

# Together AZ

JANUARY 2020

Inspiring Success on the Road to Recovery

## Diversity in Recovery: We Are Stronger Together

By CBI Staff

**T**his is the story of five different individuals from diverse backgrounds that all found recovery through believing in themselves. Each story celebrates one unique person that is devoting their career to helping others find recovery by restoring the belief in themselves. Together these five stories represent the hundreds of people that found their recovery with the support of one of these inspirational Community Bridges, Inc. (CBI) employees.

### Ulonda Old Coyote's Story

My mother is Dine' (Mexican Clan) and my father is African American and Apache. I was raised by my Maternal Grandmother and Grandfather in Sand Springs, Arizona that is in the Navajo Nation. I lived the first five years of my life on the reservation with my grandparents before I moved to Flagstaff, Arizona with my mother. I remember the transition was hard for me because I only spoke Navajo, and the only parental figures I knew were my grandparents.

Over the course of my life I had some significant identity issues, one of them was finding out that I was mixed and different from the rest of my family. My biological father was not in the picture, therefore, all I knew was my Native American heritage and ways of life. Throughout my life I tried to fit into many other groups but never quite fit in. This became a significant struggle for me for many years causing me to turn to drugs and alcohol to cope with the feelings that came along with the confusion.



Left to right - Rodney Reed, Tanya Alegria, Michael Specker, Ulonda Old Coyote, Zachary Tomlinson

Over the years that I spent running from myself, I never lost sight of where I came from and where my home was. The words of my grandfather stayed with me and reminded me that this road I was on was not our way of life. I was raised to be a caring person who loved and respected our people and our environment. That piece of my upbringing was never lost, but I needed to experience a different path to find who I really am. My skin color and my American Indian nationality were not who I was, but instead was a way to describe the history of where my people had been. I spent sixteen years in active and destructive addiction before learning that I was beautiful inside and outside.

Today, I am a Recovered Addict with 10 years of clean time. Everything that I learned along the way has added to the person that my Grandparents raised me to be. It took all those years that I spent living in addiction to learn that my ancestors intended for us to live a way that is respectful, kind and compassionate. The life of an addict is painful and full of turmoil, but we learn how to survive by numbing the struggle, and temporarily pushing aside the pain to simply try to get by each day. So many of us get lost in the journey of life and do not have the support to find our way home. Today I get the honor of being a beacon of light that helps shine the way, showing other struggling women that they are important.

### Tanya Alegria's Story

I am originally from Los Angeles, California. At an early age, I was exposed to a culture that consisted of addiction, poverty and gang violence. My

***"Alcohol and drug addiction  
do not discriminate,  
it affects everybody regardless of  
the color of your skin, social and  
economic background, sexual  
orientation or religious beliefs."***

mother was an addict, along with my two siblings and we experienced abuse, neglect and homelessness. In my early teens I left my mother and siblings to escape the events taking place at home. Without the support of family as a youth, I spent time surviving the violence and my addiction on the streets of Los Angeles. At the age of 18 I was five months pregnant, my son's father was gunned down and I was alone and homeless once again. I couch surfed between various homes within my street gang and staying on the streets. I spent the next 11 years in affiliation with my gang and struggling with my substance abuse. By the time I was 30, I had four kids, I was a single mother, Homeless and still addicted to drugs.

In 2005, I was offered the chance of a lifetime, to get out of where I was and onto a scary path of unknown possibilities. I hopped on a Greyhound bus headed to Phoenix at 1am in the morning with 4 children and pregnant with #5. I wound up in the small-town of Young with cowboys and cowgirls

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# Publisher's Note

By Barbara Nicholson-Brown  
barb@togetheraz.com

## Grateful

2020 is here. So, will it be just another year — or one that's truly memorable? We know that our entire life is what we make of it. Our thoughts, feelings, attitude, words, and actions determine the experiences and events we attract. The beginning of a new year is a perfect time to wipe the slate clean, while not forgetting the past, but learning from our accomplishments and mistakes all of which make us human.

There are times when I forget to stop and embrace the life I have been blessed with. But when I remember that getting clean and sober offered me an opportunity to become the woman I was meant to be, my heart is full and I know that I am blessed.

Give this new year your BEST, a day at a time.

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A special thank you to Community Bridges, Inc. for our feature this month and to all of our contributors. This edition is filled with positivity and hope. Together AZ looks forward to another year of Inspiring you on the Road to Recovery.

*“Gratitude makes sense of your past, brings peace for today, and creates a vision for tomorrow.”*

*—Melody Beattie*

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Let's pretend this year you get to have anything you want that is not a material gift.

### What would you want?

A face lift? A dog? A trip? A partner? More years of sobriety? More true and faithful friends?

Or perhaps, in these days of having to protect ourselves from the all the energy that seems so divisive and hostile...we might just want a loving presence in our life, you know, someone who sees us clearly and loves us exactly as we are. Not many of those out there huh... especially in this age of duck and cover.

However, my belief is — the path to true spirituality right now. True spirituality comes in as many forms as there are people. God as we perceive Our Higher Power, Him, Her or The Energy to be. That may mean when you want to see Spirit in color when you look at a flower. If you want to see Spirit in flight look at a bird. If you want to see Spirit with power, you stand beside the ocean.

In fact, a person who professes no belief in God at all may still be very spiritual because he or she is highly principled or is one who loves and respects the inherent beauty of the earth. And yet, if you want the most important spiritual thing you will ever find in this life, the thing you really came here for, you may have to look in the mirror, because the person you have been searching for all your life is **you**.

### The Authentic You

I am not talking about the you who goes to meetings, or stands in front of the office staff giving meetings. No, I'm talking about the authentic you that knows beyond the shadow of a doubt you're here for some bigger reason that you have not yet found. You know that something is missing and that something is you. And here is the key!

Everyone in your life is a master trying you help you find yourself! Okay..... now you may be a bit ticked at me after this next part but I'm going to give you a real gift if you sit with it — before you judge it. And

don't rush.

I am not asking that you change your life it the next 10 minutes. I'm asking you to find the gift that you have been looking for starting now, this year, by becoming more aware.

Look at who you surround yourself with. If they are people who do not show up for you, you are not showing up for yourself which is why you keep going back to them. They are trying to show you something about yourself. If they are people who lie to you, or others, you need to sit down and ask yourself what am I lying to myself about — and get honest. The truth is amazing and healing so don't be afraid of it. If you keep looking for someone who will take care of you, you are denying your own power and refusing to take care of and parent the child inside you.

If you are angry or mad at a parent because you think they didn't give you something you needed or wanted as a child, I bet you are not giving that same thing to yourself right now.

***Want respect? Respect yourself.***

***Want power? Embrace your own power and stand up.***

***Want love? Start with loving you.***

You deserve it and are worth it and if you don't feel you deserve it or are worth it, you're probably mad at everyone for not taking care of you and giving you what you want or need. That will be true especially if you're trying to be their best friend and are giving them all you've got... unconsciously hoping to get just a little something back, that is seldom forthcoming.

### Here is the Gift

**YOU are an incredible human being and no one else on this planet can ever take your place.** And you will be disappointed if you let anyone try or let anyone take care of you, as if you are not capable or a child, that is disempowering. You came here in the first place to help change the world and be the great person you are inside and the moment you let that happen, all the longing, searching and disappointment will disappear. And what will be left is the real, powerful and amazing you.



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](http://www.dr dinaevan.com) or call her at 602 571-8228.



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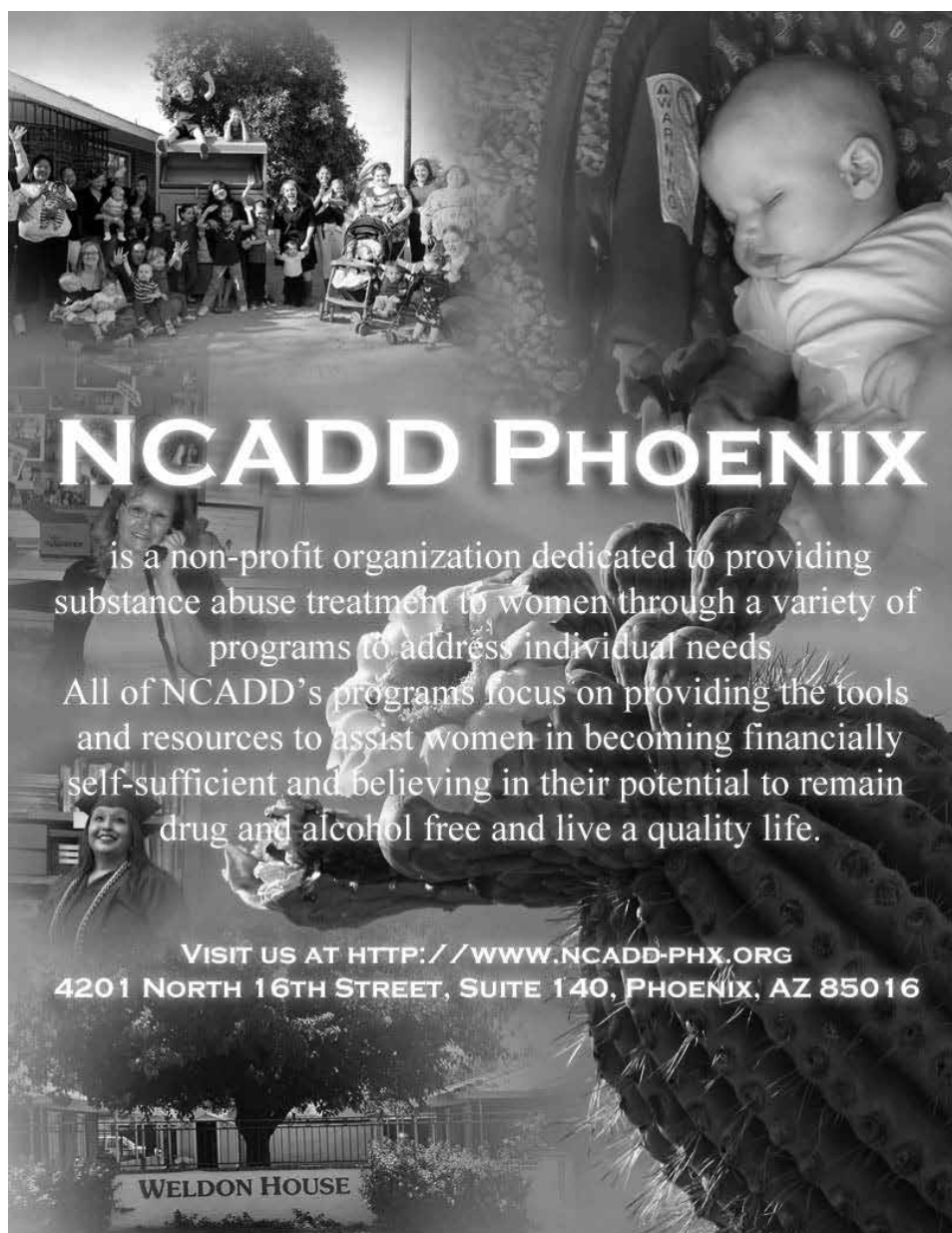
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# Do you know MAT?

By Mercy Care Staff

## Who's MAT?

MAT is medication-assisted treatment, which is used to treat opioid use disorder. Most importantly, it works.

Opioid-related deaths and overdoses have taken a devastating toll on Arizona communities. Since June 2017, there have been nearly 4,000 suspected opioid-related deaths. And, nearly 30,000 opioid-related overdoses.

Medication-assisted treatment is the “most effective intervention to treat opioid use disorder (OUD) and is more effective than either behavioral interventions or medication alone,” a study from the PEW Charitable Trust recently reported.

That's why Mercy Care has launched a campaign to let people know that medication-assisted treatment (MAT) works. And, that treatment is available — even for people who are uninsured or underinsured.

We're calling the campaign, “**Do You Know MAT?**” You'll probably start seeing messages pop up on the digital screens at Circle K stores, on billboards, in newspapers and on our social media sites, including Facebook, Twitter and Instagram. You can also get more information at [DoYouKnowMAT.com](http://DoYouKnowMAT.com). We want people to understand what MAT is and why MAT works.

## Get to know MAT

MAT involves using approved medicines and behavioral therapies, like counseling, to treat opioid use disorder. Those medications are methadone, buprenorphine and naltrexone.

When people abuse opioids, their bodies can become addicted or dependent on them. If they don't have opioids in their system, they can feel opioid withdrawal. The symptoms of opioid withdrawal can include diarrhea, abdominal cramping, nausea, vomiting, rapid heartbeat and intense cravings.

When you're ready to get connected to MAT, these medications can help in your recovery from opioid dependence.

- **Methadone** comes in a liquid dose. It may provide better control of withdrawal symptoms and cravings for long-term opioid users.
- **Buprenorphine** reduces cravings from opioids. It can come in a pill form, cheek film or 6-month implant under the skin.
- **Naltrexone**, which can be taken as a daily pill or monthly injection, works a little differently. If a person on naltrexone starts abusing opioids again, the naltrexone blocks the “high” and sedative effects.

## Why is MAT important?

Armando Peelman, Mercy Care General Mental Health Substance Use (GMHSU) Administrator, says that “MAT services give us a way to fight the disease and not just fear it.”

He added, “The research shows us that MAT services decrease the use of illegal drugs, criminal behavior, the spread of HIV and hepatitis, while increasing employment, treatment retention and chances of survival.”

To truly understand the impact of MAT services you just have to listen to the stories from any of the thousands of Mercy Care members whose lives were changed because of these supports.

“The mother who was able to graduate college, find a stable home, find employment and earned the right to have her child returned to her,” Peelman said, citing examples of member experiences. “The staff member that was homeless three years ago and is now working to conduct homeless outreach. The members who are reconnected to their family and friends. The ones that rejoin their faith community. The others that are now married and raising a family. And it goes on and on. I know MAT works because I have seen it work.”

## MAT can support you

Your relationship with MAT will be about more than just meds. As part of your care, you'll get counseling and behavioral therapies. Other services may include job resources, life skills, stress management, peer support and a ride to and from treatment. Some of our providers have sites called MAT Access Points that are open 24/7.

If you're ready, providers are ready to introduce you to MAT. They can show you how MAT can get you started on a path to recovery, health and wellness. You can visit [DoYouKnowMAT.com](http://DoYouKnowMAT.com) to find a MAT provider near you.

## Myths about MAT

Sometimes MAT gets a bad rap. Some people think MAT is just about trading one drug for another. But that's just not true.

When someone stops using opioids, the parts of their brain that have become dependent on those opioids are left empty and cause feelings of withdrawal. Sometimes people can't, or won't, stop using just to avoid those terrible feelings of withdrawal. MAT for treating opioid addiction works by interacting with some of the same receptors in the brain that are triggered by drugs. MAT can help in treating the physical effects of addiction, and should be used with counseling. MAT can stop the psychological cravings. They give you a safe and controlled dose of medication.

The Substance Abuse and Mental Health Services Administration (SAMHSA) says research has shown that when given at the proper dose, MAT meds don't have any negative effects on a person's intelligence, mental or physical functioning or ability to work.

## Do you need insurance to get involved with MAT?

Not necessarily. If you're on an Arizona Health Care Cost Containment System (AHCCCS), or Medicaid, health plan, like Mercy Care, you can get MAT services at no cost to you.

Many providers also accept private insurance or work on a sliding-fee scale (based on your income).

If you aren't eligible for Medicaid, or if your private insurance doesn't cover MAT services, that shouldn't stop you from reaching out for MAT.

You can find a list of Mercy Care providers with grant funding to provide MAT services to uninsured or underinsured individuals at [DoYouKnowMAT.com](http://DoYouKnowMAT.com).

Until you're ready, we want you and your loved ones to stay safe.

- Don't share or reuse needles.
- Don't mix drugs.
- Get medical attention if you feel unwell (physically or mentally).

## Remember these steps if someone overdoses on opioids:

1. **Call for help (dial 911).**
2. **Check for signs of opioid overdose.**
  - You can't wake someone up by calling to them or rubbing their chest bone.
  - They have shallow breathing, a slow heartbeat.
  - Their lips or fingernails are turning blue/purple.
  - They have extremely small “pinpoint” pupils.
  - They're making a choking sound (death rattle).
3. **Support the person's breathing.**
  - If oxygen isn't available, rescue breathing (mouth-to-mouth resuscitation) can be very effective.
4. **Monitor the person's response and breathing until emergency help arrives.**
5. **Give the person Naloxone, a drug that can reverse the effects of an overdose. You can access Naloxone (also known as Narcan) in your community at Sonoran Prevention Works at no cost by calling or texting 480-442-7086.**



## Outcome Data for Arizona MAT PDOA Clients

January 2017 through June 30, 2019

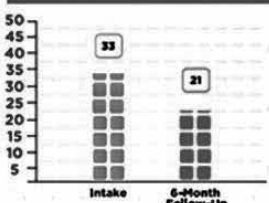
The AZ MAT PDOA program tracks criminal justice involvement for clients. The following data represent a matched sample of 166 MAT PDOA participants who completed an intake interview and a 6-month follow-up interview during the reporting period.

### RECIDIVISM & CRIME OUTCOMES

In general, AZ MAT PDOA clients had fewer arrests, fewer drug arrests, spent fewer nights in jail, and committed less crime including using illegal drugs at 6-month post intake.

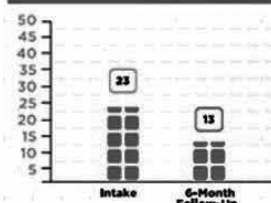
#### IN THE PAST 30 DAYS

##### NUMBER OF ARRESTS



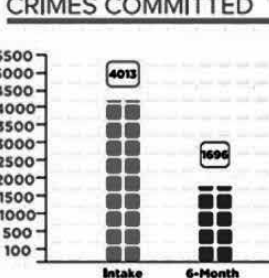
36% REDUCTION IN ARRESTS

##### NUMBER OF DRUG ARRESTS



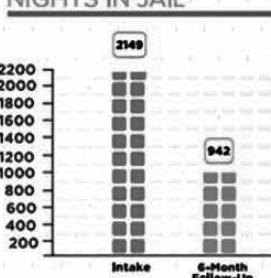
43% REDUCTION IN DRUG ARRESTS

##### NUMBER OF CRIMES COMMITTED



58% REDUCTION IN CRIMES COMMITTED

##### NIGHTS IN JAIL



56% REDUCTION IN NIGHTS SPENT IN JAIL

This publication was made possible by grant number T1026754 from SAMHSA. The views expressed in the report do not necessarily reflect the official policies of the Department of Health and Human Services nor does mention of trade names, commercial practices or organizations imply endorsement by the U.S. Government.

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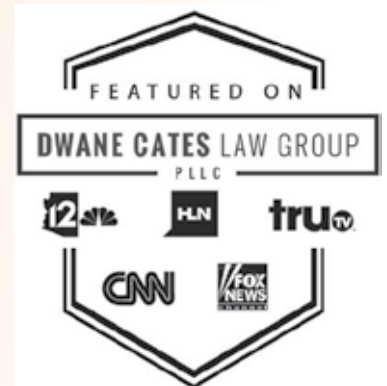
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# Clear Vision in 2020

By Alan Cohen

I was standing at the counter of a snack bar at a children's zoo when a customer became quite nasty with the server. A part of his order had not been delivered correctly, and he made quite a stink. I recoiled, thinking, "What a mean, cruel person!"

Minutes later I was passing the deer enclosure, where I saw a man kneeling to pet a fawn, tenderly feeding the creature. "That man reminds me of St. Francis," I thought. When the man turned his head, I was astonished to see it was the same fellow who had created the unpleasant scene at the snack bar.

Who was that man really? Was he the angry, abusive one, or the gentle, saintly one? We might say he was both. He had the propensity for both kindness and mean-spiritedness, each aspect bubbling forth in different situations.

#### 2020 is the Year of Clear Vision

This year we will see things as we choose to see them, not as we have been taught they are. We have been trained to use the fearful mind to gauge what is real. Yet all great spiritual masters have advised us not to judge. We tend to focus on one aspect of a person, usually a fault or limitation, and we box that person into a small identity. Yet judgment always backfires because there is far more to that person than the single dark aspect we are focusing on. If we were to see them at another time in another situation, we would see an entirely different, better person. When we hold a negative opinion of someone, we suffer because we have contracted our consciousness to the realm of the wrong, small, or missing. We further lose because in a judgmental mindset we become subject to our judgments about ourselves and those of others toward us.

If you hold a penny in front of your eye and look toward the sun, the penny will block your vision and you will miss seeing the huge star. How odd that a tiny object just an inch wide can obscure the physical energy source that feeds all living things! Likewise, every soul emits rays of spirit that bring us life when we look upon them. When we release judgment, we expand our vision to receive the unlimited good that wants to bless us.

It's tempting to fall into agreement with judgments issued by others. When I was looking to purchase a property, a real estate agent named Tom told me, "Watch out for Jimmy N. He is a manipulative, unethical realtor." In the wake of that warning I avoided Jimmy N.; whenever I heard his name, my armor went up. Later I had to do a transaction with Jimmy, and I found him to be one of the kindest, most honest and ethical people I have ever worked with. He was mature, wise, and did honorable charity and service work. Tom's opinion of Jimmy was entirely erroneous, based on his judgment only. In retrospect I was sorry I had adopted Tom's opinion and unfairly judged Jimmy before I got to know him.

***“This year we will see things as we choose to see them, not as we have been taught they are.”***

Earlier I stated that we embody both good and bad aspects. Yet ultimately only the good about us is true. A Course in Miracles calls us to identify only with the attributes of God. Because God is loving, kind, generous, and forgiving, that is who we are at our essence. Our true nature is innocent; all else is passing illusion. When we allow ourselves to get sucked into beliefs in smallness and evil, we suffer. Yet the pain that judgment engenders is not necessary. We can walk the high road and remain at peace.

Of course, people do foolish, cruel, and evil things. But only because they have succumbed to their own judgments and those cast upon them by others. Hurt people hurt people. It takes a victim to make a victim. Someone who recognizes his or her innocence would never be tempted to hurt another

person. Hurtful acts are not calls for more judgment, which perpetuates the vicious cycle. They are calls for love, which ends the vicious cycle.

The intellectual faculty judges constantly. From an early age we were taught to focus on differences, label everything, rank people and objects in order of desirability, and reject everyone and everything that does not get us what we want. What we really want runs far deeper than the judgments we hold. What we really want is inner peace. We will never find that peace by making wrong and pushing against. Instead, we can drop into deeper acceptance, compassion, release, respect, and support.



Dale Carnegie advised, "Give that person a fine reputation to live up to." This instruction serves not just the person you are praising, but empowers you as you see and claim the best in that person. As that person becomes the best in them, you will become the best in yourself. Forgiveness is not simply a gift to the recipient. It is more fundamentally a gift to ourselves. This is the clear vision that will make our new year new.

Join Alan for his life-changing Holistic Life Coach Training beginning September 1, 2020. For information on this program and Alan's books, videos, audios, online courses, retreats, and other inspirational events and materials, visit [www.AlanCohen.com](http://www.AlanCohen.com).



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## Michael Specker's Story

## Rodney Reed's Story

As a young boy I learned that hard work pays off. Unlike the other youth in my neighborhood I would spend my evenings after school pulling weeds and doing chores for the neighborhood elderly. This act would eventually instill in me work ethics that would last a lifetime. I was plagued by the color of my teeth, inadequate clothing and low self-esteem that began to foster negative feelings within me. These feelings would eventually develop

I utilized crack cocaine from the age of 25 to the age of 32. Like most addicts, I was in denial of my problem. Society had made of mockery of me since birth because I was judged for my appearance and not judged for the person I was on the inside. So much was taken from me and so little was given to me. My belief was that the world owed me, and I vowed to make as many people as miserable as I was even if it meant destroying myself.

On October 24th, 2002, I sat in the back of a police car being arrested for burglary. I welcomed the arrest on October 24th. I was tired and wanted a new beginning and did not have the drive to do it alone and the night before the arrest I had prayed for the opportunity of an arrest. I welcomed prison because I wanted to live.

While in prison, I came across a book entitled *Healing the Child Within* by Charles Whitfield. In reading this masterpiece a child was relinquished from imprisonment and a man was born. I would soon learn that I need not to be ashamed of the person I was or my path. I would take what was good and learn from what was bad and build the man I wanted to become. It was at this point that I fell in love with the art of behavioral health.

In February 2012, I would find my calling. This was the day that I was so graciously allowed to become an employee of CBI. Having the opportunity to work for CBI has had its highs and lows. I have been afforded the opportunity to learn so much about myself while having the golden opportunity to help others. I have come to understand that if you foster negative feelings you are more likely to have a negative outcome. During my employment, I have submitted for internal job opportunities and was denied the opportunity for advancements. The damaged child in me began to respond to

*“Through struggle and determination, these individuals have fought for their lives and to give back what they have gained through their recovery journey.”*

the rejection and it was then that I realized it was time to revisit Healing the Child Within. In doing so, I examined my personal appearance only to discover that my shoulder length hair fostered the feeling that I was a superior being. I had allowed my appearance to become a person that fostered a negative work environment. While my demeanor provided appropriate services to clients, I was withdrawn from interacting with other staff. I was self-taught and did not want the input of my co-workers. So, I decided to cut my hair. In doing so I became weak. My weakness allowed me the opportunity to reach out to others for assistance. It is now my belief that many of the barriers that we experience in life we place on ourselves. While culture and spiritual barriers do exist - the biggest barrier on us is the barriers that we build. I have learned that barriers can be best described as challenges. Today I challenge myself to be better than I was yesterday. I challenge myself to live in Harmony with The Child Within.

## Zachary Tomlinson's Story

I am an alcoholic/addict, my sobriety date is 3/7/16 which has become the most important day of my life. I started drinking and using drugs at the age of 15 and by the time I was 30 I was drinking

DIVERSITY *next page*





daily, using heroin, methamphetamine, Xanax, and anything else that would change how I felt just to get through the day. I had lost the power to choose whether I would drink and use that day, it was an absolute necessity and it was just as much a part of me as breathing air to stay alive. I come from a middle-class family with a loving mother and father, 3 siblings, and had everything in life that I could need and most of what I wanted and yet my life still led me down a very long and dark road.

From being homeless, going to jail, using and selling drugs, and drinking until oblivion, I had resigned to the notion that I would die this way. This disease of alcohol and drug addiction doesn't discriminate, it affects everybody regardless of the color of your skin, your social and economic background, sexual orientation or religious beliefs. My situation was no different, I became lost in the world of addiction which involved drinking every day, using and selling drugs, and ruining every meaningful relationship I had. I eventually landed in treatment at the age of 30 totally lost and broken. My desire to get sober was there, however, I still had a lingering desire to continue to drink and use. I eventually decided that the way of life that I wanted to live was that of recovery and my life has been forever changed as a result of that decision. Because of the nature of this disease and the fact that it is non-discriminatory, I look at each person afflicted as an equal and my sole purpose in life is to help another man or woman who is struggling.

There are many different cultures and walks of life in recovery and whether or not ours look different or the same, we are in this together and that mindset is what has stuck with me in order to help as many people as I can. I got into a career that has allowed me to further my purpose and allows me the opportunity to spread hope and light on a seemingly dark spot in the lives of those I serve. I am not perfect just because I walk a path of recovery; however, I do my best to live a life of altruism and to think of my fellowman above myself. Every good thing I have in my life is a direct result of helping other people and in that regard, I am blessed beyond measure. From where I was to where I am it seems like an unattainable dream, but it is the reality of my life today. Love more, hate less, help others, stay blessed! Thank you for my life. Thank you for all our lives.

Through struggle and determination, these individuals have fought for their lives and to give back what they have gained through their recovery journey. It's a true testament to who they are as individuals, and it shows in the darkest of moments that there is hope and light at the end of the tunnel. Everybody's recovery journey is different, and their backgrounds are diverse. Addiction does not discriminate. We need to continue to fight this fight and grow stronger together!

### About Community Bridges, Inc.

Community Bridges, Inc. (CBI) uses a holistic—or integrated—approach to addiction treatment and behavioral health concerns. We take each person's unique traits and issues into account to design a treatment plan. Using a combination of education, therapy, housing, medications, peer support, inspiration, hope, and other supportive services, our solutions are never one-size-fits-all. People are unique, and their treatment plan should be too.

For more information and to learn about our services please visit: [communitybridgesAZ.org](http://communitybridgesAZ.org).

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# New Year's Day: The Resolution Bowl

By Cary Bayer  
www.carybayer.com

January 1 is the national day for bowls and goals, a day that some team is on its way to become the number one gridiron program in college. It's a day for football and a day for fantasy. I say fantasy because, without commitment, a clear plan and coaching support, the resolutions many of us make on that day — whether to lose a lot of weight or make a lot of money — are merely pipe dreams. As for the coaching part, one can coach oneself, but professional sports teams have seen that player-coaches have a hard time doing both. You can be a great player on the field, you can be a great coach on the sidelines, but it's very challenging to be both.

As a full-time personal and business coach for 18 years, I've seen many resolutions made by people on January 1 forgotten by January 4. I've also seen many such resolutions made on January 1 become realities by March 1. The difference is in the commitments, and the willingness of a person to be coached to make those dreams come true.

Suppose your resolution is to double your income in half a year. This exciting goal requires commitment, to say the least. Observing the universe, the great physicist Sir Isaac Newton discovered what he called the Law of Inertia: "When no outside force is acting upon it, a body in motion tends to remain in motion and a body at rest tends to remain at rest." It seems to me that this principal applies equally in the world of human behavior.

The key to Newton's law is the premise: "When no outside force is acting upon it." It makes no dif-

ference if you view your life as a body in motion or a body at rest; unless you introduce an outside force — the resolutions to change your behavior, your waistline or your bank account — you will not likely make much impact. That's because the habits that created the condition you're experiencing on January 1, that you want changed will still be alive and kicking on January 2. One "outside" force you can introduce is commitment. Another outside force is coaching. Introduce both and your chances of succeeding are magnified enormously.

So how do you double your income? One thing is clear: only a new seed yields a new crop. Your attitudes have been with you since childhood when you learned through osmosis the money psychology of your parents, an education that took place over some 20,000 meals eaten together. To double your income you must at least double your magnetism. That's not likely to happen unless you raise your enthusiasm, your vibrations and your energy, and overturn your family money patterns. You must become a bigger person. When you consider we use a tenth of our inner potential, this is very attainable growth.

As a coach, my job is to show you how to keep the pilot light that you lit on January 1 aflame as the days peel off your calendar. My job is to show you how to stretch who you think you are, change

***"I've seen many resolutions made by people on January 1 forgotten by January 4.***

***I've also seen many such resolutions made on January 1 become realities by March 1."***

what you say about yourself, and realize big breakthroughs in your worldly achievements. When June 1 arrives and you've completed 10 biweekly sessions, you have the breakthrough in your bank account that you wanted on January 1. A breakthrough that was created by the transformed person you became in the process--and by commitment and coaching.

On January 1, one college football team will be number one. Use that day to start your process of becoming number one as well.

Visit [www.carybayer.com](http://www.carybayer.com) for more information on coaching sessions.

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By Andrea McDermott

As we head into the new year it provides us with a clean slate. We can use this opportunity to reach new heights and become the best version of ourselves. My name is Andrea and I am an alcoholic. I started working for Scottsdale Recovery Center in January 2019, and it's been the best decision I've ever made. In recovery, our main goal is sobriety. Goal setting, establishing a healthy routine, and staying connected have been the keys to my success. I don't let my past mistakes interfere with my future and I've learned it's never too late to start over. The only person responsible for my health and happiness is me — and goal setting keeps me motivated and accountable.

When I set goals for myself, I like to make sure they are small and manageable. Setting smaller goals prevents me from feeling stressed and overwhelmed. For example, I recently set a goal to run a 5k race instead of a half marathon. I believe setting large goals that seem unattainable only lead to frustration and failure. In recovery, it is important for me to celebrate small victories to keep me growing and learning. I like to think of goal setting as creating a map that will lead me to my next destination. I decide which aspect of my life I would like to focus on first such as health, personal growth, spiritual growth, relationships, career, or finances.

### What is most important to you?

Think about what you would like to focus on this year and start there.

The next step I take when I am setting a goal is to break it down and be specific. In my opinion, specific goals help them become more manageable. My list of goals always includes end dates for each of them. If there is no end date for my goals, there is no motivation for me to achieve it. Give yourself enough time to achieve the goal, make sure it is manageable and always have an end date.

Then I keep in mind — life happens and there will always be obstacles that get in the way. I believe it is very easy to beat ourselves up when we fall short and consequently negative behavior like that is extremely unhealthy for my recovery. Positive self-talk and gratitude are such a huge part of why I have been successful over the past year. It keeps me in a positive mind set and lets me know that failures don't define me. Failures only motivate me to stay focused, work harder and be the best I can be.

After I set my goals for the new year, I establish a healthy routine in my life. Recovery comes first and that means I surround myself with good people and healthy habits. Creating a healthy routine keeps me from falling back into old habits. My new lifestyle consists of eating better, exercising regularly, and dedicating more time for sleep. These habits have reduced the stress in my life, improved my self-esteem and have encouraged me to be a role model for others. It was hard for me to embrace change, but the outcome was far more rewarding. If you stay dedicated to the healthy changes you make, they will become part of your new healthy routine.

Lastly, the most important part of my recovery is to stay connected. Having a sober network will mitigate any negative influences and can show you firsthand that recovery is possible.

Scottsdale Recovery Center recently introduced Scottsdale Recovery Continued Alumni Association and I function as the Alumni Coordinator. Membership begins upon completion of treatment and it is free! Our mission is to create a community of champions with unwavering dedication and unbridled ambition towards success in recovery. Members shall exemplify the interest and the desire to promote the mission and values of Scottsdale Recovery Center and Scottsdale Recovery Continued. We incorporate full dimensional wellness that can assist members with navigating the recovery process, making it part of their everyday lives.

We engage in monthly activities together that focus on eight dimensions of wellness including: *emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual*. These activities promote sobriety, enhance the recovery lifestyle, inspire others, empower people, promote unity and strengthen the core of our mission. I have had so much fun in recovery with this alumni program and really enjoy helping others on their journey.

This January remember .... it is never too late to start over! Goal setting, establishing a healthy routine, and staying connected with the Scottsdale Recovery Center Alumni Program have been essential to my recovery. I encourage you to make a change this year and start becoming the best version of you!

**For more information about Scottsdale Recovery Center visit [scottsdalerecovery.com](http://scottsdalerecovery.com). Immediate help call 866-523-7634**



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- ☐ PTSD
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## Soberman's Estate: In the Shadow of the Saguaro

Nestled "in the shadow of the Saguaro," Soberman's Estate provides discreet treatment for adult men, and caters to professionals, such as executives, physicians, athletes and entertainers.

"Our goal is to provide each client with the gift of recovery and with the tools to live a better life", says Founder and CEO Mitchell Prager.

Soberman's Estate was created by extensive evaluation and research of many other successful treatment programs across the country and the end result was a comprehensive program which treats clients in a holistic individualized fashion. This program was built on the compassion and personal experiences of Mitch Prager, who after experiencing the loss of his brother and a close friend to addiction, was driven to provide the most effective solution for recovery.

***"I feel most alive when I'm helping professionals and executives  
recover from alcoholism and substance use disorders," Prager said.***

Now almost nine months later, the entire team at Soberman's Estate is contributing to the health and care of every client we touch. With each inspiring commencement ceremony hosted within the Soberman's Estate labyrinth, the clients leave the estate with a newfound hope and commence to rebuild their future with the skills they have learned in treatment.

What is so special about Soberman's Estate is the collective experience that the entire staff brings to support the clients. Whether its personal recovery, nutrition expertise, meditation skills, clinical skills, equine therapy, fitness expertise, or spiritual guidance, every component is essential to the wellness of the clients we treat. Each staff member is committed to supporting our clients and treating them with the respect and dignity they deserve. Soberman's Estate has hosted hundreds of tours and not one person has failed to mention the beauty and peacefulness of the estate. Clients will experience excellent clinical and medical care in the healing nature of the Sonoran Desert, feeling the serenity and relaxation of the surroundings.

The Soberman's Estate medical team is led by Medical Director, Dr. Thomas Gazda, board certified family practice, psychiatry and addiction medicine. "Our team of medical and clinical professionals work closely together to help provide the most private, non-judgmental and personalized care. We understand the recovery, healing and business needs of our clients and their family members. Our goal is to help each client find what works best for them," says Gazda.

The Soberman's Estate team of caring, compassionate, licensed behavior health and medical professionals assess each client as an individual and then customize a treatment plan for them that includes wellness for his family and a continuum of care plan designed to provide a better life for rest of his life.

To learn more visit **[www.sobermansestate.com](http://www.sobermansestate.com)** or take a virtual tour of the Estate on our website. Feel free to contact us at any time at **480-595-2222**.



# Together AZ

## Resources & Helplines

TOGETHER AZ 602-684-1136

ADVERTISER LISTINGS

A Better Today	888-906-0952
Arizona Addiction	602-737-1619
Arizona Addiction Recovery	888-512-1705
Aurora Behavioral Health	877-870-7012
Calvary Healing Center	866-76-SOBER
CBI, Inc.	480-831-7566
CBI, Inc. Access to Care	877-931-9142
Continuum Recovery Ctr.	877-893-8962
Cohn Media	866-578-4947
(Online Marketing/SEO)	
Dept.Problem Gaming	800-NEXTSTEP
Gifts Anon	480-483-6006
The Meadows	800-632-3697
Meadows Ranch	866-390-5100
Men’s Teen Challenge	520-792-1790
Mercy Care	602-222-9444 /800-631-1314
NCADD	602-264-6214
Psychological Counseling Services (PCS)	480-947-5739
Rio Retreat Center	800-244-4949
Scottsdale Recovery Center	888-663-7847
Sierra Tucson	800-842-4487
Sober Living AZ	602-737-2458
Sunlight Medical	480-300-6065
Stewart Counseling Services	602-316-3197
Valley Hospital	602-952-3939
Teen Challenge of AZ	800-346-7859
Legal Services	
Dwane Cates	480-905-3117

RESOURCES

ACT Counseling	602-569-4328
AZ Center for Change	602-253-8488
AZ. Dept. of Health	602-364-2086
AzRHA	602-421-8066
Building Blocks-BBC	602-626-8112
Chandler Valley Hope	480-899-3335
Choices Network	602-222-9444
Cornerstone Healing Center	480-653-8618
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Desert Drug Dog	602-908-2042
Fit FOUR Recovery	480) 828-7867
Governor’s Office of Youth, Faith & Family	602-542-4043

Hunkapi Programs	480- 393-0870
Lafrontera -EMPACT	800-273-8255
River Source	480-827-0322
TERROS Health	602-685-6000
VIVRE	480- 389-4779

Therapists/Interventionists

Dr. Marlo Archer	480-705-5007
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

TUCSON

ACA	aca-arizona.org
Alcoholics Anonymous	520-624-4183
Tucson Al-Anon Information Service Office	520-323-2229
Amity Foundation	520-749-5980
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
The Mark Youth & Family Care Campus	520-326-6182
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Recovery in Motion	520-975-2141
Sex/Love Addicts Anonymous	520-792-6450
Sex Addicts Anonymous	520-745-0775
Sierra Tucson	800-842-4487
Sonora Behavioral Health	520-829-1012
Suicide Prevention	520-323-9372
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559

Are you a resource?  
Send your request by email to  
barb@togetheraz.com

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

Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
Tucson Al-Anon Information	520-323-2229
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



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# Seeking Support

**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.Pinchoth 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. 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**

**Copa Health Information & Resources** - A FREE Service! Call Andy Arnowitz, Copa Health Information and Resources Coordinator. No matter your need, Andy is committed to solve problems or point you in the right direction! Information & Resources for: Mental Health Support Groups / Crisis Lines / Petitioning (Involuntary Commitment / Therapists / Seriously Mentally Ill (SMI) / AHCCCS (Medicaid), AND MORE! 480-994-4407, Monday through Friday, 9 am - 4 pm.

**The Grace Alliance**— Glendale: Mondays 6:30 - 8 pm. Scottsdale: 2nd & 4th Tuesdays, 6 - 8 pm. Gilbert: Every other Wednesday, 6:15 - 7:45pm. Looking for faith-based mental health support? The Grace Alliance can help. Info: **www.mentalhealthgracealliance.org**.

**TUCSON SLAA—Sex and Love Addicts Anonymous (S.L.A.A.)** University Medical Center - Room “E” - Sunday 10:00am Step Meeting, St. Phillip’s Church - La Parroquia - Mesquite Room. Mon. 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, Wed. 6:30pm Women’s Meeting, St. Phillip’s Church La Parroquia - Mesquite Wednesday 7:00 pm 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)**E: **tucsonslaa@gmail.com**. **www.tucsonslaa.org**

**VALLEY HOSPITAL**—IOP for Chemical Dependency/ Co-Occuring. Mon.,Tues., Thurs. 6:00-9:00 p.m. **602-952-3939**. 3550 E. Pinchoth 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 - **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, 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**– 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**.

**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, 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. Philip’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.

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

**AA,NA,CA,CMA,ACA, ALANON** - Would you like to

## 2nd International Conference on Trauma and Addiction: Integrated Approaches to Attachment, Relationships, and Family Issues

This International Conference on Trauma and Addiction brings together world-renowned researchers, authors, clinicians, and trainers to review and discuss the interaction between trauma, chemical and behavioral addictions, and psychiatric illnesses. This gathering of health professionals is hosted by Meadows Behavioral Healthcare and Newport Academy. In a series of plenary sessions along with focused in-depth workshops, this event will focus on the interaction of attachments, neurobiology, and the developmental aspects of trauma’s effects on individuals and families. Experts will review what we have learned about the ways the brain is shaped by traumatic experiences, how traumatic stress is a response of the entire organism, and how that knowledge needs to be integrated into healing practices to include experiential and expressive arts therapy.

Up to 18 Credit Hours are available for Continuing Education.

Online registration at **https://www.cvent.com/events/2nd-international-conference-on-trauma-and-addiction-integrated-approaches-to-attachment-relationshi/registration-714b7f-87ecd8471391e0c61abafce5e1.aspx?fqp=true**

**January 16, - January 18, 2020**

8:30 AM - 5:00 PM


DoubleTree by Hilton Paradise Valley, Scottsdale  
5401 N. Scottsdale Rd, Scottsdale, AZ

### Who Should Attend?

This training will be especially valuable to those working in the following areas:

- Mental Health
- Addictions Counseling
- Marriage and Family Therapy
- Social Workers
- Psychology
- Research
- Registered Nursing
- Courts and Corrections
- Prevention
- Employee Assistance
- School and Pastoral Counseling
- Interventions
- Recovery Coaching





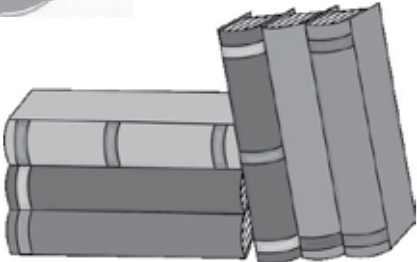
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# The American Foundation for Suicide Prevention Thanks Congress for Dedicating Resources to the Fight for Suicide Prevention

On December 19, Congress passed the Fiscal Year 2020 Labor, Health and Human Services, Education and Related Agencies Appropriations bill. John Madigan, senior vice president of public policy for the American Foundation for Suicide Prevention (AFSP), the nation’s largest suicide prevention organization, released this statement:

*“As the nation’s largest organization dedicated to saving lives and bringing hope to those affected by suicide, we would like to thank Congress for their work on the latest funding they have awarded to suicide prevention.*

Included in this appropriations bill is a \$7 million increase in funding for the National Suicide Prevention Lifeline (1-800-273-TALK) (from \$12 million to \$19 million), a \$2 million increase in funding to the Suicide Prevention Resource Center (from \$7,988,000), a new \$10 million funding stream for the Center for Disease Control and Prevention for suicide prevention efforts, as well as increased funding to the National Institute of Mental Health for research. We thank Congress for also including in the appropriations bill language which will encourage the NIMH to consider the Action Alliance for Suicide Prevention’s A Prioritized Research Agenda for Suicide Prevention in assessing research opportunities.

We would like to thank Senators John Kennedy (R-LA) and Jack Reed (D-RI) and Representative Chris Stewart (R-UT) for their leadership in fighting for increased funding for the National Suicide Prevention Lifeline, which will receive \$19 million for FY 2020 – an amount that will help the Lifeline meet their increasing demand. AFSP also thanks the appropriations leaders in the Senate, Chairman Richard Shelby (R-AL) and Vice Chair Patrick Leahy (D-VT), and House of Representatives, Chairwoman Nita Lowey (D-NY) and Ranking Member Kay Granger (R-TX), as well as the House Appropriations Subcommittee on Labor, Health and Human Services, Education, and Related Agencies Chair Rosa DeLauro (D-CT) and Ranking Member Tom Cole (R-OK), and the Senate Appropriations Labor-H Subcommittee Chair Roy Blunt (R-MO) and Ranking Member Patty Murray (D-WA) for their work in ensuring that the bill was passed.

We would like to thank our Congressional leadership for their work, especially Senate Majority Leader Mitch McConnell (R-KY), Senate Minority Leader Chuck Schumer (D-NY), Speaker of the House of Representatives Nancy Pelosi (D-CA), and House Minority Leader Kevin McCarthy (R-CA).

AFSP’s over 26,000 volunteer Field Advocates have continued to call their members of Congress to make their voices heard. They are the true heroes making suicide prevention the priority it deserves to be.”

*The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that’s smart about mental health through education and community programs, develops suicide prevention through research and advocacy, and provides support for those affected by suicide. Led by CEO Robert Gebbia and headquartered in New York, with an Advocacy office in Washington, DC, AFSP has local chapters in all 50 states with programs and events nationwide. Learn more about AFSP in its latest Annual Report, and join the conversation on suicide prevention by following AFSP on Facebook, Twitter, Instagram, and YouTube.*

## Strategies to Reduce Your Worries

By Margarita Tartakovsky, MS

Worry can feel stubborn and insidious. When you’re filled with what-if thoughts, it’s tough to concentrate on anything else. It’s tough to fall or stay asleep. It’s tough to enjoy yourself. It’s tough to do anything but think about self-doubts, worst-case scenarios, and overwhelmed feelings.

But while worry can absolutely feel stubborn and insidious, we aren’t powerless. We can take action to diminish worry and feel better.

In *The No Worries Workbook: 124 Lists, Activities, and Prompts to Get Out of Your Head- and On with Your Life!* writer and editor Molly Burford shares invaluable strategies. Here are seven to try from her book.

### Identify what you can (and can’t) control.

Worry convinces us that obsessing about a situation is somehow productive. Maybe you realize it’s not. But in the moment, it’s tough to pull yourself out of the what-if storm. It feels like there’s nothing you can do. Create two columns in your notebook: “What I Can Control” and “What I Can’t Control.” For example, you can control your reaction to a problem. You cannot control what your coworker thinks.

### Refocus on gratitude.

This not only helps you ease worry; it helps to put life into perspective. Burford suggests appreciating these beautiful things: “the scars on your heart that show you have cared for something deeply—and will again; the sounds of the world around you; the body that carries you through each day; the fresh start you woke up to this morning; the bed you get to come home to each night; this moment of awareness you get to experience right now; the sky.”

### Use these reminders.

Make two columns in your notebook. In the first column, jot down your current worry. In the second column, note how it will be OK. Remember that even if your worry does come true, you will get through it.

### Pinpoint unhelpful actions.

Our behavior can bolster worry, or transform minor thoughts into major meltdowns. Reflect on what tends to exacerbate your anxiety. This might be anything from drinking three cups of coffee to scrolling social media to watching a depressing show. If you’re not sure, Burford suggests thinking “about a past scenario where your worry

quickly went from 0 to 100. What accelerated the freak-out?”

### Thank your worry.

According to Burford, “worry is often posed as the enemy, but often it is like that well-meaning but misguided friend who is just trying to help.” This doesn’t mean that you let worry run your life. It means that you’re taking a more compassionate stance. For example, you might write: “Thank you for your input, but I choose to believe this problem will work itself out in its own time.” Or, you might mention that you’re taking action on that worry, so you’re all set.

### Draw your worries.

Drawing helps you better understand your thoughts and emotions around worry. It also helps “in easing negative emotions, as sometimes all you need is to let it all out—just like venting about a bad workday to a friend!” And it’s totally OK if you’re sketching stick figures and shapes. There’s no drawing skill required for this tip! The benefit resides in using a different way to express what’s swirling inside.

### Try this meditation.

Meditation is powerful for “calming overactive thoughts and refocusing your mind on the present moment.” Start by sitting comfortably in a quiet space. Take a deep breath through your nose, and feel a sense of calm traveling through your body. As your chest expands, feel it filling with relaxation. Notice your muscles loosening. Exhale through your mouth, and visualize hope. What does it look like? “What possibilities are you expelling into the universe as you breathe out now?” Keep repeating these steps until the worry melts away.

When you’re immersed in worry thoughts, it can feel like you’ll never break free and savor calm again. Thankfully, that’s not the case. Pick your favorite strategies from above, or research other tools that resonate with you. This way, when worry arises, you’re feeling overwhelmed, and the what-if thoughts won’t quit, you’ll be prepared. You’ll have a collection of strategies you can turn to and effectively cope.

Source: Psych Central.com



# Greatness **KID'S Club** (GKC) in the West Valley



**WHERE:** 5044 W Cactus Rd, Suite A, Glendale AZ 85304  
(next to Albertson's)

**WHO:** Open to youth in grades K-6 or ages 5-12 who have a social, emotional, or behavioral health challenge that is interfering with school. GKC is open to youth living with biological, adoptive and foster parents as well as kinship caregivers. AHCCCS enrollment is required.

**WHEN:** Tuesdays and Thursdays, after school until 7pm. Additional program days and hours are offered during Fall, Winter, and Spring breaks as well as the first and third Saturdays of the month.

In Family Involvement Center's Greatness Kids Club children and youth receive traumainformed, strengths-based support, cultivate healthy relationships, and build skills to meet their individual behavioral health goals. The program carefully balances fun, engaging activities with routine, structure, and curriculum developed by national experts.

Evening and Saturday hours provide rest and relief to parents and caregivers. In order to strengthen the whole family, FIC also offers parent-to-parent support and groups.

MindUP is a comprehensive, classroom-tested, evidencedbased curriculum framed around 15 easily implemented lessons that foster social and emotional awareness, enhance psychological well-being, and promote academic success.

The Nurtured Heart Approach supports youth by helping them develop inner wealth. It is a proven methodology for creating healthy relationships and igniting greatness in all children.

For more information on GKC or to enroll your child today, contact Nick Irigoyen at [Nick@familyinvolvementcenter.org](mailto:Nick@familyinvolvementcenter.org) or (602) 509-4664.

Family Involvement Center can assist with AHCCCS/Medicaid enrollment.

*For more information about Parent to Parent support contact the Parent Assistance Center at (602) 288-0155, or chat with us online at [www.familyinvolvementcenter.org](http://www.familyinvolvementcenter.org).*



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