



# Together AZ



**Finding Recovery**  
For gamblers and their families  
by Bobbe McGinley



**The End of Sacrifice**  
by Alan Cohen

Are you an Advocate for Recovery?

## Soaring Above Co-Addiction

An estimated 22.2 million Americans struggle with addiction. For the countless people who love an addict, their own lives get turned upside down too. Because of the stigma attached to addiction, secrecy, lies, and shame become a normal way of life for these families.

For Lisa Espich it took nearly two decades of living through the turbulence of an addictive relationship before finding the strength to make a change. Lisa is an example of a woman who seemed to have it all from the outside (successful career, beautiful son, close family), but behind closed doors struggled to keep the truth hidden.

After years of trying and failing to save her husband from an addiction to crack cocaine and prescription pain pills, her own mental and physical health were affected. As she shares in her book, *Soaring Above Co-Addiction*, the turning point came when she found herself chasing a drug dealer through her neighborhood streets. Here is an excerpt from the book:

I came home from work to find my husband, Dean, standing outside of his dealer's car. I knew it belonged to his dealer because I had seen the car before. I had followed my husband a couple of weeks prior when I had suspected he was going to get drugs. The old white Cadillac parked outside my house was the same car I had seen that night. Coming home to discover my husband purchasing drugs right outside our home was more than I could stand.

As soon as I started to pull up into the driveway, the Cadillac sped off. I was too furious to let him get away that easily. I spun my car back around and took off after him. I knew it was crazy, but my anger had the best of me. I was tired of struggling to pay the bills while this guy took our money.

As he weaved in and out of the neighborhood streets, I stayed right behind him.

Soaring Above continued page 8

INSIDE THIS EDITION	
PUBLISHER'S NOTE .....	2
RESISTING REALITY— with Dr. Dina Evan.....	2
NEWS .....	3
VOLUNTEERING PAYS OFF-with Dr. Marlo Archer .....	6
MARCH EVENTS .....	7
THE 5-STEP INTEGRATIVE APPROACH TO ADDICTION TREATMENT .....	9
DO YOU PASS THE DEBT TEST?.....	10

## The Tsunami: Teens, Technology, and Pornography

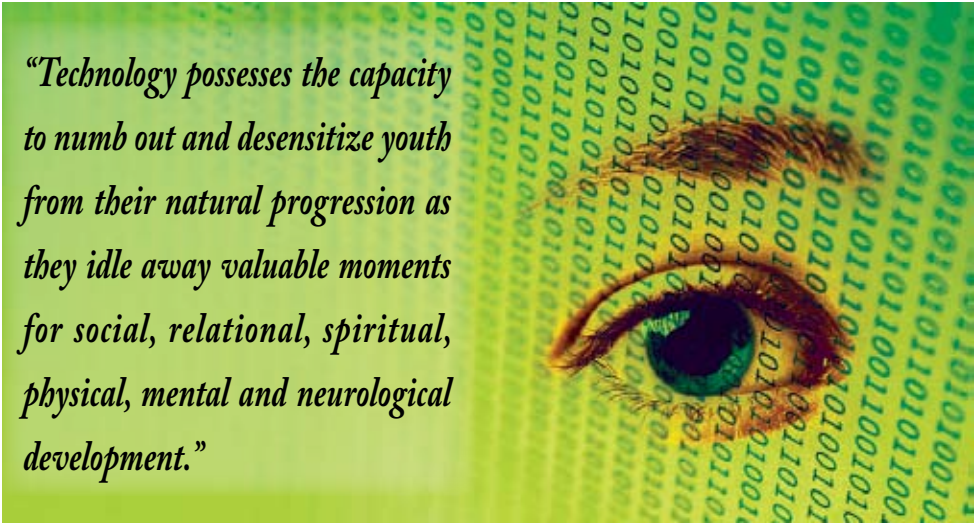
By MARK BELL, LAMFT, CSAT

“There is a Tsunami coming. We are a hundred years from understanding what we are dealing with regarding the influence and impact of cybersex on mankind”. This has been the proclamation Dr. Patrick Carnes, noted international expert on sexual addiction, has made in recent years. This assertion highlights a major contemporary concern regarding a Tsunami of young people adversely affected by the fusion of sexuality and limitless technology. The pornography industry, with all of the technological methods for viewing it, recently has generated over \$13 billion a year in revenue in the United States alone. However, that dollar amount is decreasing due to the overall increase in the privately produced pornography that is available for free. Most modern technological advances possess practical uses as well as hazards for unhealthy experimentation with sexual behaviors. As such there seems to be a growing awareness of the impact that unsupervised and unlimited access to the Internet and other modern technological advances is having on the overall health and sexuality of teens.

IPods, iPhones, Internet . . .

Clinicians are already witnessing the initial waves of this Tsunami as numerous individuals; young and old, are caught in its path and seeking professional help. Technology such as IPods, Blackberries, iPhones, gaming systems, laptops, texting, instant picture and video messaging over cell phones, Internet, emails, IM (Instant Messaging), webcams, Skype, internet chatting sites, social networking sites like Facebook, Twitter, Blogs, dating sites, hook-up sites, video games, massive multiplayer online role-playing games (or MMORPGs), file sharing networks, and Ipads to name a few. All these have practical uses while also presenting their own inherent risks for inappropriate experimentation with seductive, voyeuristic, and exhibitionistic sexual behaviors, as well as avenues for arranging sexual hook-ups that were not possible prior to the development of such technology. While recognizing all of the wonderful aspects of technology it is imperative that we acknowledge that technology also possesses the capacity to desensitize youth from their natural development. The numbing out effect as they idle away precious moments for social, relational, spiritual, physical, mental and neurological development and progression.

Today print pornography is a distant option for teens as the Internet is a more powerful, available, and alluring alternative.



*“Technology possesses the capacity to numb out and desensitize youth from their natural progression as they idle away valuable moments for social, relational, spiritual, physical, mental and neurological development.”*

It is undoubtedly influencing the way teens think, feel, and behave in the real world and online. Many teens appear to compulsively use the Internet and technology for various purposes including sexual ones. Participation in and exposure to sex and sexual imagery can hinder teens' emotional and neurological development and lead to immediately gratifying activities that are disconnected from more planning and forethought. Current research shows that the premature nature of teen neurological development is critical to protect because the inhibitory processes in their brains are not fully functional yet. Participation in and exposure to sexual activity at a premature age possesses the ability to interfere with the child's emotional development and adjustment. Since adolescents possess a fragile state of brain development, there naturally exists a lack of ability to “play the tape forward” so to speak. Problems, then, are to be anticipated with a child's undeveloped prefrontal cortex whose job it is to manage the brain's executive functions of emotion regulation, impulse control, and considering consequences of one's choices. Therefore, teens lack the ability to generalize information and experiences from one situation to the next.

It is well documented that youth who use pornography engage more often in sex, have more sexual partners, and experience an increase in STDs. Making matters worse for teens is their sporadic capacity to make appropriate decisions about online behavior and choices. Technology also possesses the capacity to numb out and desensitize youth from their natural progression as they idle away valuable moments for social, relational, spiritual, physical, mental and neurological development.

### Trends in teen use of pornography and technology

Teen pornography and technology use is affecting their values, socializing, sexuality and courtship patterns. The common belief is that pornography is a male problem with research indicating that a majority of young males accept and use pornography of some type versus a minority of young females. Nonetheless, the contemporary reality is that young females are moving in a similar direction as young males, even if the reported ratios of pornography

use are disproportionate. For youth though, research is showing that the more they accept and use pornography, the more likely they are to be accepting of premarital and casual sexual behavior and non-marital cohabitation and more lifetime sexual partners. Even so, there still exists a larger portion of females looking for a smaller portion of males. This sets the stage, potentially, for a new massive trend in modern and future coupling, marriage and divorce patterns. The trajectory of which is not fully clear. Sex therapist Wendy Maltz says teen sexuality has been “hijacked by pornography.” Pamela Paul, another professional in the field describes how our youth are currently living in a “pornified culture.”

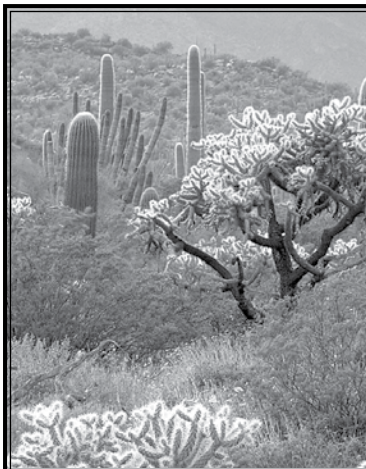
With this increased exposure to pornography many teens are being groomed to believe that being explicitly sexually active is normal. In fact it is now common for oral sex to be seen as the new goodnight kiss and for girls to send sexts (sexual photos/messages of self via cell phone) to their boyfriends as ‘gifts’. The National Organization for Unplanned Pregnancies reported in the past couple years that 1 in 5 teen girls sends sexts. That number has surely risen. Where is the mystery or romance in that kind of sexual behavior? This form of pimping themselves out, as it were, is so blatant.

Tsunami continued page 5



Mark Bell, LAMFT, CSAT is a clinical member of the PCS Intensive Outpatient Program at Psychological Counseling Services in Scottsdale. His areas of focus are primarily men's sexual issues and healing around infidelity. Mark also worked with Dr. Patrick Carnes at a sexual addiction inpatient treatment center prior to joining PCS. Mark received his Masters Degree in Marriage & Family Therapy from the University of Southern Mississippi, his undergraduate degree from Brigham Young University and an AA in Theater Arts from the College of the Sequoias. He is Marriage & Family Therapist and a Certified Sexual Addiction Therapist. Mark is a member of the American Association for Marriage and Family Therapy and The Society for the Advancement of Sexual Health. For more information visit [www.pcsearle.com](http://www.pcsearle.com) or call 480-947-5739.





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



## The Storm Within

By BARBARA NICHOLSON-BROWN

I've started reading a wonderful book, *The Yellow House, Nine Turbulent Weeks in Arles*, by Martin Gaylord. It's an account of the life of the artist, Vincent Van Gogh in a house he shared in the south of France with the painter Paul Gauguin. While I'm fascinated with the entire story of the tortured, mad, and creative life Van Gogh led, what popped off the page the other night was Van Gogh's reasoning for why he drank. He said, *"If the storm within gets too loud, I take a glass too much to stun myself."*

I thought about that. How many of us have taken a glass too many—to escape, numb out and stun ourselves?

### The Tsumani

Every parent will want to read our feature by Mark Bell, as he takes an in-depth look at the trend of teens, pornography and the new technology. As we all know, porn has gone interactive, it's just a click away and kids are at risk. From 'sexting' to video chats to web-sites, today, it is easier than ever for kids of all ages to have access. As an example of what

can happen, I recently read about an Ohio teen—one snap of a camera phone changed her life forever: the image meant only for her boyfriend had deadly ramifications. The racy photo was leaked around her school and after being harassed for months, she took her own life. Today her parents are stepping out, trying to launch a national campaign to educate parents and teens about the dangers of "sexting."

This is a topic worthy of discussion for parents and their children—without shame or embarrassment.

### National Gambling Awareness Week March 6-12

The goal of this campaign is to educate the general public and health care professionals about the warning signs of problem gambling and raise awareness about the help that is available. On March 7, The Arizona Office of Problem Gambling presents *"Problem Gambling: Making a Difference in an Unpredictable Climate."* This symposium features dynamic presentations on current topics related to the prevention, education, and treatment of problem gambling. For details visit [www.problemgambling.az.gov](http://www.problemgambling.az.gov).

### The M

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



## relationships

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

## Resisting Reality

I used to think, "These are easy things to fix," would be a welcomed acknowledgment to couples coming in for therapy. However, very often, even as the words wafted from my mouth, instead of a joyful yippee, the response is often a deer in headlights expression of, oh crap. This response made me start to wonder whether it is the truth that we resist, or our attachment to the lies that we believe.

### Is it easier?

It's much easier to believe we are forever broken and in need of constant support and pity—than it is to risk being whole. It is easier to believe that our relationships cannot be fixed, than to accept that we can create a profound connection that might go away. It is easier to believe we are helpless in a world gone mad than it is to get mad, say our truth and risk being abandoned.

Since we are creating our own reality as we go, of course our beliefs are mirrored back to us with an affirming, "You win, your illusion is absolutely correct and here's the proof. Things are exactly as you believe them to be." Consequently, if you believe all people will abandon you, when you bring into your life people who are incapable of committing and they ultimately abandon you, sure enough, you stand back and say...hey, see I was right.

### Life is tricky

It wasn't designed to be that way. We just couldn't conceive of having so much power that we could actually create what we want, so we dumbed down instead, and pretended to be helpless and unconscious. Arthur Stopenhauer says, "All truth goes through three stages, first it is ridiculed, second it is violently opposed, and third it is accepted as self-evident." Most of us are still in the somewhat violently opposed era, but really, isn't it time to move on to what is self-evident? The buck stops with us.

Fundamentally, people just don't want to believe the obvious truth even when it would make them happy. Why?

Perhaps, it is because we don't want to be responsible or maybe we are afraid of the enormous implications some truths contain, such as the truth that we create our own reality. That truth could imply that not only do we have some responsibility for where we are right now, but also, we are also responsible for where we are going. Therein lies the rub and the place where we shut down. We do that because taking personal responsibility is another one of those things we pretend not to know we must do. We hate admitting our relationship sucks because what if no one else comes who would love us. We hate leaving that job that is

going nowhere because we aren't sure we are worthy of a better one. We hate standing up in our ethics because we are afraid of being different and ostracized. On top of all that, we are overwhelmed just trying to decide where to make a dent in this broken system.

All change occurs from the inside out, beginning with a willingness to see the illusions and own them. That means kicking the judgments and limitations to the curb and becoming a person who is willing to explore the unthinkable—ideas such a, people do stay, honesty is respected and being different is the badge of an inquiring mind and a courageous soul.

It means starting to live those outrageous ideas, first in your own small circle and then, as you feel increasingly more comfortable, moving them out into your bigger world. It means having a support group of others who dance on the edge and mirror back your insane sanity. It means being willing to make it contagious. Despite how hard we might try to be in denial, a truth once heard will always be a truth. So, speak your truth aloud and let it reverberate in others who will take courage from your acts of enlightened pioneering, and who will begin to speak their truths as well.

Unconsciousness gives the illusion of a certain degree of security and comfort. This is why we cling to not knowing as if it were the last potential lover in existence. However, illusions are not real, seldom satisfying and there is no security in remaining unconscious. We say we intend to live consciously, but doing it is a broad jump because the grooves in the status quo are deep and enduring. It's hard to get out of the rut even when it is costing us our quality of life and character. As Dresden James says, "When a well-packaged web of lies has been sold gradually to the masses over generations, the truth will seem utterly preposterous and its speaker a raving lunatic." When you are standing in your ethics, being a raving lunatic looks an awful lot like greatness.

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

*Visit us online  
togetheraz.com*

## 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

*Mark Bell  
Cary Bayer  
Alan Cohen  
Dina Evan, Ph.D.  
Dr. Marlo Archer*

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

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

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

### Attorneys At Law

PERSONAL SERVICE • REASONABLE FEES • EFFECTIVE REPRESENTATION



Protecting Your Rights and Advocating for You in:

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

**FREE INITIAL CONSULTATION**

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

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

# 480-905-3117

1747 E. Morton, Suite 205  
Phoenix, AZ 85020



# ·N·E·W·S·

## Promises Treatment Centers Launches Detoxification from Suboxone Maintenance Program in Malibu

Many people try to get off long-term Suboxone maintenance on their own, and end up relapsing because they do not have proper clinical support. What they need is a clinically sound detox program to help them taper off maintenance drugs such as Suboxone. Promises is the first treatment center to specifically fill this gap in addiction treatment.

Promises Treatment Centers has announced the launch of their Detoxification from Suboxone Maintenance Program in Malibu. The program began accepting clients in January of this year. Clients may admit for as short a period as 10 days or as long as 21 days. If they choose to remain longer they can transition into the 31-day Malibu treatment program.

The detoxification program will focus heavily on integrative services, provided in both individual and group formats. These will include Chinese medicine and acupuncture, mindfulness meditation, hypnotherapy, restorative yoga, nutritional wellness groups, massage therapy, hydrotherapy, EEG biofeedback, and other support as needed.

Promises Treatment Centers has long taken the lead in developing effective treatment for drug addiction, being the originator of the Malibu Model which focuses on assessing each individual's underlying issues then treating those issues that could put them at risk for relapse.

Dr. David Sack, addiction psychiatrist and CEO of Promises, explains, "We will focus on stability of the nervous system. We must address any underlying anxiety or mood disorders that Suboxone might be masking. The truth is, we believe many people have not successfully withdrawn from drugs such as buprenorphine, Suboxone, and Subutex because they did not have sufficient clinical support to manage symptoms upon withdrawal. We intend to fill that gap in addiction treatment."

Promises decided to launch this program because studies have shown that 60-70 percent of people put on maintenance drugs quit on their own within a year. They quit because the drug still gives them a feeling of intoxication and it can blunt emotions. The problem, according to studies, is that many of these people who try to manage their own withdrawal relapse to the original opiate.

For more information about the Detoxification from Suboxone Maintenance Program at Promises Malibu, visit [www.promises.com/suboxone-maintenance-detox.php](http://www.promises.com/suboxone-maintenance-detox.php).

## Vast Majority of Americans Unaware of Improvements in Mental Health Coverage

The Mental Health Parity and Addiction Equity Act, which went into effect in Jan. 2011, mandates that insurance companies provide the same coverage for mental

health services as they do for physical health services.

Yet, according to a Dec. 2010 American Psychological Association (APA) survey, only 10 percent of Americans have even heard of the law, 29 percent don't know whether their existing mental-health benefits are adequate, and 45 percent don't know whether their insurance companies reimburse them for such services.

The APA survey, which included responses from nearly 3,000 US adults, was conducted online in December 2010 by Harris Interactive. The APA made the results public in a Jan. 24 press release.

It's not unusual for changes in legislative policy to fall under the radar for many Americans. But these results are unsettling in a country where, according to the National Institute of Mental Health, a full quarter of the population has a diagnosable mental health problem, and only 33 percent of them receive treatment. Worse, two-thirds of those who do seek help do not receive adequate care.

"The implementation of mental health parity is a great milestone in recognizing that mental health care is just as crucial to a healthy life as prevention and treatment of physical ailments," said Katherine Nardal, Ph.D., the APA's executive director for professional practice. "But laws alone have clearly not been enough to put parity into full use. Our survey shows that too few Americans are aware of these new rights."

Under the law, insurance carriers must extend behavioral health benefits to the 82 million Americans whose states don't mandate such coverage, and they can no longer charge higher copays and deductibles for mental health services than they do for physical health services. In addition, they can no longer impose a cap on outpatient mental-health visits, since no such limits apply for visits related to physical health.

In the end, the news from the survey wasn't all bad. Since 56 percent of respondents gave cost as a primary reason they did not seek help for mental health problems, the vast majority supported the changes under the new law.

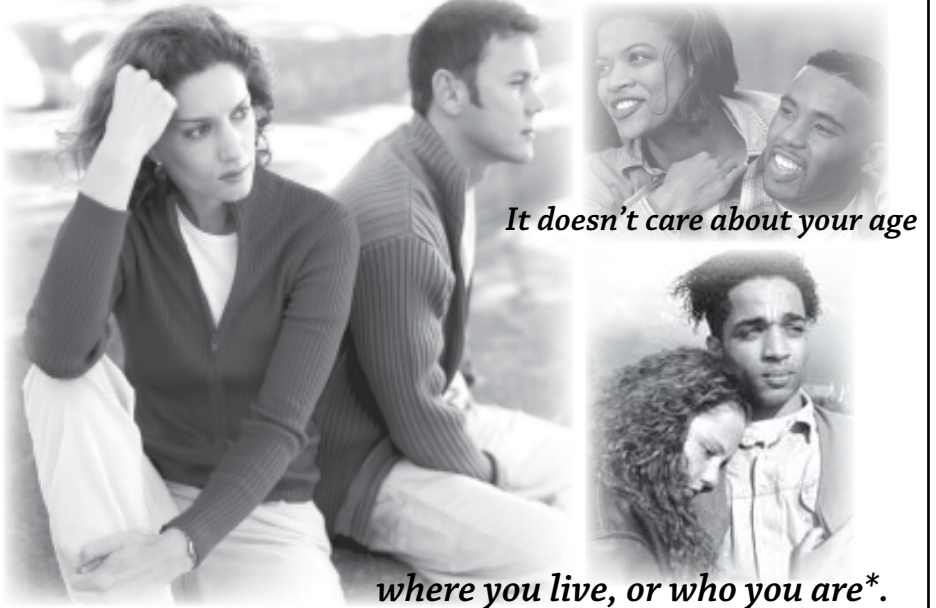
"We need to communicate more effectively with employers and potential consumers of mental health services so that parity can be fully implemented and people can more easily obtain the services they need," concluded Nardal. The full report, "*Your Mental Health A Survey of Americans' Understanding of the Mental Health Parity Law*," (PDF) is available online. [www.apa.org/news/press/releases/parity-law.pdf](http://www.apa.org/news/press/releases/parity-law.pdf).

## Bullying Linked to Depression and Substance Use in Girls

Although being a victim of bullying increases teen depression regardless of gender, a new study found it puts girls at additional risk for substance use, *Science Daily* reported on Jan. 19.

*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](http://www.actcounseling.com)

### ACT Locations:

**Phoenix-602.569.4328**

5010 E. Shea Blvd., Suite D 202

**Glendale-623.931.2350**

4480 W. Peoria Ave. Ste. 203

**Mesa Clinic-480.827.2406**

460 N. Mesa Drive, Suite 110

**Mesa Appts: 602-569-4328**

Email: [bobbe4act@aol.com](mailto:bobbe4act@aol.com)

*Bobbe McGinley, Clinical Director*

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



**Sunday, March 27 1:00 p.m.**  
**TEMPE TOWN LAKE 602-396-8166**

## National Problem Gambling Awareness Week March 6-12, 2011

Plan to attend the  
Arizona Office of Problem Gambling's



**2011 Symposium**  
**"Problem Gambling:**  
**Making a Difference in**  
**an Unpredictable Climate"**

**March 7, 2011 Phoenix, AZ**

*Did you know...*  
*3 out of 4*

*Arizona problem gambling*  
*clients have health and/or*  
*substance abuse issues*

Registration information at:  
[www.problemgambling.az.gov](http://www.problemgambling.az.gov)



ARIZONA OFFICE OF  
PROBLEM  
GAMBLING



Time to  
**reinvent**  
yourself?

Jumpstart your career in the growing field of **Addiction Services**

## Peer Recovery Coach Certification Training

**March 21-25, 2011 9 AM—4 PM**

**860 N. Center St. Mesa, AZ 85201**

Optional Train-The-Trainer session on March 26  
for an additional fee. Seating is limited.

**Register at**

**[www.ourcommonwelfare.info](http://www.ourcommonwelfare.info)**

**or call 480.464.5764**

- Learn the roles and functions of a Recovery Coach
- Build skills, teach wellness, empower others
- Apply new skills immediately
- Highly interactive sessions
- Professional certification at completion of training

**\$500 Tuition for Early Registration.** After March 16, tuition increases to \$529.  
Hosted by Women in New Recovery and Recovery Alliance El Paso





March 6-12 — National Gambling Awareness Week

## Finding Recovery For Gamblers and their Families

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

Today an estimated 12 million people are participating in approximately 500,000 self-help groups. All of these types of groups provide a form of social support in which individuals with common problems may share their experience, strength, and coping skills. In addition many self-help groups have a counterpart for friends and relatives of the person with the problem behavior and this provides an opportunity for them to connect with networks of people with similar concerns. Given the typical financial problems of the compulsive gambler, the free self-help group may be the most viable option for many.

As many other clinicians have noted, little research has been done on families of pathological gamblers. Therefore, background has to be instituted, with a broader sense of how a self-help group can be effective, utilizing examination of alcoholics and their codependents.

### Finding the Similarities

The similarities between the alcoholic and gambler, (noting that pathological gamblers use gambling the way alcoholics use alcohol...to escape from reality). The first inpatient treatment program developed for pathological gamblers, at the Veteran's Administration Hospital in Brecksville, Ohio, was patterned after programs established for treating alcoholics. Gamblers Anonymous is patterned after Alcoholics Anonymous and uses a similar 12-step approach to reforming addictive behavior. Spouses of gamblers appear to share many of the same feelings and have parallel treatment goals when compared with spouses of alcoholics.

Because pathological gambling impacts the family to such a degree, many practitioners have recognized the importance of involving the spouse and (other family members) as a key component. Some studies have utilized the spouse's assistance in controlling the gambling behavior of their partner. For example, giving control of the finances to the non-gambling spouse, at least for an agreed upon time period, to interrupt patterns of temptation.

Family therapy is often part of institutionally based treatment. Many clinicians view marital couple group therapy as the treatment of choice. The value of working with a couple to help the pathological gambler is to distinguish the separation between the person and the addiction and assist the couple in being able to respectfully speak their feelings, and work out a plan for financial and emotional recovery. Couple's meetings and professionally led couple's workshops are valuable to augment the services provided by GA and Gam-Anon.

Within the field of alcoholism, studies have examined the impact of spousal involvement (usually the wife) on the recovery of the compulsive individual. It has been found of the alcoholic spouse's interviewed, the alcoholic's sobriety was increased when the spouses also participated in Al-Anon, the counterpart to AA.

When clinicians looked at the relationship between the alcoholic's abstinence and the spouse's participation in treatment, there were four different types of spousal treatment to be found effective: outpatient treatment, active membership in Al-Anon, treatment (along with the alcoholic) at the alcoholic's inpatient treatment center, and post treatment counseling for the couple. It has been indicated that more alcoholics were abstinent when their spouses had been active in Al-Anon. The more types of treatment a wife received, the more likely the husband was to be abstinent. Of all the predictors examined over the years, membership in AA and the spouse's membership in Al-Anon had the highest positive correlation with abstinence. In examining the influence of spouses, it has been found that among the population for compulsive gamblers, and support by their spouses, both being actively involved in Gambler's Anonymous and Gam-Anon, respectively, there was more success in recovery and in the couple's being able to communicate effectively and bridge the gap between the addiction and successfully continuing their relationship as a couple.

Most studies have focused on the impact of the wives' support of the gambling behavior of the husband; little information is available on the husbands' support of the female gambler. This has shown to be the more predominant outcome for any couple dealing with any type of addiction. The bottom line would still appear to be the indisputable fact that a couple that is willing and then actively involved in attending self-help support groups that assist in focusing on their individual needs, is vital to developing and continuing healthy relationships and abstinence.

*Bobbe McGinley MA, MBA, CADAC, LISAC, NCGC II, is a nationally known speaker, author, presenter and trainer, consulting many different industries about Problem Gambling for the past 16 years. She developed the program for gambler and their family members at Calvary Addiction Recovery Center in Phoenix. She currently serves as their Gambling Program Consultant. For more information call 602-569-4328 or visit [www.actcounseling.com](http://www.actcounseling.com)*

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



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

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

**PROMISES**  
TREATMENT CENTERS

866-390-2340

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

**“Don't ask for a light load, but rather ask for a strong back.”**

*– Anonymous*

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

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



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

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

**Phone 480-947-5739**

**[www.pcsearle.com](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



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



108 E. 2nd Ave.  
Mesa, AZ 85210  
888.687.7332  
480.827.0322  
[www.riversource.org](http://www.riversource.org)

ACCREDITED BUSINESS  
Member of NAATP  
National Association of Addiction Treatment Providers

**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.

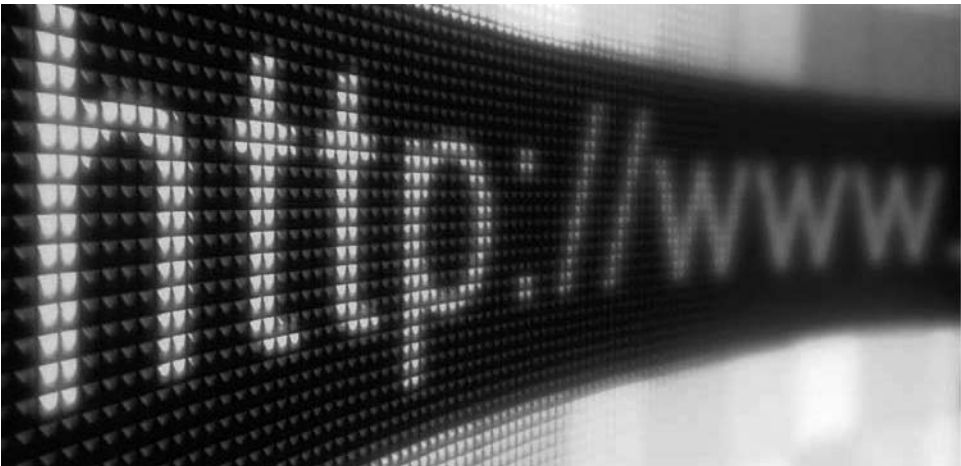
Our methods are proven and affordable. We can help.

- 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*



What’s next after a nude photo? What’s the trajectory? Teens are not looking beyond the moment. We now know that youth who use pornography engage more often in oral and anal sex, have more sexual partners, and experience an increase in oral and genital STDs. Where is the awareness or practice of safe sex? With this being the rapid escalation of interaction between the sexes of our youth Dr. Jill Manning asks “What do these teens dream about? How juxtaposed are the scripts being received by youth versus what healthy sex really is?”



Additionally therapists are seeing an increase in anxiety among teens about their body image. This now includes beliefs among teens that there is something wrong with their genitals; that they don’t perform, respond, sound, or sustain like porn stars do. It can be described as sexual performance anxiety. Dr. Jill Manning, author of *What’s the Big Deal About Pornography: A Guide for the Internet Generation*, speaks about the mainstreaming of pornography as turning it into a “spectator sport.” Modern youth appear to believe that porn stars are exhibiting normal sexual experiences. Unfortunately, their young brains lack the skill to generalize and fully grasp the notion that pornography is a form of entertainment and fantasy that is rarely achieved in reality. Nevertheless, many teens are turning to pornography to fulfill sexual curiosity. The pornography, however, contributes to more anxiety because they can’t say they look or perform like that. This, for many, is creating more of the shame base that is core to addictive processes.

There is another danger

In one review of the top selling pornography videos a few years ago it was discovered that the majority of the videos had violent themes with verbal or physical aggression. However, only a small fraction of the females in those videos demonstrated a negative reaction with the majority demonstrating a positive or neutral reaction to the violence. Consequently this is relaying to teens that violence in a sexual relationship is normal. Naturally this signifies new concerns about increased risk potential. Possible new trends in marital rape and domestic violence are of concern now as teens couple together and

court each other under these contemporary expectations. Research already shows that exposure to violence in dating relationships is related to engagement in sex with a greater number of sexual partners. And more partners equates to increased risk potential. With the mainstreaming of pornography and the overt themes of violence and deviance in them, our youth are getting the message that this is normal behavior. When we cross over that line of condoning such behaviors, we have taken a sharp detour from sexual and relational health for an entire generation of youth.

Teens appear to be losing the ability to empathize with others seemingly due to being groomed in so much objectification in our pornified culture where sex and violence are blended together in their sexual scripts. Additionally, some research is reporting that due to physical distance and perceived anonymity, online communication may more easily evoke verbal aggression than face-to-face communication, and this verbal aggression may particularly target socially vulnerable youth. This speaks to the current epidemic of text and cyber-bullying among youth. Herein we see this lack of empathy becoming pervasive as peers are reduced to text and images on a screen rather than someone real.

MMORPG

Another current online trend is massive multiplayer online role-playing games (MMORPG). A recent article highlighted that these games are significantly different from traditional computer games. As a type of social networking, the virtual world of these games moves in real time and the game continues even when players log off as characters in them are controlled by real people around the world. Most MMORPGs promote formations of guilds that group together to carry out quests with strong social pressure to be present when other members are playing. Players are prevented from actually winning because MMORPGs also provide endless objectives requiring significant investments of time and a reluctance by the players to walk away. These characteristics make MMORPGs more demanding, socially stimulating, and addictive, while filling social needs unmet in the real world.

Tsunami continued page 12



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



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

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

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





## Adolescent and Young Adult Specialists



THE  
**PATHWAY**  
P R O G R A M

**480.921.4050**

**thepathwayprogram.com**

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



## Down to Earth

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

### Volunteering Pays Off

I don't know about you, but I have often fantasized about what I would do if I suddenly came into a large sum of money. Although I don't actually play the lottery or have any rich, elderly relatives, I still find it a fun exercise to imagine what I would do with 10 million dollars, should I suddenly find myself the recipient of some sort of magical gift.

My first thoughts, selfishly, are generally about clearing up my own household debt—paying off my mortgage, my car, my credit card bill. However, I am fortunate that I don't have \$10M in debt and that a mere \$100,000 would easily take care of my outstanding loans, leaving me 9 million, 9 hundred thousand dollars to spend any old which way I wanted.

Continuing on the selfish vein, I would next guarantee that I never had to work for income again. My remaining booty would support me comfortably for about 200 years, so I'd still have about seven and a half million dollars left.

With all my financial needs satisfied for the rest of my life, I begin to think of my loved ones. I would pay off mortgages for my family and friends who were struggling and since none of my struggling pals have mansions, even paying off a dozen mortgages would still leave me with over 6 million dollars. Okay, if I throw in a brand new house for all 18 of my cousins, that still leaves me with over a quarter million dollars, and frankly, I don't even like some of my cousins well enough to buy them a house.

Throwing in college educations for 28 second cousins, some of whom might not even go if they got a free ride, would finally deplete my fortune. Then what?

I wouldn't have to work, so I could spend all my time doing things I enjoy and visiting with family and friends who were more available now that they didn't have to work so hard to make ends meet. Sounds ideal,

***“Find a worthy cause  
and give an hour or more  
a week to someone in need.***

***The rewards  
are outstanding!”***

doesn't it? But eventually, the joy and excitement would wear off, and I, as a human, would look again for something meaningful to do with my life.

I would volunteer my time for worthy causes and since I think I make a pretty good psychologist, I'd probably provide psychological services free of charge to those who really wanted to get better, but can't afford to pay for help. The joy that I would receive from helping the downtrodden elevate themselves would far surpass the joy of paying off a mortgage for my aunt who is not only perfectly able to work, but is gainfully employed and not missing any of her mortgage payments.

Well, guess what? I don't actually need \$10M to volunteer my services. I can do that today and have volunteered for Red Cross in the past and currently volunteer for the Give an Hour program for U.S. Veterans of the wars in Iraq and Afghanistan. So, rather than waste my time fantasizing about what fun I'm going to have if I win the lottery, which is never going to happen, I can actually reap benefits today by volunteering for those in need, and so can you!

Find a worthy cause and give an hour or more a week to someone in need. The rewards are outstanding!

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

**SAVE the DATE,  
Saturday, September 24, 2011**

**For sponsorship packages and  
exhibit space: Call 602-684-1136**

**Phoenix Convention Center | [artofrecoveryexpo.com](http://artofrecoveryexpo.com)**



## From the Heart

By ALAN COHEN

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

### The End of Sacrifice

I recently made a pilgrimage to the ancient Mayan temples at Chichen Itza and Tulum in Mexico. I was impressed by the staggering structures the Mayans created, demonstrating their sophisticated understanding of mathematics and astronomy—and a deep inherent spirituality.

At one pyramid our tour guide informed us that the Mayans regularly offered human sacrifices to appease their gods. “The Mayans feared that if they did not make sacrifices to the sun god, the sun would not rise the next morning,” the guide explained. “In times of drought, they sought to appease the rain god with multiple sacrifices.”

While we would regard such offerings as primitive and even abhorrent, the mindset of sacrifice is still very much alive in the modern world. Many of us believe that we must sacrifice something we value to gain something else we want. We believe that struggle, strife, sweat, and sorrow are required to get anywhere in our career; that we must deny our joy so others can have theirs; and, under a “no pain, no gain,” mentality, we believe that if we are not suffering we have it too easy. While we are not sacrificing whole bodies as the Mayans did, we do sacrifice our emotions, our happiness, and often our health. Our sacrifices do not rob us of life in one dramatic moment, as the Mayans experienced, but they rob us of life a little bit more each day. We die not under the knife of the shaman, but under the whip of ongoing self-recrimination.

Many religions thrive on the tenet of sacrifice and even glorify it. (It is said, “the Jews invented guilt and the Catholics perfected it.”) Many sects of Christianity extol “the blood of the lamb” and seek to emulate the crucifixion of Christ. Yet many of them never arrive at the resurrection. They emulate the sorrow of Jesus but not his joy. I wonder if Jesus would be pleased to see people suffering in his name, or if he would find deeper reward to see them happy.

When the Mayans believed the sun would fail to rise if they did not offer it blood, they labored under the illusion that sacrifices were causing the sun to rise. Thus superstition reigned over science. If the culture suspended sacrifices for any length of time they would have discovered that there was no relationship between the loss of life and the gain of sunlight. They would have found that the sun is happy to shine on all things unconditionally, delivering its blessing because that is its nature and what it loves to do. No payment required.

If we suspended our belief in personal sacrifice, we too might discover that, metaphorically speaking, the sun is happy to shine on us without exacting a fee. In classic an-

thropomorphic fashion, the Mayans projected human emotions and ego onto the sun. People in fear and pain may demand sacrifices, but the sun does not, and neither does anything in nature. If we questioned fear, we would realize it is void of substance. In its stead we would find well-being sufficient for all to bask in.

***“Our sacrifices do not rob us of  
life in one dramatic moment,  
as the Mayans experienced, but  
they rob us of life a little bit more  
each day.”***

The assertion that you do not owe is a radical one in a society where debt is one of our most predominant and pressing themes. The jaw-dropping volume of personal and national debt reflects an underlying belief that we must lose in order to get. Rather than working harder to pay off our debts (meanwhile accumulating more), we might do well to instead look within to examine our core belief of indebtedness. We would thus address the source of the debt rampage and begin to heal our belief in paying blood for what would otherwise come to us by grace.

The Mayans have been in the headlines for the past few years, and will be increasingly spotlighted because their calendar ends in 2012, which has created a lot of hoo-ha as the supposed end of the world. Not exactly. It's not the world that will end, but the old world, which, as far as I can see, wasn't working so well anyway. Even unto the 21st century the belief in psychic self-mutilation still rules the masses. Wouldn't it be wonderful if 2012 marked the end of the world of sacrifice? If so, bring it on!

Life takes no joy at your loss; to the contrary, a part of the heart of God cries when you do. If you and I could suspend our belief that death keeps the sun rising, we might find that our blood serves far better in our veins than spilled. Then we shall erect new temples where we deliver to its altars the fruits of our joy, not our tears.

*Alan Cohen is the author of many popular inspirational books, including the 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 for *Life Coach Training* beginning in September. For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1 800 568-3079.*

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**





# CALENDAR OF EVENTS

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

## MARCH EVENTS

**MARCH 2—Jennifer Aleweldt, JD—Ethics Series 1: Title III Americans with Disabilities Act—ST. LUKE'S BEHAVIORAL HEALTH** Center Clinical Breakfast Series. 8:00-9:00 a.m. Behavioral Health Center Auditorium, 1800 E. Van Buren. Free CEU. Breakfast, networking. Chip Coffey, 602-251-8799. [pcoffey@iasishealthcare.com](mailto:pcoffey@iasishealthcare.com).

**MARCH 4 through APRIL 8—American Hospice Foundation and Hospice of Arizona are offering a FREE 6-week Bereavement Education and Support Program** starting from 6:00pm –7:30pm. Meetings at Thompson Funeral Chapel, 926 S. Litchfield Rd., Goodyear, AZ. Program benefits; gaining perspective and understanding of the grief experience in a safe, comfortable environment surrounded by others who are facing similar challenges. Learn valuable coping techniques. Space is limited, RSVP is required. Contact Robin Cohen 602-678-1313, email [robin.cohen@americanhospice.com](mailto:robin.cohen@americanhospice.com). [www.americanhospice.com](http://www.americanhospice.com)

**MARCH 18—7:00 p.m.**—Changing Hands Bookstore 6428 S. McClintock Drive, Tempe. 480-730-0205. Lisa Espich, author of *Soaring Above Co-Addiction*, will share her family's story of addiction and recovery. Discussion will include the steps that helped her family heal.

**MARCH 21—7:00-8:30 p.m. FREE LECTURE SERIES.**The Meadows presents—"Coming Out of Shame: Issues Faced by the GLBT Population" with Arnold Lopez, MSW. Chapparral Christian Church 6451 E. Shea, Scottsdale. For information: Meagan Foxx, email: [mfoxx@themeadows.com](mailto:mfoxx@themeadows.com) or call 866-633-5533/ 602-531-5320.

**MARCH 21-25 –Tucson – Cottonwood Tucson –InnerPath Beginnings & Beyond Retreat.** Five-day intensive retreat tailored to meet the needs of those individuals who want to make healthy changes in their lives. Facilitated by **Rokelle Lerner**. Visit [cottonwoodtucson.com](http://cottonwoodtucson.com) or call Jana at 520-743-2141 or email at [jzeff@cottonwoodtucson.com](mailto:jzeff@cottonwoodtucson.com) for information and registration.

**MARCH 22—12:00–1:30 p.m.** Earn 1.5 CEUs with lunch. **Aurora Behavioral Health System, Lunch & Lecture Series. "Sexual Addiction Overview."** Learn what sexual addiction is, current trends in behavior; different types of behavior to look for, whether you should attempt to treat the compulsive behavior, or not. **Anna Valenti-Anderson, LCSW, LISAC, CSAT** 6015 W. Peoria Ave. Glendale. RSVP Erin Boyd 623-344-4416 Cell: 623-256-3469. Email: [erin.boyd@aurorabehavioral.com](mailto:erin.boyd@aurorabehavioral.com).

**Every Week—Tucson – Cottonwood Tucson –Workshop.** Five-day workshop for families impacted by addictions, psychiatric disorders, anger & rage, and trauma. Facilitated by Cottonwood staff. 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.

**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).

com or call Jana at 520-743-2141, email: [jzeff@cottonwoodtucson.com](mailto:jzeff@cottonwoodtucson.com) for information and registration.

**APRIL 9, 8:00-10:00 a.m. - Chandler Christian Church presents: Porn and Pancakes Men's Breakfast** the greatest men's breakfast on the planet. Porn and Pancakes is all about the conversation. The morning revolves around Pastor Jake Larson, co-founder of Fireproof Ministries. Great conversation about issues that are dominating our lives. Porn and Pancakes provides the next steps for you to walk away with hope to recover or help those struggling with porn addictions. The breakfast is open to all men and their sons 12 years on up. Cost to attend is \$5 per person, \$10 for fathers and sons. For more information on how to attend call 480-963-3997x141 or [larrydaily@chandlercc.org](mailto:larrydaily@chandlercc.org). 1825 S Alma School Rd, Chandler.

## ON GOING SUPPORT

**HAZELDEN'S Phoenix Alumni and Friends Monthly Meeting.** First Wednesday of month. Best Western Papago Inn, Lloyd's office, 7017 E McDowell Road, Scottsdale. 12-Step format. Contact [lornberg@earthlink.net](mailto:lornberg@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.

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

**COTTONWOOD DE TUCSON. On going Alumni meetings:** Every Wednesday @ 6pm – 7:30pm on the Cottonwood campus in Tucson. 4110 W Sweetwater Drive. Tucson AZ 85745. 1st and 3rd Tuesday of every month in Scottsdale at 7pm – 8:30pm. 7219 E Shea Blvd, Scottsdale AZ 85260. Contact Sally Hicks 520-743-0411 ext. 2517 or email [shicks@cottonwoodtucson.com](mailto:shicks@cottonwoodtucson.com)

**WOMEN'S LIFE ISSUES GROUP**—For women struggling with life issues related to their spouse's sexual addiction and resulting trauma. Mondays 7-8:30 p.m. 480-730-6222.

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

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

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

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

**FAMILIES Anonymous**—12-step program for family members of addicted individuals. Two locations. *continued on page 11*

## VALLEY HOSPITAL

MENTAL HEALTH AND CHEMICAL DEPENDENCY CARE

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)

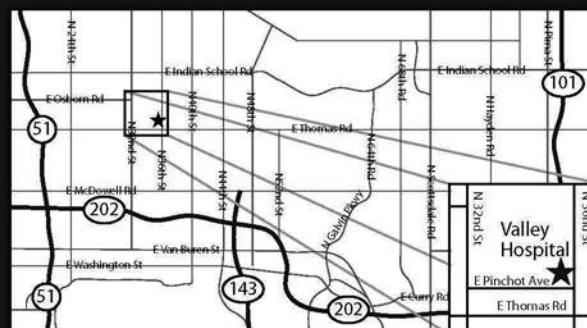


Private and confidential assessment and referral information are provided at no charge 24 hours, seven days a week through the

## 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 ADDICTION PROFESSIONALS Network

### Promote Your Practice In Our Treatment Directory Listing

- Create A Profile — • Upload Videos/Pictures
- Live Chat With Counselors From Around the Globe
- Join Specialty Groups Such As (CAADAC, Interventionists, Gang Workers and Opioid Treatment Providers)

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

The Official Counseling Community



JOIN THE LARGEST ONLINE COMMUNITY OF ADDICTION PROFESSIONALS

## 2011 Free Lecture Series

Chapparral 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)

March 21, 2011

## Coming Out of Shame: Issues Faced by the GLBT Population

Arnold Lopez, MSW

## 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](http://anasazi.org)  
800.678.3445





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

**Find a program that's right for you.**  
**[www.CommunityBridgesAZ.org](http://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**

## “Run a Mile, Stay a While”, Kids Rock Stars Event at the Phoenix Zoo – March 5th

### Family Walk/Run Event Builds Healthy Habits for a Lifetime

No need for your passport or suitcase, your family just needs running shoes and a smile! Come on a tour of the world's most recognizable animals while your family gets active and enjoys the perfect spring weather with Phoenix Children's Hospital, Kids Rock Stars “Run a Mile, Stay a While” - 1 mile event at the Phoenix Zoo.

Child obesity prevention program, Kids Rock Stars, with support from Kohl's Department Stores, is teaming up with the Phoenix Zoo to offer a special event to the community. A non-competitive walk/run for the whole family will be offered on Saturday, March 5th at 7:00 am, and the registration price includes free day admission to the Phoenix Zoo, 455 N. Galvin Parkway in Phoenix, with free parking on-site. The Phoenix Zoo was voted one of the nation's top five zoo's for children.

The second annual “Run a Mile, Stay a While” event is designed to give families an affordable, fun place to celebrate healthy

and active families in Arizona. Families and children alike will participate in a 1 mile run through the zoo with start times as follows:

- 7:30 am – 5th and 6th grade
- 7:45 am – 4th grade
- 8 am – 2nd and 3rd grade
- 8:15 am – Family run
- 8:30 am – Family run

Interactive family activities include a hockey shootout with the Phoenix Coyotes, refreshments, face painting, and entertaining games. Each runner will receive a prize!

Registration costs are \$20 for parents and one child (\$25 savings from regular admission), \$40 for parents and up to three children (\$23 savings for family of 5 from regular admission). To register, visit [www.phoenixchildrens.com/kidsrockzoo](http://www.phoenixchildrens.com/kidsrockzoo).

### Soaring Above from page 1

He finally pulled over to the side of the road and stopped. I swerved my car up in front of his, blocking him from taking off again. My adrenaline had taken over and at that moment I felt invincible. I am not a big woman by any means. I am 5'3" and about 120 pounds, but that didn't keep me from walking up to the side of his car to confront him.

His window was down, allowing me to get a good look at him. His skin was shiny with perspiration, his head was shaved bald, and his impressively muscular arms were covered in tattoos. Normally, I would be intimidated by somebody like this, but I felt no fear. I was surprised by my own aggressiveness.

“Don't you ever come around Dean or my home again, do you understand me?” I stated in the strongest voice I could force out.

“I don't know what you're talking about,” he replied. As I looked into his eyes I could sense that he was nervous. I'm sure this was the first time he had ever had a crazed wife chase after him.

“Oh, I know who your are. You're the one who's been taking all of the money that I work so hard for. I have a son to worry about, and if I ever find out that my husband gives you another cent, you'll be sorry,” I threatened.

“Look,” he said with his hands up and his palms facing toward me. “I don't want any trouble from you. I don't know what you think is going on, but you don't have to worry about me.”

“I know exactly what's going on. I'm just warning you to stay away from my husband.”

“Alright, no problem,” he responded.

With that, I turned around and got back into my car. As I pulled away, I pushed the gas pedal to the floorboard, causing my tires to spin and kick gravel up at the Cadillac. For a brief moment I felt powerful. I was proud of myself for standing up to this seemingly tough man.

As I drove back home, I started thinking about how reckless my actions really were. I had no way of knowing what the outcome would be of a confrontation like that. I had no doubt that somebody who sells drugs would carry a gun on him. People get shot every day when deals go bad. Here I was chasing after a drug dealer whom I had caught completely off guard.

After this incident, Lisa was able to look at herself clearly, and realized that her own life had grown out-of-control. She made a decision that night to turn her life around. She created a plan that combined the traditional tools of co-addiction recovery, such as detachment and tough love, along with a spiritual approach. She learned how to use affirmations and visualization, which helped her become more positive. As the weeks passed, she was amazed at how much she had changed in such a short time.

With her newfound strength she was finally able to open up to her family and share the truth. Their influence gave her the extra support needed to set healthy boundaries and hold Dean accountable. As a result, he agreed to accept treatment. It has now been



over five years and they are enjoying a healthy marriage. Lisa hopes their story will offer hope and inspiration for other families living with addiction.

*Lisa Espich is a manager and coach for a Fortune*

*500 company, and utilizes her fifteen years of experience as a professional trainer to facilitate workshops based on the principles shared in her book. She can be reached at [www.soaringabovecoaddiction.com](http://www.soaringabovecoaddiction.com). Meet Lisa and her husband Dean at Changing Hands Bookstore in Tempe on Friday, March 18 at 7:00 p.m.*

## Are you an Advocate for Recovery?

Faces & Voices of Recovery is bringing together and mobilizing tens of thousands of individuals and organizations from across the country to advocate for policies and attitudes that will make recovery a reality for even more Americans. The goal of our advocacy work is to promote long-term recovery and help even more of our friends and neighbors overcome addiction by building a strong, organized recovery community.

The recovery community is organizing around key priorities—to gain needed resources and to end discrimination against people in or seeking long-term recovery.

### What Can You Do?



There are many ways that you can take action and be a face and a voice for recovery. The level of action that you take will depend on the stage of your recovery and your personal circumstances. If you don't want to be public about your recovery, you can work as an advocate behind the scenes, providing financial and other support to our growing national movement. The important thing is, there's something that you can do to support recovery today!

1. **Speak out** as a person in long-term recovery or as a family member. Use our Recovery Messaging or Power of Our Stories video to practice ways of talking about recovery and what it's meant to you. Use our Advocacy with Anonymity brochure to learn how to tell your story without violating the traditions if you are in recovery using a 12-step program. Share your story with friends, neighbors, co-workers and policymakers.
2. **Educate yourself** and others about Faces & Voices' campaigns and the issues that are important to the recovery community. We have advocacy tools for you to use for specific campaigns like sample letters to the editor. Use our Recovery

is a Reality powerpoint and ask to talk to PTA, Rotary Club, inmates at your local jail, Medical Society or other group. Subscribe to our eNewsletter for electronic updates.

3. **Hone your advocacy skills** by participating in webinars and trainings. Faces & Voices and allied organizations host trainings that you can use to increase your effectiveness as an advocate.
4. **Educate your elected officials about pending issues.** You can use our Online Advocacy Action Center to send emails to federal policymakers about national issues of importance to the recovery community. Invite your mayor, council member, state and federal elected officials to attend your events and activities.
5. **Join a local, regional or state-wide recovery community organization.** Coming together with others to speak with one voice as an organized constituency increases the effectiveness of your advocacy voice. If there isn't an organized recovery community organization where you live, we can help you get one started!
6. **Stay in touch** with recovery advocates in your regional through Faces & Voices' regional listservs. There's a lot going on in communities around the country and we can learn from one another about new strategies and campaigns to get the word out about actions to take to support long-term recovery.  
[www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)

In Arizona, consider being part of the *Art of Recovery Expo* at the Phoenix Convention Center on September 24th. The Expo is one of the largest recovery events in the state. For details visit [www.artofrecoveryexpo.com](http://www.artofrecoveryexpo.com) or call Barbara Nicholson-Brown at 602-684-1136.

**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





Phoenix | Scottsdale | Mesa

Call: 888-309-3385  
Email: [chris@soberlivingaz.com](mailto:chris@soberlivingaz.com)

## Affordable, Structured Sober Living Houses

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

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



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

# The 5-Step Integrative approach to Addiction Treatment

To minimize relapses and assist doctors treat the approximately 23.5 million Americans struggling with substance abuse (SAMSHA), Journey Healing Centers Medical Director, Dr Ravi Chandiramani, releases a unique holistic approach to addiction treatment that can increase recovery success stories and long-term sobriety. Because most medical doctors receive only a few hours of training in these areas, this 5-Step Plan can provide guidance for the addiction community.

Dr. Chandiramani is the only naturopathic physician in the country serving as Medical Director of fully licensed residential drug and alcohol treatment facilities.

This holistic healing program combines conventional medical therapies with lifestyle counseling. This integrative approach is designed to reduce prescription drug use and abuse that impacts more than 50 million Americans (*CBS Evening News Report*) and focuses on the mind, body and soul. A recent CASA (Center on Addiction and Substance Abuse at Columbia University) study revealed that out of 979 doctors, only about 40% received a few hours of training total on prescription drug abuse and addiction in medical school. Most medical practices for addiction treatment are learned on-the-job, and while this isn't the whole approach, this 5-Step Plan can fast-track addiction recovery results based on first-hand insights.

Lisa Lannon, Co-Founder of Journey Healing Centers, explains, "Taking a holistic integrative approach to addiction treatment assures our clients a better success rate. They leave knowing what works best for them and we aren't replacing one medication with another causing a band-aid effect." Dr. Chandiramani expands on his approach by sharing, "Integrative addiction medicine combines the conventional drug-based treatments for drug and alcohol withdrawal with the nurturing, supportive, holistic modalities inherent in the practice of common sense naturopathic medicine."

Since 2005, Dr. Chandiramani has fine-tuned his unique holistic treatment approach for recovering addicts and alcoholics that includes these five steps:

1. **Identify and Treat the Causes**—While treating the symptoms of drug and alcohol abuse are important and necessary, look beyond the symptoms to the underlying causes of the addiction. Many psychological and medical disorders commonly lie underneath active drug and alcohol addiction such as anxiety, depression, PTSD, vitamin deficiencies, liver problems, chronic pain or other medical problems. While this is not new news, some of the underlying causes, if treated holistically can reduce the requirement for medications later.
2. **Find the Most Natural Therapies**—Utilize the most natural, least invasive and least toxic therapies. If a natural product works, try that first. If conventional medication is used, strive to use as few prescription medications as possible and use the lowest effective doses possible.
3. **Educate Patient on Achieving and Maintaining Health**—Some of the most profound changes made by the recovering addict begin in treatment. Changing the thinking around food is among the most important. Fundamental education around food choices must always be a part of the treatment of a drug addict and alcoholic. Knowing what vitamins and supplements work best for the individual gets their bodies back in a normal functioning pattern.
4. **Treat the Whole Person**—By viewing the body as an integrated whole in all its physical and spiritual dimensions, the rehabilitation plan can include multiple dimensions. A customized plan should be developed for each individual based on what makes that person's addiction unique, and recovery needs unique.
5. **Focus on Prevention of Diseases**—Focus on overall health, wellness and disease prevention versus only the drug or alcohol addiction. Addiction is often only one of many issues the individual faces. Family history and individual goals assist in directing the intermediate and long-term plan to keep that individual sober, along with assisting the individual to live a healthy life.

To provide continued support for clients after treatment, Journey Healing Centers also provides Free Aftercare for Life.

*Journey Healing Centers operates drug and alcohol rehabilitation centers in Arizona and Utah, and has been featured on MTV's *Gone Too Far*, PBS, ABC News 15 Phoenix, Fox 10 Phoenix, ABC 4 Salt Lake City, AZ Family Phoenix, NPR.org, USAToday.com, Psychology Today and in People Magazine. Journey Healing Centers has supported thousands dealing with addictions through Residential Programs, Intensive Outpatient Programs (IOP), Sober Living Homes, Aftercare, Sobriety for Life Program and a Free 24-Hour Hotline with Addiction Specialists. [www.journeyrecoverycenters.com](http://www.journeyrecoverycenters.com).*

## GET NOTICED in Together AZ



## When You Need Help

### PHOENIX / VALLEY AREA

ACT Counseling & Education	602-569-4328	Rape Hotline (CASA)	602-241-9010
AZ NicA	480-990-3860	Remuda Ranch	800-445-1900
Alcoholics Anonymous	602-264-1341	Runaway Hotline	800-231-6946
Al-Anon	602-249-1257	Sexaholics Anonymous	602-439-3000
ACA	602-241-6760	Sex/Love Addicts Anonymous	602-337-7117
Anasazi Foundation	480-892-7403	Sex Addicts Anonymous	602-735-1681
Aurora Behavioral Health	623-344-4400	SANON	480-545-0520
AZ Office of Problem Gambling	800-NEXTSTEP	Sober Living of AZ	602-478-3210
AWEE	602-258-0864	Suicide Hotline	800-254-HELP
Banner HELP LINE	602-254-4357	St. Lukes Behavioral	602-251-8535
Bipolar Wellness Network	602-274-0068	Step Two Recovery Center	480-988-3376
CCARC	602-273-9999	Stonewall Institute	602-535-6468
Cocaine Anonymous	602-279-3838	Teen Dating Violence	800-992-2600
CoDA	602-277-7991	TERROS	602-685-6000
COSA	480-232-5437	Valley Hospital	602-952-3939
Commun. Info & Ref	602-263-8856	WINR	480-464-5764
Community Bridges	480-831-7566	Workaholics Anonymous	510-273-9253
Cottonwood de Tucson	800-877-4520		
Crisis Response Network	602-222-9444		
The Crossroads	602-279-2585		
Crystal Meth Anonymous	602-235-0955		
Emotions Anonymous	480-969-6813		
EVARC	480-962-7711		
Gamblers Anonymous	602-266-9784		
Greater Phx. Teen Challenge	602-271-4084		
Grief Recovery	800-334-7606		
Heroin Anonymous	602-870-3665		
Magellan Crisis Hotline	800-631-1314		
Marijuana Anonymous	800-766-6779		
The Meadows	800-632-3697		
Narcotics Anonymous	480-897-4636		
National Domestic Violence	800-799-SAFE		
NCADD	602-264-6214		
Nicotine Anonymous	877-TRY-NICA		
Our Common Welfare	480-733-2688		
Office Problem Gambling	800-639-8783		
Overeaters Anonymous	602-234-1195		
Parents Anonymous	602-248-0428		
Psychological Counseling Services (PCS)	480-947-5739		
The Promises	866-390-2340		

### TUCSON

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

## 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

page 602.210.2200 [www.cristicounselor.com](http://www.cristicounselor.com)





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.riversource.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.**

<b>Services &amp; Fees:</b>	
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



*News from page 3*

Investigators led by Jeremy Luk, a Ph.D. candidate in child psychology at the University of Washington in Seattle, examined cross-sectional data from the 2005/2006 Health Behaviors in School-Aged Children (HBSC) survey, a questionnaire given to students in grades 6 through 10 to assess health and well-being in a social context. Roughly 1,500 U.S. students participated in the survey.

The researchers found that, while depression was linked to bullying in both boys and girls, it also increased the risk for substance use in girls.

"Bullying is a serious problem among adolescents," said Luk. "Previous research has shown that it is associated with loneliness, depression, and suicide. But no previous national studies have identified depression as an explanation for the relationship between victimization from bullying and substance use."

"If your daughter is a victim of bullying, take it seriously, do all possible to prevent recurrence, and attend to possible depression and substance use," he concluded. The article was published in the December 2010 issue of the journal *Prevention Science*.

**Homeless Outreach Program sends plea to community for cold weather supplies for homeless**

Southwest Behavioral Health's Homeless Outreach, a program to help homeless individuals with mental illness, is requesting donations of cold weather supplies. SBH's Homeless Outreach is not a traditional shelter or food bank but is a mobile program that delivers mental health resources along with weather-appropriate supplies to the homeless where they live—on the streets, in alleyways, riverbeds, parks and deserted buildings. Items that SBH's Homeless Outreach is currently requesting include everything from socks, blankets, hats, gloves, warm shirts, jackets, sweaters, sweatshirts, thermal underwear, and hygiene kits to shoes and bottled water

Donations can be dropped off at the front office of Southwest Behavioral Health, 3450 N. Third St. in downtown Phoenix, 602-265-8338, 8 a.m. to 5 p.m. or at SBH's Homeless Outreach offices at the Lodestar Day Resource Center, 7 a.m. to 4 p.m., Monday through Friday, 1125 W. Jackson, Ste. #448, Phoenix, (602) 393-9930 ext. 3444.

**Studies: E-Cigarettes may be effective at helping smokers quit**

A new research study from Boston University suggests electronic cigarettes (e-cigarettes) may be more effective at helping smokers quit than nicotine patches or gum, *TIME* magazine reported Feb. 10.

The researchers, led by Michael Siegel, M.D., sent surveys to 5,000 first-time buyers of e-cigarettes over two weeks in 2009. The response rate was low (4.5 percent), or 222, according to a summary published by the Boston University School of Public Health. Respondents were primarily older males who had tried to quit smoking many times in the past.

Nearly 67 percent of the respondents reported that they had cut down on cigarettes six months after beginning use of e-cigarettes, and 34.3 percent said they were not using e-cigarettes or other cessation aids that contained nicotine. Other research has shown that around 12 to 18 percent of people who used nicotine patches and nicotine gum report abstinence at six months—nearly half the rate of those who used e-cigarettes in this survey.

"This study suggests that electronic cigarettes are helping thousands of ex-smokers remain off cigarettes," Siegel said.

The authors of the study acknowledged that the study's conclusions were limited by the low response rate, pointing out that smokers who had quit or cut down on smoking might be more likely to respond. However, they said it was the best evidence to date on the effectiveness of e-cigarettes, and that the devices "hold promise as a smoking-cessation method and that they are worthy of further study using more rigorous research designs."

TIME said that at least one earlier study had concluded that e-cigarettes were ineffective at helping smokers quit. Several states are considering prohibiting their use.

"Banning this product would invariably result in many ex-smokers returning to cigarette smoking," Siegel said. "Removing electronic cigarettes from the market would substantially harm the public's health."

Meanwhile, a second study of e-cigarettes from the Johns Hopkins Bloomberg School of Public Health reviewed internet searches for smoking alternatives between January 2008 and September 2010 and found that e-cigarettes had become far more popular than other options, at least in the United States and the U.K.

"Neither of these two studies provides scientific evidence that e-cigarettes are effective in helping people to quit," said professor John Pierce of the Moores Cancer Center at the University of California, San Diego. "It's not clear to me that e-cigarettes aren't harmful in some way. It's not clear to the FDA, either."

Both studies appeared online Feb. 8, 2011 in the *American Journal of Preventive Medicine*. The Boston University study, led by Michael B. Siegel, was titled, "Electronic Cigarettes As a Smoking-Cessation Tool: Results from an Online Survey" (PDF). The study on the popularity of e-cigarettes conducted by John W. Ayers and his team, was titled, "Tracking the Rise in Popularity of Electronic Nicotine Delivery Systems ('Electronic Cigarettes') Using Search Query Surveillance" (PDF).

**GOT NEWS?**

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

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@nicolositfitch.com](mailto:glenstonevillage@nicolositfitch.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









# Do You Pass the Debt Test?

Is an increasing percentage of your income going towards paying down debts? Are you near or at the limit of your line of credit? Can you only pay the minimum on your credit card accounts? Answering yes to one or more of these questions could be signs of a looming financial crisis.

Sometimes paying off debt is easier said than done. Paying off debt is a matter of making more money than you spend and then allocating the extra funds to outstanding balances. To some it may be just that easy, but for others, debt is so common that it eventually becomes a way of life.

**Do you pass the debt test?**

Take the full debt test on MoneyManagement.org to get a clearer picture of where you stand with debt. For those struggling with credit card debt, the financial experts at Money Management International offer the following tips to a better financial future.

- **Create a budget.** First, start with fixed expenses or needs such as rent, food, and standard monthly bills like utilities. Be sure to include an amount for savings each month. Then, set aside an amount that you can spend on 'wants' such as entertainment.
- **Assess your debt.** Gather all of your statements and find out whom you owe, how much you owe, and what interest rates you are paying. Being informed will help you make a good plan for payoff.



**Adjust your spending.** Write down every purchase for two weeks. Then, take a good look at your list. There is a good chance little purchases are taking a big bite out of your budget. Download the free expense worksheet on [FinancialLiteracyMonth.com](http://FinancialLiteracyMonth.com) to help you start tracking expenses.


**Communicate with your family.** It is important that all members of your family understand your financial

goals, and the changes that are going to be made, so they can fully support those changes.

- **Contact your creditors.** Many creditors are willing to work with consumers facing temporary setbacks. Request an interest rate reduction and commit to paying more than the minimum payment every month.

Finally, learn from your mistakes. An emergency savings account can protect you from future setbacks. Practice your new habits each day to ensure that you are improving your financial standing rather than harming it.

*Kim McGrigg is the national spokesperson for Money Management International (MMI). McGrigg has over 14 years experience in the credit counseling industry. For additional help, contact MMI, the nation's largest nonprofit, full service credit counseling agency, at 800-432-7310 or visit [www.MoneyManagement.org](http://www.MoneyManagement.org). Counseling is available 24/7 by telephone, internet, and appointment in branch offices.*



**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**



Events from page 7  
tions: Phoeni/Scottsdale. 800-736-9805.

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

**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).

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

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

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

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

Are sexual behaviors in and out of relationships causing you problems? **Sex Addicts Anonymous** [www.saa-phoenix.org](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**. 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. 15044 N. Cave Creek Road #2. Phoenix. **602-404-1555**

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

**OVEREATERS Anonymous**—Teen Meeting, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. [www.oaphoenix.org/](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** **602-337-7117**. [www.slaa-arizona.org](http://www.slaa-arizona.org)

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

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

**DEBTORS Anonymous**—Mon., 7-8:00 p.m., St. Phillip's Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 pm, University Medical Center, 1501 N. Campbell. **520-570-7990**, [www.arizonada.org](http://www.arizonada.org).



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**



## LIFE 101

By COACH CARY BAYER [WWW.CARYBAYER.COM](http://WWW.CARYBAYER.COM)

### What is Self-Realization? (and why it's so, so good for you)

To understand what Self-Realization is, it's essential, of course, to understand what the Self truly is that's being realized in the first place. It might seem that it would be your individual personality—even though it's unique—but it's not. While personalities are largely kept intact throughout life, they still change, to some extent. And change is the operative word here, because your higher Self is changeless.

Self-Realization is also not Self-actualization, as it's discussed in Humanistic Psychology circles. Humanistic Psychologist pioneer Carl Rogers defined that as “the curative force in psychotherapy—man's tendency to actualize himself, to become his potentialities...to express and activate all the capacities of the organism.”

The psychologist Abraham Maslow, another of the great Humanistic Psychologists, defined it as “*the full realization of one's own potential*.” He also referred to it as “the desire for self-fulfillment, namely, the tendency for him [the individual] to become actualized in what he is potentially. This tendency might be phrased as the desire to become more and more what one is, to become everything that one is capable of becoming.”

The Self that I'm talking about is also not about potential, though it is highly potent in itself. It's also not about becoming, because becoming, which is crucial in the Humanistic Psychologists' model, is in the field of change and the Self is in the field beyond change. The Self also doesn't become anything because it is Being itself.

For C.G. Jung, the great founder of Depth Psychology, individuation is another kind of self-actualization, and is the gradual integration and unification of the self through the resolution of successive layers of psychological conflict.

The Self that I'm talking about is beyond all conflict, because conflict is in the field of duality, and the Self is beyond all duality in a Unified field. The Self is located in the part of your being that does not change—in fact,

it's your very Being itself—and it's outside of the field of time and change, in the field of timelessness. It's outside of the field of doing, it's outside of the field of speaking, and it's outside the field of thinking.

The great Persian poet Rumi says it far more beautifully than I have when he wrote:

*“Out beyond ideas of wrong-doing, and right-doing there is a field. I'll meet you there. When the soul lies down in that grass the world is too full to talk about.”*

When you connect with this higher Self on a regular basis, your changing personality becomes infused with this non-changing essence, and you live 24/7 in the non-changing peace of your non-changing higher Self amidst all the changes of the waking, sleeping, and dreaming states of your daily life. A great way to do that is through meditation, because it's a discipline whose purpose is to transcend the field of change, and commune with the field that doesn't change. (For the record—or purposes of full disclosure, if you like—I speak of all this non-change from my personal experience of the Self through the Transcendental Meditation that I did from the time I was 17 until 2009. I now access this field of non-change more easily through the Higher Self Meditation that I developed in 2010.)

On a purely practical level, this brings you great happiness, freedom, stability, creativity, energy, and clarity. Instead of having the stress-filled fight or flight response fired off throughout your nervous system on a daily basis, you have the peace-filled stay and play response coursing throughout your system, enabling you to have increasing fun and delight in this indescribably precious gift that we call Life itself.

Cary Bayer is a Life Coach who conducts a national private telephone coaching practice from his two offices: New York State in Woodstock (845-679-5526) and Florida (954-788-3380). Visit [www.carybayer.com](http://www.carybayer.com) or email [succesaerobics@aol.com](mailto:succesaerobics@aol.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 Chaplaincy for the Homeless 602-417-9853

Franciscan Renewal Center 480-948-7460  
Gifts Anon 602-277-5256  
Glenstone Village 520-647-9640  
Hospice of Arizona 602-678-1313  
Intervention ASAP 602-606-2995  
Intervention Services of AZ 480-491-1554  
Geffen Liberman, LISAC 480-388-1495  
Magellan of Arizona 800-564-5465  
The Meadows 800-632-3697  
NAATP 717-392-8480  
NCADD 602-264-6214  
NotMYKid 602-652-0163  
Pathway Programs 480-921-4050  
Phoenix Metro SAA 602-735-1681  
Promises 866-390-2340

Psychological Counseling Services (PCS) 480-947-5739  
Remuda Ranch 800-445-1900  
Rev Sandi Britton, M.Ed., M. Div. 602-485-1161  
River Source-12 Step Holistic 480-827-0322  
Run Drugs Out of Town 480-513-3909  
Sage Counseling 480-649-3352  
Seabrook House 800-761-7575  
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  
Valley Hosptial 602-952-3939  
WINR 480-464-5764

RESOURCE DIRECTORY LISTINGS  
EMAIL: [aztogether@yahoo.com](mailto:aztogether@yahoo.com)



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

### Compassionate Care and Clinical Excellence

Inpatient and Outpatient Psychiatric Care for Adults and Adolescents

Inpatient Mental Health Treatment  
for Adults and Adolescents

Inpatient Detoxification Services  
for Adults and Adolescents

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

Intensive Outpatient Psychiatric and  
Chemical Dependency Program for Adults

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



**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





# Helping Families Find The Courage To Recover

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

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

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



**Available 24 hours a day**  
**800-761-7575**  
**[www.seabrookhouse.org](http://www.seabrookhouse.org)**

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

*Tsunami from page 5*

Teens also appear to be lacking traditional social skill development due to excessive exposure to technology. With so much impersonal and static social interaction in today's culture, many modern youth are not learning the social cues critical to interpersonal and relational communication. They are not developing the skills to know how to decode over time the subtleties of socializing and face-to-face interactions, like how to know when someone likes them. Social markers are not being put together in a succinct way. Courtship is being replaced with text. A smiley face or LOL at the end of a text or email is different than seeing people's actual smiles or hearing their actual laughs. Hence we are witnessing the beginnings of a socially backwards generation. The parental barrier is being circumvented via the teen creating an entire world of their own. In their bedroom the teen may have access to their laptop and/or desktop equipped with a webcam and all the critical features for social networking. Teens are usually connected to multiple social networking sites and spending multiple hours a week interacting on them. The teen also has their cell phone with its capacity to "stay connected" to all their "friends" via hundreds, even thousands, of texts per month. All of this physical isolation and distraction due to technologically based social networking is undoubtedly coming at a cost.

**What do we do about it?**

Parents and therapists must become educators and prevention strategy specialists for instructing teens regarding technology issues and cybersex problems. Counseling professionals have encouraged parents to learn online terminology and establish accounts for the most popular social networking venues used by teens to better understand them and to monitor and manage teen internet and technology use around sexuality and pornography. As a culture, though, Americans don't do that good a job of talking to their kids about sex. With the average age of first pornography exposure being 7-13 years old, parents must be challenged to start early


with their children. It is well known that by the time kids reach their teens their arousal templates have significant development and already possess some deeply entrenched beliefs and habits regarding their sexuality. However, many parents feel that if they bring up sexual topics they may be encouraging the child to engage in premature sexual experimentation. But offering information about sexuality isn't the same as encouraging early sexual behaviors.

**For Every Parent**

Though many parents are intimidated by technology and the Internet, every parent needs to be active in educating and monitoring their children around sexuality and technology. Studies show that parenting style is related to teen Internet behavior and that an authoritative parenting style, where limits are set with input from the teenager, has been associated with more responsible teen sexual behavior, less sexual experience, and would help ensure adolescent safety on the Internet and with technology.

Now more than ever, it is imperative we have those conversations with our children while they are still in their youth. As we have all seen, by the time kids reach their teens their arousal templates have significant inertia and they already possess some deeply entrenched beliefs and habits with regards to their sexuality. It is important for parents to not only discuss relevant topics about Internet and technology use but to create modeling opportunities for their children to watch parents engage in critical decision-making and specific behavior skills while online. When parents provide accurate information to their children and monitor them they help set values for sexuality and overall responsible decision-making regarding technology. It is important to note teens are generally the best source of keeping parents updated about the Internet and technology so keeping an open dialog with teens is to any parent's advantage, even if it is awkward or embarrassing.

*For more information visit [www.pcsearle.com](http://www.pcsearle.com) or call 480-947-5739.*



*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)**

