "There's a lot wrong with you, and we are going to tell you how to fix it."

When Donna stepped away from the group, I invited her aside for a moment. I took her hands, looked her in the eyes, and told her, "I love you just the way you are. I know there are things you are working on, but right now I find you perfect and I appreciate all you are and all you do for me and others."

Tears welled up in Donna's eyes and she let her head fall onto my shoulder. I held her as she let loose the pain of feeling that there were so many things wrong with her, and she could not be whole or happy until she fixed them. After a minute or two she felt better.

I was not suggesting to Donna that she overlook any conditions that were causing her pain, or that she should not make an effort to improve her health and feel better. I was simply affirming Donna's beauty, wholeness, and worth even as she walked her healing journey.

You and I live two lives simultaneously. At one level we perceive that we have needs, deficits, and issues to be handled, and we strive to improve ourselves and set disorders or imbalances right. At the same time we live in a deeper world in which we are whole, complete, well, and perfect as God created us. On a spiritual level there is nothing wrong with us, there never has been, and there never will be. Only in a world of illusion do we identify ourselves as separate, wounded, broken, pained, and striving. In truth we have already arrived at where we wish to go. The game of life is not about getting somewhere; it is about discovering that we already are somewhere.

Perfection is not condition to be attained. It is a reality to be accepted. The sage Swami Satchidananda declared, "We started out fine. Then we got de-fined. Now we are getting re-fined."

One of my coaching clients reported, "I feel so overwhelmed with all the work I need to do on myself. I doubt I could ever accom-

plish it all in one lifetime." I suggested to her, "Can you imagine even for a moment that you don't need to work on yourself? What would it feel like to know that you are not here to fix what is broken about you? Can you visualize your life as an adventure of creativity, joy, and self-expression instead of striving to get somewhere or get it right?"

After a few moments' consideration, a wide smile grew on the woman's face. "Wow!" she exclaimed. "I never thought of my life like that. I was taught that life is a struggle and I'd better get myself together to avoid disaster. I think I just had a taste of freedom!"

Ariel and Shya Kane have authored a book entitled, *Working on Yourself Doesn't Work*. The title says it all! The moment you start to work on yourself, you have adopted the identity of the "you" that needs to be worked on. You cannot get to wholeness by denying your wholeness. You get to wholeness by accepting it.

Claiming wholeness does not mean that you sit in a cave and do nothing. You can be quite involved in the world, immersed in meaningful activity, and seeking to make life more rewarding for yourself and others. The issue is not what you are doing; the issue is why and how you are doing it. If you believe you are empty and need to be filled in, you set yourself up to lose. If you regard yourself as basically sound and you would like to expand your experience of good, you set yourself up to win. You are not a black hole that needs to be filled. You are a light that needs to be shined.

I saw a marvelous bumper sticker: The more you know, the less you need. Take this statement to its logical extreme: When you know nothing, you need everything. When you know everything, you need nothing. The only real knowledge is who you really are - a spiritual being created in the image and likeness of a loving God. If you know that, everything you do will honor the wisdom and beauty you already own.

Alan Cohen is the author of the bestselling The Dragon Doesn't Live Here Anymore and his new metaphysical thriller Linden's Last Life. Starting September 1, Alan will offer a Life Coach Training Program. For more information about Alan's books, programs, his radio show Get Real on Hay House Radio, or his free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1 800 568-3079 in the US or 808-572-0001.

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NEWS from page 5

Advocacy Groups Merge to Support Implementation of Healthcare Reform

Two closely aligned groups advocating for addiction and mental-health programs in national healthcare reform have agreed to a merger.

The mental-health field's Whole Health Campaign and the addiction community's Coalition for Whole Health, which both successfully argued for inclusion of behavioral-healthcare benefits in the healthcare-reform bill passed last year, will join forces under the banner of the Coalition for Whole Health.

The merger was agreed at a joint meeting of the two groups on June 9, according to Ron Manderscheid, Ph.D., executive director of the National Association of County Behavioral Health and Developmental Disability Directors.

The united Coalition for Whole Health will "vigorously pursue implementation of national health reform" at the national, state, county, and local levels, said Manderscheid, who will lead the group jointly with Paul Samuels of the Legal Action Center.

"Everyone present agreed that a tremendous amount of work lies ahead, but that organization from both fields are

fully energized to move ahead quickly," said Manderscheid.

Experts Struggle to Determine Overdose Deaths

Overdoses from prescription drugs have sometimes led to civil or criminal charges against prescribing physicians, but even toxicologists have problems distinguishing between overdose deaths and fatalities from other causes, *Time* reported June 16. The result? Courts, not health officials, are often left to determine drug users' cause of death.

Complicating factors include use of alcohol or other drugs in combination of prescription medications and underlying health conditions. Steven Karch, a cardiac pathologist considered the leading expert on overdose deaths, says that current medical technology can't determine which drug actually caused a patient to die.

Drug tolerance among patients varies and grows over time, meaning that an effective painkilling dose for one patient could be deadly for another. Karch said it is therefore impossible to determine a standardized "lethal dose." Juries are often swayed by courtroom testimony that makes diagnosis of overdose deaths seem far more certain than it is. "It's a giant miscarriage of justice," said Karch.

Family Members: Friend or Foe?

By VICKI L. LOYER-CARLSON, Ph.D.

Addiction and recovery issues fill self-help books, research agendas, and popular media. Numerous treatment centers are focused on the needs of the substance-dependent person. Unfortunately there is a paucity of information about family members' experience and recovery from their loved one's addiction. A study at Rutgers' Center of Alcohol Studies revealed that of 873 studies of alcohol education materials, only 38 of those dealt with the effects of the addiction on the family. The majority of those 38 that did deal with the family were pamphlets circulated by the Al-Anon Family groups.

In the late 1970's Judith Woititz emphasizes that there are over 10 million alcoholics in this country, and each alcoholic profoundly affects the lives of at least 6 other people. Other more recent work shows that alcohol abuse and dependence is among the most prevalent mental disorders in the US. Persons in close relationships with those who become addicted to substances also become affected by the disease. It is hypothesized that the closer an individual is to the person who becomes addicted, the more symptomatic that individual becomes.

Family Systems

Addicted patients have a greater chance of recovery and stability within a recovering family system. When spouses of alcoholics change their behaviors, the alcoholic has an 80 percent better chance to achieve sobriety. Given the importance of families in recovery, it is puzzling that attention to them is limited. They tend to be credited as the cause or as the source of maintaining the addiction. Family process information is often limited to family role labels such as Hero or Scapegoat. When professionals misunderstand the complementarity of behaviors in a family system, and the impact of addiction on the lives of those around the addict, they undermine the family relationships.

Initially, it can be more challenging to work with families in recovery than the individual alone. During the disease process family members experience trauma, loss, and fear. Early in the recovery process they have needs which must be recognized and addressed. Misunderstanding family dynamics, and the potential for blame that comes with such misunderstandings, causes further injury in the family system and reduces the potential for assisting the patient and the family in their recovery.

Family Members' Experience

The threat of loss of a relationship creates fear and sadness. Parents, spouses, children, friends, and extended family are sources of social relationship that provide contexts within which to maintain balance. To prevent loss people engage in controlling behaviors, hyper-vigilance, and manipulation. Attempts to maintain attachment with people who are

"When families are seen as *hurting* rather than *broken*, and *worried* rather than *enabling*, they will be embraced in the journey of recovery."

needed, or who have moved from available to unavailable, is normal. Pathologizing that reaction is harmful. The normative reaction to loss is grief, and in the case of addiction it is complicated by the ambiguous nature of the loss. If a person dies, loss is unambiguous: the social role the deceased played is no longer occupied and the deceased cannot fulfill obligations or promises. The spouse who becomes addicted to mind altering substances often ceases to fulfill obligations or promises, but physically is present. The interactions that were developed in these close relationships become unsuccessful yet are vigorously pursued because members of the network have not yet identified, understood, or grieved their losses. To manage the negative reactions professionals may experience from family members (e.g., denial, anger, frustration, fear, sadness), the family's obstacles need to be assessed: they may lack an understanding of addiction, they may be embarrassed about what is happening in their family, they may fear that they caused the addiction, and there may be fear of change. The three tasks for persons with emotional attachment to those who are addicted are: (a) recognize the loss of the role that the addicted person can no longer fulfill, (b) grieve the loss of the original relationship, and (c) reorganize such that the addicted person is no longer central to the member's well being. Normalizing, identifying, and grieving are the key treatment issues. A psychoeducational approach to understanding addiction, its process and physiological basis, delivered with empathy and respect provide an important step in inviting the family onto the recovery team. When the education is successful, family members can: (a) detach with love, (b) recognize the limits of the relationship with the addicted person, (c) set limits for their own well-being, and (d) care without obsessing.

Families become ill one step at a time, and they become well by learning a different step, one step at a time. It is ineffective to undermine family relationships when an individual has a chronic disease like diabetes or asthma, and it is equally unwise to undermine that relationship when the disease is addiction. When families are seen as hurting rather than broken, and worried rather than enabling, they will be embraced in the journey of recovery.



Vicki L. Loyer-Carlson, Ph.D. is an Approved Supervisor of the AAMFT and works in private practice and in the family program at Cottonwood de Tucson. Contact her at 520-388-9180, email vloyerc@comcast.net.

Women's Life Issues Group

A group for women struggling with issues related to their spouse's sexual addiction and the resulting trauma. Learn to identify and gain freedom from co-dependency; and dealing with wounds from past-core issues often leading to co-addictions.

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BY TIAN DAYTON, PH.D.

May was mental health awareness month and Tian Dayton Ph.D. took a look at how one Hollywood insider is using celebrity to spotlight the stigma surrounding mental illness. This is an excerpt from the interview.

You may know Joey Pantoliano as “Cosmo” from the movies The Fugitive and U.S. Marshalls or as tough guy Ralphie Cifaretto from The Sopranos. However tough and impenetrable Joey’s characters public roles were, privately he has been battling with alcohol, drugs and mental illness much of his life. Joey’s personal struggles have led him to create a foundation called **No Kidding Me 2**. It’s a celebrity-fueled advocacy effort to change the way society views mental illness. Some of the people serving on the advisory board are Robert Downey, Jr., Marcia Gay Harden, Patricia Cornwell, Harrison Ford, Matt Dillon, and Robin Williams. As a result of his work with the foundation and his own personal encounters, Joey has heard hundreds of stories from people about their experiences with mental illness. This inspired him to create a documentary, also titled **No Kidding, Me, Too**, an inspiring, provocative and even humorous look at brain disease and the people living with it.

The military asked Joey to tour Iraq thinking that his tough guy reputation would help soldiers to open up and share about their personal struggles, all of these experiences have strengthened Joey’s commitment to help to remove the stigma around depression and other forms of mental illness, the stigma that keeps people from opening up about the kinds of personal issues that might make one desperate enough to drown their pain in drugs and alcohol or to take their own lives. He is only too aware that this struggle is a life and death one, more American soldiers are being lost to suicide than in battle. I met

Joey: I prefer “dis-ease” because “mental illness” implies permanence, but I see brain dis-ease as a transient thing. My dis-ease, clinical depression, literally comes and goes. Having surrendered to it, I’ve learned how to get through the dis-ease when it appears. I can sense it coming. It’s the opposite of “ease.” It’s the opposite of the peace of mind that I desire, that peace of mind which I never had that defined the emptiness living inside me. In the end, I think it’s better to have a brain dis-ease than to be mentally ill. Too often people who suffer from depression and other mental health issues stay silent because they don’t want to “out” themselves. There is a stigma attached to brain dis-ease that frightens people. It stains you, places you on the other side of the boundary that society draws between “us” and “them.” You become one of “them,” the crazy people who are cloaked in invisibility.

But here’s the problem: the boundary is not real; it’s a myth. There is no separation between “us” and “them.” We are them. If you aren’t, then your mother or your best friend or your teacher is. Brain dis-ease touches each of our lives directly and indirectly. Once I learned that I had a brain disorder, I didn’t make any attempts to keep it secret. I would talk about it openly with friends and colleagues. What surprised me was the number of people who, in response, would then tell me about their own diagnosis. That’s what inspired me to create a foundation called “**No Kidding, Me, Too**” (www.nkm2.org). It’s goal is to educate Americans about brain dis-ease and tear the stigma out of the closet, de-isolate it so that people will be surprised to find millions of others like themselves.

Tian: Why is this so deeply personal a passion for you?

One time Tough Guy Soprano Turned Mental Health Activist

Joey about a year and a half ago. He’s a charming, talented man who it’s impossible not to like immediately, hopefully, you will get a sense of the man and his mission here.

Tian: What inspired you to create **No Kidding Me 2** and to make a documentary about mental illness?

“Too often people who suffer from depression and other mental health issues stay silent because they don’t want to “out” themselves. There is a stigma attached to brain dis-ease that frightens people. It stains you, places you on the other side of the boundary that society draws between “us” and “them.”

Joey: There’s always been this kind of thing inside of me, a numbness, a sadness. I tried to fill it up with fame. Anything that was fast. Too much was never enough for me. I wanted it quick and I wanted it fast. I worry more than I should, I obsess on situations that I shouldn’t. And no matter how I can cognitively understand how I shouldn’t be – that it’s all in my head – I still feel it in my heart.

That was how my subconscious worked. When I was diagnosed with clinical depression, I realized it wasn’t of my own doing, it wasn’t my own selfishness. I wanted some peace of mind, I wanted my mind to rest. Now with modern medicine, with my exercises and yoga, I’m able to find glimpses of peace of mind. My brain doesn’t have the capacity it did when I was younger to

ONE TOUGH GUY continued page 12

WHEN YOU NEED HELP


PHOENIX / VALLEY AREA

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


Parents Anonymous	602-248-0428
The Promises	866-871-3149
Rape Hotline (CASA)	602-241-9010
Remuda Ranch	800-445-1900
Runaway Hotline	800-231-6946
Sexaholics Anonymous	602-439-3000
Sex/Love Addicts Anonymous	602-337-7117
Sex Addicts Anonymous	602-337-7117
SANON	480-545-0520
Sober Living of AZ	602-478-3210
Suicide Hotline	800-254-HELP
St. Lukes Behavioral	602-251-8535
Step Two Recovery Center	480-988-3376
Stonewall Institute	602-535-6468
Teen Dating Violence	800-992-2600
TERROS	602-685-6000
WINR	480-464-5764

TUCSON

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




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Vitamin I.V. Bag	
Small (250cc)	\$35
Large (500cc)	\$45
Therapeutic/Detox Massage	\$60



TEENS AND TREATMENT *from page 1*

they will not be alone because they are sober is paramount.

Recovery Through Fun

If the fun and social hurdles are being addressed, preconceptions and fears about treatment and recovery begin to dissipate and teens become more likely to accept the challenges of recovery and become open to change. Most recovery concepts are taught in treatment but sink in slowly over time while having a lot of fun. They may begin to relate while listening in 12-step meetings or enter into discussions with sober friends about recovery — talking about the 12 steps or spirituality while hanging out at a local coffee shop, for example.

They start to seek change and personal growth on their own without even realizing it. Sobriety becomes a way of life. They have found a fellowship, a sense of belonging, and a new and positive lifestyle that is fulfilling in a real and lasting way — the opposite of the false fulfillment offered by their former using lifestyle. They will soon notice they are beginning to feel better and that their lives are getting better. And concepts that once seemed absurd, such as honesty, integrity, communication, humility, giving to others and spirituality, are now tools for daily life.

One of the natural progressions and well-known keystones to long-term recovery comes along with the newfound joys and freedom of recovery, and that is the desire to give back to other teens with drug and alcohol problems. Helping others in need provides a critical perspective of one's own situation and helps teens acknowledge their own progress — and what better way to really learn a lesson for yourself than to teach it to another? Helping others in recovery helps create purpose, and for many, this purpose extends into all areas of their lives. Many people who sober up at a young age go on to not only lead successful lives, but are driven to contribute to society.

I recently attended an event with many people in recovery — adults who had sobered

up as teenagers. It was wonderful to see these people as adults, sober, bright-eyed, married, many of them college graduates, close with their families, and some having their own children. As teens, so many of these people were in a place where their lives had become a disaster using drugs and alcohol. Today, these people are joyful and successful. People who at one time had very little hope of a successful adult life were truly happy, exchanging sober war stories, laughing and having a great time with long-term friends they had sobered up with. They had been there for one another throughout their lives.

How wonderful it is that having dealt with their alcohol and drug use early on they were able to focus their young lives on happiness, relationships, fun, pursuit of passions and helping others. It was obvious that their positive energy is infectious. Recovery is a powerful thing to witness. These miracles are happening every day for young people, and so much of it starts with something so simple and often given too little priority in treatment and recovery: **FUN!**

Serving valley teens and their families

Pathway offers several levels of care for treatment and support groups to young people and their parents who are involved in treatment and after care. Pathway Drug Abuse Program is licensed by the Arizona Department of Health Services through the Office of Behavioral Health Licensing.

Pathway has two locations, 1035 N McQueen, Suite 123, Gilbert, AZ 85233, 480-921-4050. Serving Glendale at 17235 N. 75th Ave., Building G, Suite 100, Glendale, Arizona 85308, 623-334-4906.



LIFE 101

By COACH CARY BAYER WWW.CARYBAYER.COM

Life lessons from my cat

With everything cats teach people about life, love, and grace, who are the real masters?

Each year, I make an annual teaching journey from South Florida to Woodstock, New York, and often gain insights that become a column. This time, I'm writing about a different journey—one of courage and trust that can make an enormous difference in the way you live your life.

The journeyer was my cat, Ananda (Sanskrit for bliss), who recently passed away after months of suffering from multiple cancers. I don't know how much cats know about the medical conditions they're treated for by the veterinarians hired by their "masters." (I put quotations around that word because, with everything cats teach people about life, love, and grace, I wonder who the real masters are.) I don't know if Ananda knew she was dying, but she certainly withdrew from life. She lost interest in food during her last four days on earth, stopped licking us daily the way she was famous for, and stopped sleeping with us, as well. In the face of all her pain and nausea, she displayed an unmistakable courage, never once losing the grace and dignity that were her trademarks.

And then there was the trust

She trusted us when we had to force medications down her throat because we couldn't put it in food since she had stopped eating cat food and even Bumble Bee Solid White Albacore tuna in water, which, in healthier days, was, for her, the cat's meow. She also trusted us when we brought in a strange man with hypodermic needles and vials of fluids. He was a traveling Dr. Kevorkian who mercifully could put animals out of their intense suffering—but she didn't know him from Adam.

Yet she trusted her body with him because we did, and she trusted us literally with her life. And so she lay there in the arms of my wife—the arms she leapt into 16 years before while escaping the ASPCA cage she'd lived in, to enter our lives. (She was my birthday present with a mission: bring joy back to my heart

after a month of grieving my father's death.) I brushed her body with the brush she loved, and the doctor administered the injection that sent her into the freedom of the Beyond, or what animal lovers call Rainbows Bridge.

What would your life be like if you suddenly starting living with courage and trust? What if you had the courage to go for what you truly wanted in your career, your relationships, and your spiritual life? What if you had the courage to speak your truth today and everyday?

What would your life be like if you trusted in the same Universe that beats your heart in your chest and breathes for you every minute of your life, whether you're waking, sleeping, or dreaming? You don't give a moment's thought to your next breath because, at some level, you've surrendered to your Higher Power to take care of that for you. Imagine if you also trusted to live the life your higher Self and your heart are encouraging you to live.

As a cat, my late Ananda is said to have nine lives, but do you really know that you'll have another one? So why wait until the end to live the life you were born to live? If you let my cat's death inspire your life, please let me know, so I can whisper that to her in the other world.

She is hugely missed every day, but her legacy of courage and trust, of bliss and grace, and most of all, of unconditional love, live on in me. And that is already making a difference in my life and in the lives of many others whom I touch, so she is still making her beautiful presence felt on earth while she's enjoying the delights of Rainbows Bridge.

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). His Breakthrough Coaching creates dramatic breakthroughs in your career, finances, and relationships. Visit www.carybayer.com or email succesaerobics@aol.com

iPROMISES *from page 1*

graph grows, you can be alerted to a growing problem—or a growing success!

The app is offered for free in the iTunes store.

"I highly recommend that anyone in recovery try the iPromises Recovery Companion. It helps you formalize your recovery and recognize that it is a daily process," says Dr. Shari Corbitt, Senior Executive Director of Promises Treatment Centers.

If you would like to learn more about the iPromises Recovery Companion, please visit <http://ipromises.org>. If you have an iTunes account and would like to download the app to iTunes on your computer, go to <http://itunes.apple.com/us/app/promises-recovery-companion/id375791277?mt=8>. You can also download the app directly to your iPhone by accessing the App Store and

searching for "iPromises." We look forward to your reactions, feedback, and suggestions as we plan to continually improve the app over the coming year.

"iPromises Recovery Companion offers a powerful tool to help build one of the most important elements of addiction recovery: a community of like-minded peers who understand the joys and challenges of recovery."

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Events from page 7
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 BBQ, Fellowship, small groups. 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 **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 NEEDSAA 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

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**

NAMI Connection Recovery Support Group Open to adults with mental illness. **Free**. Tempe Choices, 1225 E. Broadway, Ste. 110, Tempe. Wed. 3:30-5:00 p.m. C.J. **480-420-2506**, email: morr485@cox.net

Mental Health America of Arizona—Maricopa County-Peer Support Groups. No charge or registration requirement. **480-994-4407**.

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

CLUTTERERS Anonymous—Thurs. 6:30 p.m. North Hills Church, 15025 N. 19th Ave, Room 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

FOODADDICTS Anonymous—12 step group. 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, Room 2500 F. **520-570-7990**, www.arizonada.org.

Sierra Tucson Alumni Support Group— Scottsdale 2nd & 4th Tuesday of month, 6-7 p.m. **Tucson** 2nd Sunday of month 6:30 p.m. For information visit www.SierraTucson.com (Alumni Resources, Alumni Support Groups) Tim McLeod at **1-866-638-1650**.

Email aztogether@yahoo.com to get your support group or event listed.



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- Healthy Connections for Moms-to-Be-Case Management and service referrals for pregnant women with addictions

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· F I N A N C E S ·

5 MINUTE BUDGET –
Simple steps for organizing
your financial life

BY KIM MCGRIGG, MONEY MANAGEMENT INTERNATIONAL

A good budget lies at the foundation of every successful financial plan. A budget will help you prioritize your spending and stay within your means. Although a solid budget

and spending is vital to a successful financial future, many consumers admit to not having one. According to a national survey conducted by the National Foundation for Credit Counseling, over 50 percent of Americans do not use a budget to monitor their expenses.

Developing a sound financial budget is something every household should do. To help you get started, the experts at Money Management International (MMI) offer the following advice:

Commit to change. The first thing is to examine your attitude about money and your relationship with spending. Make a firm commitment to change your money management behavior. Visit www.financialliteracymonth.com and take the pledge to take steps to better your financial well-being.

- **Keep it simple.** A budget should include both monthly and daily expenditures. Make a list of all fixed monthly expenses such as rent/mortgage, auto loan payments, etc. Then make a daily list of everything else you spend your money on. Include everything from your daily cup of coffee to gas for your car. This will help you monitor and control your spending.

- **Creating and maintaining a budget is that simple** – it's a matter of creating a plan for your spending and staying

committed to that plan. There are many other things you can do to stay organized and simplify your financial life, but two very important steps include:



Track your spending.

Carry a pocket size notebook and track every penny you spend for a month or two--from the packs of gum to vending machine snacks to lottery tickets. At the end of the month, examine your spending and determine which areas can be cut back to create surplus. You'll be surprised to see how much money is being spent on items that could be easily sacrificed.

- **Make it automatic.** Having money automatically deducted from your checking account into a savings account helps to ensure that you meet your savings goals. Even better, if your employer has the capability to automatically deposit your paycheck, have some of the funds directed into a savings account.

Additionally, MMI offers many online tools and resources to help consumers budget. Check out our free webinar, Budgeting: Making your money count, and learn how to assess your financial situation, set financial goals, create a budget, and commit to a savings plan. Visit www.MoneyManagement.org – resources – webinars to register.

Kim McGrigg is the corporate blogger, Community Manager, and spokesperson for Money Management International. 800-432-7310 or visit us online at www.MoneyManagement.org. Counseling is available 24/7 by telephone.

July 2010 · www.togetheraz.com

Recovery Resources

FINANCES / TAXES	
First Arizona Credit	602-248-0203
Suzie Adams – Taxes	602-277-0521
Bernie Scarborough CPA	
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	602-604-0760
at CrossPoint Christian Church	
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Community Bridges	480-831-7566
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The Crossroads	602-279-2585
Decision Point Center	928-778-4600
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Dr. Janice Blair	602-460-5464
Dr. Marlo Archer	480-705-5007
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produce the chemicals—the endorphins, the norepinephrin so I am getting some help with it. It’s sanity management that I’m occupied with now!

Tian: How did you get all of these young people to talk so openly about diagnosis in your documentary?

Joey: The core of what we believe at No Kidding, Me Too is that we don’t have the luxury of anonymity. When I first started telling people that I live with a mental disease, I was always greeted with, “no kidding, me too!” Or “my brother, my mother too.” So that’s what I decided to call the organization.

Tian: So you’re openness helps others to feel more open?

Joey: Yes, it breeds a sense of comfort. There’s a shared struggle. Everyone you see in the documentary made it to the cut because they’re all such heroes. They trusted me with their stories. They felt safe in sharing their secrets. And that’s what this movie is really about, six upwardly mobile individuals; a vascular surgeon who is bipolar; amazing kids just going out into the world. Our stories were alike. We didn’t know we had a mental disease. We just knew there was something wrong. And through the journey of trying to figure out how to fix that emptiness that lived inside of us, and still does occasionally, we took on behaviors like cutting, or bulimia, anorexia, gambling, alcohol, drugs; things that felt better, and made us feel whole. And then they stopped working.

Tian: What do you want young people to gain from this film?

Joey: We believe that a young kid can see this movie and say, “wait a minute. Drugs are not the answer. I don’t want to screw my brain up now. I don’t want to increase my chances of being depressed later in life. (a possible side effect of adolescent drug abuse) Why do myself that kind of damage?” When teens turn to drugs, they’re literally taking the happiness they’re going to need in their 30s and 40s and using it up in their teens. I’m talking about dopamine and seratonin, etc. This movie is telling them there’s no shame in how they feel, they’re in good company.

Tian: In this documentary, you talk to soldiers in Iraq and Afghanistan. What kind of stories are you hearing from soldiers related to mental health?

Joey: This is the first war where our military is losing more GIs to suicide than they are to battle. We were hearing that the post-traumatic stress and the feeling of powerlessness may not be entirely about being in battle. The kids that are completing their suicides tend to be Anglo-American, between 19 and 21 years old, first tour of duty within their first 6 months. The soldiers and officers that I talked to, a lot of their issues stem more from what’s going on at home than what’s going on there with the IED’s. It’s about situations and relationships at home. Last September, during Suicide Prevention Week, we went to

Iraq through the USO to show the documentary and share our experiences with mental dis-ease, our strengths and weaknesses, our hopes, and to communicate the counter-intuitive message that they have to surrender to their dis-ease in order to win. There I was telling these warriors who are there to win a war that they must surrender to win, that the more I talked about my own dis-ease and the more I surrendered to it, the less stressful it became. The military actually allowed us to say “surrender to win” in the program. It was a tall order to ask in the military, nothing less than a complete mindset change. It turns out General Patton was wrong to slap that soldier (in the movie, that is), because that soldier was suffering from PTSD, and Patton thought that by smacking the kid it would help him to grow. But the guy was as ill as someone with bandages, and the only difference between him and another wounded soldier was that he didn’t have the bandage to prove the wound. The reception in Iraq was better than I could have imagined - shockingly wonderful. After seeing the movie, the GI’s became intimate with us. They were sharing things with us that they wouldn’t share with anyone else. We were one of them. They were one of us. This isn’t a military disease after all. What’s happening in the military is a microcosm of what’s happening all across this country. If you go to nkm2.org, there’s a 3-minute piece called “Between Iraq and a Hard Place” that we put together from footage during our Stomp the Stigma tour in Iraq.

Tian: Have you felt stigmatized in Hollywood now that you’ve come out so loudly and strongly about your experience?

Joey: No way. That’s where we all wind up anyway, in Hollywood! It’s a virtual cornucopia of mental dis-ease! We just call it “addiction.” But “addictions” are the symptoms. Underlying addiction is mental dis-ease.

Movies tend to demonize or romanticize. They don’t tell the truth. The truth is, there’s an upwards of 80% recovery rate with all forms of dis-ease once you have been diagnosed and have surrendered to it and have begun to treat it.

Tian: So how do you see recovery or Emotional Sobriety?

Joey: Being a part of these 12-step programs, I realize that by not drinking and being alcohol-free today doesn’t mean I’m sober. You know, I hear people say “I’ve been sober 20 years,” but there’s still anger and resentment pouring through them. My goal is to have emotional sobriety, where I’m emotionally free and walking through life in a loose-fitting garment, you know? I met you because somebody told me about your book *Forgiving and Moving On*. You told me you wrote this when you were going through a serious time in your ACOA recovery. At that time, I was thinking about committing suicide. I believe that in order to be reborn, like even the Christ figure, that I need to take a murder weapon and turn it into a symbol of peace.

Tian: So that is what fuels your passion for making mental illness “cool” or more acceptable and understood?

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Joey: I connected to your book *Emotional Sobriety* immediately, and to you and your husband, because you got what I was trying to get to. You helped me know what I was trying to get to.

Tian: What would you like the world to know?

Joey: That you’re not alone, we’re not alone. We spend so much time trying to keep the world from knowing our secrets, saying things to ourselves like, “If they only knew what a failure I am.... I got em all fooled but they’re going to find out. They’re going to find out about me!” But really my heart, all it wants to do, at the core, is say, “hey, you exist, me too. let’s hug.” That’s why I’m so attracted to the 12-step program. Because I hear these stories and I say, “Oh my God, that’s me.”



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