

Together AZ

APRIL 2020

Inspiring Success on the Road to Recovery

Maintaining Your Emotional Immunity During Covid-19: How to Create a Sense of Calm in Uncertain Times

By Dr. Tian Dayton, Meadows Senior Fellow,
Clinical psychologist, psychodramatist, author

Uncertainty is one of our most difficult feelings to manage. We humans like to wrap our minds around things, we like to know what’s going to happen. But do we? Hmm. That’s the age-old question. It is times like these that pull us into the present, that remind us of who we love and what we have.

It’s not what happens to us but what we do with what happens that matters. Research on resilience finds that those who thrive in situations that might defeat others, have somehow figured out how to mobilize their supports and make use of them. They have a sense of reality and acceptance about their circumstances, but they are proactive in taking steps to make things better.

Tips to help manage anxiety and actively create balance and calm through this challenging period:

Take it a day at a time. Don’t panic. Try seeing anxiety as a contagious virus of its own that can undermine your emotional health and the health of the systems that you’re operating in. Take responsibility for your own state of calm.

Make a plan for the day. Organizing your time will give you a greater sense of control and will reassure you and all concerned that much of life can still feel normal.

Maintain family, couple and personal rituals. Rituals provide a sense of stability whether they are coffee in the AM, morning meditation, sitting down for lunch, napping, family time, you name it. Even choosing a movie to watch together, making popcorn, and cuddling up on the couch can be a reassuring family ritual that brings relaxation, pleasure, and calm to everyone.

Maintain your environment. Keep things orderly in your personal world. It counters the feeling of helplessness to take charge of your environment. Do things that give you a sense of agency and control. Clean a cupboard.

Eat a healthy diet. I cannot stress this enough. If you eat foods that are empty calories or do not give you the healthy fuel you need to feel good, or you bog down your system trying to digest what

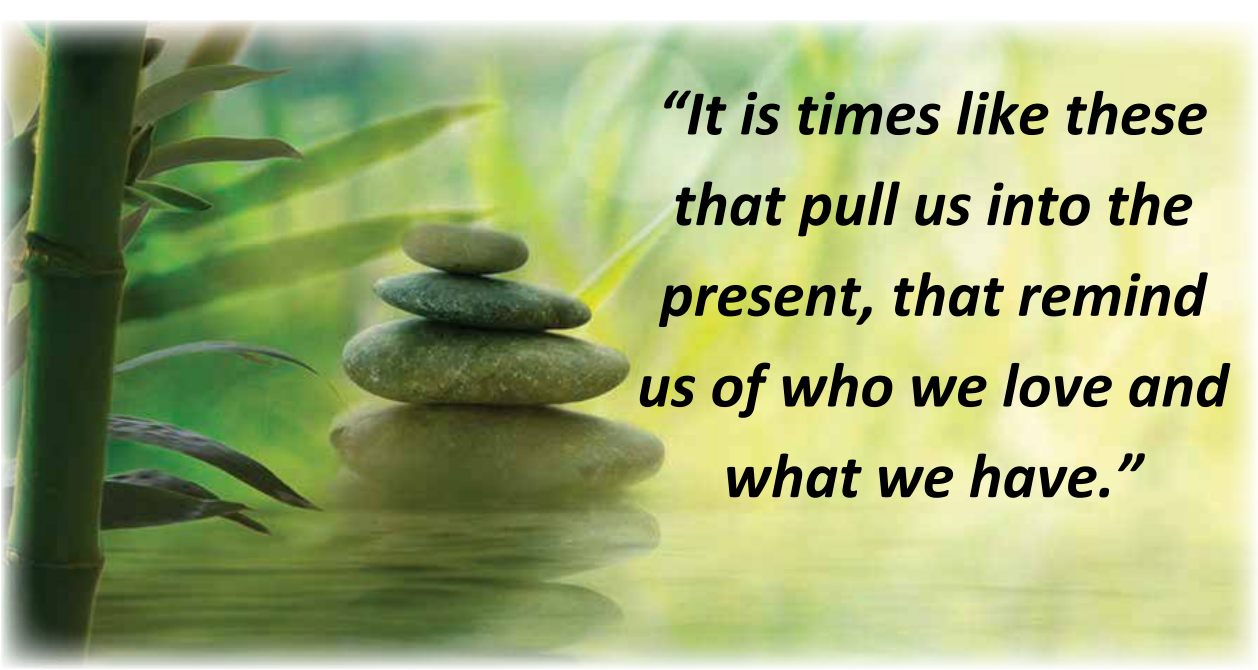


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shouldn’t be in it in the first place, your emotional immunity will suffer. Be aware that alcohol lowers physical immunity very significantly. Find alternative ways of relaxing.

Breathe. Remember to do rhythmic, diaphragmatic breathing. It will calm your nervous system and increase your sense of well-being. Take extra downtime. Stress and uncertainty can be tiring, so make sure you relax when you can and find healthy ways of unwinding.

Exercise. Exercise is always important, but as a way of managing stress, depression, or anxiety it is a must. The natural serotonin that your body releases through exercise is one of nature’s most important mood stabilizers. According to research, a brisk walk is as effective at managing depression as medication! To say nothing of the obvious perks of being more fit and feeling great!

Stay positive. Watch your narrative. If you have a doom and gloom narrative, try changing it to a “we’ll all be fine if we pull together and keep our heads straight” one. This tip is crucial; your attitude is up to you. No one can adopt a positive attitude for you, but you owe it to yourself and to those close to you to stay positive.

Don’t isolate. Keep in touch with the people in your life who matter to you. Social isolation is only meant to be physical. You do not need to isolate from family and friends, thanks to the blessing of technology.

Embrace the extra time you have as a result of social distancing. If you are spending more time with your family, make the most of it. Families that learn how to cope and get through things by pulling together are stronger for it. These experiences can be very bonding if you keep your heads and hearts in the right place.

Limit the time you talk about the virus. My daughter suggested this tip and finds that adopting it with her husband and family helps them to

Emotional Immunity *continued page 5*

From all of us at Together AZ we urge you to stay safe, and healthy, and to practice the guidelines provided by the State of Arizona and the CDC



The hotline is administered by 2-1-1 Arizona and the Crisis Response Network and will offer an entry point to field questions and concerns from Arizona residents about COVID-19.



Publisher's Note

By Barbara Nicholson-Brown
barb@togetheraz.com

Isolation is a Dangerous Neighborhood

In the midst of this health crisis we all know the common sense measures involved in keeping our selves and our loved ones safe.

But this virus is not an excuse to become complacent on our recovery journey. Meetings and support groups are being held online. Treatment and therapy facilities are offering clients options through Telehealth, Teletherapy, Skype, Zoom and of course phone and text.

We must stay connected to others for support. **Isolation is a dangerous neighborhood for any addict or alcoholic.** Take this time to activate your creative juices. Dust off that journal, catch up on reading, meditate, take a walk. Breathe in the spring air, take a brisk walk, play with your kids.

Putting off your step work? Now is an opportune time to get the task done, write a little each day, set a goal for when you want it finished and ready to share with someone you trust. Panic and fear helps no one. Follow the guidelines given by our public health authorities. We must keep ourselves and our recovery community safe and sober. We will get to the other side of this, stronger, closer and kinder.

Thank You Healers

To everyone in the field of addiction recovery and mental health who are helping others in their time of need..... you are the heroes and healers and we are most grateful.

A *Special Thank You* to Dr. Tian Dayton and The Meadows for their permission to feature **Maintaining Your Emotional Immunity During Covid-19.**



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Showing Up or Shoving Off

By Dina Evan, Ph.D

Do you have friends and family that really show up for you, or all they offering sound bytes that are not helpful and take less than a modicum of energy? We are rushing and sometimes I think we are rushing away from the things we need most; things like **connection, caring and belonging**. Especially now.

It seems rare to have someone say, “I’m here for you,” these days and it started me thinking about what being here for someone really means. I know the effect of it. I feel seen and met it in some uncommon way that expresses love and sincere caring. I feel blessed and afterward I feel full in a way that lasts long after the person is gone and I know I can count on it to return again.

It’s different than “Oh I am sorry you are feeling bad. I’ll check in with you tomorrow.” It sounds more like, “Okay I am walking through your front door and I want to know what I can do for you.”

It’s different than, “Gee it’s hard having to deal with that but I know you’ll figure it out.”

It’s more like well, damn, what are we going to do about this. Let’s talk about our next step.”

Okay, so I know, to some of you it may sound as if I am asking you to take on someone else’s problems. **I’m not**. I ask you to check in with yourself and see whether you are really connecting and creating a sense of belonging and bonding that says, **I am not just all talk, I am really here for you**, whether it’s for five minutes or a lifetime. We are missing the connections that are rich and meaningful in our lives. I am curious about whether it’s because we don’t know how to create meaningful connections in this “okay Boomer, deeply segregated” mentality, or if we are really just afraid to get connected.

Let me start by saying you get to have boundaries, limit time spent, honor yourself and stay in your own lane, as we say. However, you also get to be fully present and deeply caring when you are together with a person you care about and with whom you want a meaningful relationship.

“Clearly one of the biggest gifts to creating meaning and depth in our relationships is communication.”

One of the best ways to deepen your connection is by making a commitment to grow together. Talk about the things you are wrestling with and share ideas and concerns. Own the places you need support and ask for ideas and own how you yourself can also support the other person. For instance I recently made a contract with a friend to have her text me each morning after she decided that she would be willing to honor herself and her needs instead of only doing for others. So for about four weeks, she did that. Each morning I would get a text saying “Today I am loving myself,” and shortly after she made a major decision to do something to take care of herself, that she had been afraid to do before. She just needed the reminder a little text and commitment gave her. And, it also reminded me to do some things I needed to do to take care of myself better. Supporting each other as we walk this path of evolving is a great gift, even in the simplest of ways.

Love is a verb, an action word

It’s only real when we follow it up by showing up, taking risks, being truthful and authentically bonding and belonging. It isn’t only meant for lovers. It’s meant for the stranger on the street, the mother and father no matter their age, the baby who can’t yet speak and the friend or person who needs your hand at their back to remind him or her that you really are there. And here is the kicker. These are all thing we do— not for the other person— but for ourselves. It’s our process of discovering our own character, values and fulfilling our commitment to our own purpose of being who we came here to be...authentically honorable and loving.

Clearly one of the biggest gifts to creating meaning and depth in our relationships is communication. Clear and truthful communication is a must in every relationship to be successful. People sit on their feelings of disappointment or perceived betrayal, only to find when they finally talk about the issue, perhaps even years later, it was misunderstood in the first place. And there needs to be joy and laughter in our communication.

We need to laugh at ourselves and the asinine things we say and do when we are afraid. If we can own them in ourselves, then we can also forgive them in others.

Right now, let us all take a deep deep breath and be willing to jump into the deep end of this part of the evolutionary pond.

Trust me the only thing you’ll come out of the water with — is a smile.

During the stay at home request Dr. Dina is offering Free 15 Minute Sessions. Call to Schedule Now!



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.drдинаevan.com or call her at **602 571-8228**.



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Emotional Immunity *from page 1*

stay positive. If you are caring for kids or a couple, talk about the virus when you need to but don't let it take command of your entire day. Don't stare at the news all day, keep up on what you need to know then break away and do normal things.

Follow all safety recommendations from the CDC. You do not need to figure this out, you just need to do your best with the information that's out there. Follow the recommendations of the experts you deem sensible and capable.

Don't collapse. Our thinking mind tends to go offline when we're emotionally overwhelmed or panicking. It's part of the fight/flight trauma response. Creating a schedule, putting things on paper, engaging in a project, organizing a meal or a family activity are all ways of bringing our thinking mind back on board again.

Stay out of fight/flight/freeze. When we get scared or overwhelmed, our animal DNA tells us to run (or run mentally dissociate), to fight (criticize, yell, get aggressive and me-first) or to freeze (shut down, withdraw).

Do a spiritual reset. Instead of getting lost in the feeling of uncertainty, reflect on the idea that all we really know about is today. Challenge yourself to appreciate the moment more fully. Stay in the present!

Finally, reassure those you love that you're doing well by taking the steps to take care of yourself. If you are in a high-risk group, try not to be an extra burden for those who love you. If you're an older adult, act with steadiness and maturity.

And keep the big picture in mind. The Italians who hung out the window during lockdown and sang together have seen much worse than this in their communities. They learned that pulling together rather than pulling apart gave them the spiritual nourishment to get through. You may not live close enough to your neighbors to harmonize down the block, but singing will still do your heart good. Look for the silver linings; they are always there.

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Tian Dayton, PhD, TEP
Dr. Tian Dayton is the director of The New York Psychodrama Training Institute where she runs training groups in psychodrama, sociometry, and experiential group therapy. Dr. Dayton is a Senior Fellow at The Meadows. She is the author of fifteen books including The Soulful Journey of Recovery, The ACoA Trauma Syndrome, Emotional Sobriety, Trauma and Addiction, Forgiving and Moving On and The Living Stage. For more information about Dr. Dayton, visit tiandayton.com.



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The Sanity of Fair Exchange

By Alan Cohen

As I was walking into a local market, a homeless woman stopped me. I had seen her from afar, talking to herself, apparently mentally unbalanced. She asked if I would buy her some potato chips. “Sure,” I told her. “What kind would you like?”

“Lay’s—spicy, please.”

Tickled that she knew what she wanted, I got her a large bag and gave it to her on my way out of the store. In her hand she now held an ice cream cone. (Apparently she worked lots of folks who entered the shop.) Then the disheveled woman did something surprising: She gave me the ice cream cone in exchange for the chips. Touched by her generosity, I told her I really didn’t want the cone; it was all hers. But she insisted, so I took it.

As I drove away, I realized that even distraught or unbalanced souls understand the principle of sharing and fair exchange. Something inside a human being wants to say “thank you” when a kindness is given. Sometimes people who hit bottom are even more sensitive to the importance of helping each other.

In the Netflix series *The Kindness Diaries*, adventurer/philanthropist Leon Logothetis travels the globe without using money and, as a social experiment, asks people he encounters to help him by giving him food, a place to sleep, or gas for his motorcycle. Many turn him down, but a number of thoughtful people generously support him.

Tony, a homeless man in Pittsburgh, offered Leon a mat to sleep on in the doorway where Tony had taken shelter, and a blanket to keep him warm. He gave Leon food and offered him a new package of underwear that someone had given him. Tony had next to nothing, but he was willing to share it. Perhaps it was because he had next to nothing that he understood the value of helping. As a reward, Leon gave Tony full tuition to attend a training program that would get him a job as a skilled worker and provide him with a good income. As Leon announced this gift, tears flowed from Tony’s eyes. The circle of kindness was complete.

Right livelihood, as Buddha called it, is built on fair and equal exchange of goods and services. In my book *Spirit Means Business*, I identify 10 illusions that keep people stuck in fear about money and business, and the 10 truths that liberate us. One illusion is the goal to get as much as you can while giving as little as you can. To a spiritually awakened person, this goal is meaningless and unattractive. When someone helps you by serving you a meal, providing transportation, or giving you a massage, it is natural and soul-fulfilling to want to help them in exchange. When we reframe the circulation of money as the passing around of love, we step into a prosperity mindset and we thrive.

The homeless woman also taught me the importance of being an open receiver. Although I initially resisted, I accepted the ice cream cone. Many of us are good at giving, but we block receiving. Such resistance impedes the circulation of prosperity as much as being stingy about giving. Every willing giver requires a willing receiver. When you are willing to receive, you allow the giver the joy of giving.

My mentor Hilda Charlton underscored this lesson in her own unique way. If someone gave Hilda

a compliment like, “That was an inspiring lecture!” Hilda would give the student the opportunity to amplify the gift. “Did you really like it?” she would reply.

“Oh, yes,” the student continued, “I learned valuable tips I can use to improve my relationships.”

Hilda was not fishing for compliments. She was quite egoless and didn’t need other people’s praise. Instead, she was opening the door for the other person to experience the reward of giving.

Occasionally Hilda would lead a meditation on gratitude. She guided us to mentally thank the people who loved and helped us. Then she would add, “You can also send thanks to me. . . I don’t need your thanks, but you need to give it.”

We all need to give thanks

We reserve one holiday, Thanksgiving, as a day to express gratitude. Yet we need to express it every day. Not because that will make us a good person or God will one day reward us. Because gratitude heals the giver and the receiver. Abraham-Hicks teaches gratitude is the state of mind most representative of our true nature, and thus lifts us closest to heaven.

We are told many times in the Bible that God wants to give all to us. If are going to have all, we must be willing to receive all. God puts no restrictions on the volume of blessings we can have. It is we who limit ourselves. The purpose of the spiritual path is to take the lid off the good we are open to receive so we can have it all.

Sometimes people with mental disabilities are closer to heaven than many other people. That homeless woman was willing to ask for love, accept it, and give it. May we all become so sane.

Alan Cohen is the author of many inspirational books including Spirit Means Business. For information on this program and Alan’s books, videos, audios, online courses, retreats, and other inspirational events and materials, visit www.alancohen.com.

Stress Release and Staying Sober During the COVID-19

By Pattie Freeman

Everyone is going through a rough time right now with mixed emotions of uncertainty.

This is the pivotal time of your recovery that you need to be in the present and able to reach out to others that might need your support as well. Be an inspiration to move forward just knowing it can help you along the way. By talking and sharing it can only help you through these times. Friends, family and your support system is just a phone call away to make the initial effort of reaching out for help.

Many times our mind just gives up and this allows your emotions to set you up for failure, even relapse or the feeling of lost, loneliness or abandonment that you felt in the past. Remember you can’t fix or change your past actions but you can learn and experience new things along your journey of sobriety. There are moments that you done consistently as excuses and self sabotage to make you justify about your actions. Now certain things have changed in your life by believing in yourself and realizing as you recover your not in this alone. **Help is everywhere you look, resources, sponsors, group meeting, chats and more.**

We all are experiencing the same COVID-19 on different levels of stress and anxiety. Some are affected more than others but, by knowing this you are prepared to accept and use your focus on what’s important to you. By being sober you will have clarity and be able to handle situations more clearly and patiently better than when you were an addict. There will be times you might feel there is no answer so look to others for them. By writing, talking and meeting online with others strengthens you through those rough times. Letting go of meaningless moments allows you to accept happier and positive things in your life.

Be that person that prevails over all — by not just helping you but others. Reach out to those that need your moral support. No one said it would be easy, if it was ...everyone would be addiction free with no worries.

This is the time to reach out for help when needed. Set aside your pride and know you have support all around you. Set up your support system with a sponsor or a friend, on the phone or face time. By being in the present and realize whatever is happening in the world today you have no control of the outcome.

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Endless Possibilities When You

By Jessica Lamar, Psy.D.



Sometimes we spend far too much time analyzing every aspect of our lives. Since the day we are born milestones for our lives are predetermined. Take your first steps by age one, tell stories by age four, think about the future by age 13, have a degree by age 22, have children before 30, retire by 60. Our lives are on a timeline and often times we do what is expected of us.

Our human nature tells us to remain in routine and often times by doing so we neglect the best parts of ourselves. Stepping out of our comfort zone builds up new skills and allows parts of ourselves to heal that we didn't even know needed healing.

The truth is we live in a world where possibilities are endless; we don't have to follow the time line; we can follow our hearts. I have discovered that when I follow my heart, it has guided me to what I really needed. There was always one clear answer for me, when I slowed down and allowed myself to listen. I have yet to feel regret or doubt when I acted on the choices from my heart. There was a consistent sense of acting in alignment with my true self.

The fundamental basis for functioning in a heart-felt way is mindfulness. Mindfulness means "Sinking down" below the turbulent surface of our thoughts, projections, fears, and perceptions that all clamor for my attention. It means having a still center from which we can be aware of the quieter, subtler signals in the body and emotions which can be our greatest source of information. We become non-judgmental and separate our thoughts and emotional reactions. we discover that our heart and body can safely and fearlessly guide us.

Mindfulness is the practice of letting go

Letting go of attachments to desires, fears; expectations of self, others, and the future; Attachments

of what others may think and feel about us. When we can mindfully make decisions from a connected place and let go of the stress, indecision, and doubt that is rooted in fear; Fear of the unknown.

Mindfulness is essential in that it trains us to detach from the narrative of fear-

based thoughts. By being mindful and accepting the emotion and feeling as is, we teach ourselves to be "feeling the fear and doing it anyway," trusting this and letting the process guide you.

With mindfulness-based decision making, we develop an incredible sense of freedom to authentically move through the world. As the Buddhist teachings read, it helps to cultivate courageous "self-acceptance" and a "fearless heart."

The more we open up and follow our heart the greater the opportunities. Deep in us we have the greatest meanings, we gain a different type of knowledge; One that is spontaneous and unconcerned with outcomes, we just have to be mindful to see it. What we concern ourselves with is our internal experiences that can carry us to new levels of self-discovery.

After all, isn't self-actualization what we are after or is that just Maslow?

Jessica Lamar, Psy.D. is a Post-Doctoral resident with a doctoral degree (Psy.D) in Clinical Psychology from the Arizona School of Professional Psychology, and holds a Master of Arts Degree in Clinical Psychology. She has extensive experience providing individual and group psychotherapy to individuals who suffer from serious mental illness, addictions, sexual offender behaviors, and personality disorders, and dual diagnoses.

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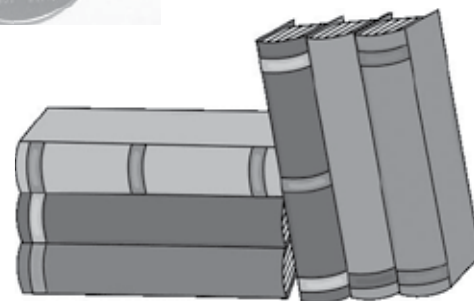
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from page 7

Your only control is over you and your emotions to be sober and clean. A slip up or relapse will put you in a tailspin leaving you in despair. Stay strong and believe that anything that comes your way you feel uncomfortable with you do not to act on impulse for a temporary fix that won't solve anything. Contact an agency, treatment center, or therapist for help.

"Get out of your head" it only leads to the same negative results because that's where many addicts and alcoholics comfortable. Staying in the present might be new and scary. Changes will occur within and will begin to find happiness and self worth.

1. Keep your mind busy, this will help you stay positive and out of old ways of thinking.
2. No more excuses, this includes the COVID-19. You're not alone, we are in this together, we have to act on it wisely and with a clear mind.
3. Find a resource- whether it is a 12 step online group, a rehab, sponsor, or friend, an online connection will help.
4. Don't Panic or Stress- Easy for me to say but its true. No more impulsive thinking. Find a way to express your emotions or feelings by

journaling or writing a blog to help others.

5. When you feel stressed say CANCEL- CANCEL in your head or out loud what ever feels right, it might sound silly but your mind will shut of those negative urges and allows yourmind to stop and be aware and it will move forward.

Lastly, stay informed and interact with others no one wants to feel excluded so reach out to others around you to help them even though they don't ask.

Staying calm. Stay sober and take this time to read, journal and take time out for you!

Individual sessions are available all personal information is kept in strict confidence and Privacy. Free Consultation and a download. Call for more information about the sessions offered. Each Session is customized to you and is monitored with sober coaching.<http://www.rehabhypnosis.com>.
Contact Ms. Freeman at 602-400-0653

STAY CONNECTED

[facebook.com /togetheraz.com](https://www.facebook.com/togetheraz.com)

Email us:

barb@togetheraz.com or

info@togetheraz.com

A Healthy Child Begins with a Healthy Mom



At NCADD, we treat the whole woman and her family with education, one-on-one and group therapy, case management, medical and psychiatric support, parenting, vocational training, supportive housing and more.



NCADD

Supporting women in building a healthy life for themselves and their children

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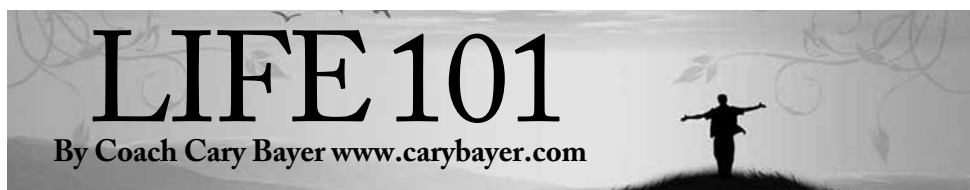
Visit our website — www.ncadd-phx.org
4201 N. 16th Street, Suite 140, Phoenix, AZ 85016

Teen Challenge is Arizona's Faith-Based SOLUTION TO THE DRUG EPIDEMIC

With heroin addiction at epidemic proportions and drug abuse at an all time high, Teen Challenge is seeing results with an 85% success rate!

We can help!

PHOENIX TEEN CHALLENGE (Male 18+) 602-271-4004	HOME OF HOPE (Female 18+) Women or Women with Children Casa Grande, Arizona 520-836-5830	SPRINGBOARD Home for Adolescent Girls (Female 12-17) Tucson, Arizona 520-887-8773	PREVENTION Stay Sharp THINK ABOUT IT® To schedule a Drug Prevention Presentation for your group or school, contact the Public Relations office at 602-271-4084
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Coronavirus and the Opportunity for Growth

*"The farther you go, the less you know.
Thus the sage knows without traveling."*—Lao Tzu, Tao Te Ching

After abusing Nature in myriad ways, it's quite clear that Nature has sent humanity one of its nastiest curve balls ever—the Coronavirus. Is this a direct response from Nature? One would have to be God to answer that question definitively. Sir Isaac Newton, one of the most probing investigators into the working of the Universe, however, did discover in his Third Law of Motion that, "For every action there is an equal and opposite reaction."

Much of humanity's unconscious and greedy actions have destroyed 83 percent of all wild animals and half of plants, while an additional 1 million species are threatened with extinction. Since 1993 alone, mankind has destroyed 10 percent of all wilderness areas. We've already seen that climate change has produced some of the most unusual weather patterns and natural disasters ever.

And now we have a contagious virus that gets passed socially from people who don't even know they have it to people who don't know they've got it for perhaps two weeks. The U.S. has wisely recommended social distance—more precisely physical distance—to prevent its spread. (Social connection is even more important now than ever before through phone, Facebook, and Skype, among other platforms.)

By drawing on Newton's law of action and reaction, I'm not suggesting that Nature is punishing us. While religions have sold this fear-based worldview for millennia, I don't think that's how the Universe operates. If the doctor bangs your knee with a hammer your knee reacts. It's a reflex that's entirely natural. If you bang Nature with pollutants in the air and the water, destroy Her species, and fill Her oceans with plastic that kills Her fish, and Her knee reacts naturally. It's not punishment, just non-judgmental karmic response.

Stress on the Rise

Tensions, understandably, are running at a fevered pitch on several fronts:

1. Fear of contracting this deadly virus, especially if your work puts you into direct contact with many people.
2. Loss of regular income due to working at jobs where your employer is forced to close—like restaurants, hotels, cruise lines, and entertainment venues like theater, opera, concerts, amusement parks, and sporting events, among others.
3. Watching your stock investments plummet.

The Opportunity in Isolation

The Chinese character for crisis is often interpreted as also signifying opportunity. As uncomfortable as staying at home and avoiding people is, there are some terrific opportunities offered. There's a big difference between staying inside your home and going within yourself. Especially if it's going to your higher Self, located at the transcendental part of your mind, in the changeless, timeless realm within you that's completely isolated from the changing world.

I've practiced and taught Transcendental Meditation (TM) for decades, and also practiced and taught Higher Self Healing Meditation, which I launched 10 years ago, and I can say from direct experience how profoundly calm the meditation experience can be and how much stress it releases. Scientific research on TM has found that it produces a level of rest that's qualitatively twice as deep as the deepest point in a night's sleep, as measured by oxygen consumption.

Since fear causes stress and is, in turn, fueled by it, profoundly reducing stress can have a major impact on the fear that's gripping and paralyzing so many millions of Americans. Learning meditation doesn't require doing it in large classes; I teach more people on Skype than I do in person.

Meditation and other forms of holistic stress-busting methods, of course, aren't designed to do anything about the loss of paychecks and collapsing investments. But the extra free time that quarantine provides, however, does offer you opportunities to create a part-time business that can augment your paycheck when you can return to work, and maybe even replace it if you grow it significantly enough.

Family Connecting

Spending nearly all of your time at home with your family



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

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

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

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



gives you the chance to connect with one another on much deeper levels. A full-time life coach since 2001, I've seen, to my disappointment, just how poorly people express love for their loved ones. A case in point: Years ago I taught my "Secret of Successful Relationships" workshop in Baton Rouge to 25 people. Two of them were married to one another 50 years. After practicing a 2-minute appreciation technique that I'd just taught them, the wife shared how her husband had just said something very loving to her that he'd never shared in 50 years, and which he just shared in 50 seconds. The method I taught them isolated them from everything else for those 2 minutes. Coronavirus is now isolating us from everything else for weeks—or more at a time. So, the opportunity is here for you now—the time is there and the lack of interruption is there—to more deeply love and communicate to those who are the most important people in your life.

While a pandemic is filled with dark, frightening clouds, it also offers some silver linings if you choose to take advantage of them. When children misbehave badly, loving mothers put them in "timeout" to cool out and calm down. When children of the Earth misbehave badly, loving Mother Nature invites us to do the same.

Recovery Begins at Calvary Healing Center.

Begin your journey to physical and spiritual healing from addiction. Restore yourself by calling now.

Call (866) 767-6237

STAY CONNECTED

During this time of national crisis it is crucial to keep our community armed with resources for support. The providers listed below are available to assist you. Call them.

We are in this together.
Barbara Nicholson-Brown

Together AZ

Resources & Helplines

602-684-1136

TOGETHER AZ 602-684-1136

ADVERTISER LISTINGS	
A Better Today	888-906-0952
Ammon Labs	908-862-4404
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 by the Sea	877-610-4679
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

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
Compass Recovery Center	800-216-1840
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 Youth, Faith & Family	602-542-4043
Hunkapi Programs	480- 393-0870

Lafrontera -EMPACT	800-273-8255
River Source	480-827-0322
Scottsdale Providence	480-210-5528
TERROS Health	602-685-6000
VIVRE	480- 389-4779

Therapists/Interventionists/Coaches	
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
Susan Tepley-Lupo	602-919-1312

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



ARIZONA ADDICTION
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Life Worth Living!*

888.512.1705

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RTC, PHP AND MAT