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MAY 2020

Inspiring Success on the Road to Recovery

The Connection Between Anxiety and Eating Disorders

By Amelia Davis, MD, Medical Director Rosewood Arizona-California

Anxiety and stress are something we all experience. This is normal and beneficial when we are in a stressful situation, such as taking a test or when we need to meet a deadline. However, sometimes, feelings of restlessness or anxious feelings became unmanageable where excessive worry will take over one's ability to lead a normal life, causing significant distress, affecting relationships, and even affecting one's ability to do well in school or hold a job. About half of individuals with eating disorders also have an anxiety disorder and most of the time; the anxiety disorder began prior to the eating disorder. Specifically, about 72% of individuals with avoidant restrictive food intake disorder (ARFID), have an anxiety disorder. And not just the normal stress we all may experience, but rather extreme anxiety that limits one's ability to function. It is important to address comorbid (occurring at the same time) anxiety disorders in order to succeed in the treatment of eating disorders.

Types of Anxiety

The anxiety disorders that are most frequently associated with eating disorders are obsessive compulsive disorder (OCD), social anxiety disorder (SAD), generalized anxiety disorder (GAD), and post-traumatic stress disorder (PTSD).

Obsessive compulsive disorder (OCD):

Over 25% of individuals with anorexia nervosa also have OCD. OCD is characterized as having many obsessive thoughts and compulsive behaviors such as germaphobia (fear of germs possibly leading one to wash one's hands compulsively), obsessively counting or doing things a certain number of times, and/or doing rituals where one becomes very anxious if they don't do in a very particular way. Often, individuals with anorexia nervosa have similar clinical features to OCD such as rigid diet programs, obsessive thoughts relating to food, repeated weight measurements, and obsessions with calorie calculations. They may also exhibit ritualistic behaviors related to their diets, exercises and weighing themselves. Individuals with OCD may benefit from treatments such as cognitive behavioral therapy (CBT) and FDA approved medications such as selective serotonin reuptake inhibitors (SSRIs) (fluoxetine, fluvoxamine, and sertraline) and older medications, though may have more side effects such as tricyclic antidepressants (TCAs) (clomipramine). Transcranial magnetic stimulation (TMS) is another non-invasive outpatient treatment that is FDA approved for treatment of OCD. Therefore, it's important that providers working with individuals with eating disorders recognize OCD and offer treatment for OCD as part of treating the eating disorder.

Social anxiety disorder (SAD):

About 34% of individuals with anorexia nervosa experience social anxiety disorder and many more experience subclinical symptoms. Often battling fears of judgement and public embarrassment, individuals with SAD have difficulty meeting new people and speaking in front of groups of people due to severe anxiety. This can affect treatment as persons with social anxiety disorder are less likely to enter outpatient eating disorder treatment after an initial intake appointment. Fortunately, treatment is available including cognitive behavioral therapy (CBT) and medications such as SSRIs (sertraline, fluvoxamine, paroxetine) and serotonin-norepinephrine reuptake inhibitors (SNRIs) (venlafaxine, duloxetine).

Generalized anxiety (GAD):

Between 24 and 31% of individuals with anorexia nervosa and bulimia nervosa have GAD and about 8% of individuals with binge eating disorder have GAD. Individuals with GAD often experience severe feelings of fear and unease and report feeling restless and irritability that interfere with the quality of their life.



Photo: I Stock.com

Eating disorders are very serious and complex psychological diseases that cause grave social, emotional and physical harm when left untreated. It's important that men, women, and teens living with different types of eating disorders seek early diagnosis and treatment to avoid severe health complications later on.

They tend to worry about the same things normal people do, except that they worry much more and are unable to deal with or solve their problems effectively. Treatment includes psychodynamic therapy, cognitive behavioral therapy (CBT) and medications such as SSRIs (escitalopram, sertraline, citalopram, paroxetine), SNRIs, (venlafaxine, duloxetine), and buspirone (azapirone and piperazine class).

Post-traumatic stress disorder (PTSD):

Studies show that the rate of PTSD in individuals with eating disorders is about 25%. It is believed that trauma, especially childhood sexual trauma, is a risk factor for the development of eating disorders. One study showed that the diagnosis of PTSD increases the severity of the eating disorder and that the symptoms of the eating disorder start within one year following the trauma. Treatment of PTSD includes psychodynamic therapy, cognitive behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), and medication management with SSRIs (sertraline and paroxetine).

Connection with Eating Disorders

Recognizing and treating co-occurring (happening at the same time) anxiety disorders is so important in the treatment of someone with an eating disorder. Often the two can be connected. On the one hand, it is understandable that an

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Publisher's Note

By Barbara Nicholson-Brown
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Stopped in our tracks

For the last six weeks or so we've been stopped in our tracks, which now feels like forever. What we knew previously is evolving into "the new normal," and we won't quite know what that will be until we open up our state again. Everything has changed. The effects of the coronavirus has been difficult to adjust to.

Is the Universe telling us it is time to re-balance, re-focus and re-evaluate what is really important?

As human beings we need interaction and personal connection. After the first few weeks of sheltering in place it all become surreal. It isn't the same seeing friends, families and colleagues via a screen, but it has helped ease the sense of isolation and fear.

For those of us in recovery, we had to find new ways to maintain our sobriety. From support meetings via Zoom, therapy and treatment sessions via telehealth, to more phone calls and texts, we continued to support each other.

And, during this time of uncertainty, I've had to remind myself **everyday** to stay grateful. To date I've not been sick, no one I know has lost their life to the virus, my friends and family are safe and a call away, and I can't plan too far ahead. I've stayed sober, because nothing means more to me.

When we are finally able to go about our business, it WILL be different. I hope, collectively we emerge from this, kinder, more compassionate people. Let's honor each other and our lives more than we have in the past, life is too short. It's time to capture the best of what we have today. *Stay safe, sober and connected.*

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In gratitude and the memory of
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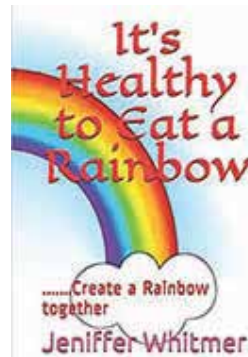
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"It's Healthy to Eat a Rainbow"

By Jeniffer Whitmer

As a mom in recovery, I've had to step up my health game in recent years. Like other emotional addictions such as shame and fear, I have struggled with food issues. Working with children for over 20 years, and now having my own, I've seen how substances like sugar and salt, get introduced to our little ones. I was inspired painting rainbows with my daughter and realized this could be a fun and creative way for kids to eat healthy actual, non-processed foods. And we can make it fun and educational at the same time. To be clear, it's not about being caught up in an "instagram like" perfection or being a perfect parent. It's an exploration and an introduction introducing health to as many families as possible. *It's Healthy to Eat a Rainbow* is available on Amazon.com



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By Dina Evan, Ph.D

I never expected my body or my eyes to change the way they have. I never expected to look back at six months ago and see how different things were then, than they are right now. They say this was all bubbling up a long time ago and we missed it. Did we? Boy, have things changed.

There are things about change we hate. It throws us off balance. We lose our sense of equilibrium and stability. We also wake up to our real priorities and values. The things we've often been ignoring become very important suddenly, things like family, being more present, speaking truth and showing up.

In this kind of change we bump around a bit trying to figure out what to do next. Yes, you guessed it, we do this trying to change things, either for the better or back to what they were. We each had dreams of how we would change the world. I wanted to sing opera or write a novel...and then life and four kids happened and well, you know the rest in the story of your own life.

Change works in two ways. It either reaches down into the depth of our awareness and asks us to revise some belief we have been clinging to for dear life, such as believing you can't live without that partner who cheats on you all the time. Change is actually a wake-up call with a blinding headline that says... See this is who you really are. You can live without him or her and even be happier. Or, when I became a sponsor, I discovered I was really a good person and a great friend, after all.

Or, it asks us to reach out and change someone else's belief for the better, like showing up in someone's life who is feeling worthless and there you are showing up so maybe that person can see he or she is not so worthless after all.

The changes we are being asked to make today are monumental. They are putting the real picture of who we are smack dab in our face. They are asking whether we are we willing to give something up for people we don't even know. For instance, is my right to go where ever I want more important than your right to stay healthy, because either way I need to change something. Change asks us to stand on principle, step up with courage or live with the discovery we have neither. Change is a mighty hero or heroine maker, which reveals the nature of our soul work.

Change can be simple, as simple as loving yourself, loving the person right in front of you, or the person from another country who doesn't understand a word you are saying. It can call you to stop beating yourself up and forgive yourself the way you forgive others. Change can enhance your character, deepen your discernment and integrity, open your heart for greater giving and warmth. It's permission giving, for instance you might want to take that trip, or change something in your life to create the one you always wanted. You might change and love yourself enough to give yourself permission to leave an abusive partner or job in order to find your passion and purpose.

The most important thing to understand about change is — when it arrives, there's only one thing to do....ask it, **What are you here to teach me?** I believe every person and every event in our life is a lesson. It is always something or someone our own spirit has called in because we were ready. Ready for what? You guessed it...change. So celebrate it, yes even this mess we are in right now. It's teaching us what we really value, what kind of person we are and what principles and ethics really matter to us. We're going to get through this. However the question is, who shall we be on the other side? Maybe that is exactly what this time of change is all about.



Dr. Dina is a Marriage, Family, and Child Therapist and Consciousness Counselor. She has presented nationwide seminars and workshops, written several books and created meditation CDs for couples, individual and mental health professionals. She has also won national acclaim as a human rights advocate. Visit www.dr dinaevan.com or call 602 571-8228. *During the stay at home request Dr. Dina is offering Free 15 Minute Sessions. Call to Schedule Now!*



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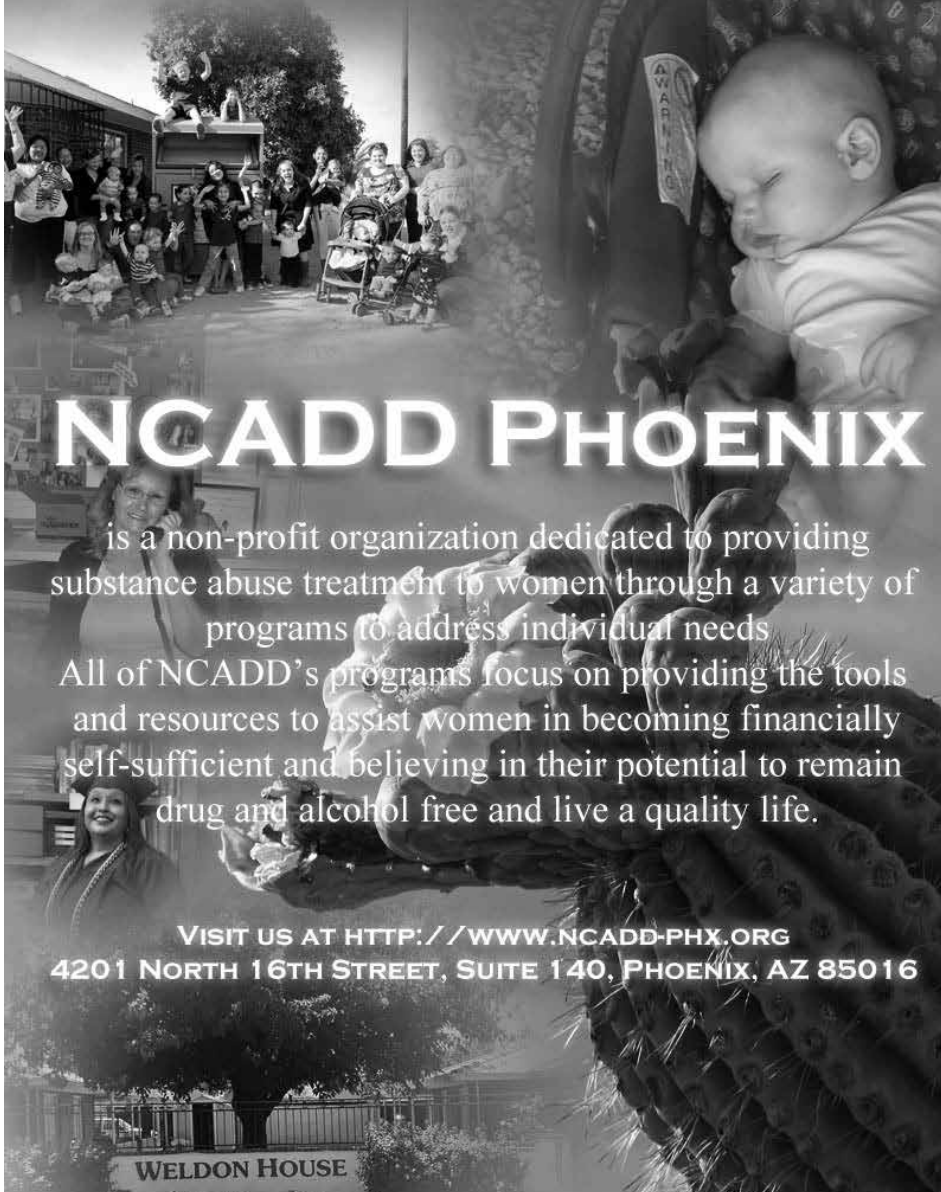


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WELDON HOUSE

Continuum Recovery Center Thriving and Celebrating 3rd Anniversary

Continuum Recovery Center, a Phoenix-based holistic, outpatient addiction treatment rehab, has spent the last few years forging community relationships and establishing itself as one of the leading outpatient addiction center in the valley. While it's been a long and winding road, they're now thriving and celebrating their 3-year anniversary.

Which is quite a feat, considering how saturated the Phoenix market has become with various detoxes, inpatient and outpatient agencies. In fact, according to SAMHSA, there are 197 facilities within a 50 miles radius of Phoenix. That's a lot of treatment options.

How to distinguish oneself in this market?



"I started Continuum because I saw first-hand how devastating addiction can be." —Frank Johnson, CEO

Continuum Recovery Center thinks it's found the answer: from early on, their mission has been offering exceptional holistic addiction recovery within a framework of compassionate, ethical, and advanced business practices — on an outpatient-only basis.

Frank Johnson, Continuum's CEO (also known for being a former NBA player and head coach of the Phoenix Suns) had retired and was seeking a "second act." He decided to invest time and resources into manifesting a vision for a safe refuge to help people help heal from their addictions, along with family and loved ones.

"I started Continuum because I saw first-hand how devastating addiction can be, even those with great talents, abilities, and intelligence," says Johnson. "It doesn't discriminate. I personally don't suffer from the disease, but I've witnessed the downward spiral of several close family members and friends and I felt a calling to get involved and make a difference."

But running a successful treatment agency isn't easy under the best of circumstances. Juggling schedules, licensing and accreditations, staffing, and ensuring positive client outcomes are crucial. An experienced and effective operator can make the difference.

Frank and his partners tracked down Liz Martin, who was living in Seattle at the time. Martin is Continuum's Chief Operations Officer and had just finished an 8-year tenure running and growing a renowned residential treatment center in Arizona. She was taking a much-needed break and enjoying being close to her family. Then her phone rang.

"I was working as an executive consultant when Continuum called. They explained the opportunity: help create and develop a new outpatient agency," says Martin. "I flew back to Phoenix and immediately saw the potential. It was the perfect opportunity to put my skills to work to develop my 'dream' holistic program. A month later, I was living back in the valley full-time."

Martin immediately busied herself with developing PHP, IOP, and OP programs, incorporating best practices from her previous experience, built on a foundation of smart management and operational efficiency.

She also called on her network of contacts and recruited some Arizona's most renowned clinicians, licensed professionals, and other skilled behavioral health staff to help her build a truly integrated program.

A Holistic Approach to Recovery

The word "holistic" gets tossed around a fair amount. But what exactly does it mean? "Our approach is to help people heal in body, mind, and spirit," says Martin. "We don't just fix a piece of a person. We heal the whole individual."



Continuum was one of the first centers in Phoenix to fully embrace the holistic outpatient model. In addition to group and individual cognitive behavioral therapy, they began offering clients a full spectrum of classes, including physical fitness training, courtesy of Coach Carl (a former NFL coach); weekly yoga and mindfulness meditation; music and art therapy; nutrition; and naturopathic approaches such as B-12 shots, vitamin supplements and acupuncture from Dr. Dave Arneson, a much loved naturopathic doctor with a deep history in the Phoenix treatment community.

Continuum also prides itself on being highly flexible, offering tailored programs and schedules designed to work with client's needs. For example, their IOP includes morning, afternoon, and evening programs, which can be a huge help for someone who's working or has other responsibilities during the day.

"Not everyone needs the traditional in-patient treatment programs," says



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Martin. "For some, it's a high threshold to go in-patient for 30, 60, or 90 days. For working people, parents, students, or anyone who needs to maintain existing responsibilities, we give them the ability to get well with minimal disruption to their lives."

"One of our core strengths is definitely our incredibly knowledgeable and passionate staff. The entire team is 100% focused on helping clients recover through our high-quality integrated programming. We're trying to make recovery accessible to as many people in Phoenix as possible," says Martin.

And what does the future hold for Continuum Recovery Center? Of course, all we really have is today, but Martin remains committed to building an enduring legacy of wellness and, in her words, a community of "raving fans."

"As we like to say, 'not everyone heals the same way'" says Martin. "Ultimately, we want our clients to achieve long-term recovery and re-enter society as parents, workers, providers, sons and daughters, restored to health and well-being for the long haul."

Judging from the last three years, with hard work and determination, Continuum will continue leading the way in addiction treatment and help Phoenix's recovery community grow stronger in the process. For more information visit www.continuumrecoverycenter.com or call 855-549-3951.

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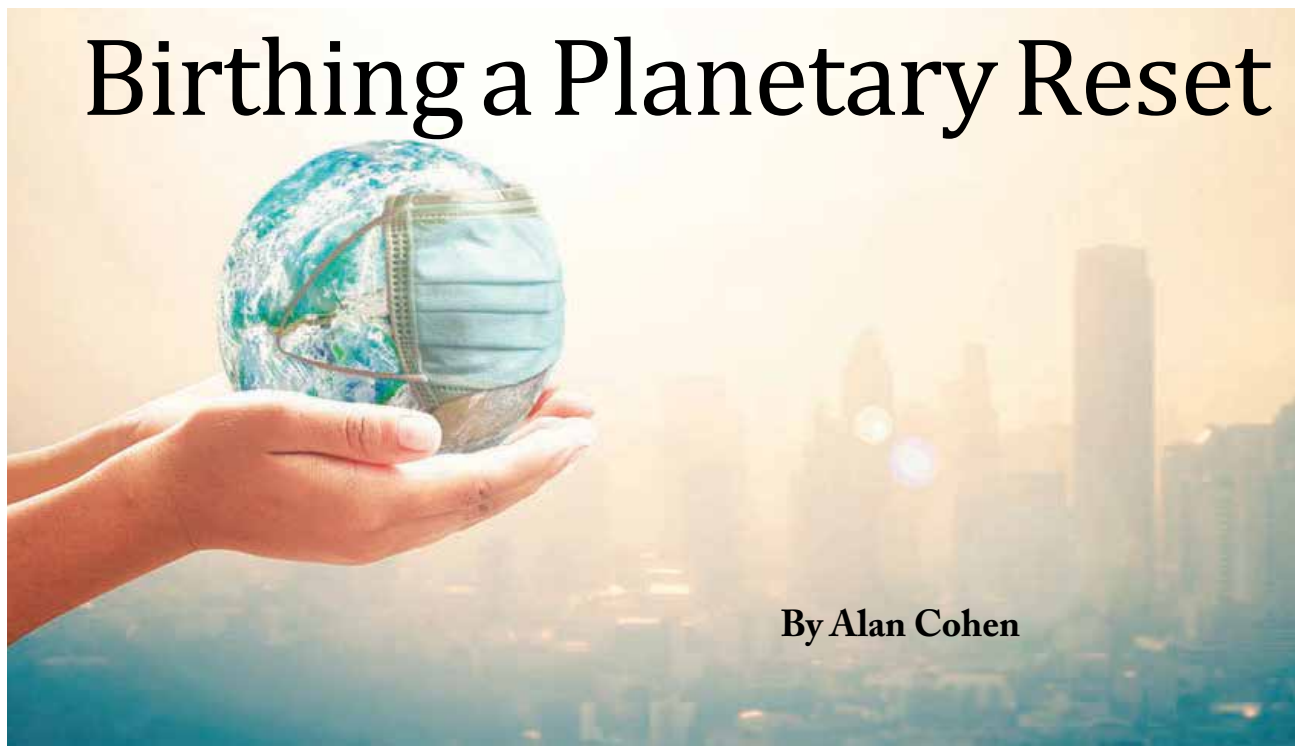


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Birthing a Planetary Reset



By Alan Cohen

The world is not the same place it was just a few months ago. The pandemic and economic downturn have put humanity's activities on pause and caused nearly everyone to make significant lifestyle changes. We are required to stay home, conduct business from our living room, homeschool, and face family issues we have shoved under the rug for a long time. We are commanded to not touch each other or our faces. Just a short time ago no one imagined any of this would happen.

When the pandemic began, I wondered "What good could possibly come of this?" Now some answers are obvious. For one, we are present with our families at a new depth. A friend sat on her porch and enjoyed a meaningful two-hour conversation with her 14-year-old son, an interaction that would never have happened otherwise. A Japanese woman who had a big argument with her parents before she went on a trip has returned to live with them, and has made peace with them unlike ever before. A Portuguese woman who was denied entry to England for a work visa, discovered two frail elderly people in her apartment building, who she is now cooking for, and picking up prescriptions. People are connecting with old friends and new acquaintances from far reaches of the globe via Zoom. We are valuing loved ones we belittled and jobs we once complained about. Meaningful moments are happening that we were too busy to enjoy.

It takes a lot to get our attention, but this event has succeeded. Let us reframe it not as a curse, but a wake-up call. Albert Einstein said, "In the middle of every difficulty lies opportunity." "What can I do

to maintain my inner peace and help others?" we ask. "How can I use this experience to improve the quality of my life after the lockdown has been lifted?" "Who am I as I now recognize I am united with every other person on the planet in a common goal?"

The answer is simple: Be the light amidst apparent darkness. Your joy, gratitude, and creative self-expression serve humanity and the planet far more than anxiety. Misery has enough company. The world needs people whose minds are clear, confident, and connected to Higher Power. We have meditated, prayed, done yoga, sat at the feet of gurus, and aligned our chakras at Sedona vortexes. Now is the time to put our training into action. **Boot camp is over.** Now we must apply what we know and live the teachings instead of just talking about them, waiting for non-physical entities to save us, or hoping our kundalinis will rise. It's showtime.

The pandemic will pass and the economy will recover. But we will have experienced an event unprecedented in human history: a planetary reset. We will have reprioritized our values and recognized the preciousness of our lives and those we love. We will be glad we have jobs to go to, schools to educate our children, the ability to venture out of our homes, the exhilaration of walking in nature, and the safety to touch each other. Things we now take for granted or even complain about will reveal themselves to be blessings. Let us rise to higher and abiding appreciation for the immense good in our lives. Let us use our time and experience wisely.

The beginning is near.

Have you heard of Eric's House?

Have you been impacted by suicide, substance or other traumatic loss? Is the weight of your grief so heavy you don't see a way through? Hello to everyone in the Together AZ family. I'm grateful for the opportunity to reach out to you about a very unique organization in the Valley. Eric'sHouse Inc. was created to help anyone suffering the traumatic loss of a loved one. When the unthinkable happens, there is support for those left behind...a community built to offer information, comfort, companionship and resources to help you navigate your grief.

Eric'sHouse is a non-profit organization dedicated to providing integrative grief care to people who have been impacted by suicide, substance and sudden loss. We support the emotional, physical, and spiritual healing for those left behind in the aftermath of these devastating losses. Our team of counselors, life coaches, spiritual directors, intuitive healers, and holistic health practitioners help people navigate their grief so that they may move beyond their loss.

When you call Eric'sHouse you will have the opportunity to talk with a trained specialist and review all of our offerings to see which are right for you and your family. We welcome conversations about your loved one without shame, only compassion and comfort.

We have taken all of our services, counseling sessions, grief groups and webinars and put them online. There is no charge to join any of our virtual sessions online, but you must register. Go to www.ericshouse.org and click on events to see the full calendar.

From our Founder, Marianne Gouveia

Eric'sHouse was founded in 2017 to offer hope and healing to those who are coping with suicide or addiction loss. I lost my own son, Eric James, on February 27, 2016. He was a victim of the opioid crisis which led him to the fatal decision to end his life by suicide. My mission and the mission of this organization is to provide healing support, education, and resources to people living in the aftermath of a suicide or death from addiction. Eric'sHouse offers a community forum, variety of resources and useful tools to help transform grief so that a sense of well-being and purpose can be restored to the lives of survivors.

In 2015, there were approximately 44,200 deaths in the U.S. due to suicide, which means that every 12 minutes someone lost their life by their own hand. According to a recent report by the Centers for Disease Control and Prevention, approximately 600,000 U.S. citizens died by suicide from 1999 to 2015, which is 28 percent increase. Suicide and opioid addiction can overlap with other problems, including chronic pain, other addictions, mental disorders, and disruptions in social support. Whether opioid overdose is unintentional or intentional, since the year 2000, more than 300,000 people in the U.S. have died due to prescription drugs and illicit opioids.

My son struggled with addiction. He had many months of sobriety, but on December 31, 2015 he relapsed. The shame and disappointment he carried in his heart created a moment that led to him leave this earth at the young age of 27. His death and my grief prompted me to want to reach out to other survivors in the aftermath of suicide or death to opioid addiction — to offer support, comfort, and healing. My hope is that Eric'sHouse provides this and more to those who have lost loved ones.

Though difficult and sometimes painful, it is possible to integrate traumatic loss into your life in a positive way. Those of us left behind in aftermath of suicide are forever changed. We will never stop missing our loved ones, but we carry on and can live joyful and fulfilling lives. We invite you to memorialize your loved one, share your stories, and take full advantage of the resources we have made available so that you can heal as gracefully and fully as possible.

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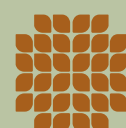
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COVID Constraints Requires Community Ventilators

There is a race to find enough ventilators in major metropolitan areas across America. While a ventilator does not cure COVID-19, it is a fairly fancy piece of technological equipment which is designed to breathe for somebody who is unable to breathe effectively on their own. Getting enough oxygen into the blood-stream and carrying carbon dioxide out is an essential function of the lungs that COVID-19 attacks. The ventilator is especially helpful to carry out the carbon dioxide. In a pandemic, we need as many ventilators as we can access around the world.

Pandemics have a paradoxical way of promoting community. In a world of division and diverse interests, a mysterious pandemic sardonically forces a kind of tolerance that survival demands. It's sort of like Pi being stranded on a lifeboat with a Bengal tiger. Two unlikely companions who must create tolerance of the other merely to survive. There are a few across our country who promote theories about who is to blame for this virus. Yet, most try to cooperate by sheltering in place in community. The result has been a growing tolerance and appreciation with increased compassion in the midst of our country's rich diversity.

Helen Keller once said, *"tolerance is the first principle of community; it is the spirit which conserves the best that all men think."*

In recovery, connecting with the common shared weakness of another addict provides the ventilation so necessary for tolerance to grow and maintain long term sobriety. When weakness isn't share, the ventilations stops and recovery life is threatened.

COVID-19 constraints threaten the ventilation so necessary for ongoing sobriety growth and maintenance. The life blood of recovery requires the ventilation that is created by listening to a story of common shared brokenness.

Sheltering in place means I stop going to face to face meetings. The risk of suffocating ventilation accelerates when I slow to reach out through virtual meetings or connect with recovery program people. It is subtle yet a powerful inhibition while sheltering in place. The lack of human connection weakens tolerance for others and ego begins to take up more space. Eventually, I lose the recovery insight that fosters bonding among people who have gone through the same crisis. The ventilation so needed in recovery becomes stagnant. I stop respecting where I may be different from someone else because I am not connecting with where others are like me. The oxygen that comes from human connection stops and the poisonous emotions of self pity, resentment and isolation clogs the ventilation that community brings.

In order for necessary tolerance to continue in recovery what is needed is that we become our own community ventilator. Listed are five suggested steps that form the acronym VOCAL toward cultivating healthy ventilation in the presence of COVID-19 constraints.

- V**ision—Tolerance within self and toward others depends upon the ventilation created by a sense of VISION. What we think about expands our reality. If I dwell on isolation, it will become the narrative that will dominate my existence, However, if I envision tolerance and acceptance regarding what I am facing and what others are confronting, that is what will expand. In this way, I transform the concept of constraint into an energy that generates tolerance and allows for me to remain present in the here and now. Vision lowers anxiety and fuels tolerance for the present moment.
- O**pen- toward differences. Addicts have experienced a sort of pandemic with destructive behaviors brought on by their own actions. The constraints of sheltering in place can stimulate closing your heart toward recovery with judgment of self and others which trigger isolation and constrict tolerance. On the other hand, an open heart to what is uncertain and different can help to connect with others who share the same struggle and shared addiction. An open heart cultivates community ventilation that provides diverse support to all and promotes tolerance in the midst of adversity.
- C**operation— not competition. When facing a pandemic, COVID-19 or addictive craving, cooperation is needed. Cooperation can take what is and spread it around and make it enough. It doesn't fragment. Competition fractures community with a zero sum mentality of winners and losers. In the presence of pandemic, the spirit of competition chokes the ventilation. Whereas, a spirit of cooperation acts as a community ventilator which cultivates and expands the present resources so that there is enough in the present, not only for me, but for all.
- A**ceptance of those who are different. A community ventilator generates acceptance of what is and toward others. Without this ventilation as an addict I will be stifled with narrow mindedness. The ventilation of recovery gets clogged and I no longer see different views and experiences of others without judgment. Tolerance begins to suffer. I struggle with my own self acceptance. I begin to struggle with wallowing in self hatred because of past recovery failure. I use "power over" tactics to control others.. Yet, through acceptance I create a "power with" strategy that ventilates community with cooperation, self and others esteem and connection.
- L**istening: to the hearts of self and others. In recovery, when I stop listening to my heart and the soul and spirit of the world around me, tolerance begins to fade in the presence of narrow minded bigotry.

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Community recovery requires the ventilation of carefully listening to ourselves, our bodies and to each other. Powerful emotions of sadness, anger, emptiness and anxiety are examples of what can be framed as "the voice of God". If we listen to our emotions, our bodies and each other, it becomes a ventilation of awareness that promotes tolerance toward self and others.

You can read more insights about the importance of embracing every day experiences in recovery from Ken's newly released book "Dare to Be Average- Finding Brilliance in the Commonplace" - published by Daily House Publishing and currently on sale through Amazon.com.

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Anxiety from page 1

eating disorder can lead to anxiety about fear of self-image, gaining weight, and societal pressures. However, often it is the anxiety disorder that triggers and/or perpetuates the eating disorder. With anxiety, one may feel out of control, leading to an individual to turn towards eating and food rituals to try to feel in control over their life. Eating is the one area in our life one can exercise complete control. And behaviors such as restricting, binge eating and purging (either from self-induced vomiting, exercise, or taking pills such as laxatives) are described as eliciting a rush or a high or a relaxing/numbing sensation and may be a way of regulating emotional distress. While the person feels they are regaining a sense of control and lowering their anxiety, they may be making unhealthy nutrition and dangerous decisions that can have devastating long-term consequences.

Seeking Help

Seeking help for anxiety and eating disorders is the best possible solution to help individuals achieve long-term recovery. Prognosis is improved when people seek professional treatment early. If you or someone you know has an eating disorder, please seek care with an eating disorder specialist as long-term recovery is possible and treatment providers can help one overcome both an eating disorder and anxiety.



Dr. Amelia Davis is the Medical Director of Rosewood Centers for Eating Disorders. Dr. Davis is directly involved in the psychiatric, medical, and neurological evaluation of patients with eating disorders and is an active member of the multi-disciplinary evaluation and treatment team, which coordinates patient care for a range of eating disorders and conditions. For more information visit www.rosewoodranch.com, to speak to a Rosewood Specialist, call 833-200-7644



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COVID and Living with Uncertainty

Earth’s most brilliant medical minds don’t yet understand the subtle mysteries of the Covid-19 virus. Will they find some stopgap therapy to arrest its progression into a fatal disease? Will they develop a vaccine to prevent it? We have no definitive answers for these questions. As a result, you’re forced to live in uncertainty. Will you get the virus? If so, will you be hospitalized or die? If you don’t contract it, how long will you be forced to stay inside? If you’ve lost your job, will you get it back? If your business has been hard hit, will it recover?

These are some of the uncertainties we’re forced to live with recently. But then don’t we always live in uncertainty? If you answered “No,” can you tell me with certainty you’ll be here breathing in the next five years, five months, or even five minutes? Nobody can — because nobody can extend their breaths by one when their proverbial time is up. Breath is something literally done for you; the same may be said for the beating of your heart. These biological functions, which are required for life to continue, are done outside our control. It’s not like you’ve consciously delegated it to someone else. Your breath and beating heart are gifts from a higher Power. When these gifts stop.... only God knows. Literally.

Life itself is an uncertainty

You suppressed that reality because dwelling on it might freak you out so much it could give you a heart attack, and end the very thing you’re worrying about. Talk about irony!

Even scientists, who pride themselves on predictability, have embraced uncertainty. In 1927, German physicist Werner Heisenberg proposed the Uncertainty Principle, whose complete definition would put you to sleep. In short, it states the more precise you know a particle’s the location, the less you can know with any certainty its momentum. He was awarded the Nobel Prize in Physics for “the creation of quantum mechanics.”

Uncertainty and Wisdom

Living without certainty is actually a sign of wisdom. Zen popularizer Alan Watts wrote a book called *The Wisdom of Insecurity*. Socrates, considered the wisest man in Athens, if not the whole

world in his day, said he was considered so because he knew that he didn’t know. Maverick teacher Werner Erhard, who developed est and the Forum, said there are things you know, things you know you don’t know, and things you don’t know you don’t know.

We have so little control on this spaceship we’re on. Another thing you have no control over are the actions you take. You certainly have control over whether you have chicken or pasta tonight. It’s the results you have no control over. Krishna, the teacher in the Bhagavad Gita, the textbook of Yoga, said, “*You have control over action alone, never over its fruits.*” (chapter 2, v. 47, Maharishi Mahesh Yogi translation) You can give the best new business presentation the world has ever seen, and you might not win the account. As the saying on my desk says, “You want to make God laugh? Talk about your plans.”

On the other side of the world from India, a great mystic in the Middle Ages wrote a magnificent book about the process of becoming spiritually enlightened called *The Cloud of Unknowing*. The author, whose name is as unknown as the Unknowable Itself, wrote the way to realize the highest Reality is to let go of any specific concepts of that higher Power’s attributes, and let the mind go; surrender to “unknowing” and then you may get a glimpse into the extraordinary nature of that Reality. Indeed it is in letting go—of attachment, of perception, thought, feeling—that the mind can transcend in meditation. As a teacher of Transcendental Meditation for decades and founder of Higher Self Healing Meditation, I can say from the experience it’s in the act of letting go, of not trying to control the process, that I’ve seen hundreds of people experience their higher Self at the transcendental level of their minds.

So if all of this lack of control freaks you out you might want to take a walk into your kitchen and reach for a pint of ice cream. Just remember, that soon after, your digestive system will take over the digesting of it, will then send the nutrients throughout your bloodstream to the cells of your body. And at some point—maybe in the middle of your deep sleep—you’ll be awakened and will head to the bathroom to excrete the rest of it away.



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!



What to do if someone you know is experiencing sexual or domestic violence

- Don't be afraid to let them know you are concerned for their safety**
Tell them you see what is going on and you want to help.
Help them recognize what is happening is not normal and they deserve a life free from violence.
Acknowledge they are in a very difficult and scary situation.
Let them know the abuse and/or assault is not their fault. Reassure them that they are not alone and there is help and support available.
- Be supportive**
Listen to them. Remember it may be difficult for them to talk about the violence. Let them know you are available to help whenever they may need it. What they need most is someone who will believe and listen to them.
- Be nonjudgmental**
Encourage them to talk to people who can provide help and guidance.
Find a local sexual assault or domestic violence program that they can connect with. If they have to go to the police, court, or a lawyer, offer to go with them for moral support.
- Discuss safety concerns with them**
Remember that a survivor knows their situation best. It's important to talk with them about how to access resources for identifying safety plans. You may have ideas about what they should do but it's important that you allow them to make their own choices.

Important Phone Numbers

Arizona Coalition to End Sexual and Domestic Violence Helpline:
(602) 279-2900 1 (800) 782-6400
www.acesdv.org/helpline

National Domestic Violence Hotline:
1 (800) 799-SAFE (7233)

Rape, Abuse & Incest National Network (RAINN) Hotline:
1 (800) 656-HOPE (4673)

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(Female 18+)
Worship or Women with Children
Casa Grande, Arizona
520-838-5030

SPRINGBOARD
Home for Adolescent Girls
(Female 12-17)
Tucson, Arizona
520-887-8773

PREVENTION

THINK ABOUT IT*
To schedule a Drug Prevention Presentation for your group or school, contact the Public Relations office at 602-271-4084

WE CAN DO THIS.

STAY CONNECTED

During this time of uncertainty it is crucial to keep our community armed with resources for support. The providers listed below are available to assist you. Call them. **Barbara Nicholson-Brown**

TOGETHER AZ 602-684-1136

ADVERTISER LISTINGS

Arizona Addiction	602-737-1619
Arizona Addiction Recovery	888-512-1705
Aurora Behavioral Health	877-870-7012
Buena Vista Health & Recovery	866-739-1642
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

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



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

Are you a writer in recovery looking for guest blogging opportunities? Perhaps a writer that strives to help others achieve and remain long-term sobriety? We would like to feature your work and let it inspire others. Together AZ is about getting the message of recovery out and in front of as many people as possible. We strive to provide resources to those who are seeking recovery or those who have been sober for a while and want to be of service by writing articles/blogs. Together AZ provides articles on a wide array of topics pertaining to sobriety and wellness, healthy lifestyles, addiction treatment options, as well as hobbies and travel. If you have an article or topic that you feel would bring value to TogetherAZ, reach out to us!

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