

# Together AZ

**MARCH 2019**

**INSPIRING SUCCESS ON THE ROAD TO RECOVERY**

## Gambling: Secret Addiction?

By Bobbe McGinley, MA, MBA, LISAC, NCGC II, BACC

**A**ccording to a survey by the American Gaming Association, 22.7 million U.S. adults bet on Super Bowl LIII, wagering \$6 billion on the game — a 26 percent jump from a year ago! The increase is attributed to the number of states now offering legal sports betting. Despite the massive rise in legal betting venues, 1.8 million people placed illegal bets through a bookie, while even more placed illegal wagers through offshore gambling sites.

### What's the Harm in it?

For many people, gambling is entertainment. What's the harm with a few hours out with friends at a casino or a weekly card game? With problem gamblers the excitement and the release of the pleasure chemicals in the brain creates the need for more — driving the urge to gamble again and again.

Just how gambling impacts the brain and triggers an addictive cycle is similar to the way drugs become addictive. First the tangible reward, *the win* — followed by a flood of pleasure chemicals in the brain providing another positive reward. Since these are delivered randomly, problem gamblers keep betting to feel good. Though not all people who gamble have a problem, just like all people who have a drink don't become alcoholics.

### What is Problem Gambling?

Problem gambling includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. If there is a preoccupation with it, the need to place larger bets, restlessness or irritability when attempting to stop, "chasing" losses, and mounting, serious, negative consequences, there is a problem. This often results in financial ruin, legal problems, loss of career and family, or suicide. Anyone who plays can develop problems if they aren't aware of the risks and do not gamble responsibly. When this behavior interferes with finances, relationships or work, a serious problem already exists.

### Can You be a Problem Gambler if You Don't Gamble Every Day?

The frequency of a person's gambling does not determine whether or not they have a problem. Even though a problem gambler may only go on periodic binges, the consequences will be evident including the effects on the family of the gambler. The amount of money lost or won does not determine when there is a problem. It becomes one — when it causes a negative impact on any area of an individual's life. Most are unable to maintain solvency or provide basic support for themselves or their family. When their borrowing resources are strained, they may resort to antisocial behavior to obtain money — including theft, embezzlement, fraud and other crimes.

### Older Adults and Gambling

Retirees with a pension and social security income, are easy targets for gambling. Many seniors may go through a period of boredom after years of working. Going to casinos can be a thrill, especially with an occasional win. Trips to casinos are a way to socialize, another aspect of life that tends to drop off after retiring. Seniors are the fastest growing demographic engaging in gambling. Half of all visitors to casinos are over the age of 50, and 70 percent of seniors report having gambled in the last year. With the baby boomer generation coming into the retirement phase, these numbers will rise.

When people are coping with big changes, they are more vulnerable to develop a problem. Many will face life transitions and losses, such as death of loved ones, end of career and isolation from family and friends.

Many addicted seniors are gambling their retirement funds away or spending too much of their fixed income, leading to unmanageable financial strain. Over time, they feel the financial burden of continued betting and often believe they must continue gambling to overcome their financial stress. Once addicted, it can be very difficult to break this cycle that will eventually lead to financial ruin.

### How to Identify Gambling Addiction in Seniors

- Your family member or friend may appear withdrawn or unavailable.
- They may be vague when describing their days and activities.
- They may have sold off their valuable belongings for unexplained reasons.
- They speak of exciting wins — **but never their losses.**



### Intervening on 74 year old Marie

Marie had been secretly gambling since the death of her husband five years ago. Even though she received a large sum from his life insurance policy and was collecting social security, she began asking her children for financial help. When the family met they realized they needed to assist her in getting the help she needed. Lovingly, but firm, they told her they were not going to give her money to pay bills or any other of her debts.

Her adult children took her to an open Gambler's Anonymous meeting. They helped her make phone calls and write letters to people she owed money. They encouraged, supported and treated her with dignity. She attended meetings by herself, found a GA sponsor and began to feel worthwhile as a human being again.

In early recovery it became apparent Marie needed extra help in dealing with her shame and guilt and she decided to get individual counseling from a therapist who specialized in gamblers, their relationship with money and a lifetime of being impulsive and irresponsible. While it was not an easy go at first, today, she is grateful her family intervened and she continues to be part of the GA fellowship, helping other women.

### Gambling and Suicide

Suicide is a very real and an all too common consequence of problem gambling. No other addiction has as high a suicide rate as gambling. The National Council on Problem Gambling estimates one in five gambling addicts will attempt to kill themselves, this is about twice the rate of other addictions.

According to Michael Goldman, senior employee assistance program counselor in Cook County IL, it's estimated that 18-25 percent of compulsive gamblers will attempt suicide. With an estimated two million compulsive gamblers and four-to-six million problem gamblers in the U.S., the potential for larger numbers of suicide deaths brought on by gambling is significant.

### Paying the Ultimate Price

Unlike with other addictions, such as drugs and alcohol, there is no physical effect on the body.

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## Publisher's Note

By Barbara Nicholson-Brown

*"I do not at all understand the mystery of grace - only that it meets us where we are but does not leave us where it found us." —Anne Lamott*



Grace is a beautiful word, and one definition apply to addicts and alcoholics: "Unmerited divine assistance given humans for their regeneration or sanctification."

For 24 years, addiction had me by the throat. Even though I functioned, had a job, lived in a great city, had clothes to wear and a place to live, I was angry, tired and lonely. I spent much of my time and energy chasing the next high, or trying to piece together blackouts, followed by another horrible hangover — that was my life.

The more I used, the more I was drowning in shame, fear, denial, and self pity. I was empty.

It was only when my family and friends had finally cut me out of their lives completely that I hit bottom. As clear as yesterday, I remember the moment — when everything changed — the moment of surrender.

Was it Grace?

Obviously my Higher Power believed there was a reason for me to be here, I surely didn't. And never — not once — have I gone back out to test the waters to see if I was really an alcoholic and addict. I am. I know it.

I was given a chance, not because I earned or deserved it, yet grace stepped in anyway. Everyone who has risen from the dark shadows of addiction — has been granted the very same gift. We have been blessed with Grace.

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## Gambling from page 1

“The amount of financial devastation you can wreak plays a big role,” says Keith Whyte, executive director of the NCPG. “You can bet \$50,000 in a single hand, every minute.”

Problem gamblers often suffer from associated disorders that exacerbate their struggles. Substance abuse issues or problems with depression and anxiety are frequently “co-occurring” among those who have a gambling addiction.

Gamblers who have landed themselves in debt are no longer simply chasing a high, they are trying to evade catastrophe. You’re always one bet away from winning everything back.

And, again, there is no limit to the amount of money that can be devoted to this pursuit. Unless the gambler just stops, which is unlikely without outside intervention, the problem becomes compounded with every attempt at a solution. It is the cruelest catch-22.

We have no real way of knowing how many people follow through with suicide from gambling. Gamblers are, by nature, impulsive and secretive — the ones who leap from a multi-story parking deck after a bad night generally don’t leave suicide notes, while those who do tend to gloss over the reasons for their self destruction.

## Teens and Gambling Problems

Youth gamble for many different reasons.

- Entertainment, socialization
- Competition, escape problems
- Loneliness, depression or boredom
- Peer pressure
- Think it is a quick way to get rich
- Be the center of attention
- As a way to make friends
- Winning provides an instant, temporary boost of confidence

## Teen Gamblers have higher rates of:

- Crime (theft, robbery, embezzlement)
- School problems (low grades, truancy, behavior issues)
- Family problems (withdrawal, behavior issues)
- Peer relationship problems
- Legal and money troubles
- Depression; suicidal thoughts and attempts
- Dissociative, “escape” behaviors
- Risk for co-occurring addictions including alcohol and substance use
- Youth can hide gambling problems well. There are no outward, noticeable signs as there are with other addictive behaviors (needle marks, slurred speech).

## Arizona Gambling Laws

Arizona gambling laws allow most forms of gambling. Given the state’s proximity to Nevada, Arizona lawmakers decided long ago they would legalize many forms of gaming to keep the tax revenues in the state. Arizonans were going to be gambling anyway, so it only made sense to keep a percentage of those entertainment dollars in-state.

Though it has a reputation for conservative politicians, Arizona’s GOP has a long history of more libertarian ideas (Barry Goldwater) when it came to their citizens’ activities. That means Arizona has 22 land-based casinos, including tribal and commercial casino operators.

## Laws that Pertain to Arizona Gambling

Arizona is a permissive state when it comes to gambling laws. The Arizona Constitution has large sections on its gaming regulations, including blocks of definitions for the betting terminology. The quotes below should give readers an idea of the statutes. The upshot is Arizona lawmakers are serious about their gambling laws and regulations. They want residents to play, but play legally.

## Is Gambling Legal in Arizona?

Most forms of land-based gambling are legal in our state. Online gambling is not authorized, probably because the land-based casino operators do not want the competition. Gov. Doug Ducey stated in November 2018 his support for sports betting legalization, though the Arizona Gaming Department has not changed its policies banning sportsbooks.

One reason for the Gaming Department’s reluctance to change the sports wagering law is the requirement it would have to change the gaming compact. For that reason, expect to see the Arizona state legislature take up the issue instead of the existing regulators. For the time being, most other forms of conventional brick-and-mortar gambling are legal.

## Is Online Poker Legal?

Arizona online poker is not licensed or regulated. Plenty of online gamblers sign up at poker sites, casino sites, and online sportsbooks. This is done in an unregulated market, though, so players should beware when they do so. Though many legal live poker venues exist in Arizona (or perhaps because of it), online poker is done through offshore online cardrooms.

## Is Sports Betting Legal?

Sports betting is more likely to be legalized in the near future. Eilers & Krejcek estimates that 32 US states will legalize and regulate sports betting in the next 5 to 7 years. While Arizona is not at the top of the list, it’s on the list of the 32 likely to regulate sportsbooks. Gov. Doug Ducey supports legal sports betting, so he likely will sign any bill the legislature passes.

Daily fantasy sports operators like DraftKings and FanDuel are active in Arizona, though they also operate in an unregulated market. Stacy Stern of the Fantasy Sports Trading Association said she has spoken with Arizona Attorney General Mark Brnovich and he claims DFS gaming is a banned form of gambling in his opinion. Brnovich said daily fantasy sports would be under the heading of banned “amusement games”.

Despite the Arizona AG’s stance on DFS sites, Mark Brnovich has never issued an official opinion on the subject, so DraftKings and FanDuel still accept real money play from DFS owners. If anyone sponsors a sports betting bill in Arizona in 2019, it would not be surprising to see daily fantasy sports added to the list of approved games.

## Your Relationship with the Gambler


Problem gambling can strain relationships. Suggestions include:

- Inform the gambler of the negative impact their gambling is having on you. Communicate your feelings carefully and openly.
- Don’t try to take control of the gambler’s life. It won’t work.
- Let the them know you want to help. They may feel out of control, embarrassed or ashamed. Convey a willingness to support them.
- Relate to them as an equal.
- Avoid trying to protect them.
- Support them in their struggle, but don’t take on their burden. Choose to say ‘I can’t do this for you, but I will be with you while you do it’.
- Allow them to take responsibility for their behavior. For example, let them deal with creditors and their employer. Do not help them lie and deceive.

## Avoid Financial Harm

In most cases, people who have a gambling problem have difficulty handling money. Take steps to protect yourself and those around you from financial harm.

- Seek professional advice about how to protect your family’s assets and income.
- Do not lend the gambler money.
- Do not pay the gambler’s debts.
- Decide if you can manage the gambler’s money. If not, you may need to maintain separate bank accounts and credit cards.
- Remove your name from joint accounts to avoid inheriting any debt. A gambling counselor can help you avoid a bad credit history if you have joint credit or loans with the gambler.



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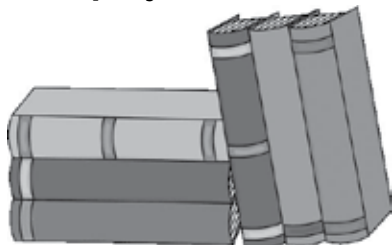
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- Don’t sign anything you don’t understand or are not prepared to pay for.
- Do not lend credit cards or share ‘pin’ numbers.

## Confide in Trusted Friends

Friends or family members can often feel isolated and alone. It may be helpful to seek support from others. Talk to trusted people who will not judge you or the gambler. Consider talking frankly to other affected members of the family to support each other.

## Socialize

Spend time with others socializing to relieve stress. You don’t need to talk about your concerns if you don’t want to. Having time out to do things you like can stop you from getting consumed by someone else’s gambling. Maintain your friendships, continue to do things you find enjoyable.

## Your Relationship

You may need to put emotional and physical distance between you and the gambler. Your relationship with them

**Gambling** next page

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may cease or dramatically change in the short or long term. If taking action puts your safety or the safety of others at risk, you may need professional help. Relationship counseling and mediation can be a safer alternative for discussing problems and seeking solutions if there is a communication breakdown between you and the gambler.

It’s Not Your fault

- Coping with a family member or friend’s gambling behavior can be exhausting. Use your energy to help change your own situation rather than theirs. It is important to remember:
- You can’t force your family member or friend to acknowledge their gambling is a problem.
  - You can’t force them to stop.
  - No matter what you say or do, the only person who can stop gambling is the gambler.
  - Gambling is the problem, not the person.
  - You are not to blame.

Seek Support

Coping with a loved one’s problem gambling can be very distressing. Talk with a professional who understands problem gambling if you are starting to experience overwhelming sadness, anxiety or anger. Counseling or self-help groups can help you make important decisions about your relationship.

Things to Remember

- You have the right to feel safe, and emotionally and financially secure.
- Seek professional advice about how to protect your family’s assets and income.
- Talk to trusted people who will not judge you or the person that gambles. Consider talking frankly to other affected members of the family so you can support each other.
- Counseling or self-help groups can assist you in making decisions about your relationship.

Finding Recovery

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. 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.

Finding the Similarities

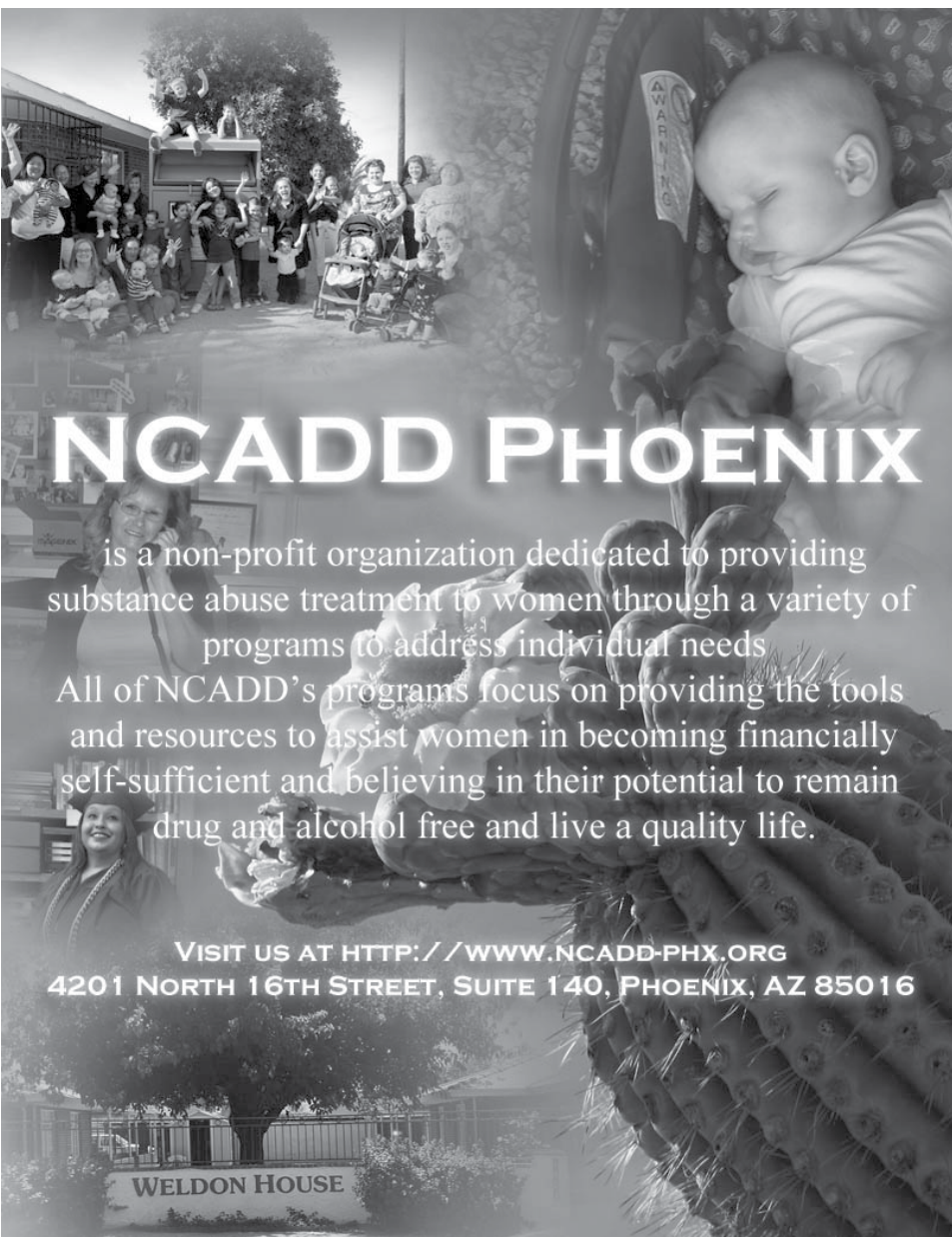
Gamblers Anonymous is patterned after Alcoholics Anonymous and uses a similar 12-step approach to reforming addictive behavior. Spouses of gamblers appear to share many of the same feelings and have parallel treatment goals when compared with spouses of alcoholics. Because gambling impacts the family 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.

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.



*Bobbe McGinley has been working in the field of Chemical Dependency since 1988, and with Problem and Compulsive gamblers since being Certified by the Arizona Council on Compulsive Gambling, Inc. in 1996 and Nationally Certified in 1999. Bobbe works in private practice, where she is Clinical Director, Counselor and Consultant at her agency: ACT - Counseling & Education. For information 602-569-4328 and actcounseling.com for locations and services.*



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by Marcus R. Earle, Ph.D., LMFT, CSAT

This is not a story of finding love in all the wrong places, nor is it going to be an intellectual discussion on love and how to define it. For me, love has been a challenging concept, and I am certain its understanding has alluded me. This story lacks the detail to fully describe a life lived, but instead provides a glimpse of a lengthy journey to discover love.

I think as a child I thought love took the form of a new toy, bike, or book I was immersed in. In my family I heard my parents say they loved me, at times they expressed it through hugs, but mostly love took the form of action. My dad acted on his love for us by providing financially and creating opportunities for family vacations. My mom communicated her love through cooking, she made great meals, and keeping the house organized and clean. I knew my dad loved his work, but I am not sure I ever heard my mom express what she loved doing. I learned love is primarily what you do for others and yet this still did not seem to fully embody the idea of love.

### Confused by Love

Entering my teen years unfolded yet other dimensions of love. Strong feelings for young women developed. I also found myself drawn to print images of women. I learned that my feelings toward other women, once expressed and acted on would fade with time. On the other hand, my attraction to print images persisted and I kept searching for more. The idea of love became confusing. A love for playing sports continued to develop and oddly enough, growing up in Arizona, snow skiing was where I found myself most comfortable. There was always something about being in the middle of a steady snow and the stillness it created.

My sophomore year in college proved to be magical for me. This is when I first met Robin who is now my wife. This first encounter went beyond the physical attraction, touching something deeper in me, I felt completely drawn and in love with her. Soon after there was an encounter, what I call God, that shifted my perspective and created a sense of feeling loved much like I felt with Robin. Later, in my junior year in college, psychology and religion sparked a love for learning about people, relationships, and God. I continued to find being outdoors in nature and allowing my senses to take in all that surrounded me, somehow, resulted in feeling full and loved. Was it possible that I was now beginning to understand love?

Well from here, it was five years of graduate school in Marriage and Family Therapy, at least I was studying love and relationships. Then I found myself working, loving it, but perhaps loving the way it fed my ego. In work, I loved accomplishing, hearing how well I was doing, and clients telling me how much they appreciated my help. When I failed to help clients, it triggered a deep hidden insecurity. Next was the experience of having children. The birth of our children 27 and 25 years ago created a whole new space and depth to my understanding of love. Just listening to them breath while they were sleeping fostered a connection I did not fully understand.

For the first 10 years of their lives, work took a back seat as my focus shifted to their needs. Unfortunately, I did not pursue intimacy with Robin in the same way and as the children became more independent, work beckoned me back. As I reflect, it was easier to work and help others than it was to risk acting on my love for my wife and children by becoming more vulnerable with them.

### Understanding Vulnerability

Not until the past three years of my life, I am now 57, have the circumstances of my life taught me love is found through facing my challenges, my shame, my insecurities, and my arrogance. I am facing the reality I am not in control of my destiny. My judging of those closest to me and the resulting distance it created was not as well hidden as I imagined. Sadly, it took more than one life lesson over the past three years to focus my attention. These lessons came to me in my marriage, with my children, my family of origin, professionally, and with my friends. My universe was telling me it was time to



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change. I am grateful I ultimately paid attention to the resulting hopelessness, confusion, anger and began reaching out to others with greater honesty and vulnerability. This is when I began to let others in, as a sense of helplessness led me to reach out to others for help. Only as I began living more truthfully, with greater self-awareness, and acceptance of my own powerlessness have I found the ability to begin loving myself. In this space I have begun to reach out to my wife, children, and friends and vulnerably love them. Love them for who they are with a willingness to listen, extend the conversation, and support them without my agenda. I am finding this quiets the tension in me, my defenses let down, and I can be more fully involved with those most important to me – I can love. Equally important, I am finding more compassion deep inside of me for those marginalized in our society.

This time of year, we focus on love in the form of cards, dinners, flowers, and other romanticized versions of it. Perhaps love is found in our relationship with self and others as we courageously visit the memories, experiences, and conversations we have long avoided. I believe this is where we discover our tremendous capacity to love.

*Dr. Earle is currently the Clinical Director of Psychological Counseling Services (PCS) which his father, Dr. Ralph Earle, founded in 1974. His primary interest is in facilitating growth for the clients, interns, and staff he has the privilege to work with.*



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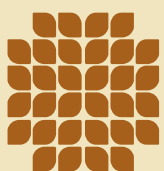
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# March Miracles

By Dina Evan, PhD

March is a birthday month for me. As I look back across the years I am amazed I never thought about the fact that one day I would be 78. What a hoot!

I've learned so much in this lifetime, thanks to all of you, my kids, my clients...actually, I know what you are thinking and you are right. I have learned something from everyone whose life has touched mine. However, I do wish someone had asked me while I was in my 20's, to consider this question I am going to ask you today.

Imagine standing at the edge of your next life time with a gorgeous sun rise starting to break through the clouds and the question you hear is...**What is the most important thing you want to get or give to this next lifetime, and how will you do that?**

That's right, we get to choose and it's not too late, no matter how old you are.

Most people think, "If I don't do something great, it's not worthy." Okay, so what is more valuable, building the tallest building in downtown Phoenix, or stopping to tell that little kid sitting on the side lines, who has only two dresses to wear to school, that she is beautiful no matter what she is wearing?

Or, telling that little boy he may not be tall enough for basketball but he could invent the next computer! In fact one of those kids may be one of the main reasons you came here, so don't miss the chance. They both may end up doing something wonderful in the world simply because **you told them they could.**

Your existence here is like a radio wave. What you put out, ripples out and touches everything nearly 30 feet out from your body for the better, or depending upon your level of awareness, not so great. Change the channel. And some of you will empower what comes out on that wave that is negative. You get to decide. You are actually very powerful and most of you don't even realize it.

When I was in fourth grade I had the most fantastic teacher. Of course, I didn't realize this tiny lady was magical. She wore her hair in a bun atop her head, long dresses and heels that tied up, you know, the kind you see in a vintage store. She was always stern with the kids and they all seemed to be afraid of her. One afternoon in Phoenix, when it wasn't quite as hot as usual, she came to sit beside me on a bench on the playground.

I was always alone because making friends was dangerous and embarrassing given what was going on in my home.

She quietly sat beside me and said "When are you going to stop pretending you're not smart?" I was shocked and speechless and not sure I heard her correctly. Clearly, she had noticed my emotional withdrawal from everything including fourth-grade. "I know you are not having a great time at home but I also know the only person who can decide who you will be in your life, is you and I see something very special in you. So I want you to start ignoring what anyone else, including your family thinks and get going on the wonderful things I know you will accomplish.

Do you think you could do that?" I nodded. I was still in shock trying to integrate what she said, but what she said rippled through me like a gift from a parent I never had and my attitude changed just from her few minutes with me. Her message was one of truth and it changed my life. It doesn't matter what the truth is, it is a force of nature.


What could happen if each of us just said or did one compassionate or good thing to someone in the world each day? Can you imagine how much that could change the world and the energy we are living in right now?

Please join me and make a commitment to do just that. Let us know and hear about the results from your effort. We would love to hear about the changes you are creating and I think you will be surprised about how profound they are. Let's make March a miracle month. You in?



*Go to DrDinaEvan.com to watch Dina's new FREE YouTube series on Living Your Purpose and Becoming Who You Came Here To Be! Sign up for*

*weekly messages and download exercises, columns and a multitude of topics and quizzes. Call for information on Conscious Counseling (602) 571-8228.*



## I HAVE [Set a Limit] POWER

Problem gambling is now recognized as a public health concern. Rates have nearly doubled in the past decade alone, with problem gambling growing fastest among young men. Being more likely to take risks and possessing lower impulse control, men are particularly vulnerable to becoming a problem gambler. If you feel you may be at risk—or know someone who is—please reach out.

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**ADG** | Arizona Department of Gaming **Problem Gambling**

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# Floating as an aid to Recovery

Scottsdale Recovery Center has added the Genesis Life Float Therapy Pod to help clients learn to relax and adjust to being in treatment for drugs or alcohol.

## Why Float?

Float tanks do more than allow people to relax, here are a few benefits:

- The body releases endorphins, causing a feeling of well-being and helps fight cravings.
- As sensory input is reduced, clients can focus on the internal issues that lead to harmful behavior.
- Dopamine levels increase, reducing anxiety and depression.
- Experience relaxation and well-being without substances.
- The brain produces theta waves, enabling people to reach into their subconscious, where addiction begins.
- Lowers cortisol levels, reducing symptoms of stress.
- Soothes feelings of anxiety, depression, and fear
- Naturally creates chemical and metabolic balance
- Relieves chronic fatigue, headache and migraines, and alleviates sleep problems
- Opens self-consciousness, expands mind clarity and creativity.
- Improves physical fitness and appearance

Flotation tanks put you into a weightless and sensory-free environment, and allowing you to meditate easily. Many people use tanks for meditation, using breathing techniques and focusing the mind to relax the body.

**Stress Relief** – Relaxes the mind, helps the brain produce endorphins like serotonin and dopamine.

**Meditation** – Meditation is linked to improved mental health and discipline. It's commonly used in addiction treatment alongside mindfulness. Studies show mindfulness-based meditation programs can significantly improve addictive behavior, reducing the chance of relapse in people who continue to practice.

**Mental Discipline** – Sensory deprivation requires you to be alone. Like meditation, it builds a certain amount of mental discipline.

## Taking Charge

Before each float session, it is recommended to have an intentional plan for meditation. Once in the pod, focus on letting go of all of the desires associated with addiction and meditate on positive habits and goals.

Genesis Life Float Therapy was created and founded in China and is Certified by NASA. The concept of Genesis Life Minerals floating spa capsule (LGV) completely mimics the cradle “womb” breeding environment of human life. The spa tank itself is



like the mother's womb, the energy of the water is like the amniotic fluid of a womb. It adjusts the depth of immune system, circulatory system and endocrine system of human body through the way of energy wave.

## Uniqueness of Genesis Life Float

The unique feature of Genesis Life is the Genesis Life Raw Water, containing more than 106 kinds of earth elements and a wide range of trace minerals essential for the human body. Through skin absorption, Genesis Life Mineral Raw Water elements permeate the whole body, providing immediate care and an auxiliary therapeutic effect.

The heart rate slows, blood pressure and muscle tension decrease, breathing pattern slows and deepens, brain waves shift into low frequencies, and the body restores into a state of calm.

The 45 minutes of floating are equal to a deep sleep for eight hours. No matter how tired, stressed, or tense is the body, its vitality is quickly restored and the body reaches deep physical and mental relaxation, and complete calmness.

While the jury is still out on whether flotation tank therapy helps with addiction treatment, it certainly doesn't hurt. This is not addiction treatment. It

# 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.

### OUTPATIENT PROGRAM SERVICES

- 8-12 Week treatment schedule
- Up to 20 hours of available services per week
- Group therapy and individual counseling
- Specialized treatment groups
- Psychiatry evaluations and consultations
- Neurofeedback
- Cognitive Behavioral Therapy (CBT)
- Somatic Experiencing® (SE)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Brain Spa that open all day
- Expressive art therapy
- Individual nutrition therapy
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- Alumni and Recovery Enhancement Groups for aftercare

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is a supplement to cognitive behavioral therapy or a full treatment program. Floatation pods have numerous benefits which can help get through withdrawal and into recovery, but they are not a treatment on their own.

For more information contact Chris Cohn at Scottsdale Recovery Center at (888) 309-3385 or visit [www.scottsdalerecovery.com](http://www.scottsdalerecovery.com)



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# Combating the Arizona Opioid Epidemic

*“It’s the worst I’ve seen in 30 years, this toll that it’s taken on families. The crack (cocaine) crisis was not as bad,” said Doug Coleman, the U.S. Drug Enforcement Administration special agent in charge of Arizona.*

Agent Coleman was referring generally to the opioid crisis in Arizona, and specifically to the flood of illicit fentanyl smuggled into the Southwest of the country — a move that pushed the synthetic opioid to the top spot for fatal U.S. overdoses.

Although 85 percent of the fentanyl smuggled in from the Southern border is seized at San Diego area border crossings, the U.S. Drug Enforcement Administration’s 2018 National Drug Threat Assessment said seizures have surged at Arizona’s border and elsewhere around the state. DEA statistics show Arizona fentanyl seizures rose to 445 pounds in the fiscal year ending in October 2018, up from 172 pounds during the previous 12-month period.



These tablets imprinted with “M 30” contain fentanyl

During the 2018 legislative session, legislation was passed to address the opioid crisis by cracking down on excess opioid prescribing and add regulations designed to reduce the number of addictions and overdose deaths in our state. The legislation inadvertently also made it more difficult for some legitimate patients to receive the medications they need and many of the ramifications didn’t become clear until the legislation began taking effect this year. Earlier this month Governor Doug Ducey signed a bill fixing technicalities with the original opioid legislation.

## Our Opioid issue isn’t just on the radar of Arizona’s elected officials

A top advisor to President Donald Trump’s newly confirmed drug czar says rural communities are a priority in the fight against the country’s drug overdose crisis. Anne Hazlett, the soon-to-be senior advisor at the White House Office of National Drug Control Policy, met with healthcare professionals and those who work on addiction recovery in Arizona.

“We start with the premise that people who live in rural America will have the same needs,” Hazlett said. “The challenge we have is that the resources are often not the same.” She said the Trump administration is a “strong supporter” of such evidence-based treatment and will explore ideas like telemedicine that could expand access to those living in rural America.

Recently the Surgeon General released a digital postcard which is a call to action to the general public. This tool is meant to encourage the public to learn and share the 5 actions every person can do to stem the opioid epidemic.

For healthcare providers and community-based organizations, the day-long 2019 Statewide Conference: The Painful Truth About Opioids will be held on March 21st in Phoenix. The Arizona Department of Health Services also has information and real-time data about opioid deaths, overdoses, naloxone doses dispensed, and more. The Arizona Hospital and Healthcare Association has created an Opioid Compliance Toolkit and a webinar regarding Arizona regulations for hospitals and outpatient clinics.

Resources are becoming available, legislation is being passed, but more work will need to be done. What needs do you see in your community? What resources do you think would be helpful in addressing the opioid crisis in Arizona? Generating meaningful conversations around the health issues affecting the people of our state is another way we are working toward our long-term goal of one day making Arizona the Healthiest State in the Nation! (Source: ARIZONA HOSPITAL AND HEALTHCARE ASSOCIATION)

WHAT CAN YOU DO TO PREVENT OPIOID MISUSE?

**TALK ABOUT IT.**  
Opioids can be addictive and dangerous. We all should have a conversation about preventing drug misuse and overdose.

**BE SAFE.**  
Only take opioid medications as prescribed. Always store in a secure place. Dispose of unused medication properly.

**UNDERSTAND PAIN.**  
Treatments other than opioids are effective in managing pain and may have less risk for harm. Talk with your healthcare provider about an individualized plan that is right for your pain.

**KNOW ADDICTION.**  
Addiction is a chronic disease that changes the brain and alters decision-making. With the right treatment and supports, people do recover. There is hope.

**BE PREPARED.**  
Many opioid overdose deaths occur at home. Having naloxone, an opioid overdose reversing drug, could mean saving a life. Know where to get it and how to use it.

For help, resources, and information:  
<https://www.hhs.gov/opioids/>  
1-800-662-HELP (4357)

Source:  
<https://addiction.surgeongeneral.gov/sites/default/files/SG-Postcard.jpg>

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
Debtors Anonymous	(800) 421-2383
Domestic Violence	800-799-SAFE
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
Nar-Anon Family Groups	(800) 477-6291
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	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.

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# FEAR is the LIAR

By Alan Cohen

I recently watched a touching documentary, *Tea with the Dames*, an intimate chat between four legendary British actresses, Judi Dench, Maggie Smith, Joan Plowright, and Eileen Atkins, all of whom have been knighted. I found it a treat to momentarily peek into the lives of four esteemed thespians.

At one point the subject of fear came up. Judi Dench admitted, “I still feel quite anxious when I have to act in a film.” I was stunned! Here, one of the world’s finest actresses, who has often been cast as the Queen of England, and exudes utter confidence in her roles, now 85 years of age, is still plagued by fear! To my further surprise, her peers, also among the most respected actresses in the world, confessed that they, too, are camera shy.

This shocking revelation confirmed to me a phenomenon I see in many successful professionals: Even while the voice of fear pursues us, we can go on to create huge success. That voice often disguises itself as “fraud guilt”—the idea that “I am a phony and if people knew the truth about me, they would not pay me, like me, or want me.” A survey of top Hollywood movie studio CEO’s asked, “What do you fear most?” The most common answer was, “I am afraid that people will find out I don’t really know what I am doing.” Meanwhile these execs were turning our fabulous movies, earning many millions of dollars for their studios.

## Success is not the liar. Fear is.

Don Juan, the mentor in Carlos Castaneda’s classic series of books of conversations with his Yaqui shaman teacher, told Castaneda, “Fear never really goes away. It sits on your shoulder and whispers in your ear, trying to frighten and belittle you. The spiritual warrior hears the voice of fear, but does not give in to it.”



Phil Alden Robinson, writer and director of one of my favorite films, *Field of Dreams*, recounts that during filming, “Every night I went back to my room and thought I had failed.” Meanwhile, Robinson was turning out a blockbuster film that was nominated for three Academy Awards and became a classic.

*A Course in Miracles* tells us there are only two emotions, and thus only two voices we might listen to: **love and fear**. We all have a fear voice that chides us with all kinds of threats. At some point we must stop running from the fear voice and confront it. The question is not, “Does fear taunt you?” The question is, “Are you willing to move ahead anyway?” My mentor Hilda Charlton used to say, “The dogs bark, and the caravan moves on.”

The deepest purpose of our life is to rip the mask off of fear to reveal the love it hides. We must cease to live as if we are small, and claim our authentic magnificence. Even while scary newscasts and prophecies bite at our heels, we must move on.

At the height of the Beatles’ illustrious career, Ringo Starr decided he wasn’t fit to be in a band as talented as the Beatles. He went to John Lennon and told him, “I’m leaving the group because I’m not

playing well and I feel unloved and out of it, and you three are really close.” John replied, “I thought it was you three!” Then Ringo told Paul McCartney he felt like an outsider. Paul replied, “I thought it was you three!” Ringo didn’t bother going to George Harrison, who might have given a similar reply. The idea that any of these four — Ringo, John, Paul, or George — was not a “real” Beatle seems laughable and ludicrous, since each of those musicians was talented in his own way, and their unique synergy made the Beatles the most successful entertainers in history. But each of them had to face and deal with his own demons. If even the Beatles suffered fraud guilt, you can see what a liar that voice is, and why you should give it no credence and not let it stop you on your own path to success.

*A Course in Miracles* also tells us, “fear is never justified in any form,” and asks us to remember, “I am at home. Fear is the stranger here.” Emerson boldly suggested, “Do the thing you fear, and the death of fear is certain.” Consider all the things you have feared, and how many of them have come true. And of the very small percentage that have, you have continued to move ahead, and learned valuable lessons from the experience.

In the human experience we all feel fear at some time. How you deal with it determines whether or it has power over your life, or you claim dominion over it. **Fear and love cannot coexist in the same mind or place.** The more we choose love, the more that becomes our prevalent experience. We have been taught by word or example that fear is real and love is the illusion. But the world is often inside out and upside down. Only love speaks truth.

Alan Cohen is the bestselling author of the newly-released *Spirit Means Business*. For more information on Alan’s books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

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**Your Conversation Blueprint**

Kids are curious about sex which is normal and healthy. This natural curiosity can, unfortunately, be hijacked by easy-access pornography, which provides highly unrealistic and unhealthy depictions of “sex,” and is a low-quality substitute for teaching what real relationships and real intimacy look like. In an ideal situation, a child would feel comfortable telling their parents about what they heard in the hallway at school or found on the computer by accident. However, they can often be too scared to say anything or initiate conversation themselves for fear of getting in trouble or not knowing how their parents will react.

In today’s digital age, your kids will likely encounter porn whether you’ve discussed it with them or not—which is why we encourage you to talk with your kids about it in a safe and healthy environment. Trust us, you want your child to ask you about porn, and not the internet. Empower your kids by educating them in an honest and ongoing conversation about the harms of porn.

But how do these conversations start, and how do they continue? After years of consulting with leading experts and psychologists in the field of porn and relationships, and presenting all over the world to hundreds of thousands of students, we’ve compiled some key advice. Below, you will find tips, stats, and other helpful information so that you can successfully navigate a conversation about porn with your kids.

**What To Do**

Set the tone.

How you start this conversation will set the tone for how this, and many future conversations about porn with your children, will go. Keep that in mind as you think about what you want to accomplish with this first discussion.

- Prepare yourself.
- Start talking early.
- Choose the right time and place.
- Create open communication.
- Make it a one-on-one talk.
- Layer the discussion.
- Support your plan with science.
- Allow your child to react
- Be supportive.

**What Not To Do**

Don't assume your child is exempt.

Too often we hear parents say things like, “MY kid would never look for porn!” Statistically speaking, however, that’s very unlikely. It’s estimated that 94% of kids have seen pornography by age 14. And unfortunately, once they’ve been exposed, many keep going back. Unfortunately, even the most well-behaved, innocent, and sheltered kids see it. It’s no longer a question of if your child will be exposed to pornographic material online, but when. Let this fact empower you to action, instead of paralyze you with fear.

- Don't assume your child is “addicted.”
- Avoid shaming—it won't help.
- Don't blame yourself if they struggle.

**Get Involved**

Child porn is a huge problem in our society and it’s an issue we can’t let slip into the background. SHARE this article to take a stand and raise awareness on this issue.

To report an incident involving the possession, distribution, receipt, or production of child pornography, file a report on the National Center for Missing & Exploited Children (NCMEC)’s website at [www.cybertipline.com](http://www.cybertipline.com), or call 1-800-843-5678.

**Fight the New Drug - Learn More**

<https://fightthenewdrug.org/lets-talk-about-porn/how-to-start/> Fight the New Drug educates on pornography’s harmful effects on individuals, relationships, and society. <https://fightthenewdrug.org/>



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Tobacco Use By Youth Is Rising

1.5M

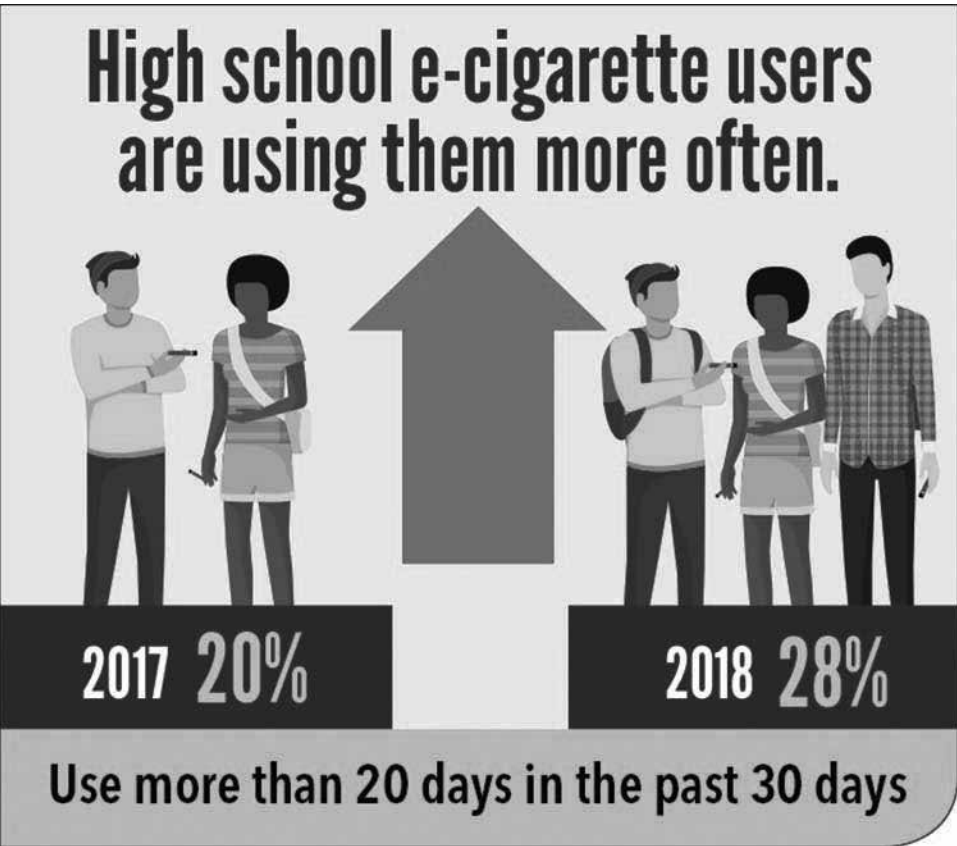
There were 1.5 million more current youth e-cigarette users in 2018 than 2017.

4.9M

4.9 million youth were current tobacco product users in 2018.

3.83%

Use of any tobacco product grew by 38.3% among high school students (2017-2018).



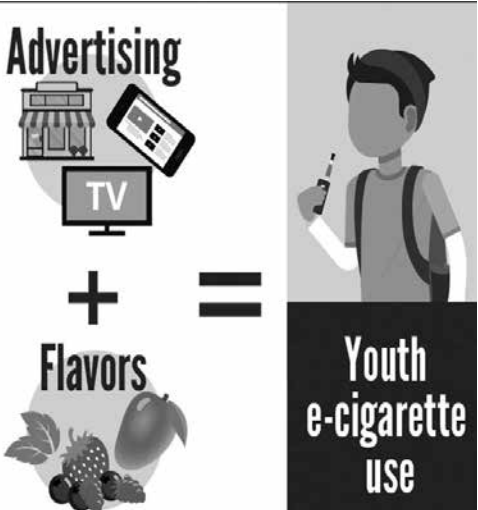
Tobacco product use among US youth is increasing. More than 1 in 4 high school students and about 1 in 14 middle school students in 2018 had used a tobacco product in the past 30 days.

This was a considerable increase from 2017, which was driven by an increase in e-cigarette use. E-cigarette use increased from 11.7% to 20.8% among high school students and from 3.3% to 4.9% among middle school students from 2017 to 2018. No change was found in the use of other tobacco products, including cigarettes, during this time.

- Among youth:
- E-cigarettes are still the most commonly used tobacco product, ahead of cigarettes, cigars, smokeless tobacco, hookah, and pipes.
  - E-cigarettes are the most commonly used product in combination with other tobacco products.
  - E-cigarette use is highest for boys, whites, and high school students.

- Problem
- Nearly all tobacco product use begins in adolescence.
  - Any tobacco product use among youth is unsafe, including e-cigarettes.
  - Cigarette smoke contains over 7,000 chemicals, including about 70 that cause cancer.
  - Nearly all tobacco products, including e-cigarettes, contain nicotine.
  - Youth nicotine use can lead to addiction and can harm the developing brain, impacting learning, memory, and attention.

- The Way Forward
- Parents and Educators Can:
- Set a positive example by not using tobacco products themselves.
  - Learn about different types and risks of tobacco products, including e-cigarettes.
- Healthcare Providers Can:
- Ask specifically about e-cigarettes when screening for tobacco product use.
  - Warn youth about the risks of all tobacco product use, including e-cigarettes.
- Schools Can:
- Adopt and enforce tobacco-free campus policies that include e-cigarettes.
  - Reject tobacco industry-sponsored prevention programs, which are proven not to work.
- States and Communities Can:
- Prohibit smoking and e-cigarette use inside workplaces and public places.
  - Increase the minimum age of sale of tobacco products to 21 years.
  - Prohibit the sale of flavored tobacco products.



Together AZ Resources

<b>TOGETHER AZ</b>	<b>602-684-1136</b>	UnHooked	602-368-4471
Acceptance Recovery Ctr	844-302-0440	Valley Hospital	602-952-3939
ACT Counseling & Education	602-569-4328	VIVRE	480- 389-4779
Arizona Addiction	602-737-1619	<b>Therapists/Interventionists</b>	
AZ. Dept. of Health	602-364-2086	Dr. Marlo Archer	480-705-5007
Arizona Addiction Recovery Ctr	888-512-1705	Dr. Janice Blair	602-460-5464
Office of Problem Gambling	800-NEXTSTEP	Carey Davidson	928-308-0831
Aurora Behavioral Health	877-870-7012	Dr. Dina Evan	602-997-1200
AzRHA	602-421-8066	Dr. Dan Glick	480-614-5622
Building Blocks Counseling		Bobbe McGinley	602-569-4328
	602-626-8112	Julian Pickens, EdD, LISAC	480-491-1554
Calvary Healing Center	866-76-SOBER	<b>Legal Services</b>	
CBI, Inc.	480-831-7566	Dwane Cates	480-905-3117
CBI, Inc. Access to Care	877-931-9142	<b>Real Estate</b>	
Chandler Valley Hope	480-899-3335	Scott Troyanos	602-376-6086
Choices Network	602-222-9444	<b>TUCSON</b>	
Continuum Recovery Ctr.	877-893-896	ACA	aca-arizona.org
Cohn Media	877-640-6529	Alcoholics Anonymous	520-624-4183
Cottonwood Tucson	800-877-4520	Al-Anon	520-323-2229
Crisis Response Network	602-222-9444	Anger Management	520-887-7079
The Crossroads	602-279-2585	Center For Life Skills Development	520-229-6220
First Step	866-832-6398	Co-Anon Family Groups	520-513-5028
Fit FOUR Recovery	480) 828-7867	Cocaine Anonymous	520-326-2211
Gifts Anon	480-483-6006	Cottonwood Tucson	800-877-4520
Governor's Office of Youth, Faith & Family	602-542-4043	Crisis Intervention	520-323-9373
Hunkapi Programs	480- 393-0870	Desert Star	520-638-6000
Lafrontera -EMPACT	800-273-8255	The Mark Youth & Family Care Campus	520-326-6182
The Meadows	800-632-3697	Narcotics Anonymous	520-881-8381
Meadows Ranch	866-390-5100	Nicotine Anonymous	520-299-7057
Mercy Care	602-222-9444 or 1-800-631-1314	Overeaters Anonymous	520-733-0880
NCADD	602-264-6214	Sex/Love Addicts Anonymous	520-792-6450
PITCH 4 KIDZ	480-607-4472	Sex Addicts Anonymous	520-745-0775
Psychological Counseling Services (PCS)	480-947-5739	Sierra Tucson	800-842-4487
Recovery in Motion Treatment Center	520-975-2141	Sonora Behavioral Health	520-829-1012
Rio Retreat Center	800-244-4949	Starlight Recovery Housing	520-448-3272
River Source	480-827-0322	Suicide Prevention	520-323-9372
Scottsdale Detox	480-646-7660	Men's Teen Challenge	520-792-1790
Scottsdale Providence Recovery Center	480-532-4208	Turn Your Life Around	520-887-2643
Scottsdale Recovery Center	888.663.7847	Workaholics Anonymous	520-403-3559
Serenity Recovery Services	866-243-6001	<b>Want to be a resource?</b>	
Sober Living AZ	602-737-2458	Send your request by email to	
Teen Challenge of AZ	800-346-7859	aztogether@yahoo.com	
TERROS	602-685-6000		

KNOW the SIGNS of Gambling Addiction

Mood swings, Social Withdrawal, Insomnia and Tiredness  
Money Problems, Lack of Concentration, Secrecy

DO:

- Seek professional help.
- Take control of the finances – if you can – to deter further money difficulties.
- Listen openly without anger when discussing the problem.
- Remember all the great things about the person; your friend is still there but needs help.
- Encourage self-exclusion OR blocking software.
- Discuss mental health openly. Don't be afraid to tackle the issue of suicidal thoughts.

DON'T:

- Pay off debts, this doesn't fix the problem, it covers up financial consequences.
- Give an ultimatum.
- Expect the problem to go away quickly – cognitive behavioral therapy or other talking therapies may be needed.
- Judge, lecture, condemn or become aggressive.
- Shrug off the issue as 'not a big deal' as this will only contribute to feelings of shame, delusion and isolation.





# EVENTS & SUPPORT GROUPS

## Events

### 2019 EAPA AZ CHAPTER WORKSHOPS AND LUNCH EVENTS

**APRIL 5** —Mindfulness/DV-Anger Dennis Ryan. **JUNE 7** —Disabilities in the Workplace – Brett Heising, **AUG 2**— Suicide Prevention, **OCT 4** — Annual Conference. **DEC 6**— Holiday Gathering. *Information: <https://www.eventbrite.com/o/arizona-chapter-of-employee-assistance-professionals-association-eapa-16480751316>*

**MARCH 9 – Superhero of the Community 5k Run & Walk-** Foothills Park - Glendale. Registration starts at 9 a.m. Race starts at 10 a.m. ***Calling all SUPER HEROES of The Community!*** Come dressed as your favorite Super Hero as we run through the beautiful, desert landscapes and raise money for behavioral health services in your community. GET TICKETS: <https://www.eventbrite.com/e/super-hero-of-the-community>.

**MARCH 19—PCS Networking Professional Luncheon,**12:15-1:30p.m. 3302 N. Miller Road, Scottsdale. RSVP required. Contact Jacquee Nickerson, **480-947-5739**, E:[pcs@pcsearle.com](mailto:pcs@pcsearle.com)

## Support Groups

**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.Pinchoth Ave. Phoenix. [valleyhospital-phoenix.com](http://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](mailto: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](mailto: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.siaawso.org](http://www.siaawso.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](mailto: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](mailto: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. Pinchoth Avenue, Phoenix. [valleyhospital-phoenix.com](http://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](http://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 thosewhose 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 —**womenforsobriety.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](http://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](http://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](http://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](mailto:mphaes@mac.com)

**SLAA—**Sex and Love Addict Anonymous 602-337-7117. [slaa-arizona.org](http://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](http://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](mailto:edaphoenix@gmail.com). Wed. 7:00 p.m. Liberation Center, 650 N. 6th Ave, Phoenix. (cross street McKinley). Jennifer (602) 316-7799. Tempe— Thursday6:30 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](mailto: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](mailto: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](mailto: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](http://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](mailto:aztogether@yahoo.com) by 20th of month prior to printing.



# REDEFINING

# RECOVERY

## SERVICES OFFERED

- Substance Use
- Primary Care
- Crisis Care
- Mental Healthcare
- Supportive Housing
- Community Education

## INTEGRATED BEHAVIORAL HEALTHCARE

Visit Us | [communitybridgesAZ.org](http://communitybridgesAZ.org)

Contact Us | 877.931.9142

Get Social |    

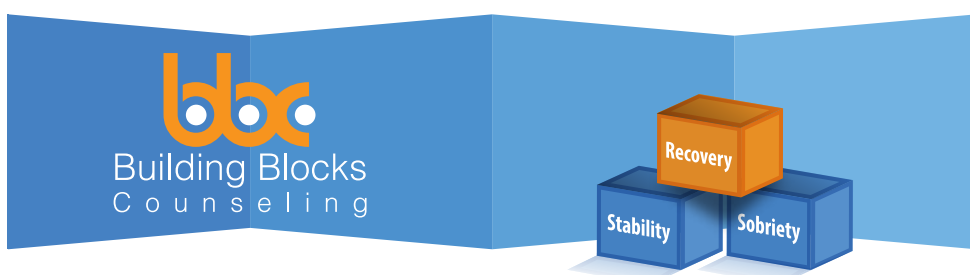
### How Much Should I Try to Help? I Don't Want to be an Enabler.

It can be very confusing to want to help your child but also to be told that, in doing so, you are “enabling” their drug-using behavior. It’s helpful to reframe this concept in terms of focusing on setting limits, emphasizing healthy and positive changes, and ignoring unwanted behaviors.

It’s hard to understand why your son or daughter can’t stop using even when they can see it is causing them so much harm. When you think of counseling for mental health or substance use disorders, you may not imagine it to be an entire family affair. The way members of a family interact with one another has a significant impact on the outcome of addiction treatment. This is why family therapy can be a useful tool in helping your child during and after treatment.

**The National Center for Addiction and Substance Abuse (CASA) has pinpointed four key elements of various family therapy models.**

- Family engagement (ensuring family members are involved and invested in therapy)
- Relational reframing (interventions that focus on relationships rather than individual problems and solutions)
- Family behavior change (changing the behavior of family members to improve relationships)
- Family restructuring (changing the way the family orders itself around certain beliefs, rules or values)
- However, even if you don’t have access to family therapy, you can still take important steps to be a valuable resource by engaging in conversation with your teen, and taking a non-judgemental approach. **(For more info visit [www.drugfree.org](http://www.drugfree.org))**



BBC provides counseling and treatment to those facing challenges related to Substance Use Disorders, and Mental Health Concerns.

- Intensive Outpatient Treatment
- Individual, Couples and Family Counseling
- DUI/DV Evaluations, Education and Counseling
- SMART Recovery Meetings
- Specialized Programs for LGBTQA

**602.626.8112**

4225 W. Glendale Ave., #E-108, Phoenix, AZ 85051 • [www.bbcaz.com](http://www.bbcaz.com)

## AURORA BEHAVIORAL HEALTH SYSTEM

### Where Healing Starts and the Road to Recovery Begins...

Aurora Behavioral Health System is Arizona’s largest free-standing psychiatric hospital system with 238 beds within two facilities serving adults and adolescents throughout the entire state of Arizona. The Glendale hospital has 100 beds, and the Tempe hospital has 138 beds. Both facilities pride themselves on having full-time internal medicine doctors on staff, in addition to board certified psychiatrists and addictionologists. As a leader in behavioral health for more than 10 years, Aurora has transformed the traditional psychiatric hospital experience into one that takes a more holistic approach. Our expert staff believes in healing the entire person – physically, psychologically and spiritually, while personalizing treatment to achieve the best outcomes. We are committed to the wellness of the community through partnerships, development of new programs, prevention, and treatment. Aurora does this by offering a full continuum of behavioral healthcare services to meet the individual needs.

**For more information, or to schedule a 24/7 confidential assessment, please contact Patient Services – 480.345.5420**

Aurora is the winner of Ranking Arizona’s Top Behavioral Rehabilitation Facility for 2018!







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RECOVERY CENTER

*Setting the Stage for a  
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DETOX, RTC, PHP AND MAT