

Together AZ

JULY 2019

INSPIRING SUCCESS ON THE ROAD TO RECOVERY

Training and Suicide Prevention Awareness Works

By Mercy Care Staff

It's not the usual crowd making its way into the classroom. Instead of students, it's a mix of community members, teachers, counselors, parents, mental health providers and even bus drivers taking a seat. Once everyone is settled in, a video illuminates the screen with clips of scenarios showing people having thoughts of suicide. The discussion that follows gives participants the opportunity to share their own experiences and explore their attitudes about suicide.

This training is part of a Mercy Care initiative to address the increase in local youth suicides by bolstering suicide prevention training in local schools and community organizations serving youth.

"We want to make sure that school and community leaders are trained to recognize the signs when our children are having thoughts of suicide or mental health issues," said Blythe FitzHarris, Mercy Care's Chief Clinical Officer. "That's why we've made this substantial investment of time, money and resources into increasing the reach of and access to this training. As a health care organization, we want healthier communities. We want to save lives. These trainings will help do that."

Mercy Care, a Medicaid health plan, has been working since October 2018 with 40 school districts and community organizations serving youth to train individuals on how to deliver three evidence-based mental health and suicide prevention awareness programs: Youth Mental Health First Aid, Suicide Alertness for Everyone (**safeTALK**) and Applied Suicide Intervention Skills Training (**ASIST**).

Once they go through training, these people will be able to teach others about the signs that someone may display if they're having thoughts of suicide. And, it will teach them how to connect people to the right resources. Mercy Care is providing the training and materials to ready these school staff to train others in their schools and their communities.

The timing of the training is also helping schools comply with a new Arizona law that requires school districts and charter schools to train school staff working with students in grades 6-12 on ways to identify the warning signs of suicidal behavior in students. The new law takes effect for the 2020-2021 school year.

"We could not have trained the number of people we trained without Mercy Care and their partnership," said Brenda Ramos, director of Counseling and Social Services at Chandler Unified School District. She said they've already trained 100 counselors and 52 health assistants.

Training saves lives

Research shows that training and suicide prevention awareness works. By February 2020, Mercy Care expects to train 60 Mental Health First Aid trainers, 97 safeTALK trainers and 59 ASIST trainers. Those trainers will go on to train the rest of the staff at schools and community organizations. These trainings have a ripple effect. That means that each person touched by the training reaches out to others, and they, in turn, also touch others around them.



Heather Brown

Consider that in one year, the ASIST trainers will have spread their knowledge to some 7,830 people. Evidence-based studies show this translates into a collective impact of about 19,400 lives saved.

It's similar with the safeTALK training. Mercy Care expects to reach 8,100 people with safeTALK training. This training could account for as many as 12,600 lives saved.

Heather Brown, Mercy Care's Prevention Administrator, said that these trainings help save lives because they allow people to have honest discussions about suicide and offer them insight into what is helpful – from the

Suicide Facts & Figures: Arizona 2018*



On average, one person dies by suicide every seven hours in the state.

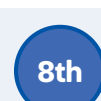
Almost twice as many people die by suicide in Arizona annually than by homicide.

The total deaths to suicide reflect a total of 23,585 years of potential life lost (YPLL) before age 65.



Suicide cost Arizona a total of **\$1,246,006,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,139,987** per suicide death.

*Based on most recent 2016 data from CDC. Learn more at afsp.org/statistics.



8th leading cause of death in Arizona

2nd leading cause of death for ages 15-34

3rd leading cause of death for ages 35-44

5th leading cause of death for ages 45-54

7th leading cause of death for ages 55-64

15th leading cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Arizona	1,271	17.59	17
Nationally	44,965	13.42	

afsp.org/StateFacts



perspective of the person who is having thoughts of suicide.

"When people feel comfortable talking about suicide, they're able to more easily reach out when they notice signs that someone may be having thoughts of suicide," Brown said. "It's during those conversations when people realize that they're not alone and that someone cares about them."

Youth suicides are preventable

Teen suicide is an ongoing health concern. It's the second-leading cause of death for young people ages 15 to 24, surpassed only by accidents, according to the U.S. Centers for Disease Control and Prevention.

In Arizona, almost twice as many people die by suicide annually than

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"Why Can't She Just Get Over It!?" Betrayal Trauma and the Hurt Keeps On Hurting

By Gloria Gilbert, Ph.D., CSAT, Psychologist

In working with couples where sex addiction has blown up the trust and emotional safety in a relationship, recovery and healing can be an extremely long road. For individuals who discover that the person they love most in the world — and who are likewise supposed to love them back—has betrayed them through sexual acting out, it can feel like their world has been shattered.

The person they thought their husband, or wife, or life partner was... what they thought "was so" about their life and their marriage/relationship...how they knew to trust...what they make this betrayal mean about them and their own worthiness and attractiveness...and what their life will be like in the future...all of this has been dramatically and traumatically altered.

The couples who choose to do the work required to begin the long journey of healing may find their way to PCS and to my office. Most betrayed partners (I'll say "wife" in this case) experience symptoms of Post-Traumatic Stress Disorder (PTSD) severe enough to meet criteria for this disorder. Those symptoms can last a very long time—meaning many months, even many years—and are influenced by a variety of factors. continued page 8



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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Problem Gambling



Publisher's Note

By Barbara Nicholson-Brown

Freedom in Recovery

Every July we celebrate Independence Day. And for us 'day at a time' folks, we have the opportunity to celebrate our freedom from the bondage of drink or drugs, every day. Waking up sober for the last 29 years proves to me time and again, if I continue to follow direction, stay on the path, help another person, and ask for help when I need it — I'm stronger, and my sobriety foundation becomes more solid.

When I was "out there", I really was out there. My reality was distorted and thinking delusional. I wore the "I'm okay mask," while dying inside. I lied to everyone who knew or cared about me, and even though I knew (and they knew) my life was a sham, I could not admit where drugs and alcohol had taken me.

Freedom for me today is knowing I do not have to pick up a drink or drug to get through a day. I remember all too clearly how horrible I felt inside and out. All the shame about being an alcoholic disappeared when I came to realize and accept that my disease does not define me.

When life throws me curves I know intuitively, I have to seek a solution. If I am unable to find one on my own, someone is always available to help me sort things out. It all comes down to how free I want to be. If I choose to live in constant fear, or resentment, well... then I'm stuck. That is why I need to be willing to learn and listen.

On this 4th, while you watch the fireworks in the sky, think of your recovery too, and how powerful and beautiful it is. I was told long ago, "don't leave before the miracle." *I'm not going anywhere!*





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Independence



is Conscious Courage

By Dr. Dina Evan

Independence Day means so much to so many. First and foremost it's about the brave men and women who have fought for our freedom. The number of people effected by the loss of loved ones who fought and lost their lives or were wounded in so many battles is breathtaking and we owe then an everlasting debt of gratitude.

How independent and free are you?

But for the sake of the column, let's look at independence in a new way. How independent and free are you? Are you free from debt? Are you free from pain? Are you free from dysfunctional relationships? If we look around the world today the majority, including the richest in the top one-percent, feel pretty anchored to parts of their lives that lack aliveness and joy. It feels as if there is one huge mountain to climb after the other. The truth is, there is only one big mountain to climb. And, believe it or not, under every other feeling including anger, resentment or hopelessness, that mountain is simply...**FEAR!** And in our exhaustion, soon we begin to believe this is all there is.

Whether you are an insecure over-achiever, an Instagram addict, a Facebook fanatic or an email emissary, or if you just sit and read books alone, unless you are filled with joy over being any of these or doing any of these to the extreme, you are looking at your next mountain you need to climb in order to become truly independent and at the base of it, is fear.

Fear is an emotional response induced by a perceived threat that is almost always not real. Fear can lead us to a flight, fight or freeze response

that causes us to hide, run away, or to give up. Fear may arise from a confrontation, from avoiding a threat, from someone else's idea of *who we are or are not*, and from our own insecurities. Or, it may come from a discovery, such as we find out we are really great at art or public speaking. Suddenly that chill up the spine comes loud and clear with the question "What now?"

Actually, most fear, is not based on reality. It stems from some experience in the pasts. For instance, a realistic fear such as trying to run across the freeway at 5 p.m. is valid. However, the majority of fear, such as the fear of success or falling in love, is nothing more than rapidly moving molecules of energy that have no power other than the power you give it.

Before you come to this planet, you decide what your assignment will be and if you accept that assignment and be who you came here to be and do what you came here to do, out of that you create a moral or spiritual legacy that lives on in everyone whose life you touch, long after you leave the planet.

The spiritual heroes or heroines in our lives are those people who stand up, speak out, teach and role

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model the values and ethics by which they live. Think for a minute about the people in your life whom you most trust and value. They are the real people who tell you the truth with compassion and own their own mistakes without hesitation.

As Kermit the frog says, "It's not easy being green." And neither is it always easy to be a spiritual hero. However, here's a little secret it's much easier than NOT being the one you came here to be. When you are not fulfilling your purpose, there is always a sense of disappointment inside, a longing for what is real and the spiritual power that you know is just an arms-length and one decision away. Here's another comforting truth. It really doesn't matter when you begin to be your true self, so even if you are in your 80's it's not too late to start now. **It only matters that you start.** Now some of you might use that as an excuse to postpone stepping into your power, but remember that is also postponing your joy.

Clearly, independence is a gift we give ourselves and those we love the moment we decide, nothing matters more than standing in our own truth and integrity. The moment you get that you also will understand that no one can give us anything that we are not first willing to give to ourselves. It's easy to forget that none of us is independent until we all are!



Dr. Dina is a Marriage, Family, and Child Therapist and Consciousness Counselor. She has presented nationwide seminars and workshops, written several books and created meditation CDs for couples, individual and mental health professionals. She has also won national acclaim as a human rights advocate. Visit www.dr dinaevan.com or call her at 602 571-8228.



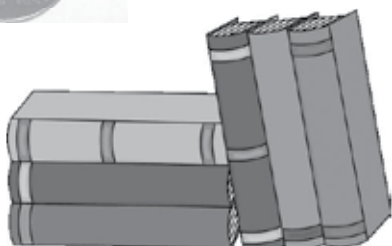
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Don't Expect Me to Cry

By Janet Bentley, author of *Don't Expect Me to Cry*

At the end of 2014, I was admitted to an inpatient mental health facility for trauma and severe depression. I was engulfed by darkness with no hope in sight, praying for it all to end there and then. I did not want to die but I was tired. Too tired to live.

Little did I know, that was just the beginning. Little did I know, I was about to start living instead of merely existing. 2014 was one of the toughest and most testing years of my life, but I wouldn't change any of it for the world. I am grateful for every part of my life, for the abuse that happened and for every wrong turn I chose to take because it all led me to this moment right here and now. Today is all I have and the rest will tend to itself.

Writing my experience is part of letting go of the past, letting go of all the secrets that I have lived with for so long. The dirty secrets that I thought I could make go away with my determination but which ate away inside, destroying me with their poison.

This story is about part of a journey filled with tremendous pain. Yet it is also a story filled with the resilience of a little girl wanting to survive.

I write in hope that my survival of the horror that was my childhood will give hope to others who are recovering from or are still in sexually abusive situations. If it helps one person, I will have accomplished what I set out to do. As a good friend once told me, even if that one person is me, it will be worth it.

— Janet Bentley, February 2018

Introduction

Abuse is ugly. Child Abuse is uglier still and Childhood Sexual Abuse is the ugliest of them all. The horror is not just in the image of a child being forced to experience something that they cannot make sense of but that it is, in almost every case, perpetrated by someone that was known to and trusted by the child. To destroy that trust and to replace it with such horror and pain is, to me, one of the worst forms of abuse one human being can inflict upon another.

For many years, the subject of sexually abusing a child has lived in the shadows of shame and guilt. People will speak of their child's struggle with bullying or illness but

"...For a survivor to put words to their worst memories and to let the world see what they have spent their whole life hiding, takes a lot of courage and fortitude."

refer to any sexual abuse simply as 'trauma'. Child victims of Sexual Abuse are already deep in their own shame and when the adults around them do not validate their experience, it adds significantly to the damage.

In many (if not most) cases of Childhood Sexual Abuse, the emotional damage done by not being able to deal with it appropriately, lasts significantly longer than the physical damage.

Once traumatized by Childhood Sexual Abuse the victim carries the shame and trauma through the rest of their childhood and on into their adult life. No survivor escapes the pain of carrying the burden of their terrible 'secret' and the catastrophic impact it has on their ability to have healthy and loving relationships.

Those Who Survive

Survivors are statistically more likely to experience issues with depression, addiction and even to suffer fatal diseases.

The trauma that a survivor carries is an emotional time bomb just waiting to explode into their life when triggered. For many survivors, this occurs without warning and can drive them to deep depression, anxiety and, in some cases, to suicide. Some people experience dark memories flooding into their consciousness — memories that they did not even realize they had hidden away as a child in order to survive the horrific things that were happening to them.

Our society's inability to face the realities of this awful form of abuse, forces the victim to carry the weight of shame and not the abuser. The victim is a helpless child and yet many value what others might think (our family would be shamed if people found out that our child has been abused sexually) over making sure that the child is cared for and helped through the critical early stages of trauma.

It is this deeply-rooted stigma that makes it so difficult for an adult survivor of earlier Childhood Sexual Abuse to seek help and when they do, to be able to talk of their experi-

ence. And yet, being able to bring the abuse into the open and tell their story is exactly what is needed in order to begin the process of recovery and to remove the power of the abuser that they have carried for almost all of their lives. The 'secret' cannot survive once it is brought into the open.

The recent public focus on Childhood Sexual Abuse in high-profile cases involving well-known people has helped to make people aware of how prevalent this is in our society. Campaigns encouraging people to identify themselves as victims of early Sexual Abuse have been making headline news around the world. Hopefully, this attention will help remove the stigma and allow people to address Childhood Sexual Abuse promptly and make it unacceptable in all cases.

Good though this publicity is for bringing the subject to the forefront, it does little for the survivor. Indeed, the very publicity which is so important can itself be a trigger to someone who has buried their 'secret' and would do anything not to have to face it.

The best hope for a survivor is to be able to associate with people who understand the crippling agony of 'the secret' and who they know will not judge them as somehow 'to blame' or as 'a bad person' for being abused. As one survivor stands up and tells their story, others will realize that they are not actually alone and that there is hope.

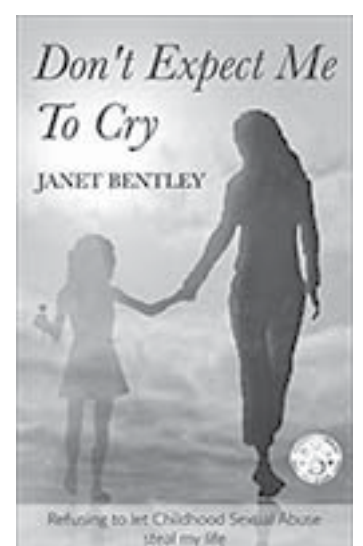
This book, then, is one such story.



At times, the book may be uncomfortable for some readers and potentially triggering to others. It is important, however, that Janet details the horrors of the abuse, in order to be able to describe why it had such a lasting impact. This is a book about hope of recovery. It is a beacon of light to other survivors who still suffer the effects of the trauma of their own childhood experiences.

Even without the stigma that follows Childhood Sexual Abuse, for a survivor to put words to their worst memories and to let the world see what they have spent their whole life hiding, takes a lot of courage and fortitude.

If just one person reads this and finds the courage to start to face their own trauma then not only does it bring value to this book but, for Janet, the abuse will have been given a purpose greater than anything the abusers could do. — Simon Bentley



Don't Expect Me To Cry is available on Amazon. Visit janetbentley.com and courageoussurvivors.com

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by homicide. It's the 8th leading cause of death overall, the 2nd leading cause of death for youth ages 15-34.

But it can be prevented, especially when people are aware of potential warning signs.

Psychological, environmental and social factors often contribute to thoughts of suicide. Some sources of stress could be disciplinary problems, interpersonal losses, family violence, sexual orientation confusion, physical and sexual abuse and being the victim of bullying.

The risk for suicide often happens when an overwhelmed and vulnerable teen is facing a combination of these factors but isn't able to cope. Sometimes, they're more susceptible to thoughts of suicide because of a mental disorder and/or a substance use disorder.

Ramos says that sometimes children and teens struggle with expressing how they feel.

"They end up at the Health Office over and over again, saying, 'I don't feel good.' Sometimes they may have a panic attack, or a headache or stomachache. It's about asking the right questions."

She said that's precisely how the suicide prevention awareness training has helped in her school district.

"This training allows us to ask more poignant questions, to better determine whether it's a physical health or mental health issues," Ramos said. "This is especially vital when children have experienced trauma and aren't able to express themselves or can't describe what they're feeling."

Suicide prevention training

If other school districts or community organizations are interested in taking part in the train-the-trainer sessions, space is still available. You can reach out to Devonne Like, Mercy Care Special Projects Manager and Women's Services Coordinator, at LikeD@mercycaarez.org, or Heather Brown, Mercy Care Prevention Administrator at BrownH@mercycaarez.org.

For information on upcoming suicide prevention training, visit <https://www.mercycaarez.org/event>.

Community resources

- Mercy Care Crisis Line 602-222-9444 or 1-800-631-1314 (24 hours/7 days)
- Teen Lifeline 602-248-TEEN (8336) (24 hours/7 days) text chat 3-9pm only
- National Suicide Prevention Lifeline 1-800-273-TALK (8255) (24 hours/7 days)
- Crisis Text Line 741741

Warning Signs for Suicide

Some behaviors may indicate that a person is at immediate risk for suicide. The following three should prompt you to immediately call the National Suicide Prevention Lifeline at **1-800-273-TALK** (8255) or a mental health professional.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

Other behaviors may also indicate a serious risk—especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change.

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Mercy Care suicide prevention awareness partners

Mercy Care is also working with the following schools and districts as part of our comprehensive health focus on school-based services:

- Cartwright School District
- Deer Valley Unified School District
- East Valley Institute of Technology
- Glendale Community College
- Madison School District
- Mesa Public Schools
- Roosevelt School District
- ASU Preparatory Academy
- Tempe Elementary School District
- Tolleson School District
- Washington Elementary School District

Community organizations and providers working with Mercy Care to get their staff trained so they can deliver mental health and suicide prevention awareness training include:

- American Foundation for Suicide Prevention-AZ Chapter
- Arizona Council of Human Service Providers
- Aurora Behavioral Health
- Chandler Coalition on Youth Substance Abuse
- Child Crisis Arizona
- Community Bridges
- Chicanos por la Causa
- Crisis Response Network
- Devereux
- EMPACT/LaFrontera
- Harmony Health & Wellness
- Horizon Health and Wellness
- ICAN/Chandler Coalition on Youth Substance Abuse
- Jem Foundation
- Jewish Family and Children's Services
- MIKID
- Native Health
- NotMyKid
- Phoenix Children Hospital
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Should we use the Word TRAUMA?

By Kim Miller

One of the big challenges I face with clients is using the word "trauma" to explain a body of work, now a classification for a type of counseling service provided.

Trauma is defined as "a deeply distressing or disturbing experience," and also relates to medicine in terms of a "physical injury." The problem is most of my clients don't classify things that happened to them as deeply disturbing due to defense mechanisms, or because they just didn't know that something that happened to them was so impactful due to lack of information thereof.

They are certainly thrown off by images of medical "trauma" and don't relate or consider certain modalities because of this reference.

A typical client for example, could have attachment issues from childhood and may not automatically label this experience as "trauma". I have reworked this word into a more palatable constructs and tried to describe it as "anywhere you are feeling stuck".

While not eloquent, I often get more connection from clients with the powerful work that can be done with EMDR, SE, or Neurofeedback for a client who may have a simple phobia, work stress, attachment issues, performance issues with sports or work, or even just a desire to grow in their awareness of themselves.

These powerful tools can and should of course be used for less critical situations — than those involving complex trauma, although this is where their popularity seems to currently rest. Clients with trauma may need help identifying their experiences as impactful. What a word represents does seem to matter when clients are exploring what services to use.

Traditional talk therapy may be able to be replaced or used with these cutting edge "trauma" modalities to find better results. Many of the places clients find themselves stuck seem to be found in reptilian parts of our brain that tend to be hidden from our conscious abilities to change them with conversation or traditional CBT. Several of the trauma modalities can work well on this reptilian part of our brain.

Clients who do identify themselves as trauma survivors or knowingly want to do trauma work deserve a well honored and appreciated seat at the table, though may need some thorough rethinking to widen the net for the many uses of these life changing techniques.

While I have not solved this riddle yet, perhaps there may be a new language to accompany traditional trauma work. Such centering on the wording that identifies the frustrating looping effect we can get from just about anything where we feel stuck or frozen.



Educating clients on what is meant by trauma and when necessary, changing out the word trauma for a less dramatic feel seems to do the trick.

This conversation is meant to be academic and create a point for discussion and learning. I welcome thoughtful feedback on the conversation as well all continue to learn and grow.



Kimberly Miller, LCSW, LISAC is an EMDR trained, Advanced Somatic Experiencing Practitioner, Addiction/Mental Health/Trauma Trained Counselor,

Certified Life Coach, and Blog Writer working in private practice in St. Louis Missouri.

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from page 1

One factor that can significantly affect a betrayed partner's healing process is "discovery." Discovery means what it says...that the betrayed partner literally discovers that his/her partner has acted out sexually. This can be a one-time event, but more often than not, there are multiple subsequent discoveries over months (even years) that can hurt just as much, if not more, than the first. These subsequent discoveries are like cuts to an open wound, reinjuring the site of the wound, damaging whatever bit of healing that may have begun, and substantially extending the time that healing might occur.

If you are a sex addict and have betrayed your partner, but you are in recovery and doing "your part," you might feel that that after 6 months, 1 year, or 2 years, etc., "It's been long enough!" and that your partner should be ready to "Just get over it!" Or, you might say, "Honey, let's put it behind us and just move on!" If that describes you, please know that there is a part of her that would love nothing more than to be able to do just that! Unfortunately, with sex addiction, the wounding is almost never a one-time discovery, and the pain can continue to get triggered. The last thing she needs is to feel criticized or shamed by her partner for "how long" it's taking her to heal.

What she needs most from you now is to feel heard, understood, reassured; for there to be concrete evidence that you are faithful and working your recovery; and that you are accessible, responsive, and engaged in the relationship. If you struggle with providing the empathy your partner needs, then reach out to your therapist for help. Seek out a clinician who specializes in Partner Betrayal Trauma to help educate you. Talk with other couples who are further along in their recovery to learn about their journey. Participate in a support group such as Recovering Couples Anonymous (RCA). There is light at the end of tunnel, but whether and how quickly you get there depends on how much of a true and patient partner you can now be to your wife.

"Patience is bitter, but its fruit is sweet."
—Aristotle



Gloria is a licensed psychologist, committed to establishing a comfortable environment in which children, teens, and adults view counseling as a positive experience. I incorporate the use of a variety of techniques, including Eye Movement Desensitization & Reprocessing (EMDR), cognitive behavioral strategies, sensorimotor psychotherapy, mindfulness strategies, therapeutic books, play therapy, and art therapy. For more information visit pcsearle.com/our-team/gloria-gilbert-phd/ or call PCS at 480-947-5739

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Journey through the eye of the storm

By Leander Yaiva, Chief Operations Officer, Scottsdale Recovery Center, LLC

The innate qualities and intricacies of indigenous peoples is distinct and defined by tribal affiliation. The genetic make-up of who we are as a people rests in amazing stories of evolution, contrasting with historical and intergenerational traumas that impact our very existence. To understand the connection between two polar opposites that create an internal storm of unattended traumas and the unseen beauty, triumph and strength of native peoples, is to take a journey through the eye of the storm. Surrounded by chaos and confusion, the core is peace, balance, and harmony rooted in the foundation of cultural identity.

My evolution in to self-destructive behavior through my abuse of drugs and alcohol could easily be attributed to peer pressure, my desire to fit in, or the curiosity factor. However, the reality of it was I was groomed to acquire a position as an alcoholic and addict way before I realized what and how it happened. I developed the ability to embrace a victim mentality, to justify my anger, to accept traumas that were not mine and as my predecessors, the inadequacies of manhood consumed me before the alcohol did, but it wasn't far behind.

In Bondage of Mind and Spirit

I had my first drink at 13, which led to my first arrest, one of many incarcerations to follow. I would think that this initial experience would have taught me to refrain from such behavior, but what it did was comfort my incapacity. Although my incarcerations were unpredictable and sporadic, I remained in bondage of mind and spirit with an inability to reach out for help. My light dimmed and I embraced a darkness that coincided with my outlook on life. I expanded upon my occupational experience as an alcoholic with marijuana, cocaine, methamphetamine and other drugs; this became my full-time job. I fit the job description and although I lacked experience, I was relentless, reckless, resourceful, and careless; criteria fit for an addict.

Thirteen quickly turned to 27, and I evolved to become a homeless alcoholic and addict. I was not a victim; I knew what would happen if I continued to behave with conscious abandon and an open neglect of life. In fact, I embraced it. I soon realized that no one was telling me that they loved me, cared or were worried about me; what I would equate to "white noise." I expected this from my mother, grandmother, and siblings. The silence was comforting; there was no accountability, no responsibility or expectations.

I was mimicking an unremarkable story of evolution. It was an evolution into alcoholism and drug addiction, one that had been told before. Over and over again, from one generation to the next, with similar characters, story lines and back drops. I had to decide whether or not I would continue to tell the same story with the same ending, a rerun with no significance, filled with a facade of memories that were half-truths and blatant lies told by a grieving mother, siblings and friends.

The insignificance of my truth leads me to distinct memories, sitting on the concrete sidewalk outside of a liquor store in San Pedro where people would flick nickels, pennies and dimes at me as they exited the store. They looked at me with disdain, and stepped over me with disgust in their eyes. The penny reflected my value as it rolled to a stop and settled next to me. The fire inside of me met their stares with a mental fortitude that spoke loudly, "Watch out, because when I come get mine, I'm going to take yours!" My interior had yet to match my exterior but excellence is not accidental.

On February 11, 2005 I decided the narrative of my story had to change; that I would not allow someone else to dictate the chapters of my life through an obituary. I would begin directing change and enhancing the quality of my life through a multitude of page turning events. The internal conflict between my current condition and the same innate qualities that enhanced by ability to evolve as an addict were what I would need to embrace recovery. Relentless perseverance, utilization of resources and an ability to remove my emotional response while in pursuit of my objective; recovery.

My Blueprint for Recovery

Through this process I have developed a methodical and strategic approach to wellness, a blueprint created to navigate the recovery process. I became surgical with my trauma to ensure that it did not support my tragedy, but confirmed my triumph. I created expectations of my own, established my foundation in recovery and nurtured my roots. I failed to recognize that the eye was the gateway to my salvation and that I lacked a sense of cultural connection and cultural identity, causing me to reach for something that wasn't mine.

The technical acquisition of knowledge will enhance a tactical approach to wellness; this will improve the quality of and change the summary of life. The merging of two worlds has allowed me to take a multidimensional approach to recovery. By understanding that I will be an addict for the rest of life, I chose to embrace the innate qualities of an addict rather than fighting it. I then manipulated these qualities and transitioned them to positive attributes that would serve others.

What I did not possess, I sought out to create certainty and confidence to replace inadequacy. This was filled by remarkable people; they would be my strength and my support. They loved me until I was able to love myself. They led me until I was strong enough to create a path of my own. Lee and Cindy Humes, Lisa Moody, Diana Yazzie-Devine, Richard Moreno, Kenneth Lewis and multitude of inspiring individuals that knew who they were because they understood who they were not.

I continue to be led by remarkable people that nurture my passion and enhance my skill set. Chris Cohn and Michelle Siwek have afforded me an opportunity that provides a platform to positively impact the lives of others like me. Who I am is a direct result of who embraced me, who led me, who taught me and who nurtured the innate qualities of who I am and for that I am eternally grateful.



I am a full blood Hopi from Shungopavi, Arizona with a deep-rooted history in beauty and fortitude. The chaos and confusion of my storm is fatherhood influenced by 6 year old twin boys Franco and Vicente. At my core is the peace, balance, and love of my amazing wife Crestina. Harmony is rooted in my firm sense of cultural identity and a remarkable story of evolution. Like the Phoenix, the legendary bird that rose from the ashes of its own self destruction, I am free once again. #SRCSTRONG #TEAMSRC e: lee@scottsdalerecovery.com

Meetings with Enlightened Men

Fifty years after George Gurdjieff's *Meetings with Remarkable Men* was published in English, I'm offering "Meetings with Enlightened Men."

I had the inspiration for this column for July's issue in which Independence Day takes place, while visiting Monticello, Thomas Jefferson's home.

I had good fortune to spend six months with a remarkable man named Maharishi Mahesh Yogi. What follows are parallel observations of Jefferson, whose "Declaration of Independence" helped enlighten many governments, and Maharishi, whose Transcendental Meditation helped enlighten many people.

"The golden gate to peace in life is the experience of bliss, and it is easy for everyone to acquire this great glory and live it throughout life."

Jefferson was a political thinker influenced by Age of Enlightenment thinkers like Locke and Voltaire; Maharishi inaugurated what he called the dawning of a different Age of Enlightenment. Both believed strongly in higher education. Jefferson founded and designed the University of Virginia in Charlottesville; Maharishi founded Maharishi University of Management in Fairfield, Iowa, and played a major role in designing the curriculum.

On Happiness

In his famous document that set our original 13 colonies free from England, Jefferson wrote that people "are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty, and the pursuit of Happiness." Maharishi, linking the Creator with human happiness, wrote, "The purpose of Creation is the expansion of happiness."

He echoed this, saying, "Life finds its purpose and fulfillment in the expansion of happiness."

On Serenity

On serenity, our third president wrote, "It is neither wealth nor splendor; but tranquility and occupation which give happiness." Elsewhere, he noted, "Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances." The Beatles' guru said, "The golden gate to peace in life is the experience of bliss, and it is easy for everyone to acquire this great glory and live it throughout life."

On Consciousness

The political thinker wrote: "Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." The spiritual thinker wrote: "Fulfillment is structured in achievement, achievement is structured in action, action is structured in thinking, thinking is structured in knowledge, and knowledge is structured in consciousness."

On Enlightenment

Our first Secretary of State wrote: "Enlighten the people, generally, and tyranny and oppressions of body and mind will vanish like spirits at the dawn of day." Maharishi said, "The goal of the Transcendental Meditation technique is the state of enlightenment. This means we experience that inner calmness, that quiet state of least excitation, even when we are dynamically busy."

On Government

Our second VP wrote, "My reading of history convinces me that most bad government results from too much government." The sage who taught people to raise consciousness said, "Nature's government spontaneously brings satisfaction to everyone because it promotes all innumerable, diverse tendencies of life in the evolutionary direction."

On the Laws of Nature

Jefferson wrote, "A free people [claim] their rights, as derived from the laws of nature, and not as the gift of their chief magistrate." Maharishi noted: "When the mind is attuned to the cosmic law, all the laws of nature are in perfect harmony with the aspirations of the mind. He also wrote: "You are the master of all the laws of nature if you know the transcendental field."

On Time

Jefferson, who emphasized doing, wrote, "Determine never to be idle. No person will have occasion to complain of the want of time who never loses any. It is wonderful how much can be done if we are always doing." Maharishi, who taught how to attain the state of Being—which is the basis of thinking and doing—wrote "The factor of time is very vital in life. Those who have accomplished great things in the world have been those who valued time in their life."

The Spirit of Jefferson

While driving to Monticello, I heard a recording of a man at a Unity church claiming to channel Jefferson's spirit. The enlightened words that came out of this spirit sounded more like what Maharishi might have said in the 20th century than what Jefferson did in the 18th. Perhaps our President from another age has been turning into an ageless sage.

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Suicide training that can help you help others



About safeTALK

safeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST. <https://www.livingworks.net/programs/safetalk/>

About ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model. Since its development in 1983, ASIST has received regular updates to reflect improvements in knowledge and practice, and over 2,000,000 people have taken the workshop. Studies show that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide. <https://www.livingworks.net/programs/asist/>

About Mental Health First Aid

Mental Health First Aid is a groundbreaking public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Mental Health First Aid is a live training course, which uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer and social supports as well as self-help resources.

<https://www.thenationalcouncil.org/training-courses/mental-health-first-aid/>

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Connecting Mind, Body, & Spirit: *Healthy Everyday Habits for People in Recovery*

By Rufus Carter

Addiction is unlike other chronic health problems because it requires a holistic approach to healing and wellness. Wellness is an evolving process of personal growth that continues after you've completed the initial phases of treatment, an endeavor that requires establishing a mind-body connection so you can make healthy decisions and avoid falling back into self-destructive behaviors. Exercise, nourishing food, social engagement, and meditative practices are all important health strategies that can readily be worked into your daily routine.

Nutrition

Overcoming the sickness, exhaustion, and depression produced by addiction requires a commitment to healthy foods and getting three square meals a day. Drugs and alcohol prevent your body from absorbing nutrition and deplete essential vitamins and minerals. Regular, healthy meals give you the strength necessary to stay on the road to recovery and avoid temptation. Emphasize vegetables, fruit, protein, whole grains, and healthy fats found in foods like nuts and olive oil. Learning to eat properly is a cornerstone of self-care.

If you have experienced a decline in oral health resulting from drug and alcohol use, depression, and self-neglect, talk to your dentist about ways to heal or reverse the damage. Poor oral hygiene is a common side-effect of substance abuse, and cavities, tooth decay, and gum disease can make it difficult to maintain a healthy diet

Staying Fit

It's important to exercise regularly

when you're in recovery. Vigorous exercise activates hormones in the brain that induce feelings of joy and rejuvenation, and it gives you the energy you need to continue exercising. Exercise is crucial during recovery because it helps to overcome the emotional malaise that many people experience. Many rehab programs incorporate physical activity, including swimming, hiking, strength training, and yoga, to establish a healthful trend that facilitates the detox process and helps purge the body of toxins.

Prefer to exercise alone? There are options. Find a nearby basketball court where you can practice shooting, for example. Hiking is a dual, physical-mental form of exercise that encourages contemplation and provides rigorous activity in an outdoor environment. If you prefer team sports, invite old friends to join with you in a team sport, an excellent way to restore trust and engender feelings of fellowship.


Mindfulness and Health

Recovering addicts are typically beset by powerful feelings, including fear, anxiety, shame, and anger. It's important to find ways to control these feelings because allowing them to gain control of you can lead to some very negative consequences. Instead, try engaging in mindfulness-enhancing activities, such as walking in the woods or meditating to your favorite soft music to make that mind-body connection.

In addition to addressing emotional health, it's important to pay attention to your immune system. Drug and alcohol addiction can damage your body from head to toe, so it's important to

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take steps to boost your health in any way you can. This applies to all aspects of your life, including your home environment. For example, giving your home a deep cleaning can help rid it of any dust, dander, and allergens that may have been neglected. And while it might not sound like a big deal, staying on top of your air filters can make all the difference in terms of indoor air quality. Anything you can do to help protect your immune system while you recover is crucial.

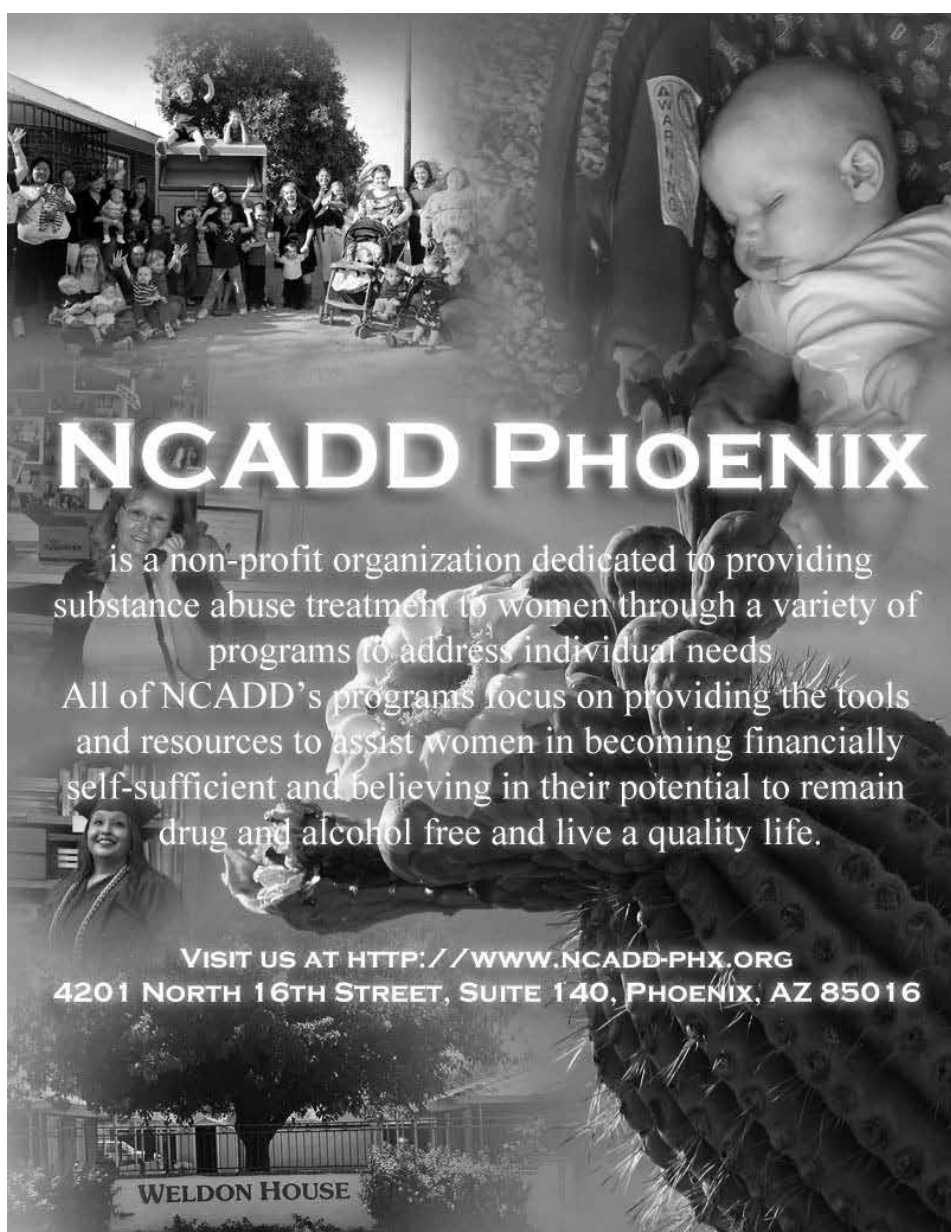
Social Interaction

Self-isolation is a common symptom of addiction. It encourages depression and increases the risk that you'll return to negative behaviors, which is why quality treatment facilities make it a point to draw the patient into a pattern of social engagement. Social interaction gives you a support network, which can help protect you against the temptation to renew addictive behavior.

Renewing relationships helps to rebuild the trust between you and a friend or romantic partner, who may benefit from seeing the positive effects that recovery is having on you. Re-engaging in a relationship can also make it easier to get the exercise you need by providing a ready source of companionship and workout partner. It's a good first step in rebuilding your life.

Maintaining a successful recovery depends on forging a strong connection between your mind and body so you're able to identify stressors and triggers for addictive behavior. Building small, easily incorporated habits into your daily routine is an excellent way to start.

Source: sexandrelationshiphealing.com



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Events & Support Groups

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AUG. 8- 12— Payson.Camp Can Do an annual, four-day event hosted by the *Brain Injury Alliance of Arizona* for adult brain injury survivors. Event is held at a fully accessible camp where brain injury survivors are empowered to participate in activities they may have once thought were not possible for them. **602-508-8024, www.biaaz.org/programs.**

AUG. 9 -11 — 30th Annual Salt River Intergroup Summer Roundup. DoubleTree Resort by Hilton, Scottsdale. Meetings, speakers, and more! Visit sriroundup.org to register.

Rising Phoenix Wellness Services—MARA (Medication-Assisted Recovery Anonymous) group. Tues 5:30-6:30 pm, 7807 E. Greenway Rd. Suite #5, Scottsdale, **480-427-2290**

LGBTQ - IOP Program. 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. **602-952-3939/602-952-3907. Valley Hospital,** 3550 E. Pinchot Ave. Phoenix. valleyhospital-phoenix.com

DOORWAYS—Outpatient mental health treatment center providing individual counseling and psychiatric services for teens, young adults ages 13-25 and their families. Groups provided exclusively for 13-18 year old's - Skills groups (DBT 101 and De-Stress) 1x per week, along with 4 Intensive Outpatient Programs (IOP's) 3x per week - Anxiety IOP, DBT IOP, Eating Disorder IOP and Substance Use IOP. **602.997.2880** or info@doorwaysarizona.com.

SIERRA TUCSON— Alumni Group. Scottsdale, Tues., 6:00- 7:00 p.m. Valley Presbyterian Church. 6947 E. Mc-Donald 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. PCS, 3302 N. Miller, Scottsdale. 5:30—7:00 p.m. Facilitated by PCS staff. email: Courtney.Martinez@SierraTucson.com.

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. **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.

TUCSON SLAA—Sex and Love Addicts Anonymous (S.L.A.A.) University Medical Center - Dining Room "E" - Sunday 10:00am Step Meeting, St. Phillip's Church - La Parroquia - Mesquite Room Monday 6:00pm Book/The Journal Meeting, Streams in the Desert Lutheran Church - 5360 E Pima St. (West of Craycroft, South side of Pima) Meeting Room A, Wednesday 6:30pm Women's Meeting, St. Phillip's Church La Parroquia - Mesquite Wednesday 7:00pm Men's Meeting, Our Savior's Lutheran Church - East Activity Building, enter from north parking lot off Mabel St. Friday 6:00pm Discussion Meeting. Call **520-261-SLAA(7522)** Email tucsonslaa@gmail.com

PAL (Parents of Addicted Loved Ones) Phoenix -Teen Challenge, 1515 Grand Ave, Phoenix, Thurs. 6:30-8p.m. 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., Rebecca 480-458-8080 /ra@reagan.com

VALLEY HOSPITAL—IOP for Chemical Dependency/Co-Occuring. Mon., Tues., Thurs. 6:00-9:00 p.m. **602-952-3939.** 3550 E. Pinchot Ave., 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—Phoenix Sat., 5-6:00 p.m. Our Saviour's Lutheran Church, 1212 E. Glendale Ave., Glendale, Sun., 9:15-10:15 a.m. Fellowship Hall, 8910 N. 43rd Ave. 480-990-3860 or www.nicotine-anonymous.org

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

Jewish Alcoholics, Addicts, Families, 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— 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

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.



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

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

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

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

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

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

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

DEBTORS ANONYMOUS — Mon., 7-8:00 p.m., St. Phillip's Church, 4440 N.

Campbell Ave., Palo Verde Room. Thurs. 6-7:00 p.m., University Medical Center, 1501 N. Campbell. 520-570-7990, www.arizonada.org.

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

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

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

AA, NA, CA, CMA, ACA, ALANON - Would you like to start a meeting? The Northwest Alano Club would like to help. **Free rent and coffee for the first 4 meetings!** 3120 W. Curtis Rd. Tucson (520) 293-2929

SEND EVENT OR SUPPORT GROUP INFO : barb@togetheraz.com
Deadline 20th of month prior to printing.

Together AZ

Resources & Helplines

TOGETHER AZ 602-684-1136
 A Better Today 888-906-0952
 Acceptance Recovery Ctr 844-302-0440
 ACT Counseling 602-569-4328
 Arizona Addiction 602-737-1619
 AZ Center for Change 602-253-8488
 AZ. Dept. of Health 602-364-2086
 Arizona Addiction Recovery 888-512-1705
 AZ. Div. Problem Gambling 800-NEXTSTEP
 Aurora Behavioral Health 877-870-7012
 AzRHA 602-421-8066
 Building Blocks 602-626-8112
 Calvary Healing Center 866-76-SOBER
 CBI, Inc. 480-831-7566
 CBI, Inc. Access to Care 877-931-9142
 Chandler Valley Hope 480-899-3335
 Choices Network 602-222-9444
 Continuum Recovery Ctr. 877-893-896
 Cohn Media 877-640-6529
 Cornerstone Healing Center 480-653-8618
 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
 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 /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 Providence Recovery Center 480-532-4208
 Scottsdale Recovery Ctr 888-663.7847
 Sober Living AZ 602-737-2458
 Teen Challenge of AZ 800-346-7859
 TERROS 602-685-6000

Valley Hospital 602-952-3939
 VIVRE 480- 389-4779

Therapists/Interventionists

Dr. Marlo Archer 480-705-5007
 Dr. Janice Blair 602-460-5464
 Carey Davidson 928-308-0831
 Dr. Dina Evan 602-997-1200
 Dr. Dan Glick 480-614-5622
 Bobbe McGinley 602-569-4328
 Julian Pickens, EdD, LISAC 480-491-1554
 Stewart Counseling Services 602-316-3197

Legal Services

Dwane Cates 480-905-3117
 Real Estate
 Scott Troyanos 602-376-6086

TUCSON

ACA aca-arizona.org
 Alcoholics Anonymous 520-624-4183
 Al-Anon 520-323-2229
 Anger Management 520-887-7079
 Behavioral Awareness Center 520 629 9126
 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

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

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



Together AZ

www.togetheraz.com
 602-684-1136

Email: barb@togetheraz.com

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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

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