

# Together AZ

FEBRUARY 2019

INSPIRING SUCCESS ON THE ROAD TO RECOVERY

## Heart *and* Hope in the Valley

*Valley Hope has served Arizona for 33 years and counting*

By Dan Lara, Public Affairs Manager, and Ashley Barcum, Content and Media Manager

**Y**ou can hear the satisfaction in Peggy O'Sullivan's voice when she says the number — 23,565.

That is how many people, as of mid-January, that have been treated at Valley Hope of Chandler's residential facility since the substance use disorder treatment organization first opened its doors in 1986. O'Sullivan has been with Valley Hope for more than eight of those years.

"The caliber of the people who work at Valley Hope and their dedication to the patients....that is what sets us apart," said O'Sullivan, the Chandler facility's executive director. "I have never worked with a more talented and dedicated group of people. We really love our patients."

Valley Hope of Chandler is one of nine residential facilities in the continuum. Valley Hope also operates an outpatient center in Tempe, which has been in service since 1993. Together, these facilities offer comprehensive SUD treatment services, including medical detox in a safe environment; residential treatment with full-time care, counseling and education; outpatient and continuing care; family care; and medication assisted treatment.

Ruth Nelson credits Valley Hope for saving her life. The 42-year-old resident of Apache Junction spent her early life in a dysfunctional home where her mom was an alcoholic and drug addict. After spending three years in foster care, Nelson was adopted at age 7. As a teenager, she started experimenting with tobacco, alcohol, acid and cocaine. At 16, Nelson tried meth and was using it every day for almost four years.

"I was living in hell and hated God for all the things that had happened in my life," Nelson said. "I felt like a hamster in hamster wheel running around in circles getting nowhere fast."

After Nelson became pregnant, she stopped using meth cold turkey, but it didn't last. When she reached her 30s and her children were older, she began drinking again, and it rapidly progressed. She reached a point where drinking was all she wanted to do. Her children were imploring her to stop.

"I just wanted things to be different," Nelson said. She went online looking for help, discovered Valley Hope and made an appointment. She talked to Rose Koerber, a counselor at Valley Hope of Tempe. Koerber convinced Nelson to enter the Chandler facility, where she detoxed and eventually started Valley Hope's Intensive Outpatient Program. She became active in Valley Hope's alumni programs. Now, April 2019 will mark four years of sobriety for Ruth.

"It's just amazing now how life is," Nelson said. "Valley Hope saved my life. The first time I walked in there, it felt like home. I knew something good was going to transpire from all of this. Valley Hope saved my soul."

### Humble beginnings on the high plains

Nelson's story is just one of thousands of successful recovery stories achieved through Valley



PHOTO: ISTOCK.COM

*The founding principles were built on love, compassion, understanding, faith and hope. These ideals became what is known today as "The Valley Hope Way."*

Hope. The founding principles were built on love, compassion, understanding, faith and hope. These ideals became what is known today as "The Valley Hope Way."

It began on the high plains of Kansas in the mid-1960s. Two men, Merlynn Colip, a family physician, and Bob Adams, a pastor, lived in the small community of Norton, in the northwest part of the state. They had a friend who suffered from alcoholism, and both realized they needed to help him before he drank himself to death.

Colip knew of a clinical psychologist, Dr. William "Doc" Leipold, who directed a treatment program for alcoholism in North Dakota. With the blessing of the man's wife, and the use of their family car, Colip drove his friend 600 miles to Doc's facility. Leipold was able to successfully treat the man. After returning home, Colip and Adams knew there were others in the community and surrounding areas who needed help treating their addictions.

With the assistance of several people in the Norton community, along with Leipold, Colip and Adams, Valley Hope was officially started in August 1967.

Fast forward more than 51 years, and Valley Hope has grown to 16 residential and outpatient treatment facilities, employing more than 650 people, in seven states: Arizona, Colorado, Kansas, Missouri, Nebraska and Texas. Since 1967, Valley Hope has treated almost 310,000 patients, a number that could easily fill Madison Square Garden 40 times.

"The legacy of this remarkable organization is nothing short of miraculous," said Patrick Hall, executive vice president. "Without a commitment to the original vision and values set in place by our founders, Valley Hope would not be here today."

### Expanding to Arizona

There were two main reasons Valley Hope expanded operations to Arizona. Doc Leipold had visited Arizona several times and recognized a need for addiction treatment services in the state. In addition, Valley Hope was treating employees of Motorola Inc., a telecommunications company, that had a semiconductor plant in Chandler. Motorola was flying employees from Phoenix to Kansas City, Mo., where they were driven to Valley Hope's residential facility in Atchison, Kan., about 35 miles away. Motorola had sent more than 120 employees to Atchison the year before Valley Hope opened in Chandler.

Valley Hope purchased a location in Chandler that was occupied by a church, which included an education building and several houses on the grounds. After months of renovations, Valley Hope of Chandler opened on Aug. 6, 1986. The Tempe outpatient center followed on Oct. 1, 1993.

One of the very first Valley Hope employees at Chandler was Mary Fran Simons (known as "Mary Fran" to staff and patients alike), who continues to work with patients to this day as a chaplain. She also worked with the very first patient the facility admitted after opening.



Mary Fran Simons

"The mission and philosophy of Valley Hope is what drew me to work here," Simons said. "We never try to cut people down but try to help them find their own strength and use it in recovery. Working as a chaplain, I have had the privilege of meeting with literally thousands of people in the most personal and vulnerable ways."

### The Valley Hope Way

You hear employees talk about it and alumni swear their lives by it. The Valley Hope Way. When the organization celebrated the 50-year anniversary of its founding in 2017, this principle was described as "love in action."

"It involves welcoming patients and their families into our Valley Hope family with empathy and without judgement, just as they are," wrote long-time employees, Dave Ketter and Curt Krebsbach, for the organization's alumni magazine, Coffee Cup. "That relationship, that family bond, is intended to last a lifetime."

Rose Koerber, the counselor who helped get Ruth Nelson into treatment, agrees with this sentiment.

"One of my first teachers was Doc Leipold," Koerber said. "Doc taught me that The Valley Hope Way means loving patients where they are at from the beginning; loving them when they do not love themselves; and trusting them when no one else does."

HEART & HOPE *continued page 8*





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## Publisher's Note

By Barbara Nicholson-Brown

# Fear and Faith Don't Mix

Before recovery, I was never grateful. It's impossible to have gratitude with the mind-set of a victim and distorted view of the world. I was a blamer. I blamed every one and every thing as my life was spiraling out of control. Most of my problems were caused from my alcohol and drug use. Since I was so focused on all the negative, there wasn't room for much else. Most of us have heard, "Like attracts like," "We are what we think" ...in active addiction.... I lived up to my low opinion of myself. I'm so grateful the madness finally stopped.

Through the sober years, while every day is not what I think it should be or how I want it, I feel and experience gratitude in many ways. It was suggested in early recovery to write a gratitude list daily to change my thinking. While it seemed like a daunting task, when the pen hit the paper, it was amazing to see how blessed I was. I still need to write that list, because my thinking goes off track. When I find myself wrapped up in the world between my ears, it's chaos and confusion, doom and darkness.

Fear and Faith don't mix, neither does Fear and Gratitude. I can't be in both places at once. When gratitude is stronger than any other emotion, I'm in the moment.

During this month of love take a few minutes to write down what you're grateful for. We need to love ourselves and practice self-care and healing... love comes from within. *And love is all there is.*

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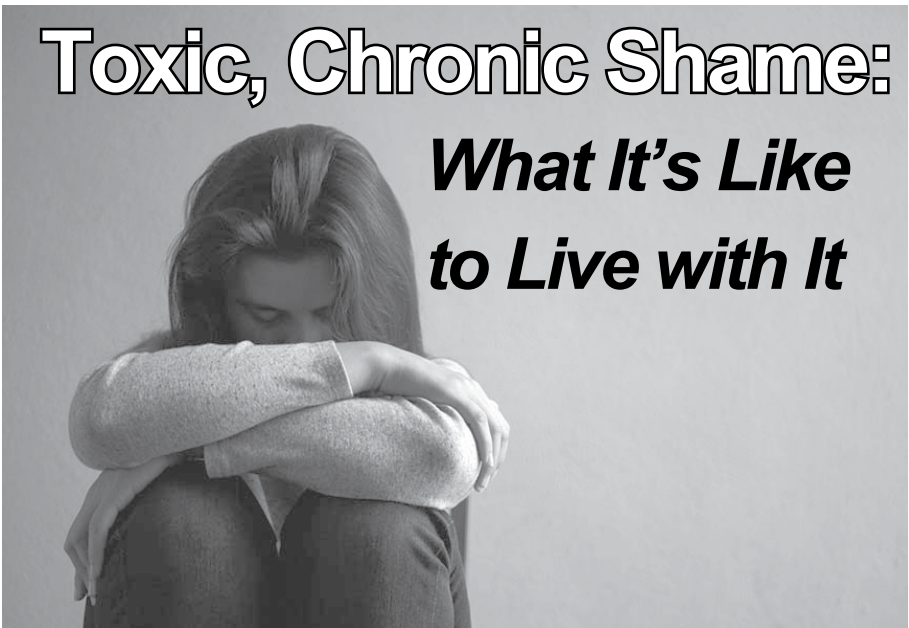
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# Toxic, Chronic Shame:

## What It's Like to Live with It

By Darius Cikanavicius, Author, Certified Coach

People who suffer from toxic, chronic shame are affected by it in many areas of their life. Sometimes people aren't even consciously aware of how it impacts them. Some simply say something like, "I just feel really bad about myself all the time."

I often receive comments, messages, and emails saying, "I just read your article and it's spot on—that's exactly how I feel, I just didn't know how to put it into words! Thank you so much!" That's how difficult it can be to verbalize what's going on when you constantly feel ashamed. Not only that, it is often accompanied by other unpleasant feelings, like toxic guilt, self-doubt, anger, helplessness, hopelessness, or loneliness.

Here are some of the more common issues people who have chronic shame struggle with.

### Self-blame and false responsibility

False responsibility and toxic guilt are two things that often go hand in hand with chronic shame. Such a person tends to blame themselves for the things they are not responsible for. As a result, they also feel an overwhelming sense of responsibility.

And when you feel that you are responsible for others, it's very hard to say no and set firmer boundaries. Therefore, you tend to accept too many responsibilities and obligations. You are also overly agreeable and credulous. This is a big problem because such a person is prone to being manipulated by people with dark personality traits: narcissists, psychopaths, sociopaths, abusers, grifters, and other predatory types.

### Emptiness

Moreover, people who suffer from toxic shame often feel empty and don't feel genuine, long-term happiness.

Those who are far on the narcissistic and otherwise dark spectrum cope with that lack by pathologically comparing themselves with others and trying to undermine them in order to feel superior. They seek power and control over others, social status, fame, notoriety, and so on. Anything to prove to themselves that they are not as worthless and disgusting as they feel inside.

Others self-erase, self-sacrifice, and people-please in order to feel valuable and needed, even if it is at the cost of their own well-being. As a child, they learned that the purpose of their existence is to meet other people's needs. So they simply feel existential emptiness if there is nobody there to take care of.

### Self-harm and poor self-care

Many who live with chronic, toxic shame have difficulties with self-care. It's hard to take good care of yourself if nobody really cared about you when you were growing up. That's why people who have been neglected in their formative years struggle with this aspect so much.

Some even actively harm themselves. In my brief guide to self-harm I wrote:

If a child is not allowed to feel certain emotions, like anger, they learn to deal with it in destructive and self-destructive ways, which often involves self-harm and poor self-care. These are "more acceptable" ways of releasing it.

### Social anxiety

Shame is an emotion that makes us want to shun others. It is often illustrated by a person covering their face or trying to hide. Subsequently, a person who feels chronic shame wants to avoid others most of the time.

This stems from painful social experiences of the past, usually from childhood, where people were dangerous and brought a lot of hurt and misery. These experiences causes the individual to learn that people, or social interactions in general are, more often than not, associated with emotional or even physical pain, unpleasantness, or threat.

On a behavioral level, it results in avoidance, awkwardness, shyness, sometimes to the degree where the person is terrified to make a phone call or they may completely isolate themselves in their safe space.

Interestingly, people with strong narcissistic tendencies and other dark personality traits tend to cope with their feelings of chronic shame and worthlessness by being more extroverted. They seek attention and act like a petulant, entitled, irresponsible, and reality-denying child. Their behavior is often called anti-social, in the sense that it is harmful to others and oneself (not to be confused with nonsocial or unsociable, which simply means that the person doesn't like social interactions).

### Loneliness

Because toxic shame stems from painful, traumatic childhood experiences where others mistreated you, you may have developed trust issues. Having trust issues results in poor boundaries, and by extension, in unhealthy relationships and a chronic feeling of loneliness.

Some people feel like a burden and don't want to bother others. For them, it's very difficult to ask for help or express their preferences.

Some are too aggressive and narcissistic, which immediately puts healthier people off. Moreover, a narcissistic person is either unwilling or unable to see that they can't build or sustain close, healthy relationships. For them, the problem is always somebody else. As a result, they can't even address the issue because they are in denial about the source of the problem, and are therefore stuck in their loneliness.

Some are too needy and want for others to take care of them and do things for them. They have internalized a belief that they are overly incompetent and helpless, and are overly dependent on others, which, sadly, pushes away those who want an equal, mature relationship.

### Summary and Final Words

Toxic shame is a complex and complicated issue. It corrodes the person from the inside and can affect all areas of their life. A lot of people are not even conscious that this is what they are feeling. And out of those who are, many can't clearly verbalize it and understand it.

Toxic, chronic shame, as most psychological problems, is rooted in an adverse, traumatic upbringing, where the person was mistreated and learned that they are bad, deserving of punishment, unworthy of good things, inherently defective, and so on.

The effects of such an upbringing can be devastating and long-lasting. Some of the more common problems someone who experienced these things struggles with are self-blame and false responsibility, a constant sense of emptiness and lack of fulfillment, poor self-care, self-erasure, and self-harm, social anxiety and other interpersonal

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issues, chronic loneliness, trust issues, and unhealthy boundaries, and poor, toxic relationships.

Toxic shame is, indeed, possible to overcome or at least manage, but it requires a lot of self-work. It can also help tremendously to have a professional helper with whom you can build a therapeutic relationship and a few caring people, because problems that stem from being mistreated are more easily resolved in a nurturing social environment.

*Darius Cikanavicius works with people to help them heal, grow, and live happier and more fulfilled lives. He is author of Human Development and Trauma: How Childhood Shapes Us into Who We Are as Adults and Self-Work Starter Kit. Visit [www.selfarcheology.com](http://www.selfarcheology.com) (Source for article: Psych Central with permission from the author.)*

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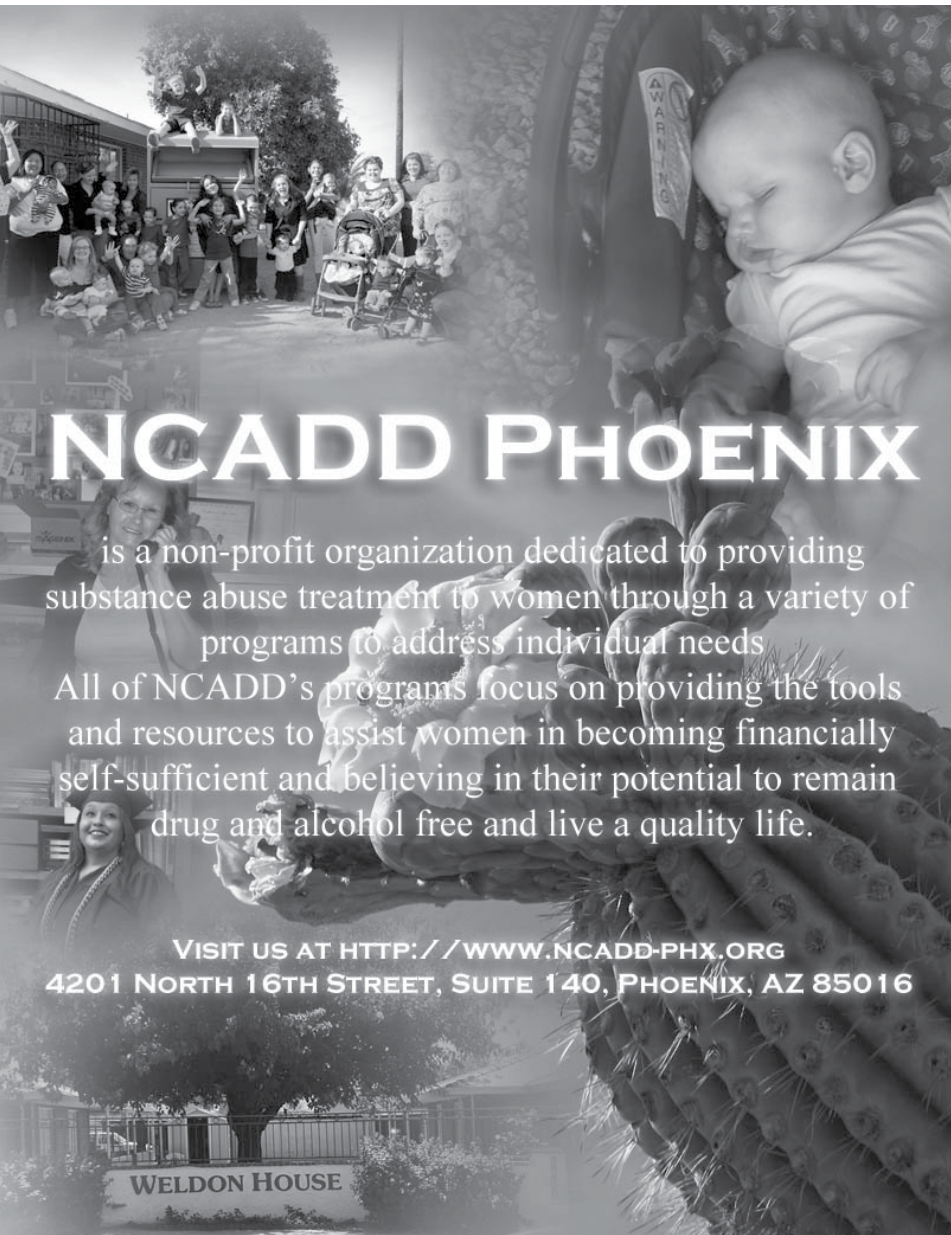
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Nothing will change out there, in the world, until we change in here, inside each of us. We need to stop waiting for someone else to fix the world for us. We need to step into being the masters we came here to be. Every conscious decision you make 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 are here.

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WELDON HOUSE

# What is Love? YOU!

By DINA EVAN, PhD

Here come the hearts and arrows, the five-pound boxes of chocolates and gushing affirmations of adoration...yay, its February! But wait a minute. What would you say if I asked you to tell me what love is?

- Is it a noun, a verb or an adjective?
- Is it a feeling, an emotion or an action?
- Does it come from your heart, your head or somewhere below the belt?
- Is it something you do, something you feel or...is it all of the above?
- What is real love anyway?

Most of us have no idea what real love is because we've never experienced it. I know I didn't have it as a child, so I didn't know how to give it to my own children, I had to learn how to express it, receive it or even recognize it. I am old and still learning.

## Do you fall into love or do you create it?

I think you can do both. You can find someone, and in an instant, decide that person is your partner for life, or look into your new baby's eyes and know there is no feeling you will ever feel that will be deeper than what you are feeling in that moment. In an instant, I knew how little I knew, when I saw the tiny hands and felt the strong spirit of my first born and each child after, I knew we'd make it.



## Love is really, first and foremost, about you—who you are what you are doing.

When I looked into the beautiful eyes and deep soul of my second child and then heard the audacious spirit of my son and felt the precious giving and compassionate spirit of my youngest, I knew we'd make it. But I also knew that was just the beginning. Somewhere inside I knew there was more to learn about love.

I do think love is about getting emotionally and spiritually naked, without judgments, pretense or protection. *But here is the kicker!* Love is really, first and foremost, about you—who you are what you are doing. In order to know what love is, one must first learn to give it to oneself because you cannot give something you do not have. For me love is a natural alignment with energy that lacks any separation at all. No judgment for self or other, no pretense or protection... just complete acceptance with mind, body and spirit. It is pure beauty and healing. It is a divine union and we need more of it. However, we are afraid and at the moment, many are much more into control than love, as if there is anything at all one could ever lose by loving.

So, I was thinking the greatest act of love, and courage may be to make my one little corner of the world a bit safer, more loving. Most of the world is asleep. We do not yet see that when anyone or any part of the world is suffering, we are suffering. What if we vowed to stop the suffering in ourselves first, and then in our little part of the world, however we can, and whenever we see it we stop that suffering however we are able. Just that one thing.

Many of us are still afraid to love someone who looks different, has less, is a different color or religion or anything that isn't exactly the same as us. So what if we vowed to heal the need for distance, sameness and decided to open our hearts to everyone. What might happen if we changed just that one thing.

You pick it. You pick the thing that you feel will bring more love and less will has a whole. You don't even have to tell anyone. In fact, sometimes, just holding the energy in your heart without the need for reassurance, empowers it and you all the more.

I know. This all goes back to what I have been teaching and what I know in my heart is the most important gift we can give to each other and the world. That is to do what we came here to do and be who we came here to be. When it's time to leave the planet, will you pause at the door to the other side and look back with a smile and a sense of satisfaction? It doesn't really matter if you haven't already started. It only matters that you do. Start now because when you change your little part of the world, a world event actually happens. Suddenly, there is a powerful energy...you!



*Dr. Evan specializes in relationships, personal and professional empowerment, compassion and consciousness. 602-997-1200, 602-571-8228, [Dina.Evan@gmail.com](mailto:Dina.Evan@gmail.com) and [www.DrDinaEvan.com](http://www.DrDinaEvan.com).*

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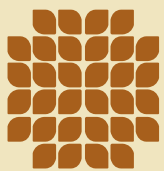
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HEART & HOPE *from page 1*

Along with the principles that form The Valley Hope Way, the organization has prided itself on being at the forefront of clinical advances in addiction treatment (see Valley Hope’s services).

Medication Assisted Treatment

Valley Hope, like other addiction treatment organizations across the country, has seen the tragic effects of the opioid epidemic firsthand. The epidemic has sparked a public health emergency, legislation at the federal and state level, and more funding to help battle the crisis.

Medication Assisted Treatment (MAT) is one therapy that Valley Hope uses to treat those with an opioid use disorder. MAT for opioids consists of medications that evidence has found can help with a patient’s withdrawals and cravings alongside the provision of counseling services and other supports.

“Valley Hope strongly supports MAT therapy,” said Melissa Kinworthy, director of outpatient services. “The incorporation of MAT in addiction treatment has been big. Before MAT, there were two separate schools of thought on treatment – abstinence and harm reduction.

Susan Warren sees the use of MAT as a big change for Arizona communities, but a positive one—even though its acceptance has been slow in some parts of the addiction treatment community.

“Our patients are sicker than they were when I started at Valley Hope 14 years ago,” said Warren, who serves as assistant director of clinical services. “MAT is the strongest evidence-based treatment that we have, at this point, for opioid use disorders.”

Since MAT became more prominent about 10 years ago, both Warren and Kinworthy agree there has slowly been a change in its perception in the recovery community. Previously, the recovery community almost entirely

supported abstinence-based practices. Some argued that if patients were using MAT, they were not sober.

Ultimately, Valley Hope bases the decision to implement MAT on each patient’s situation, Kinworthy said.

“I would say that, for the vast majority of patients with an opioid use disorders, MAT is going to be the best course of action, but there is not a set amount of time everyone would be on the therapy,” she said. “Everyone’s response to treatment is going to be unique.”

Seeking and finding a Higher Power

A unique aspect of Valley Hope’s treatment program since the beginning is the spiritual component. Valley Hope employs full-time chaplains at each of its residential facilities. Patients are assigned a nurse, individual counselor, small group counselor and chaplain when they enter residential treatment.

The belief in and reliance on a higher power is in line with the 12 Steps, according to Warren. While it’s spiritually based, the program is outside of any specific religion and is completely patient-centered.

Chaplain Simons explained that finding or strengthening a belief in a higher power that may have waned can be a powerful experience.

“I try to meet each person, listen to them and let them know I have heard them,” she said. “Then, I try to reflect back to them some of their experiences. I honor their quest. I don’t preach religion. I listen, and I hear their experience and what is underneath that.”

Ruth Nelson decided early on in her recovery journey from alcoholism to seek out and rely on a higher power to guide her.

“I’d been doing things the same for so long,” she said. “I needed to do things better and differently. So, I handed over my reigns to a higher power.”

Get help. Find hope.

If you are struggling with drug and alcohol addiction, there is hope. Valley Hope’s mission is to provide comprehensive SUD treatment services, in a caring atmosphere and at a reasonable price, for all people. The toll-free hotline is available 24 hours a day at (800) 544-5101. A team of dedicated admissions counselors can visit with you about Valley Hope’s services and how to start your road to recovery.

You also can visit [www.ValleyHope.org](http://www.ValleyHope.org) to learn more about Valley Hope’s programs, take an assessment or live chat with an admissions specialist.

Residential services are available at Valley Hope of Chandler, 501 N. Washington St., Chandler, AZ 85225, (480) 899-3335. Valley Hope of Tempe, the outpatient center, is located at 2115 E. Southern Ave., Tempe, AZ 85282, (480) 831-9533.

Valley Hope’s Services

- With a tailored approach and caring atmosphere, Valley Hope, a non-profit and Joint Commission certified drug and alcohol addiction treatment organization, has helped thousands of people struggling with addiction find their path to recovery.



The team of experts at Valley Hope of Chandler and Tempe are dedicated to helping patients and their families find a path that leads to long-term recovery.

- Grounded in the principles of 12-step recovery and built on a foundation of compassionate care, Valley Hope approaches treatment under the disease model of addiction and uses a biopsychosocial and spiritual approach to allow our treatment team to provide a comprehensive, individualized treatment plan for each patient. Services span a continuum of care, from detox to residential and outpatient therapy to continuing care. Valley Hope also offers support for family members to help them deal with their emotions, understand the disease of addiction and heal the bonds strained by substance abuse.
- Valley Hope utilizes a mix of evidence-based cognitive therapies, milieu therapy, MAT therapy, group therapy, individual and family therapy leveraged by an integrated treatment team. The multidisciplinary treatment team of counselors, chaplains, physicians, nurses and psychologists works together to meet the physical, mental, social and spiritual needs of each patient.
- At Valley Hope of Chandler, patients receive more than 40 hours per week of individual counseling, pastoral sessions, family therapy and group therapy in a structured residential environment. Each patient receives a specific “step down” treatment plan to ensure a smooth transition from residential treatment into recovery. This can include referrals to outpatient treatment, continuing care and sober living or return to work assistance. Valley Hope of Tempe provides the same services in an outpatient environment.
- Valley Hope often invites partners from the sober living community to facilities to help place patients into structured living environments. Valley Hope also facilitates patients’ introduction and involvement in 12-step meetings, encourages patients to get a sponsor, attend AA/NA meetings and finish their step work.
- To help ensure long-term recovery, Valley Hope works hard to stay connected to patients and families after treatment, offering special alumni engagement and recovery resources including free sobriety resources, free weekly alumni meetings, special recovery events, free sobriety anniversary celebrations and free monthly reunion opportunities at each facility, known as “Renewal Days.”
- Arizona has formed a Hope Builders Club to provide support for alumni in recovery, as well as their family, friends and other supporters of Valley Hope. The club will feature panel discussions, chapter meetings, volunteer opportunities, wellness checks, fundraising events and fun activities. Participation in the Hope Builder Club includes support, inspiration and fun. For more information contact [hbc@valleyhope.org](mailto:hbc@valleyhope.org).

With proven therapies and tools to sustain long-term recovery, Valley Hope has helped thousands of people find hope and a new way of life.

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# Sobriety Gave Me a New Perspective on Life

By Kelsey S.,  
Scottsdale Recovery Center Alumni

When I first got sober, I was under the assumption my life was over. My perspective on sobriety was a warped point of view. I envisioned my existence as being bland and the only 'exciting' element in my days would consist of the meetings I would grudgingly attend while being surrounded by decrepit men and women, drinking their stale coffee. I had completely stereotyped this new way of life.

## Finding Other Young People on the Same Path

What a relief to learn my judgement was seriously misconstrued. I had not known that sobriety was full of young adults just like me who were brimming over with joy, sought out adventures, and still were enjoying the lives they were leading without needing substances.

As I walked into this meeting hall, I was shocked to see a room full of young adults my age. Immediately, my mind began spinning and creating new theories there was a possibility I could be happy in sobriety. The fact that I would be able to have a group of friends that dealt with the same disease changed my negative outlook on sobriety and gave me a sense of hope — if only I could muster up the courage to introduce myself to these unfamiliar faces.

Of course, this was uncomfortable: getting to know people and creating new bonds with people from scratch. As I continuously worked through these agonizing moments, I was met with welcoming responses from everyone I engaged with. I started socializing with these people outside and began building authentic relationships. I finally had my first belly laugh again and this is the moment I realized I was beginning to feel happy again.

After creating these new friendships, I started getting more involved in the recovery community. This young community taught me how to have some excitement in sobriety. We began planning trips for anyone in recovery to attend. One of my experiences was floating down the river which included 50+ people all of whom were my age ranging from 18 to 40 years old.

Everyone bought their own inflatable mattress, tied a rope to connect us all and floated down this enormous lazy river together. The atmosphere was full of camaraderie — music, laughter, a sense of peace flowing between us all.

Not only do we plan different events such as the float, but we also hold conventions all over the world. I have attended many conventions and have gotten the chance to experience meeting young adults from all over the world who share this same substance abuse problem. I still do all the same things I once did, except now I am sober doing

them which gives these memories so much more value and meaning to my life. I could have never imagined all the adventures I now have pursued first coming into recovery.

Close friends of mine who have been sober for multiple years from the age of 20 and older have passed along their knowledge and helped me apply it to my life. Today I can show up for my job, I am able to be a friend to others, and I am able to be present and appreciate time with my family. All these things may not seem like a lot to the average person, but for a person that is afflicted with the disease of alcoholism and addiction, this is a full-blown miracle. Today I can honestly say without the help of these amazing young people I have met along my journey and by surrounding myself with similar people within my age group, I would not have this beautiful fulfilling life that I genuinely enjoy today. This life has become a godsend that I do not ever wish to give up.

<https://scottsdalerecovery.com>

## Heroin & the Opioid Epidemic: From Understanding to Action

Heroin and other opioids are ravaging communities across America. Heroin-related deaths increased by more than five times between 2010 and 2017, and drug deaths from fentanyl and other synthetic opioids are seeing a sharp rise as well. The time to take action against the epidemic is now.

### Take steps to protect your family and community.

#### Talk with Your Kids

Make sure the teens and young adults in your life understand the dangers of medicine abuse, and the risks of opioid addiction. Get tips on how to talk about it.

#### Get Help for a Loved One

Is your child struggling with prescription pain pills or other opioids? From finding treatment to being prepared with Naloxone, start getting the support and help you need to better help your child.

#### Safeguard Your Home

Keeping medications secure, and properly disposing what goes unused are keys to preventing the type of medicine abuse that can lead to opioid addiction.

Get personalized support for your family 1-855-378-4373



# 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.

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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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National Council on Alcoholism and Drug Dependence

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Federal funding provided by SAPT

## Protect Your Family from the Opioid Epidemic

With opioids like heroin and prescription pain pills ravaging our communities, take steps to protect your family and loved ones.

### Safeguard & Dispose of Your Medications

**Step 1: Monitor:** How aware are you of the quantities of prescription medication that are currently in your home? Would you know if some of your pills were missing? From this day forward, make sure you can honestly answer yes.

Start by taking note of how many pills are in each of your prescription bottles or pill packets, and keep track of refills. This goes for your own medicine, as well as for your kids and other members of the household. If you find you need to refill your medicine more often than expected, that could indicate a problem.

If your child has been prescribed a medicine, be sure you control the medicine, and monitor dosages and refills. You need to be especially vigilant with medicines that are known to be addictive and commonly abused by teens, such as opioids, benzodiazepines and stimulants. Make sure your friends, parents of your child's friends, neighbors and relatives — especially grandparents — are also aware of the risks. Encourage them to regularly monitor their own medicines in their own homes.

### Step 2: Secure

Approach securing your prescriptions the same way you would other valuables in your home, like jewelry or cash. There's no shame in helping protect those items, and the same holds true for your medicine. Take prescription medicine out of the medicine cabinet and secure them in a place only you know about. If possible, keep all medicines, both prescription and over-the-counter, in a safe place, such as a locked cabinet your teen cannot access.

### Step 3: Dispose

Safely disposing of expired or unused medicine is a critical step in helping to protect your kids, your family and home, and decrease the opportunity for your kids or their friends to abuse your medicine.

The ideal way to do this is by participating in a safe drug disposal program — either a drug take-back day, an ongoing program in your community, a drug deactivation bag, or a drug mail-back program. To find a take-back location or event near you, visit the **American Medicine Chest Challenge** ([www.americanmedicinechest.com](http://www.americanmedicinechest.com)) or the **DEA** website. ([www.dea.gov/take-back/takeback-news.shtml](http://www.dea.gov/take-back/takeback-news.shtml))

# 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.*

# Did You Know?

A U.S. study suggests three in four parents are unaware when their teens have recurrent thoughts about suicide, and a big part of the problem may be that adolescents often deny feeling this way.

### Crisis Response Network,

1-800-631-1314 or 602-222-9444 (Central Arizona);

**Crisis Response Network**, 1-877-756-4090 (Northern Arizona)

**Community Wide Crisis Line**, 520-622-6000

(Southern Arizona)

**Teen Lifeline**, 602-248-8336 (TEEN) or 1-800-248-8336 (TEEN)

**National Suicide Prevention Lifeline**, 1-800-273-8255

**The Trevor Project for LGBTQ Youth**: 866-488-7386

**Trans Lifeline**: 877-565-8860:

Support for transgender people, by transgender people

**Terros Health**, (602) 685-6000

to schedule an appointment with a behavioral health clinician



# Encouraging Kids to Communicate:

## *An Excerpt from the New Book HIGH by David and Nic Sheff*

By The Partnership

Below is an excerpt from the new book *HIGH: Everything You Want to Know About Drugs, Alcohol, and Addiction* by David and Nic Sheff, a father and son team who are experts on substance use because they've lived through it. The book is intended for kids. In David's and Nic's own words: The book isn't full of cut and dried answers, because there are none. This book isn't going to tell you what to do, because no one else is in your shoes. This book isn't going to tell you to "just say no." This book wants you to "just say know."

David and Nic wrote the book for teens and young adults, ensuring they were treating them with the respect and honesty they deserve. But parents can learn a lot from teen-oriented drug education, too (like NIDA's National Drug and Alcohol Facts Week) and keep this book on hand to help open up useful conversations with their kids.

### Finding Help, Helping Each Other

Kids need help with whatever they're dealing with: bullying, gang violence, questions of sexual orientation and health, self-harm, gender and cultural identity, stress, poverty, violence at home, and more. When parents can't help, some schools have programs in place to help with some of these issues. At the least, many have counselors.

One way some schools help students is with peer-counseling programs. It can be easier for some kids to talk with one another than to adults about certain things in their lives. "Adults are always trying to solve our problems," said Teri, a high school sophomore. "We need someone to listen. And there's a bond when we see each other during school. Someone who knows you and appreciates you."

With the permission of everyone in the group, we visited a peer-counseling session at a school in California. It was remarkable — it made us wish we had peer counseling when we were in high school.

Students were open about a range of issues. A girl was being pressured to have sex by her boyfriend. Another girl said, "That's been happening to me, too." They talked about it, and others in the group weighed in. A boy, a junior, talked about the pressure he was getting from home about college; he got a B in a class and his parents were "freaking out." There was a lot of talk about a party held the previous weekend where kids played beer pong and were shooting tequila. With obvious sarcasm, a girl said, "Some of us weren't invited." It led to a conversation about cliques — who was in, who wasn't. A girl said she saw pictures of the party posted on Facebook. "There was a moment when I felt bad — like I was this loser. But actually the pictures made me glad I wasn't invited. Everyone was wasted. Hooking up. Gross."

Some peer-counseling groups are open to any student who wants to come. Others are closed, possibly focusing on one issue or, to make it feel safer for some kids, limited to girls, boys, LGBTQIA+ students, or other groups. Peer counselors are trained to talk to and advise one another. A senior who'd been trained to lead peer-counseling sessions at the California school said, "I did it to help other kids, because I related to how hard and lonely it can be from when I was younger. I didn't plan for how much it would help me, too." *If your school doesn't offer peer counseling, consider starting a program—there may be a teacher or counselor who can help.*

### Help at Home?

Some parents understand the world kids have to navigate, some don't. Some kids have parents they can discuss drugs, sex, and other concerns with, some don't. Some kids, of course, don't have parents at all. And some kids act more like the parents in the family, making it tough for them to confide in the adults in their lives.

Kids are often afraid to say anything negative about their families, because they're afraid they won't be believed or they'll get in trouble. And some families create an environment where it's considered a betrayal to bring "family business" to outsiders. As hard as it may feel to seek help from others in that case, it's important to remember that healthy family situations don't need to be kept secret.

The point is sometimes a good counselor or therapist is needed to make a family stronger and healthier. They can help kids talk about their worries with their parents. They can also help parents with substance-abuse issues, problems with anger, and difficulties coping with life events such as divorce, the death of a loved one, the loss of a job, or mental or physical illness.

Some kids have said they were terrified of telling their parents about their worries, or maybe telling them they were thinking of trying drugs, were tempted to try them, or had tried them. They thought they'd get in trouble.

When they finally did tell their parents, though, they were often surprised by the reaction. Sometimes the parents were less angry than they expected. Sometimes they were helpful and even grateful that their children had opened up to them. Sometimes parents shared their own stories, which let the teens know that they weren't alone and that some thoughts and feelings, frustrations and fears, were the same for their parents and probably for their grandparents, too.

It's important to remember every family is different, and conversations that are possible in some may not be possible in others—kids may feel that it's not safe to bring up some subjects. But especially when they're going through a difficult time, it's important for kids to talk to someone. (Source: <https://drugfree.org/>) **HIGH** is available at Amazon.



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**Ages 18 & Older**

**For any questions or referrals please contact Freedom Care  
Community Liaison Ken Flack @602-292-6757**

Secure Fax: 602-952-3922

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

**Valley Hospital  
3550 E. Pinchot Ave.  
Phoenix, AZ 85018**



## A Happy Outcome is Assured

**C**an you imagine being an adopted child reunited with your birth mother after 60 years? My friend Diane signed up for a genealogy research service, did a DNA test, and found she had a cousin unknown to her family. Diane contacted Sherry, who confirmed she had been adopted and, through previous inquiry, knew her mother's name was Marcia. Diane's aunt is Marcia, which sealed the match.

Deeper inquiry into secret family history revealed Marcia had a child out of wedlock 60 years ago and gave her up for adoption. She later married and had several children, but never told her husband, children, or other family members about her older daughter.

Diane invited Sherry to come and meet her long-lost cousins. When Sherry arrived at her cousin's home, she found a sign posted on the door: **"Welcome home, Sherry."** Consider Sherry's relief and reward to finally be reunited with her family, for whom she had searched for 60 years. The stage was set for a joyfully tearful weekend.

Before long, news of Sherry's family membership got around the clan. While Marcia initially denied the birth, her children convinced her to meet Sherry. You can imagine the intensity of that meeting. When Marcia held her daughter in her arms, she wept and said, "I should have kept you." After many years of angst in the hearts of mother and daughter, the saga had a happy ending.

***A Course in Miracles*** urges us to remember, "A happy outcome to all things is sure."

What a powerful affirmation to hold in mind when things seem to be going wrong! We all struggle with some relationships, and wonder if they will ever be resolved. Take heart. Somehow, some way, they will. The pain is just a chapter, not the conclusion. When Jesus dictated ***A Course in Miracles*** to Dr. Helen Schucman, he told her, "Midterm marks are not entered on the permanent record." It is likewise said, "The record books do not show the score at halftime."

Because love is our nature and destiny, eventually everything will be healed. "Nature bats last" does not apply only to the physical world. Our spiritual nature has the final say. Yet we tend to be fooled by appearances, which often indicate separation, lack, and brokenness. But appearances generally run contrary to reality. ***A Course in Miracles*** also tells us, "Only the creations of light are real."

But what if someone with whom you have enmity dies, or leaves you, or you have lost touch with this person and you will never see them again?

How in such a situation can a happy outcome be assured? The answer

lies in the truth that our real nature is spiritual. Geography or even the end of the body does not stop our relationship. True relationship is not of the body; it is of the soul. It matters less what the bodies are doing, and more what spirits are doing. You can be living in the same house with someone, sleeping in the same bed, and have no real relationship. You can also be physical separated, with an ocean between you, but if there is love, you are together.

If someone has passed away or left your life, you can connect with them in spirit. In prayer or meditation, call this person to you and speak to their soul. Their reality does not depend on what their body is doing. Say what you would say to them if they were sitting in front of you and they fully received your communication. You will find your connection with this person has not been severed by the absence of their body. Real communication is not of the body, but the spirit.

Many years ago a friend become upset with me and stopped speaking to me. I regretted the loss of our friendship. Yet over the years I have had many dreams of him, in which we are together, laughing, enjoying each other's company. In my heart we are still connected. Our relationship is very much alive in spirit. It is only on the physical or personality level there seems to be separation. Meanwhile only union exists.

If you look back on all the things you worried about in your life, you will realize very few of them turned out as you worried they would. Usually things resolve themselves naturally. Even if some of your worries came true, they provided you with valuable life lessons that helped you grow, and they too were resolved. Why, then, would you think your current worry is any more justified than your past worries? The ego tries to convince us our current situation is an exception to universal truth. **It is not.** The same love that has always guided and taken care of you, will continue. The grace that has upheld you will not stop now. "Surely goodness and mercy shall follow me all the days of my life. . ."

February is Valentine's month, when we celebrate loving relationships. While we tend to focus the holiday on romantic relationships, all relationships are holy and important. Let us use this month to create happy outcomes, and know with deep certainty that one day only love will remain.

Alan Cohen is the bestselling author of the newly-released ***Spirit Means Business***, illuminating how you can succeed with money and career without selling your soul. Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

# smokefree teen

## Nicotine & Addiction

You may think that you can use tobacco without becoming addicted. But the truth is, most teens who use tobacco will get hooked. Three out of four teens who smoke cigarettes in high school will still be smoking as adults.

## What Is Nicotine?

Nicotine is the chemical found in tobacco products that is responsible for addiction. When you use tobacco, nicotine is quickly absorbed into your body and goes directly to your brain. Nicotine activates areas of the brain that make you feel satisfied and happy. Whether you smoke, vape, or dip, the nicotine you are putting in your body is dangerously addictive and can be harmful to your developing brain.

## What Does Nicotine Addiction Look Like?

Nicotine addiction can look different from person to person. Even if you only use tobacco once in a while, you can be addicted and can have a hard time quitting.

## Some signs of nicotine addiction include:

- Cravings, or feeling like you really need to use tobacco.
- Going out of your way to get tobacco.
- Feeling anxious or irritable if you want to use tobacco but can't.
- Continuing to use tobacco because you find it hard to stop.

## Why Is Nicotine Dangerous?

Nicotine can lead to addiction, which puts you at risk of becoming a lifelong smoker and exposing you to the many harmful chemicals in tobacco. Teens are especially sensitive to nicotine's addictive effects because their brains are still developing. Using nicotine during your teen years can also rewire your brain to become more easily addicted to other drugs.

**Learn more <https://teen.smokefree.gov>**



# Finding a Successful SEO Path for Addiction Treatment Centers

By Chris Cohn

There is an abundance of information online. A successful marketing campaign for addiction treatment facilities should focus on two things: finding people who need services and representing a caring, credible place to convince them you may be the best choice for their needs. Success depends on increasing online traffic, building an audience, and helping people find the right fit for their success in recovery.

## Long-Term Results for Rehab

SEO's role as a long-term traffic source is widely accepted. Loading up pages and posts with keywords won't immediately place anyone on top on Google. It requires much more, and we have the tools and the understanding to get those rankings. This is not only because we understand how SEO works, but also because we created Cohn Media out of necessity to drive traffic and produce client leads for our own rehab center.

## Good SEO Comes From Good Research

Start with what you know about your demographics. In many cases, SEO isn't about good rankings on the obvious search terms — it's about finding the *best search terms*. It may be something more indirect—like people googling “addiction symptoms” or “addiction help.” The world we want to create for future patients is one that finds them, understands them, and accepts them.

Consider this; of all the people who would benefit from addiction rehabilitation services, how many are searching for rehabilitation services? Not many. If your target demographic isn't there, then your SEO strategy for addiction rehab shouldn't be either.

## SEO Isn't a Mystery- But It's Easily Misunderstood

The books, resources, and tools that simplify SEO can make it seem like magic to the untrained eye. Things that overly complicate SEO have largely been put to bed, but SEO has still grown to be a considerable knowledge base that can overwhelm an unsuspecting website owner. At its core, search engine optimization seeks to put the best content on the front page of each search result.

## Getting Started

SEO is the sum of many individual components, but successful strategies should have at least the following four pieces, all informed by growth objectives and target demographics:

- Keyword targeting, backlinks and domain authority, social media and content marketing

## Find Your Keywords

Meet your target demographic where they live. A google search is a union of a seeker and a supplier of information. Being the most qualified supplier means knowing your seekers. What are they afraid of?



What motivates them to look for information? What type of help are they seeking? Answer these and you'll find yourself with some great keywords on which to center your strategy.

Keywords aren't magic. Sprinkling them throughout posts won't float your website to the top of search rankings without composing relevant, engaging content to accompany them. If your content sounds like you're writing a letter to your target demographic rather than a search engine, you're on the right track. What does this mean? It's determining what people are looking for. These are things that Cohn Media can help you with.

## Your Domain has Power

Somewhere along the way, search engines realized websites that frequently directed traffic to one another had a higher value to searches than those who didn't. In simple terms, it's the value of your website as defined by other websites. If other websites think you're worth linking to (thereby sending traffic), so do search engines. Those connections are called backlinks, and in many cases they are the most powerful way to develop domain authority. We maintain a network of connected websites that can offer increased domain authority and therefore better search rankings. Access to these resources can be a potent boost to an otherwise-struggling online presence.

Domain authority is more science than art — and is hindered by technical problems with your website such as:

Broken links, slow page load speed, lack of alt attributes on image tags, header or meta tags, word counts and html-to-text ratios and breadcrumbs and navigability. These elements come into play before anyone even reads your content. If you don't know what some of these are or how to find them in your website, our tools and understanding can help.

## Build a Following

As content is developed and attracts readers, they will appreciate the information offered and start to trust your brand. A great way to expand on trust is coupling content delivery with social media. Trust in a business or organization comes from appearing empathetic and authoritative. Caring, but credible. Social media offers the opportunity to do both in a genuine way.

Rehabs with a quality presence on social media are able to increase their credibility by sharing helpful content and engaging with people — all while increasing brand recognition. Social media cultivates a public reputation and a record of your interactions. It also offers a wealth of SEO gains:

# Together AZ Resources

<b>TOGETHER AZ</b>	<b>602-684-1136</b>	TERROS	602-685-6000
Acceptance Recovery Ctr	844-302-0440	UnHooked	602-368-4471
ACT Counseling & Education	602-569-4328	Valley Hospital	602-952-3939
Arizona Addiction	602-737-1619	VIVRE	480- 389-4779
AZ. Dept. of Health	602-364-2086	<b>Therapists/Interventionists</b>	
Arizona Addiction Recovery Ctr	888-512-1705	Dr. Marlo Archer	480-705-5007
Office of Problem Gambling	800-NEXTSTEP	Dr. Janice Blair	602-460-5464
Aurora Behavioral Health	877-870-7012	Carey Davidson	928-308-0831
AzRHA	602-421-8066	Dr. Dina Evan	602-997-1200
Building Blocks Counseling		Dr. Dan Glick	480-614-5622
	602-626-8112	Bobbe McGinley	602-569-4328
Calvary Healing Center	866-76-SOBER	Julian Pickens, EdD, LISAC	480-491-1554
CBI, Inc.	480-831-7566		
CBI, Inc. Access to Care	877-931-9142	<b>Legal Services</b>	
Chandler Valley Hope	480-899-3335	Dwane Cates	480-905-3117
Choices Network	602-222-9444	<b>Real Estate</b>	
Continuum Recovery Ctr.	877-893-896	Scott Troyanos	602-376-6086
Cohn Media	877-640-6529		
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		

## 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

- Follower counts contribute to your site ranking,
- Shared posts circulate your content and likely land it on other websites, earning backlinks,
- Offers a secondary access point for people searching,
- Localizes your content to near your place of business.

## Content is King

People crave information and consume it in greater quantities than ever before. Good, high-ranking content needs to be written to readers with search engines in mind. In short — it's effective because it's good writing that gives search engines what they want.

Building a library of information for your audience also displays a commitment to improving your community. When it's clear that the perspective of the reader is paramount for the content, it goes from being strictly informative to inviting. And that invitation may be the push that someone needs to start rehab services.

## Rehab Requires Caring Credibility

Appearing as an empathetic authority is the key to engaging a reader and it's easy to see why. Information that ignores what the reader is experiencing will disengage them and distance them from the brand delivering the information.

## We Deliver All of This and More

Rehabilitation services fill an important need in their community and we want it to be easier for them to find the people who need them. Developing and implementing an SEO strategy can be as easy or as robust as you want, but with directed planning and consistency done by a professional this is done easier and with more accuracy.

*COHN Media provides passionate, creative writing and distribution, covering the following industries: addiction rehab, health care, entertainment, technology and advocate of clear communication, positivity and humanity at its best. For information or to discuss the content writing services we provide, reach out: [www.cohn.media](http://www.cohn.media) or call 1-877-640-6529*



# EVENTS & SUPPORT GROUPS

## Professional Events

### 2019 EAPA AZ CHAPTER WORKSHOPS AND LUNCH EVENTS

**FEB-1**— Brain Based Interventions TERRINA PICARELLO, LPC, S-PSB  
**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>*

**FEB. 19—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

**FEB. 16—12PM-4PM** —Destiny Springs Healthcare Open House. Open to the public. 17300 N Dysart Rd. Surprise, 85378

**FEB. 20 —EAST VALLEY BEHAVIORAL HEALTH NETWORKING EVENT.** at 12:00 PM. Aurora Behavioral Health, 6350 South Maple Avenue - Tempe, AZ 85283

**FEB. 20-22—SCIENCE & SPIRIT SUMMIT.** Explore Clinical Strategies for Addressing Trauma, Mental Illness and Addiction. **We-Ko-Pa Resort & Conference Center.** Call 800.237.7285 x4233.

## 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. 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.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. **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](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 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](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

**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](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. 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](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
- Mental Healthcare
- Primary Care
- Supportive Housing
- Crisis Care
- Community Education

## INTEGRATED BEHAVIORAL HEALTHCARE

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

Contact Us | 877.931.9142

Get Social |    

**NATIONAL**  
**SUICIDE PREVENTION**  
**LIFELINE**  
**1-800-273-TALK(8255)**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



### RECREATE A LIFE WORTH LIVING

Our licensed therapists work to treat the underlying causes of the illness. Our individualized program allows the staff to meet clients where they are and help them to achieve clearly defined treatment goals. When clients successfully complete our 45 to 60-day treatment program they will have developed a foundation for lifetime recovery.

## Substance Abuse & Mental Health




Although often misunderstood, drug addiction, alcoholism, trauma, and other mental illnesses are treatable. Scottsdale Providence is ready to help.

**Call 480-532-4208**

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


We welcome you to visit our facility at 8889 E Via Linda, Scottsdale, AZ 85258. Discover why families are referring people they care about to Scottsdale Providence.




## 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.

**HELP IS HERE 24/7**

 Text **NEXTSTEP** to 53342

1-800-NEXT-STEP [nextstep.az.gov](http://nextstep.az.gov)



Arizona Department of Gaming  
**Problem Gambling**





SCOTTSDALE  
RECOVERY CENTER

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ARIZONA'S  
PREMIER ADDICTION  
TREATMENT FACILITY

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*1-888-NODRUGS*  
*[www.scottsdalerecovery.com](http://www.scottsdalerecovery.com)*