

TogetherAZ

JANUARY 2019

INSPIRING SUCCESS ON THE ROAD TO RECOVERY

An Integrated Approach to Tackling the Opioid Crisis

CBI knows we have an opioid crisis happening in the United States of America. If you work in the industry or have had a loved one affected by opioid addiction, then you get it. However, there are still many Americans who can't explain opioids. They aren't familiar with what they are, the side effects of use, and signs of abuse or withdrawal symptoms. They don't know the opioid family expands from prescription painkillers (*Percocet, Oxycodone, Vicodin, etc.*) to the illicit drug of heroin and new forms of street fentanyl, an extremely potent narcotic that can be deadly from one use or exposure. Most people can't explain the "crisis" component of opioids as many people are still unfamiliar with the addictive nature of all opioids.



"A substance that looks like a pill doesn't mean it is a pharmaceutical grade drug. Anything can be pressed to look like a pill."

Community Training

In community training, we often ask people what the number one cause of death is when abusing opioids and some typical answers are an overdose or heart attack. Yes, one can overdose, or take too many, but that doesn't always mean death. We definitely need our hearts to function, but when it comes to opioids, they tend to act on our respiratory system, slowing our breathing, often resulting in respiratory failure, the number one cause of death. All this is just the start of the opioid epidemic in America.

Substance abuse is cyclical. **It never ends.** Patterns and trends change, but the abuse of drugs is constantly there. Over the years, Americans have seen an increase in drug overdose deaths. In the 1980's many will recall sayings like *"the war on drugs"* and *"just say no"* and we got the feeling that drugs were a problem in our communities. In the 1980's, there were 6,100 American lives lost to drug overdoses.

As we approached the new millennium, we saw an increase to almost 17,000 deaths in 1999 and then we changed history when in 2008 there were more deaths from drugs than car crashes. Over 36,500 lives were lost. Sadly, the increase in drug deaths continues to rise. The Centers for Disease Control confirmed 52,404 drug deaths in 2015. Preliminary data suggests that the number of drug overdose deaths will reach over 64,000 for 2016! The deaths are from many substances; however, a majority of the deaths are from opioids. Early estimates claim 15,466 heroin deaths in 2016 and 20,145 deaths due to fentanyl. These numbers alone total 35,611, about 56% of all the deaths that year and we haven't even factored in prescription pills.

You never know what you are taking

A substance that looks like a pill doesn't mean it is a pharmaceutical grade drug. Anything can be pressed to look like a pill. There have been many cases of heroin and fentanyl showing up as counterfeit prescription meds. One should know that heroin is not only popular, but is the most potent it's ever been. Today, heroin can be 90% pure, resulting in addiction or death with one time use. Fentanyl is 50 times stronger than heroin and the US has seen an influx of use and availability. Many of these fake pills are trafficked in from China and Mexico. Current trends reflect blue

pills stamped to look like oxycodone. Fentanyl can be deadly in as little as 3 milligrams, which looks like 3 grains of salt... nearly undetectable to the human eye.

The "just say no" campaign failed. This is why being in the know or knowledgeable is so important. This is where it starts... education. We can't be afraid to communicate with one another. Ask our doctors questions. Find out the facts. Inquire with loved ones about their habits, genetics, daily environments, etc. We need to prevent the problem before it occurs and start serious life skill conversations with our kids early and often. We can't stop the efforts or give up hope, we just need to understand the potential for harm and reduce it. Pain management is a real thing and necessary in some cases, but not all. It's ok to feel pain and it's ok to feel happiness. We learn from our life experiences and feelings. It's all part of human nature to grow and develop. Perhaps we need reminders that drugs, legal and illegal, can hinder that progress. Maybe more importantly, we remember it's possible to cope without the "pill for every ill" mentality.

Pain is part of life. We need to accept that pain is part of life. Yes, sometimes the pain becomes unmanageable. We may need medications, counseling or other means/skills to assist us in coping. However, it is when we do not accept the pain that we can create suffering for ourselves. When we burn our hand, we want to experience pain so we can treat that wound accordingly. When a loved one passes away, we may feel pain related to the grief of the loss. If we do not allow ourselves to feel the pain and/or process the experience, the pain can turn into suffering. We can store that pain or suffering in our bodies, which can impact our mind, behaviors, emotions and physical reactions.

There is treatment and support

Addiction and/or dependence not only impacts the individual who is addicted or dependent, it impacts families, friends and the community. Community Bridges, Inc. (CBI) provides services throughout the state of Arizona that assist individuals with getting on their own journey to recovery, and services that provide support and education to families, friends, and the community. At CBI, we know the journey to recovery is not always easy and it can look very

different for each person. There's a stigma around addiction, which can include blaming the person who's addicted. Addiction does change the brain. As we treat other medical conditions, it's important that we're treating addiction the same way. When a loved one is going through cancer treatments, the family unit needs support as well. It's the same thing with addiction.

Recovery is possible. Community Bridges, Inc. (CBI) understands the support that is needed when you or a loved one are going through recovery. Many CBI employees have been through recovery and are now working to help others realize the light at the end of the tunnel. Over the past 35 years, CBI has helped thousands of men, women, and families from all walks of life, including Veterans, homeless, and those suffering from mental illness and substance use. They offer a variety of programs that are catered towards very specific needs, such as opioid dependency.

CBI's programs can help. **UnScript** is a program of Community Bridges, Inc. (CBI) which was developed to treat individuals who have become dependent on prescription pain medications due to having a legitimate pain condition and being prescribed medication by a doctor. The program uses medical interventions, along with an addiction-free pain management model to assist individuals in decreasing their dependence on opioid-based interventions and increase their ability to manage their pain in a manner that is less disruptive to their life. The programs assist the individual in making a long-term gain in their ability to manage their pain.

It's ok to question your doctor. People go to the doctor and get a legitimate prescription for pain medication and feel as though they are doing the right thing. Over time, that dependence can build to where we see the need for the Unscript Program because it is that unintentional dependence that was developed due to being prescribed medication that was needed. Providers have become so used to prescribing these medications, even in large quantities for minor injuries or minor procedures. One may become physically dependent or addicted to these medications in as little as five days.

The original opioids are unheard of. The original opioids are naturally occurring substances and come

OPIATES *continued page 5*



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Publisher’s Note

By Barbara Nicholson-Brown

A New Year, A Day at a Time

There always seems to be pressure to make New Year’s resolutions. In my active addiction days on the first of the year I’d promise myself and others I’d sober up and stay that way. Since I wanted people off my back about my “problem,” a part of me believed I could do it on my own. But that promise was broken within days and the shame, guilt and remorse set in once again.

One of the biggest lies I ever told myself was, if I really put my mind to it, I could stop. But I am an alcoholic, always will be and cannot stop without help. One or two was never enough and neither were a few full bottles. I drank myself to oblivion and the more I did that, the less it took to get me drunk, silly and stupid. I am so grateful and thankful and blessed I do not live that way.

There is only one way for me to thrive in recovery.... by staying grateful, suiting and showing up, remaining teachable, open, honest, and asking for help. What I can pay forward is my experience, strength and most of all hope. No matter what our story is, or where we came from, if we’re sober today we can count ourselves not only blessed, but miracles.

Take this New Year at a day at a time. This isn’t a race. **Each day is another chance to get it right.**

“Everything can be taken from a man or a woman but one thing: the last of human freedoms — to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

— Viktor Frankl

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2019 Time to Say Yes!

By DINA EVAN, PhD

It's a New Year and time to draw new boundaries and realize it really doesn't matter much what anyone else is doing. What matters is who WE are being and what WE are doing! This past few years has given many of us an excuse for not stepping into our power or defining our own character. We have filled our time with blaming everyone else. That has to stop!

Being conscious means....

We are aware in any given moment of the potency of our next action or word. We are aware — what we say and do makes a difference regardless of what is expected, or what seems to be appropriate to others. We stand up for what is right, we speak the truth and work to remove the places in our heart that are still closed to compassion.

The piece we have not understood is the gift of this era and these are the gifts to our own soul. The issues of this time are pushing us forward into greater consciousness. And that's amazing!

Effective and loving right action comes from that silent place in the heart where we are connected to something greater than ourselves, something which gives us the bigger perspective that what we do and who we are is everything. Every decision and action is a world event, because it changes the world's energy in your space forever.

Endless drama and noise are the deliberate tools used by the unconscious because they prevent us from thinking clearly and we become overwhelmed and over stimulated. Now is

the time to feed your heart and mind only that which enhances your level of consciousness and adds peace to your environment.

When there is confusion or chaos, step back and know it's not about you, nor is it yours to fix. Just be still and create the peace you desire because that is stronger and more powerful than any chaos — and ultimately will bring conditions back into alignment with Spirit.

In the same way your hand is part of your body, you are part of the spiritual energy in the Universe. The hand doesn't brag it is part of the body, nor does it act independently of the body. It works with the rest of the system in the same way we want to work with the Universe; free from ego or selfishness and just with humility and gratitude. The power in that is immense because the moment you are able to do that, you in effect disconnect from being controlled by what's happening "out there" and are being divinely guided by what's in here.

It's no accident you picked up this paper. It's no accident you went to a meeting, or had that unexpected con-

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versation about this very topic recently. The people who have the capacity and heart condition to change the world are now getting the tools they need to do exactly that. There are videos and exercises and a ton of tools you can download from my site **DrDinaEvan.com** for free.

You can also call or email me with questions or for support. Why have we created these and why are you seeing things like this everywhere? Because YOU are supposed to do something with them.

What? Learn about them. Share them.

Begin to practice the principles and become the conscious person you came here to be. I don't care what you have done in your past. Nothing in your past matters. What you do starting today does. And the question forever on my heart and mind is, Am I doing what I came here to do and being who I came here to be? I ask myself that question every day because if I am not...what is the point? In the still place of your own heart, ask yourself that, because now you have the tools and information and support you need to be able to say yes.

Sit quietly for a minute and close your eyes. Imagine all the cords you have connected to the news and release them. Just gently, with your imaginary hand, reach up and let them go. Imagine all the cords you have connected to those whose approval you want or think you need, and release them. Take a minute to see who else or what else you have attached yourself to, to make you feel safe and let it all go. Release the cords about fear with finances or anything else, just let the cords go. Then sit quietly for a minute to see how it feels to be free of all those burdens to be someone you are not. This is your year, our year.

Barbara and I and every writer here, is only here for you out of love. Don't waste this moment. If you understood what I have said in this article you have a calling and that calling is to do what you came here to do and be who you came here to be and we are all behind you! Happy New Year and happy new beginning!



Dr. Evan specializes in relationships, personal and professional empowerment, compassion and consciousness.
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- Don't Try to Avoid Your Problems

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OPIATES *from page 1*

from the opium poppy. Rather than converted into morphine and heroin, they are made into all these synthetic analogs that are meant to be more effective, more powerful pain relief. Then there's the street world of heroin. Physicians and the public have become more aware of the epidemic and physicians are starting to be wary of prescribing. We also have pharmaceutical databases to look at what somebody is being prescribed, and that's driving the move to street drugs.

The face of addiction has changed

Addiction no longer looks like the stereotypical homeless person on the side of the street. Many individuals who are dependent on drugs are like most of us, with families, jobs, and children. Substance use is becoming common in the workplace. The philosophy behind chronic pain management is that you'll be able to function until it starts getting out of control and addiction takes over.

Adolescents are becoming addicted to opioids. It is not just adults in the workplace becoming addicted to opioids, but it is also our youth. CBI has developed an *Adolescent Program* that provides comprehensive, medically integrated behavioral health services that support members in achieving their recovery goals, enhancing health and wellness, and improving the quality of their lives.

Teenage deaths continue to grow due to heroin and other opioids. CBI's Adolescent Opioid Use Disorder Treatment Program is for youth ages 16 to 18. The program focuses on brief intervention techniques and taper adolescents off opioids by using Medication Assisted Treatment (MAT), individual counseling, and expanded family support. By using a holistic approach and age-specific interventions, CBI guides and support adolescents in their journey through addiction recovery.

Medically treating opioid dependencies. Medication Assisted Treatment (MAT) helps treat opioid dependency by using suboxone. According to studies, suboxone is a medication often prescribed to teens and is used to treat opioid dependence. "One of the advantages to using suboxone is that it can't be taken to achieve a full opioid effect, making it more difficult to abuse than other forms of medication-assisted treatment, such as methadone. It is designed to assist the youth in slowly coming off opioids by introducing the suboxone and then to taper off suboxone. This transition process is done under the care of both a Psychiatric and a family practitioner to monitor mental health and physical health issues. CBI currently offers Medication Assisted Treatment services at five of their facilities in Arizona.

Government funding to expand MAT services. Government funding has been a crucial part of integrating MAT services into our clinics. They believe it is a huge part of a successful recovery and long-term sobriety. With their help, CBI has been able to create a program that offers 24-hour access to individuals needing evaluation and treatment for the use of opioids at specific CBI Center of Excellence

locations. Patients are able to be assessed for methadone services and also connect with a navigator to assist with services. Navigators are individuals who are in recovery themselves and can share their strength, hope, and experience with those who are who are just starting their recovery journey.

Methadone is another form of Medication Assisted Treatment (MAT) that helps manage cravings for opioid dependency. It is used to treat individuals that are in long-term recovery and need help with their cravings and side effects that are associated with opioid withdrawal, so they can focus on therapy. Methadone has been considered to be one of the most effective forms of treatment to maintain sobriety and reduce the risk of withdrawal by decreasing the rate of relapse.

Treating more than just your addiction CBI's specialized programs work through a multidisciplinary team approach to assess biological, medical, psychological, social, and spiritual domains of life to design the most effective treatment modality for each individual and/or family. The model addresses these domains to achieve true wellness and recovery. Family Support Services are used throughout the treatment to engage the family in discussion regarding education, crisis intervention, skills training, management of mental illness, problem-solving, and social and emotional support. CBI believes it is important to not only treat the patient, but their families too.

Your path to recovery. Everybody has their own journey through recovery. Every person has their own unique story and path. Community Bridges, Inc. (CBI) acknowledges that and takes every facet of your life into consideration when helping you through your path of recovery. CBI's remarkable and talented staff loves people and offers inpatient and outpatient programs that fit all individual needs.

For more information and to learn about our services, please visit: www.communitybridgesAZ.org.

Opioid Treatment Locations:

Mesa: 1012 S. Stapley Dr. Bldg. 5 Mesa, AZ 85204
Avondale: 824 N. 99th Ave. Avondale, AZ 85323
Central City: 27770 E. Van Buren Phoenix, AZ 85008
Tucson: 2950 N. Dodge Blvd. Tucson, AZ 85716
Payson: 803 W. Main St. Payson, AZ 85541

Methadone Treatment Locations:

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To schedule a *Street, Script and Synthetic Drugs* presentation for your organization or community group, contact Stephanie Siete at ssiete@cbridges.com

Helpful resources:

Dreamland (book) by Sam Quinones

CBS News 60 Minutes: Heroin in the Heartland

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- **Live truthfully and authentically**
- **Understand your purpose and how to fulfill it**
- **Be the master you came here to be and already know you are**



Nothing will change out there, in the world, until we change in here, inside each of us. We need to stop waiting for someone else to fix the world for us. We need to step into being the masters we came here to be. Every conscious decision you make is a world event within and that is why now more than ever it's time to stop playing small and remember who you are and why you came here.

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Survey Results Sending Smoke Signals Teens Are Vaping at Increasing Rates

The results are in for the 2018 Monitoring the Future (MTF) survey. The annual survey measures drug and alcohol use of more than 44,000 8th, 10th, and 12th graders from across the country. It also measures attitudes and trends. This year, teens reported a dramatic increase in using vaping devices, in just a single year.

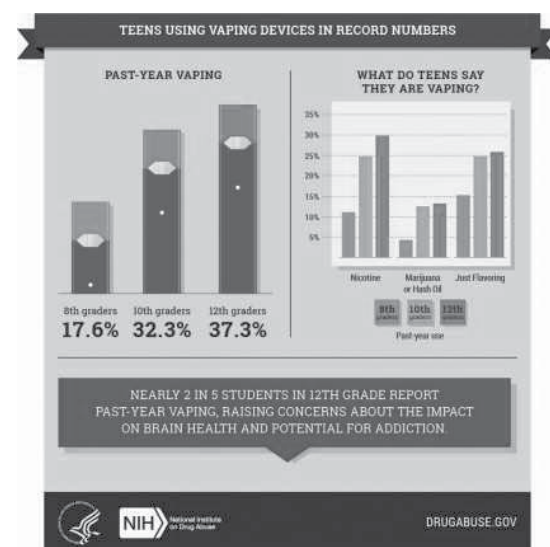
Over 37.3 percent of 12th graders reported "any vaping" in the past 12 months, compared to just 27.8 percent in 2017. Seniors who reported use of vaping specifically nicotine nearly doubled, too. Both 8th and 10th graders reported an increase in use in the last year, which translates to a total of about 1.3 million more teens who vaped in 2018.

"Teens are clearly attracted to the marketable technology and flavorings seen in vaping devices," says NIDA Director Dr. Nora Volkow. "However, it is urgent that teens understand the possible effects of vaping on overall health."

There are a number of reasons why teens may not connect vaping with tobacco or nicotine, and don't realize there could be harmful health consequences:

- **Flavoring might cover up the taste of nicotine.**
- **Vaping liquid vials are not always labeled correctly.**
- **Many teens use devices bought by other people.**

(Source: <https://teens.drugabuse.gov>)



Working Through our Struggles of Addiction Utilizing Recovery Art

By Charlene Sarraf,
Scottsdale Recovery Center

As our nation continues to fight the battle of addiction, many modalities to serve those afflicted with this disease are available. The standard of talk therapy, education and processing groups are a few of the classics that we see in most treatment centers. These are beneficial in addressing the underlying issues of someone's addiction. Along with the many different modalities, another expression of therapy is in the utilization of art.

At Scottsdale Recovery Center, we express art through the eyes of recovery. As we unravel our client's stories, some very traumatic, painful events that have not surfaced for many years, finally is released. It is found that some clients reveal their darkest secrets for the first time. Along with these secrets is the lost art of creativity. This is where recovery art can add to a client's program allowing them to express their inner healing.

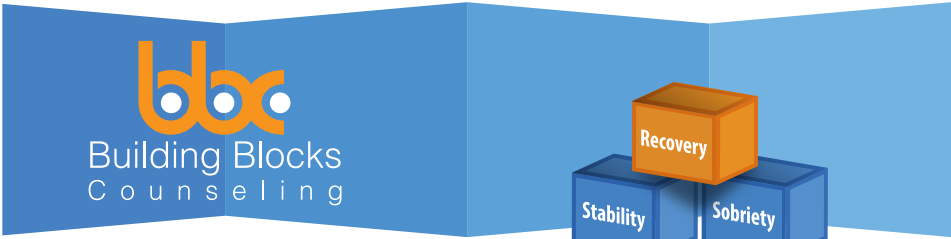


As I approach each art class with the motive to connect to a person's inner child, this is where aspects of deep healing can take place. And what is so significant about this type of healing is, we are able to access the client's vulnerability which ultimately helps heal the shame they have been carrying around for years. And it is this shame that addicts will continue to use over until it is processed and healed.

“The mind can only focus on one thing at a time and focusing on art projects offers a reprieve from struggles with addiction.”

Along with shame is the inability to express emotions. It can be very uncomfortable for an addict to express in words what they are feeling. This natural ability gets lost in the years of using drugs and alcohol. By utilizing Recovery Art at our center, we encourage the clients to process their feelings through painting, drawing, music, acting and jewelry making. Each of these modalities connects the client to what they are feeling which can be uncomfortable, yet doing this in a safe place is where healing begins. We have found that adding this type of expression helps the clients talk about what they are feeling through describing their art piece.

One of the great benefits I get to witness during these class times are the clients who are very intimidated by expressing art. They assume they need to be great artist to paint or draw something. What is magical about these moments is seeing our clients get absorbed in their art work and focus only on that, rather than the myriad of problems they deal with every day. The mind can only focus on one thing at a time and focusing on their art project gives them a reprieve from their struggles with addiction. The sharing of their art work allows for insecurities to be healed and to express what they want in life or what they are feeling. It is a moment in time that feels as though it stands still when watching those who are wounded come out of their shell and heal.



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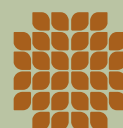
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- **Janaka Sarathchandra, MD**, Attending Psychiatrist, Desert Flower
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Nothing New Under the Year

By Alan Cohen

As we enter the New Year, we all hope this year will be better than the last one, and new and wonderful things will come to us. We seek to improve our worldly situations and become better people. But what if the most wonderful thing that could happen would be to realize that we live in a universe absolutely and eternally dedicated to our well-being?

While listening to a classical music radio station, I heard the show's host announce a cantata by J.S. Bach entitled, *"The Spirit Soothes our Weakness."* I was struck by the title, as appropriate today as it was 300 years ago when Bach composed the piece. Even while Bach's world was radically different than ours, the issues he dealt with were the same. He, too, was plagued by the insistence of the deluded self, and he, too, recognized the empowerment of a spirit-guided life. In that awakening the apparent chasm of time dissolves and we are joined.

King Solomon said, "There is nothing new under the sun." The more I explore what appears to be new and different, the more I realize that, while the world goes through constant change, truth is impeccably reliable. What works always works and what doesn't work never works. All else is detail. It is not the parade of events that makes evolution, but the upgrade of consciousness. If there is any evolution, it is the awakening to the presence and power of a kindly reality that far transcends worldly events.

Here we come to the juiciest of paradoxes:

To become new, we must recognize that we never change. Healing comes in claiming our inherent eternality. The personality seeks to gain newness by manipulating people, things, and events. The soul needs no newness because it is eternally whole. The part of you that seeks change is not the part that will be fulfilled. *What needs to change is to gain the aware-*

ness that you don't need to change.

I told you this paradox is juicy!

A Course in Miracles tells us, "Seek not to change the world, but seek instead to change your mind about the world." If you attempt to change your circumstances without changing your mind, nothing will change. Change your mind, and everything around you will change. The world is not a cause. It is an effect. Edgar Cayce said, "Mind is the builder."

Time is a blank screen upon which we project our consciousness and play out our intentions. Any demarcations we make in time come only from our beliefs about it and what we wish to use it for. Most people in western culture made a big deal about the advent of the year 2000. Meanwhile that same year was the year 5760 on the Hebrew calendar, 4697 in China, and 1420 in the Islamic religion. What year was it really? The year lives in our minds more than we live in the year. Buckminster Fuller said, "Human beings are the only creatures who tell time and think they have to earn a living." Whatever we think time is, is a story we made up. Nothing happens because of time. Everything happens because of the thoughts we apply to it. The only purpose of time is to learn to use it wisely.

If we are going to make something of the new year, let's use it to discover ourselves rather than find new and more complicated ways to forget ourselves. Rather than moving more pieces around the chess board of your activities, rise above the board so you can see it from a higher perspective. Use the year to make up a new story rather than continuing old stories that lead nowhere. A mythology expert identified 11 plot categories into which all stories fit. That's it. So it is with life. We just keep repeating the same stories over and over again, with minor variations that make them seem different, while they are not.

"Time is a blank screen upon which we project our consciousness and play out our intentions."

There are two kinds of evolution: horizontal and vertical. Horizontal evolution just keeps playing out the ego's beliefs and reinforcing its fearful world in more complex forms. Cave men stockpiled rocks to throw at invaders. We stockpile nuclear weapons. Just more and bigger expressions of the same mentality. Just because technology advances does not mean we are progressing. Seven billion people thumbing smartphones does not necessarily indicate an advanced society. What people say on their smartphones demonstrates evolution or its absence.

Vertical evolution is measured by the level of consciousness with which we use our tools and toys. The only real evolution is self-knowledge, awakening to the you that never needed to evolve because you were created perfect by God. The outer world is a set of props laid out according to the mind we are using. If you are going to make the new year new, recognize that time has no power over your life, but you have power over time by recognizing you live beyond it. Pray not for new things to happen, but for a new consciousness. St. Paul said, "Be renewed by the renewing of the mind."

I wish you the best year of your life because it is the one in which you escape time and claim your eternal self. In this moment you are new because the real you lives beyond time, and you have no age, history, or future. You just are.

Alan Cohen is the author of the soon-released Spirit Means Business, illuminating how to succeed with money and career without selling your soul. Become a certified professional life coach through Alan's transformational Life Coach Training beginning February 1. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

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Actions that can indicate a drinking problem:

- **Trouble with the law.** Legal issues and interactions with law enforcement can indicate a drinking problem. Being convicted of a DUI or arrested for public intoxication are clear signs of a problem.
- **Other drug use.** If you are struggling with alcohol you may turn to other drugs when alcohol isn't available.
- **Agitation.** Feeling restless, agitated or discontent without alcohol? It may be time to evaluate your drinking habits.
- **Comments from others.** Comments and concerns about your drinking can indicate an alcohol problem. Rather than respond with frustration and irritation, seriously consider their words.
- **Opinions from medical professionals.** Doctors, nurses, psychiatrists and psychologists know all the signs of a substance use problem. Take their opinions and concerns seriously.
- **Cravings.** Feeling like you "need" alcohol to feel good physically or or relax mentally can be a sign of a developing problem.
- **Making, and breaking, promises to not drink.** One sign of a drinking problem is making pledges to self or others to not drink yet doing so anyway.
- **Low self-esteem.** Reaching for alcohol in an attempt to fulfill an inner "hole" or void — is an alcohol abuse warning sign.
- **Blackouts.** A warning sign of a drinking problem is being unable to remember the previous night, sometimes even on nights when you claimed you were going to "take it easy" in regards to drinking.

I am enough

The Meadows Outpatient Center is in-network with insurance providers including Blue Cross Blue Shield, Humana, and TRICARE, making The Meadows' cutting-edge services and resources accessible to more people than ever before.

We want to assist you on your journey to recovery from addictions, trauma, and mood or other behavioral health issues, and empower you to create a full, authentic, joyful life. The Meadows Outpatient Center provides comprehensive outpatient program services to adults aged 18 years and older. Patients benefit from The Meadows Model, combined with a time-tested outpatient milieu, that together create a blueprint for ongoing, successful, and long-term recovery.

The Meadows outpatient program is designed for individuals who require a "step down" from one level of treatment to the next before they are ready to return home and apply their recovery skills to everyday life. Every individual's current issues and circumstances are taken into consideration to be sure they are offered the safest and most appropriate program for their clinical needs.

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HELPLINES

Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
Adult Children of Alcoholics	aca-arizona.org
Arizona Addiction	602-737-1619
Bipolar Wellness	602-274-0068
Child Abuse Hotline – Support & Information	800-422-4453
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-385-8454
Crisis Help Line – For Any Kind of Crisis	800-233-4357
Crisis Text Line	Text HOME to 741741
Crystal Meth Anonymous	602-235-0955
Domestic Violence	800-799-SAFE
Emotions Anonymous	480-969-6813
Families Anonymous	602-647-5800
Gamblers Anonymous	602-266-9784
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Marijuana Anonymous	800-766-6779
NDMDA Depression Hotline – Support Group	800-826-3632
Narcotics Anonymous/Phoenix	480-897-4636
Narcotics Anonymous/Casa Grande	520-426-0121
Narcotics Anonymous/Flagstaff	928-255-4655
Narcotics Anonymous/Prescott	928-458-7488
Narcotics Anonymous/Tucson	520-881-8381
National Youth Crisis Hotline	800-448-4663
NCADD	602-264-6214
Overeaters Anonymous	602-234-1195
PAL (Parents of Addicted Loved Ones)	480-300-4712
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
Sexual Assault Hotline (24/7, English & Spanish)	800-223-5001
Sex/Love Addicts	602-337-7117
Sex/Love Addicts	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Sober Living AZ	602-737-2458
Suicide Hotline	800-254-HELP
US Suicide Prevention Lifeline	1-800-273-8255

If you or a loved one are facing a crisis, we encourage you call a helpline for professional guidance. Every moment counts. Every life is worth saving.

WORTH NOTING: Asking for Help

Sometimes, it's hard to find the right words to ask for help. Start with, "I'm struggling." Those two words acknowledge you're having a hard time and they'll open up the dialogue to begin addressing the problem.

Asking for help develops the **mental muscle** you need to become mentally stronger. Over time, asking for help gets easier, and the more support you gain, the better equipped you'll be to take on bigger challenges.

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Seeking Spiritual Fitness

By Jacob Daffner

Inner peace? Meditation? Slowing down my thoughts? Living in the moment? Five years ago, they were only dreams for me.

The closest I got to calm was stoned and closest to meditation was nodding out during an opiate high. I wanted a life of purpose, joy, loving friends and family. But, if the pain and suffering of using hadn't finally crushed the numbing effects of my addiction, I would never have found recovery. Thankfully they did and my new life through sobriety began.

Suddenly I was immersed in a 12-step recovery program, as well as therapy, support groups, lectures, nutritional groups, acupuncture, and unexpectedly—YOGA. I wasn't immediately interested in it, I thought of it as some kind of fitness group for flexible people. In fact, it was almost forced on me. But, after a week, practicing yoga was where I started to experience serenity.

The Benefits

Yes yoga offers incredible physical benefits: weight loss, cardiovascular health, increased strength, flexibility, and relief from physical pain. For me that was the dessert. The meal that nourished and carried me through the day was the calming of my thoughts, ability to think clearly, make wise choices, and patience to abstain when thoughts of using haunted me as they often did.

As welcome as that was, I knew I was barely scratching the surface of the spiritual depth yoga offers. At nine months sober I enrolled in a yoga teacher training program and soon after discovered teaching yoga was what I was meant to do. At barely a year sober, I began teaching in yoga studios.

I wanted to share my discovery of yoga with friends who were also in recovery, but many couldn't afford to pay the \$20 fee per session. That fact inspired the most passion-driven service project of my life.

I created a donation-based addiction recovery yoga class at 7:30 p.m. on Friday nights (Modern Yoga in Scottsdale). There were no fees and donations were used to supply participants with mats, water, and other supplies people new to yoga often don't have.

Then something remarkable happened. The class started growing and drawing attention. Ashley Zettler, the owner of *Sweatshop on Central* in Phoenix, offered space and a second class was born. Soon after we started a third class in South Phoenix at *Grateful Yogini* giving us three locations. Mats and water continue to be free.

These classes are one of the many bright spots in my life, and wouldn't be possible if it weren't for the generosity of studio owners John and Nicole Salisbury of Modern Yoga, Ashley Zettler of Sweatshop on Central, and Gretchen Seck of Grateful Yogini.

The other factor driving the program's success is need. A drug and alcohol epidemic is sweeping our country. Many people are suffering and looking for help.

People, myself included, often come into recovery after years — possibly decades of abusing their minds and bodies. That's why I came up with a yoga modality to aid in detoxifying the body. Stretching muscles, burning fat, and compressing internal organs like the liver, helps release toxins and byproducts that are stored to help participants recovery physically and spiritually.

That modality is the basis of a



company I created last year, Spiritually Fit LLC and its non-profit sister company, Spiritually Fit Recovery, Inc. The companies are making two unique contributions that are expanding access to yoga for recovery. First, they are training teachers in yoga for recovery, which will, in addition to increasing the number of available classes, create a career path for people in recovery.

Second, in response to an increasing number of inquiries from recovery treatment centers in the Valley, the companies are helping to make yoga for recovery an integral part of therapeutic programs.

We offer a staff of expert instructors who specialize in meeting students and patients at their point of need. We greet them, talk and learn their stories, creating a connection that helps clients feel better and detox more quickly. They also acquire the gift of yoga and meditation tools and practices that help in recovery after they leave treatment and for the rest of their lives.

We see clients through every stage of their recovery; from detox to inpatient, from inpatient to aftercare, and then for the rest of their lives. Addiction is a disease of the body, the mind,

and the spirit. Yoga can be an invaluable part of the solution. And I'd like to invite you to be part of that effort in which I feel so honored to play a role.

If you're in recovery and are interested in exploring the gifts of yoga, come to one of our yoga for recovery classes:

- **Fridays, 7:30 pm at Modern Yoga, Scottsdale**
- **Saturdays, 5:00 pm at Sweatshop Central, Phoenix**
- **Sundays, 4:00 pm at Grateful Yogini, South Phoenix**

If you know someone who you think would benefit, please refer them.

If you can help financially, consider making a donation so we can offer scholarships to those in the greatest need and help them start and maintain their practice of yoga.

I'm a grateful addict who has found a mission, a purpose, and passion. Please help me help others. Recovery is possible for anyone — no matter how low or how high their bottom may be.

Contact me at 402.982.9571 Jacob@spirituallyfitrecovery.com



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

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

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

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

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New Year, New You:

Mental Health Resolutions for the New Year

By Jaime Vinck, MC, LPC, NCC, CEIP and CEO, Sierra Tucson

With the New Year upon us it only seems natural to make a list of resolutions. But when lofty goals become set-ups for let-downs, it can lead to anxiety and self-doubt. So why set one to improve your mental health? Mental health impacts all aspects of life. From professional to personal life, having a strong mental wellbeing can make all the difference in day-to-day activities.

Here are a few simple steps you can take to improve your mental health:

1. Practice self-compassion and love

- This begins with not saying anything to yourself that you would not say to a friend. Commit to looking in the mirror every morning and saying, “I am enough” or “I am loved.”

2. Practice being in the moment

- Resentment lives in the past, anxiety in the future. Peace is in the present. Practice it by creating a mantra of “I am here” and “I am present.”

3. Practice balance when using social media

- Limit time for specific sites and hold yourself accountable. Be aware of the tendency to practice self-harm with social media, or cyber cutting by looking at things that we know will cause us pain. For example, looking up our lost love or high school nemesis with the seemingly “perfect” life will only fuel our feelings of sadness and loss. Balanced social media also means purging those “friends” who do not bring you joy.

4. Practice limiting your phone time

- Being in the moment and limiting social media will get you off to a running start with this resolution. Commit to communication other than texting and emails – use your voice and writing abilities. Also, leave your phone in your bag or pocket when eating a meal, exercising or driving.

5. Practice creating a positive circle of trust around you

- If someone in your life brings drama, chaos or feelings of low self-worth, move them out of your circle of trust. When you identify who is a part of your inner circle, let them know how much you treasure that they are a part of your life with a hand-written note and by spending more time with them (yes, this can be animals as well).

6. Practice gratitude

- Commit to adding items to your gratitude list every morning before you start your day. Read them upon retiring for the evening. If a day isn’t going well, reread your list and remember your blessings. Frequent review of this list may cause you to rethink your circle of trust.

Know that things take time and focus on each step individually. You just might be surprised to discover that these mental health resolutions can make it easier for you to keep the other resolutions you choose to make throughout the year.



Jaime holds a bachelor’s degree in employee relations from Michigan State University; a master’s degree in professional counseling from Ottawa University; and is currently enrolled in the Doctor of Behavioral Health Program at Arizona State University. An industry advocate, she speaks nationally on such trending topics as Compassion Fatigue and Provider Resilience, The Mature Adult Treatment Experience, and The Importance of Collaboration When Treating Co-occurring Disorders.

For more information on Sierra Tucson, please visit www.sierratucson.com and for immediate help call (855) 397-9839.

Preventing Teen Drug Use: Spotting the Early Warning Signs



Once you’ve familiarized yourself with common warning signs of teen drug use, a few simple guidelines can go a long way toward spotting an issue earlier rather than later. Even if you don’t find direct evidence, it’s important to always trust your gut — take action by talking with your child and seeking help if necessary.

How to Find Out if Your Child is Using Drugs or Alcohol

Use Your Nose. Have a real, face-to-face conversation when your son or daughter comes home after socializing with friends. If there has been drinking or smoking, the smell will be on their breath, on clothing and in their hair.

Look Them in the Eyes. When your child gets home after going out with friends, take a close look. Pay attention to his or her eyes. Eyes will be red and heavy-lidded, with constricted pupils if they’ve used marijuana. Pupils will be dilated, and he or she may have difficulty focusing if they’ve been drinking. In addition, red, flushed color to the face and cheeks can also be a sign of drinking.

Watch for Mood Changes. How does your teen act after a night out with friends? Are they loud and obnoxious, or laughing hysterically at nothing? Unusually clumsy to the point of stumbling into furniture and walls, tripping over their own feet and knocking things over? Sullen, withdrawn, and unusually tired and slack-eyed for the hour of night? Do they look queasy and stumble into the bathroom? These are all signs that they could have been drinking, using marijuana or other drugs.

Monitor Driving and the Car. Your teen’s car and driving habits can offer clues as well. Is driving more reckless when he or she’s coming home after being with friends? Are there new, unexplained dents? If you’re suspicious, examine the inside of the car too. Does it smell like smoke or alcohol fumes? Are there any bottles, pipes, bongs, or other drug paraphernalia rolling around on the floor or hidden in the glove box? If you find evidence of drug use, be sure to prepare for the conversation ahead.

Keep an eye out for deceit or secretiveness. Are their weekend plans starting to sound fishy? Are they being vague about where they’re going? Can they describe the movie they suppos-

edly just saw? They say parents will be at the party they’re attending, but can’t give you a phone number and come home acting intoxicated? They get in way past curfew or estimated time with an endless string of excuses? When excuses fail, do they respond to your inquiries and concern by telling you it’s none of your business? If these ring true, something is wrong and it’s time to take action.

Should You Search Their Room?

The limits you set with your child do not stop at their bedroom door. If you notice concerning changes in behavior, unusual odors wafting from their room (like marijuana or cigarette smoke), smells to mask other smells like incense or air fresheners, or other warning signs, it’s important to find out what’s going on behind that “KEEP OUT” sign.

One note of caution, however. Be prepared to explain your reasons for a search, whether or not you decide to tell them about it beforehand. You can let them know it’s out of concern for their health and safety. If you discover your kid is not drinking or doing drugs, this could be a good time to find out if there’s something else that may need to be addressed.

Kids come up with some crafty places to conceal alcohol, drugs, and drug paraphernalia. Hiding spots include:

- Dresser drawers beneath or between clothes
- Desk drawers
- CD/DVD/Tape/Video cases
- Small boxes – jewelry, pencil, etc.
- Backpacks/duffle bags
- Under a bed
- In a plant, buried in the dirt
- In between books on a bookshelf
- Inside books with pages cut out
- Makeup cases – inside fake lipstick tubes or compacts
- Under a loose plank in floor boards
- Inside over-the-counter medicine containers (Tylenol, Advil, etc.)
- Inside empty candy bags

Don’t overlook your teen’s cell phone or other digital devices. Do you recognize their frequent contacts? Do recent messages or social media posts hint at drug use or contradict what they’ve told you?

If your search turns up evidence of drug use, prepare for the conversation ahead and do not be deterred by the argument of invaded privacy. Stand by your decision to search and the limits you’ve set.



We're proud to announce that the Department of Veterans Affairs and Valley Hospital have signed the Provider Agreement making us one of the go-to community resources for providing behavioral health treatment to Veterans.

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24 Hours / 7 Days a Week Referral & Admission Center: 602-952-3939

**Valley Hospital
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Fentanyl Most Commonly Used Drug Involved in Overdose Deaths

Fentanyl was involved in almost 29 percent of all overdose deaths in 2016, making it the most commonly used drug involved in overdose fatalities, according to a new report by the Centers for Disease Control and Prevention.

- The rate of drug overdose deaths involving fentanyl jumped by about 113 percent each year from 2013 through 2016, *CNN* reports.
- The total number of drug overdose deaths increased 54 percent each year between 2011 and 2016. There were 63,632 drug overdose deaths in the United States in 2016.
- Most overdoses involved more than one drug, the CDC found. Two-fifths of cocaine-related overdose deaths in 2016 also involved fentanyl, and almost one-third of fentanyl-related overdoses also involved heroin. More than one-fifth of meth-related fatal overdoses also involved heroin.

1. Fentanyl is 50 to 100 times more potent than heroin or morphine.

It is a schedule II prescription drug typically used to treat patients with severe pain or to manage pain after surgery. It is also sometimes used to treat patients with chronic pain who are physically tolerant to other opioids. In its prescription form, fentanyl is known by such names as Actiq®, Duragesic® and Sublimaze®.

What is Schedule 2 (II) ?

The drug has a high potential for abuse. The drug has a currently accepted medical use in treatment in the United States or a currently accepted medical use with severe restrictions. Abuse of the drug may lead to severe psychological or physical dependence.

2. It is relatively cheap to produce, increasing its presence in illicit street drugs.

Dealers use it to improve their bottom line. According to a report from the Office of National Drug Control Policy, evidence suggests that fentanyl is being pressed into pills that resemble OxyContin, Xanax, hydrocodone and other sought-after drugs, as well as being cut into heroin and other street drugs. A loved one buying illicit drugs may think they know what they're getting, but there's a real risk of it containing fentanyl, which can prove deadly.

Together AZ Resources

TOGETHER AZ	602-684-1136	UnHooked	602-368-4471
Acceptance Recovery Ctr	844-302-0440	Therapists/Interventionists	
ACT Counseling & Education	602-569-4328	Dr. Marlo Archer	480-705-5007
Arizona Addiction	602-737-1619	Dr. Janice Blair	602-460-5464
AZ. Dept. of Health	602-364-2086	Carey Davidson	928-308-0831
Arizona Addiction Recovery Ctr	888-512-1705	Dr. Dina Evan	602-997-1200
Office of Problem Gambling	800-NEXTSTEP	Dr. Dan Glick	480-614-5622
Aurora Behavioral Health	877-870-7012	Bobbe McGinley	602-569-4328
AzRHA	602-421-8066	Julian Pickens, EdD, LISAC	480-491-1554
Building Blocks Counseling			
	602-626-8112	Valley Hospital	602-952-3939
Calvary Healing Center	866-76-SOBER	VIVRE	480- 389-4779
CBI, Inc.	480-831-7566	Legal Services	
CBI, Inc. Access to Care	877-931-9142	Dwane Cates	480-905-3117
Chandler Valley Hope	480-899-3335	Real Estate	
Choices Network	602-222-9444	Scott Troyanos	602-376-6086
Continuum Recovery Ctr.	877-893-896		
Cottonwood Tucson	800-877-4520		
Crisis Response Network	602-222-9444		
The Crossroads	602-279-2585		
First Step	866-832-6398		
Fit FOUR Recovery	480) 828-7867		
Footprints Detox	877-539-3715		
Gifts Anon	480-483-6006		
Governor's Office of Youth, Faith & Family			
	602-542-4043		
Hunkapi Programs	480- 393-0870		
Lafrontera -EMPACT	800-273-8255		
The Meadows	800-632-3697		
Meadows Ranch	866-390-5100		
Mercy Care	602-222-9444 or 1-800-631-1314		
NCADD	602-264-6214		
PITCH 4 KIDZ	480-607-4472		
Psychological Counseling Services (PCS)			
	480-947-5739		
Recovery in Motion Treatment Center			
	520-975-2141		
Rio Retreat Center	800-244-4949		
River Source	480-827-0322		
Scottsdale Detox	480-646-7660		
Scottsdale Providence Recovery Center			
	480-532-4208		
Scottsdale Recovery Center	888.663.7847		
Serenity Recovery Services	866-243-6001		
Sober Living AZ	602-737-2458		
Teen Challenge of AZ	800-346-7859		
TERROS	602-685-6000		

TUCSON

ACA	aca-arizona.org
Alcoholics Anonymous	520-624-4183
Al-Anon	520-323-2229
Anger Management	520-887-7079
Center For Life Skills Development	
	520-229-6220
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Desert Star	520-638-6000
The Mark Youth & Family Care Campus	
	520-326-6182
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Sex/Love Addicts Anonymous	
	520-792-6450
Sex Addicts Anonymous	520-745-0775
Sierra Tucson	800-842-4487
Sonora Behavioral Health	520-829-1012
Starlight Recovery Housing	520-448-3272
Suicide Prevention	520-323-9372
Men's Teen Challenge	520-792-1790
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559

Want to be a resource?

Send your request by email to
aztogether@yahoo.com

3. Naloxone (Narcan) will work in case of overdose, but extra doses may be needed.

Because fentanyl is far more powerful than other opioids, the standard 1-2 doses of naloxone may not be enough. Calling 911 is the first step in responding to any overdose, but in the case of a fentanyl-related overdose the help of emergency responders, who will have more naloxone, is critical. Learn more about naloxone and responding to opioid overdose >>

4. Even if someone could tell a product had been laced with fentanyl, it may not prevent their use.

Some individuals claim they can tell the difference between product that has been laced with fentanyl and that which hasn't, but overdose statistics would say otherwise. Some harm reduction programs are offering test strips to determine whether heroin has been cut with fentanyl, but that knowledge may not be much of a deterrent to a loved one who just spent their last dollar to get high.

5. Getting a loved one into treatment is more critical than ever.

If you need help in determining a course of action, please reach out to one of our parent counselors on our free Parent Helpline. Learn more about all the ways you can connect with our free and confidential services and begin getting one-on-one help.

EVENTS & SUPPORT GROUPS

Professional Events

JAN. 15—PCS Networking Professional Luncheon, 12:15-1:30 p.m. 3302 N. Miller Road, Scottsdale. RSVP required. Contact Jacquee Nickerson, **480-947-5739**, E:pcs@pcsearle.com

JAN. 19—8:30 am – 4:30 p.m. —UR Pure Potential and The Institute for Integrative Coach Training presents: *The Nine Paths to Personality Development and Beyond*. We will examine human development through the centers of knowing or intelligence (body, heart and head) and how the enneagram types come forward in human development. *New Vision Center for Spiritual Living*, 18010 N. Tatum, Phoenix, 85032. Register: **integrative-coachtraining.com/cce-enneagram.html** or email Renee Siegel: reneesiegel1204@gmail.com. Cost: \$105 per person. 7 CEs available.

Support Groups

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

NEW! Rising Phoenix Wellness Services hosts a weekly **MARA (Medication-Assisted Recovery Anonymous)** group. Saturdays 11:30am-12:30pm, Rising Phoenix Wellness Services, 7807 E. Greenway Rd. Suite #5, Scottsdale, AZ 85260, **480-427-2290**

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

OPEN GROUPS at DOORWAYS— Three different Intensive Outpatient Programs (IOPs) for **13-18** year olds, providing counseling in small group setting. Open enrollment, join anytime. *Anxiety Disorders/OCD IOP, DBT Skills IOP, Eating Disorders IOP*. Insurance contracts with Aetna, BCBS, Cigna and United Behavioral Healthcare. Call **602-997-2880** or email **IOP@Doorwaysarizona.com**.

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

SIERRA TUCSON— Continuing Care Groups—Phoenix. Thurs. – Resident Alumni. Psychological Counseling Services, 3302 N. Miller, Scottsdale. 5:30–7:00 p.m. Group facilitated by staff of PCS. No charge for Resident

Alumni. Courtney **520-624-4000**, Ext. 600205 or email: Courtney.Martinez@SierraTucson.com.

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

FAMILY RECOVERY GROUP—Facilitator, Brough Stewart, LPC. 5:30-7:30 p.m. Designed to help begin/continue family recovery. *Meadows Outpatient Center*, 19120 N. Pima Rd., Ste. 125, Scottsdale. Jim Corrington LCSW, **602-740-8403**

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

CELEBRATE RECOVERY — COMPASS CHRISTIAN CHURCH. Fridays 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other hurts, Hang-ups and Habits. 1825 S. Alma School Rd. Chandler. **480-963-3997.**

PAL (Parents of Addicted Loved Ones) NEW meetings. **Phoenix** - Teen Challenge, 1515 Grand Ave, Phoenix, 85007, Thurs. 6:30-8p.m. Call **480-745-6978** or weeksfamily7@gmail.com. **Scottsdale**, Soul Surgery Addiction & Medical Center, 14362 N. Frank Lloyd Wright Blvd., Suite B113, Scottsdale. Mondays 6:00 – 7:30 p.m., Call Rebecca at **480-458-8080** or ra@reagan.com

VALLEY HOSPITAL—IOP Group for Chemical Dependency/Co-Occuring. Mon., Tues., Thurs. 6:00-9:00 p.m. 602-952-3939. 3550 E. Pinchot Avenue, Phoenix. valleyhospital-phoenix.com

Open Hearts Counseling Services Women’s Therapeutic Group for Partners of Sex Addicts. Comfort, strength and hope while exploring intimacy issues. Cynthia A. Criss, LPC, CSAT **602-677-3557.**

FAMILIES ANONYMOUS—12 step program for family members of addicts. Scottsdale Sun. 4:00 p.m., 10427 N. Scottsdale Rd., N. Scottsdale Fellowship **480-225-1555 /602-647-5800**

NICOTINE ANONYMOUS—For those with a desire to stop using nicotine. Phoenix Sat., 5-6:00 p.m. Our Saviour’s Lutheran Church, 1212 E. Glendale Ave., Glendale, Sun., 9:15-10:15 a.m. Fellowship Hall, 8910 N. 43rd Ave.

480-990-3860 or www.nicotine-anonymous.org

CHRONIC PAIN SUFFERERS —“Harvesting Support for Chronic Pain,” 3rd Saturday of month, 12-1:00 p.m. Harvest of Tempe, 710 W. Elliot Rd., Suite 103, Tempe. **480-246-7029.**

Jewish Alcoholics, Addicts, Families and Friends. 1st / 3rd Wed., 7:30 p.m. Ina Levine Jewish Community Campus, 2nd floor. 12701 N. Scottsdale Rd. **602-971-1234 ext. 280.**

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

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

WOMEN for SOBRIETY —women-forsobriety.org. Sat. 10-11:30 a.m. All Saints of the Desert Episcopal Church-9502 W. Hutton Drive. Sun City. Christy **602-316-5136.**

CO-ANON FAMILY SUPPORT— Message of hope and personal recovery to family and friends of someone who is addicted to cocaine or other substances. “Off the Roller Coaster” Thurs., 6:30-7:45 p.m., 2121 S. Rural Rd., Tempe. Our Lady of Mount Carmel Church. Donna **602-697-9550 /Maggie 480-567-8002.**

ACOA Thurs., 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. **www.aca.arizona.org**

ACA. Tucson. Wed. 5:30-7:00 p.m. Streams In the Desert Church 5360 E. Pima Street. West of Craycroft, Tucson. Room A. Michael **520-419-6723.**

OA—12 Step program for addictions to food, food behaviors. **520-733-0880** or **www.oasouthernaz.org.**

PILLS ANONYMOUS—Glendale, Tues. 7-8:00 pm. HealthSouth Rehab 13460 N. 67th Ave. Rosalie 602-540-2540. Mesa Tues. 7-8:00 pm, St. Matthew United Methodist Church. 2540 W. Baseline. B-14. Jim, 480-813-3406. Meggan 480-603-8892. Scottsdale, Wed. 5:30-6:30 pm, N. Scottsdale Fellowship, 10427 N. Scottsdale Rd., Rm 3. Tom N. 602-290-0998. Phoenix, Thurs. 7-8:00 pm. First Mennonite Church 1612 W. Northern. Marc 623-217-9495, Pam 602-944-0834, Janice 602-909-8937.

GA—Christ the Redeemer Lutheran Church, 8801 N. 43rd Ave. Sunday, Spanish 7:00-9:00 p.m. Good Shepherd Lutheran Church, 3040 N 7th Ave. Sunday, English 6:00-8:00 p.m. 5010 E. Shea Blvd., Ste. D-202, Contact Sue F. **602-349-0372**

SAA — www.saa-phoenix.org **602-735-1681 or 520-745-0775.**

Valley Hope Alumni Support. Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tues. 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open.

SPECIAL NEEDS —AA Meetings. Cynthia SN/AC Coordinator **480-946-1384**, E: Mike at mphaes@mac.com

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

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

DEBTORS ANONYMOUS— Mon., 7-8:00 p.m., St. Phillip’s Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 p.m., University Medical Center, 1501 N. Campbell. **520-570-7990**, www.arizonada.org.

EATING DISORDER SUPPORT GROUPS— PHX— Monday 7:00 p.m. 2927 E. Campbell Dr. Ste. 104, (Mt. View Christian Church). Jen (602) 316-7799 or edaphoenix@gmail.com. Wed. 7:00 p.m. Liberation Center, 650 N. 6th Ave, Phoenix. (cross street McKinley). Jennifer (602) 316-7799. Tempe— Thursday 6:30 p.m. Big Book/5:30 - 6:30 p.m. Steps to the Solution. Mountain View Retirement Village, 7900 N. La Canada Drive, Tucson. leeverholly@gmail.com. Thurs. 5:30 - 6:30 p.m. EDA Big Book Step Study. Mountain View Retirement Village, 7900 N. La Canada Drive, Tucson. (203) 592-7742 / leeverholly@gmail.com. Wickenburg—Wed. 7:15 p.m. and Sunday 7:45 p.m. (N,D/SP,O,) Capri PHP program. (928) 684-9594 or (800) 845-2211. Yuma —Wed. @ 5:00 - 6:00 p.m. 3970 W. 24th St. Ste. 206 Yuma. Alyssa (928) 920-0008 or email 2014yumae.d.a@gmail.com.

GODDESSESS & KACHINAS Philosophical, spiritual, religious 12 step, 12 Tradition/12 Promises support group. Details **480-203-6518.**

CRYSTAL METH ANONYMOUS www.cmaaz.org or **602-235-0955.** Tues. and Thurs. Stepping Stone Place, 1311 N 14th St. Phoenix.

SEND US YOUR EVENT OR SUPPORT GROUP INFORMATION TO
aztogether@yahoo.com by 20th of month prior to printing.



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