

Together AZ

JULY 2020

Inspiring Success on the Road to Recovery

A Disease of Isolation: *Pandemic Puts Recovery at Risk*

By Shawn Gallo, LISAC, Cari Durre, MBA
Calvary Healing Center

Before the pandemic, navigating recovery had plenty of challenges. A variety of barriers could present themselves at any given moment, but success was contingent upon the ability to show up and do the work. For many, this includes connection and fellowship in the recovery community, and engaging through self-help groups, such as Alcoholics Anonymous (AA). These groups provide safety and security in one's sobriety. When this is taken away, we are putting an entire community at risk. The coronavirus pandemic has transformed everyday life for all people, but it is especially different for the recovery community while an epidemic is still threatens lives.

"Addiction is a disease that thrives on isolation and shame, with connection and hope as keys to recovery," says Ramsen Kasha, Chief Executive Officer at Calvary Healing Center. "For those who are dealing with disease during our current pandemic, the one thing that is required to treat their disease is discouraged as it puts them at risk for the pandemic. Additionally, many enter treatment due to consequences of their use. With people not interacting in-person with family, friends or the workplace, the likelihood of consequences decreases, allowing use to continue."

Alcohol Sales Skyrocket

Alcohol consumption and sales have skyrocketed throughout the pandemic. Many news outlets were reporting over 50% increase in sales during the height of the stay-at-home orders issued throughout many states. While it is safer to stay home and minimize the spread of COVID-19, addiction specialists advise to proceed with immense caution.

Professionals warn a major surge of relapse could result. Lorie Sirola, Clinical Director at Calvary Healing Center states, "Relapses generally fuel from feelings of loneliness (isolation), anxiety, loss of social support, and boredom. Recovery and 12 step groups offer a social support network and safe place to heal from emotional, mental and physical wounds. In the absence of these support groups, isolation and emotional distress can be significant triggers to relapse."

As we continue to social distance, it is no surprise to see the vast rise in telehealth services being offered across the country. For those specifically struggling with substance use disorders, we expect



Photo: I Stock.com

"In the absence of support groups, isolation and emotional distress can be significant triggers to relapse."

that they pick up the phone, tablet, or computer and connect with professionals to continue treatment. It sounds easy, but for some, this can be extremely difficult. With access to telehealth services continuing, the shift to accepting virtual care is happening. Outcomes are trending in a positive direction. While the pandemic has fostered isolation, it has also generated an enormous amount of innovation and ingenuity.

At Calvary Healing Center in the past three months, telehealth/telemedicine progress has seen great success. This is extremely promising for a community that thrives on in-person gatherings. People who were previously unable to receive services in person due to lack of transportation, living in remote area, medical problems, social and generalized anxiety, childcare, time constraints, etc. can now receive treatment virtually.

Another encouraging development in telehealth services is that clients report being more willing to self-disclose over this platform. Some patients with a history of trauma say they feel more secure sharing and interacting virtually versus face-to-face. This also extends to the family of loved ones struggling with addiction. Regardless of where they may be,

services can be easier to coordinate.

Telemedicine has some medical providers streamlining the delivery of their services, which gives patients ease of access to scheduling appointments and minimized wait times. Many patients are now able to receive consults and second opinions from specialist providers.

Whether we like or not, the internet is an integral part of many aspects of our society. The move to telehealth has enabled many patients to become more comfortable with the use of online technology. Once they are over the technological hump, patients are finding ways to improve their mental health through time management, and tackling issues they previously avoided in-person.

"We are here to care for others. That is our job, choice and calling," said Ramsen Kasha, CEO at Calvary Healing Center. "We understand our community is at risk, but we will be here doing our best to innovate and provide sustainable recovery."

For more information about Calvary Healing Center visit calvarycenter.com. 602-279-1468 or Toll-Free: 480-359-2224



SCOTTSDALE RECOVERY CENTER
Recovery For Life

1-888-NODRUGS





Publisher's Note

By Barbara Nicholson-Brown barb@togetheraz.com

It's A "We" Deal

— *Bill Brown*

Last month I celebrated 30 years clean and sober. I reflected on the destructive behaviors which ruled my life. I was powerless.

Until I entered the rooms of my 12-step program, I had no idea I was powerless. It was easier to blame my genetics; where I lived, the job I had or the friends who just didn't get me. I learned to look outside my world and point the finger at my circumstances, rather than myself. I lived in a bubble filled with shame, guilt, fear, delusion, blame and anger. Someone told me early on, **don't ever forget your last drunk**. I haven't.

Early on it was difficult to ask for help. "Why am I going to come clean to complete strangers and share my awful secrets? Won't they throw me out?" I wondered, "Are all these people just like me? They can't drink either?" Understanding that concept was an eye opener.

Then it started to resonate; the fellowship, the sober people I began to meet — we were in this together and it was a 'we deal'. Bill Brown told me that on our first date and throughout our marriage, up until the day he died.

I've learned I cannot sponsor myself, be my own therapist or best judge of what is right. I need help and have to ask for it.

I have learned to swallow my pride and become willing to be vulnerable in front of you. My ego will tell me I can figure out problems alone, but when I listen to all the crap I tell myself, I'm headed in the wrong direction.

The "we" deal is a simple formula. First and foremost is my Higher Power, then a sponsor, sticking with fellow sober travelers and helping others. Listening instead of lecturing, being open to new ideas and reaching out my hand.

It's about us. To everyone trudging the road, thank you for getting me where I am today. I am here for you.

Please stay safe and healthy!

Thank you to our contributors for this month's edition of Together AZ.

Join our e-blast list

Sign up at info@togetheraz.com



NOT EVERYONE HEALS THE SAME WAY

No labels. No judgements. Just your best life.

Continuum Recovery Center is Phoenix's boutique neighborhood outpatient treatment center, focused on holistic and personalized healing from drug and alcohol dependency.

Day Treatment (PHP)
Monday through Friday

Intensive Outpatient Treatment (IOP)
Morning, Afternoon & Evening Classes Available

Outpatient Treatment (OP)
Group and/or Individualized Therapy, As Needed

Medication Assisted Treatment (MAT)
Suboxone, Naltrexone, and Vivitrol can be used to help reduce cravings

Call Now: 877-893-8962
www.ContinuumRecoveryCenter.com

STAY CONNECTED

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

Email us:

barb@togetheraz.com or
info@togetheraz.com

Together AZ

www.togetheraz.com
602-684-1136

Email: barb@togetheraz.com

Recovery Together Enterprises, LLC
10105 E. Via Linda, Suite A103-#387
Scottsdale, AZ 85258

Published Monthly Arizona's Addiction Recovery Newspaper
Since 1991



FOUNDER & CEO: H.P.
In gratitude and the memory of
William B. Brown, Jr.
Publisher/Editor/Sales
Barbara Nicholson-Brown
Advisors
Rick Baney
Dr. Dina Ewan
Bobbe McGinley
Stephanie Siete
Website: COHN MEDIA

PCS | PSYCHOLOGICAL
COUNSELING SERVICES
HEALING HEARTS & TRANSFORMING LIVES



The **PCS Intensive Outpatient Program** provides an innovative and alternative treatment options for your clients:

- Struggling with addiction, trauma and/or affective disorders
- Needing a boost to the work provided by the primary therapist
- Seeking an alternative to residential care

Our 8-day program is trauma focused for individuals and couples.

68 hours of therapy – 35 individual – 23 group and 10 psychoeducation.

480.947.5739 - www.pcsearle.com
7530 E Angus Drive, Scottsdale, Arizona 85251

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.



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

Get involved. Call us 602.264.6214

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



SCOTTSDALE
RECOVERY CENTER

SCOTTSDALE
RECOVERY CENTER

ARIZONA'S
PREMIER ADDICTION
TREATMENT FACILITY

1-888-NODRUGS
www.scottsdalerecovery.com

COVID-19 Affecting Access to Addiction Treatment

Individuals with a substance use disorder are finding it challenging to continue needed services during the pandemic, from recovery support meetings, SUD treatment, and naloxone services to reverse an overdose, new survey results indicate. Addiction Policy Forum conducted a pilot study to better understand the impact of COVID-19 on individuals with a SUD and to inform future research. A web-based survey was administered to our network of patients, families and survivors between April 27 and May 8, 2020. The survey was completed by 1,079 patients and impacted individuals.

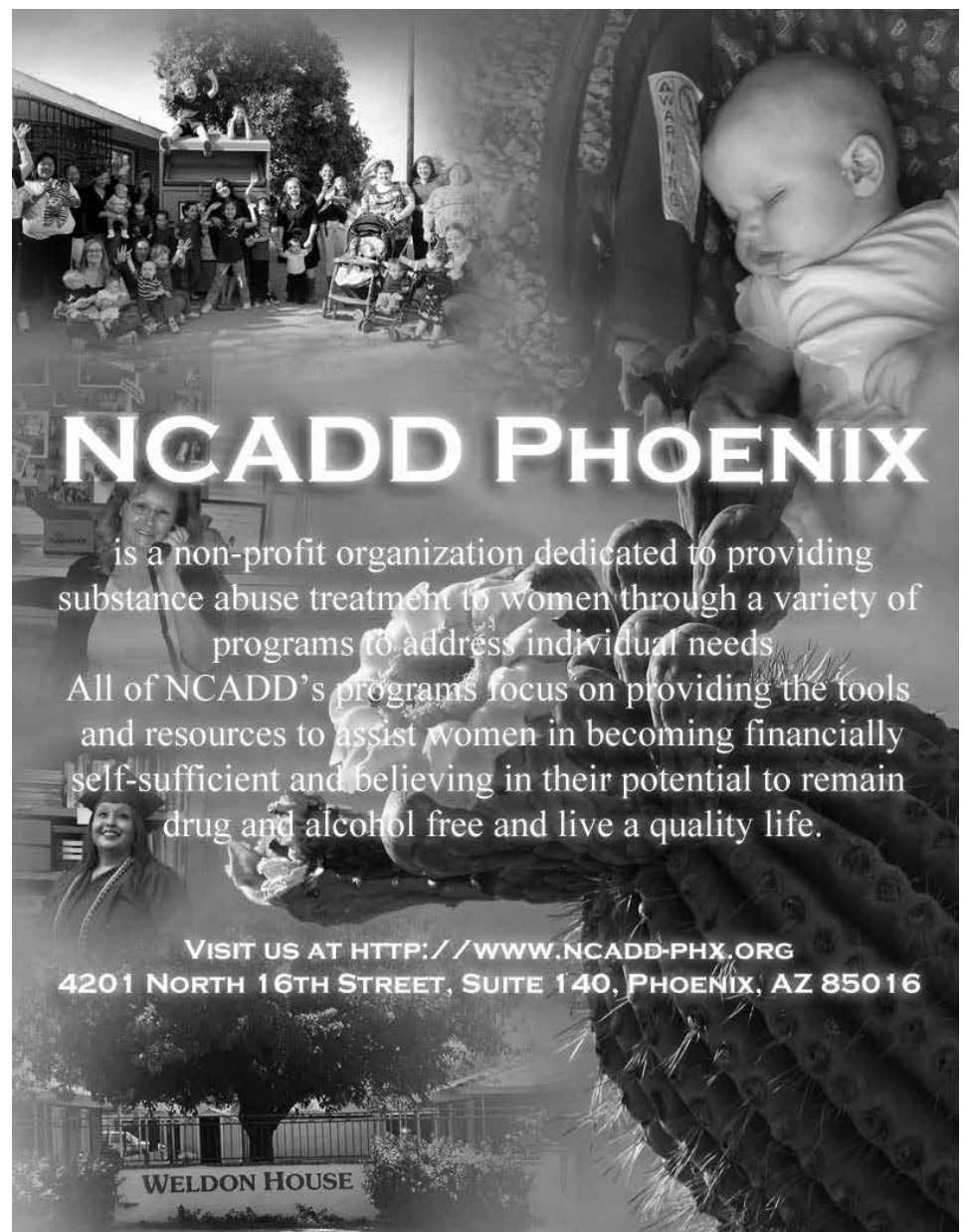
Key Takeaways:

- 1 in 3 (34%) of the respondents reported changes or disruptions in accessing treatment or recovery support services.
- 14% say they were unable to receive their needed services and
- 2% say they were unable to access naloxone services.
- 20% reported increased substance use since the pandemic began.
- Nationwide, 4% of respondents reported an overdose has occurred since the pandemic began. The South Atlantic region reported the greatest number and percent of overdoses.
- The top emotions reported are worry (62%), sadness (51%), fear (51%) and loneliness (42%).
- 87% of those who report access disruptions also report emotional changes since the pandemic began, compared to 72% of those who do not report access disruptions.
- 48% of patients and families reported fear of becoming infected with as a top concern, followed by spreading the virus (46%) and social isolation (40%).

“The COVID-19 pandemic creates significant challenges for those struggling with addiction,” said Jessica Hulsey, president of the Addiction Policy Forum. “From patients in treatment, to those in recovery to family members and caregivers, too many are struggling with disruptions in care. The data show the presence of continuous stress and triggers and absence of coping and support mechanisms are coinciding with emotional distress. This may equate to an increase in relapses and overdoses nationwide.”

“This research provides insight into the experiences of patients and impacted individuals on the emotional and health consequences of COVID-19, including overdose rates and barriers in safely accessing care during the COVID-19 pandemic,” added Hulsey. “We need to enhance services to better meet the needs of our community.”

The study was conducted with contract funding from the National Institute on Drug Abuse, part of the National Institutes of Health.



NCADD PHOENIX

is a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address individual needs. All of NCADD's programs focus on providing the tools and resources to assist women in becoming financially self-sufficient and believing in their potential to remain drug and alcohol free and live a quality life.

VISIT US AT [HTTP://WWW.NCADD-PHX.ORG](http://www.ncadd-phx.org)
4201 NORTH 16TH STREET, SUITE 140, PHOENIX, AZ 85016

WELDON HOUSE

Let Freedom Ring—in Me

By Dina Evan, Ph.D

As a therapist with 40 years of counseling under my belt, I could not even begin to tell you how many times I've heard the expression, “He makes me feel” or “She makes me feel.” And clients are usually ready to grab their coats and walk out the door, when I suggest that no one else ever makes us feel anything. We choose to feel whatever we feel and usually those feelings come from that little or huge bag of life experience we carry with us everywhere start from infancy.

Acceptance is Freedom

The deepest kind of freedom comes when you are finally able to accept YOU, be exactly who you are, and offer the same freedom to others. When we are able to accept the feelings of others, knowing that does not condone or condemn their feeling, nor does it require us to change what we feel or believe. Instead, it creates the understanding that we each experience the world through a different lens and all of those differences require respect.

The world is filled with people who will try to tell us what we ought to think and feel, however, there is only one voice to listen to. It is your voice — the voice of your own integrity and values. Staying in alignment with that voice creates personal empowerment and a sense of safety. There is no greater sense of sadness or disappointment than that of disappointing ourselves when we act and speak with a lack of integrity. I often call this time in our history a holy moment because we are afforded every day, with opportunities to see what we believe and also see if we have the courage to stand up for that belief and act on it.

When we give ourselves the freedom to be authentic, we open the door for others to do the same. That opens the door to deeper and more meaningful communication and growth. We are so afraid to hear what others think we often stay close-minded, rather than taking the chance to learn something new.

If we can take it for granted that most people don't actually want to deliberately hurt others, then having a conversation becomes easier. If we can move from, “That's a stupid idea,” to “Have you thought of or considered...” that opens the door to greater receptivity. When it comes to deep conversation, I often think the word “you” should be left outside the door and replaced with...” What I know would work better for me is,” or What I need in a relationship is...” This prevents the other person from feeling shamed or made wrong and they stay more open to listening.

Most of us are feeling petty isolated now, but this challenge doesn't prevent us from talking to each other by phone, Facetime and lots of other ways. It might be a great time to have deeper conversations. In fact, putting a Zoom group together with a new topic each week could really be exciting.



Freedom and Diversity

When we talk about freedom, we also have to talk about the beauty and value of diversity. In some ways we are all different, however, we still live in a time when it feels scary to get close to a person who is too different from us. Whether it's an elderly person, a LGBTQ person, a person of color or different gender... no matter what it is — somewhere inside we carry this flashing red sign that says danger. It's important to realize that danger sign is because we don't trust ourselves to remain authentically who we are. Can you imagine for a minute all the different things you could learn from just a single hour with any one of these people and how much that might enrich your life?

The most precious truths I ever learned came from sitting at the knee of my 88 year-old friend Irene who taught me tolerance, patience and humility.

Freedom is having the courage to admit you don't know everything there is to know — and you are open to adding more to your tool bag so when you leave here you can honestly say, I did what came here to do and I was who I came here to be.” Light a firecracker and opt for that.



Dr. Evan is a Marriage, family, 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.

From the Streets to the Road to Recovery

By Gwen Henderson

On the night of August 1, 1997 a chain of events occurred that changed the course of my life. I was in the depths of addiction to alcohol and crack cocaine and knew I couldn't go on any further. A local Chicago hospital would not admit me because I wasn't a heroin addict. With nowhere to go, I decided to walk to the beautiful Chicago lake-front and jump in, wanting my life to end. But I was rescued by a man who reeked of alcohol, he jumped in to save me. I was taken to a hospital by police officers, who called the Illinois Department of Human Services to pick me up.

A beautiful spirit, Mrs. Perry picked me up and tried to take me to several shelters, but they were full. As we drove, I told her I was an addict. She drove us to her office on the westside of the city, gave me food and a cot to sleep on. I had no money, home or health insurance.

The following day she took me to the Haymarket Center. After three prior attempts at treatment and detox, I was given another chance.

I believe God sent in special angels to get me through the next moments. The intake coordinator, Ms. Jeanette, got me a detox voucher because I was homeless. Due to how weak I was, the tech on duty helped balance me as I washed away the lice, then settled me in bed. August 3, Ms. Jeanette asked me if I knew what day it was. I did not. Politely she said it was my "dry date", and it never had to change.

The next few days I was extremely sick, diagnosed with pneumonia, and sent to the hospital. The fear I felt was overwhelming. I was a 42-year old homeless woman — black woman.

I was told Haymarket Center could not hold a bed but recommended I call every day to keep my name on the waiting list. In the meantime, the detox counselor began to research city, county and federal funding sources for homeless women; women over 40; African American indigent women.

After six days in the hospital I returned to Haymarket Center for the 30-day inpatient program. Fortunately, there were city grant monies to fund substance abuse treatment for homeless African American women.

It warrants being noted that prior to my Haymarket stay, I was able to use my husband's (now ex) insurance. Each time I went to treatment after the first 30-days, my stays were not as long because insurance would not cover it.

In 1996, people were only allowed one, 30-day treatment stay a year. After that, it was called rapid recovery. For an addict like me that did nothing but offer a short reprieve. After 20 plus years, my marriage, I was penniless, homeless and addicted, living on the streets.

After 33 days at Haymarket, I was accepted into a housing program for homeless women, and stayed for 18 months. The program was for indigent women and men, not necessarily recovering from addiction. However, approximately 98% of us were in our first year of recovery. Here I was a 42-year-old homeless, crack addict, but I was very grateful to be alive, with a roof over my head.

Being an African American woman posed challenges that were magnified because of my addiction. I kept taking it a day at a time and after a year in the program, I found a job, and slowly began putting my life back together.

I attended 12-step meetings on a regular basis, continued my individual therapy, and learned more about myself, and trauma. At 18-months, I graduated the housing program and secured my first apartment and a better job. Eventually I went back to college, earning two additional degrees (my first degree was earned in 1977).

Facing the challenges of being an addicted/alcoholic homeless African American woman, sobriety was still obtainable; but, I needed so much help.

I'm been blessed with a life I could not have hoped for. God saw fit to grace me with opportunities that led me to Arizona in 2004. I continue to be blessed to work with so many outstanding behavior health professionals to help individuals obtain sobriety, mental health stability while reuniting with their families, and living healthy lifestyles. I came from the streets, hopeless and beaten. My sobriety means more to me as each day passes. I am grateful to be alive and sober and am here to help.



Gwen Henderson is a Business Development Specialist with Buena Vista Health and Recovery Centers. She has worked 21-years in Mental and Behavioral Health; serving individuals impacted with co-occurring and substance use disorders. Gwen has trained and held various positions in the field, as a Substance Abuse Assessor and Counselor; Case Management Supervisor; Business Development Director; and Executive Director. gwen.henderson@buenavistarecovery.com

Brough Stewart, MC, LPC, NCC

15455 N. Greenway Hayden Loop
Suite C-9
Scottsdale, AZ 85260
480-500-8007
brough@broughstewart.com
www.broughstewart.com



Stewart Counseling Services
HELPING YOU REACH YOUR POTENTIAL



Most major insurance accepted, including **AHCCCS** and **TRICARE**

WE'RE MORE THAN JUST THE BEGINNING

- Medically Monitored Detox
- Inpatient Residential
- Intensive Outpatient (IOP)
- Outpatient Program (OP)
- Medication Assisted Treatment (MAT)
- Cognitive Behavioral Therapy (CBT)
- Dialectic Behavioral Therapy (DBT)

Call **866-739-1642** or visit buenavistarecovery.com



Chandler, AZ • Cave Creek, AZ • Tucson, AZ • Loveland, CO



MENTAL HEALTH AND CHEMICAL DEPENDENCY CARE

When You Need Someone to Talk to...

Free Confidential Assessment- 24/7

Outstanding Care, Compassionate People, Unparalleled Service

Help For: Active Military, Family Members and Veterans:

- ☐ Depression, Anxiety
- ☐ Sleep Disorder
- ☐ Hearing Voices, Hallucinations, Paranoid
- ☐ Sexual Trauma
- ☐ Self-Harm
- ☐ Mood Swings
- ☐ PTSD
- ☐ Drug/Alcohol Abuse
- ☐ Prescription Drug Abuse

Service Members accepted upon referral from their Military Treatment Facility

602-952-3939

3550 East Pinchot Avenue • Phoenix, Arizona 85018
www.valleyhospital-phoenix.com



Who is the Alpha Dog of Your Life?

By Suzanne Berndt, MC, LPC, MHSA
Psychological Counseling Services

People who struggle with attachment issues, addiction, trauma and mood disorders may have a difficult time with a true sense of self. This may be due to growing up in a family of origin where, for various reasons, there wasn't room to explore identity, process feelings and thoughts or share one's experiences with others. Trauma, whether in childhood or adulthood can also diminish a person's sense of self. Trauma can shatter the ego, reinforce the idea that the world is not safe and leave the individual isolated from community. The struggle to reconstitute a shattered ego can be overwhelming.

In addition, depression and anxiety are often fueled by the tension we feel between what we value at our core versus how we behave on the outside in order to please others. If I don't have a true sense of self, I am not the "alpha dog" of my life. An alpha dog knows who he/she is in the pack and everyone in the pack has an understanding of the alpha dog. In this metaphor, the alpha dog is not a bully or trying to one up anyone else. This dog just knows who he/she is and isn't afraid to share it.

"I don't know who I am or what I want or need in my life." This is a common refrain that adult clients share on a regular basis.

The job of a functional adult is to teach people who we are, but when we aren't sure who we are it creates a void in relationships. Even if we have a sense of self, we might find ourselves keeping secrets or lying out of an inherent fear that, *"If I told you who I really am, you might not like me."* We might feel anxious about abandonment and go along to get along.

When I was an undergrad at the University of Michigan I lived with a brilliant woman who seemed to change her major based on who she dated. One semester she was pre-law, the next semester she was a math major, then an engineering student. She changed her interest and possibly career choices just to stay in relationship to her boyfriend(s) and his interests. She was a "tofu girl" and took on the taste of whatever was in "boyfriend pot." Sadly, I am not sure if she ever graduated but she probably had enough credits for a PhD. She abandoned herself in order to overcome her fear of being abandoned by others.

The old saying that nature abhors a vacuum is true when it comes to one's identity

If I am unable to teach you who I am based on

what I value; sharing my wants and needs and ultimately setting functional boundaries to get them met, I can appear to be a metaphorical blank slate to others. As a result, the people we are in relationship with may begin to tell us who we are and how we should operate in life. In effect, because we are not our own alpha dog, they become the alpha dogs of our life. They make assumptions about what we think and feel because we do not express what we think and feel — at least not with authenticity. Eventually, we can become resentful of people telling us who they think we are. If we hang out in resentment we may eventually develop shame and guilt which is a perfect environment for us to act out in order to get our needs met. We often numb our true feelings and thoughts through compulsive/addictive behaviors. This can take the form of substance addiction, sex addiction, gambling, shopping, eating, working, emotional dysregulation regulation, etc. This numbing behavior keeps us even further away from our values, wants/needs and functional boundaries.

How to become your own alpha dog?

There are a series of steps that can help in developing a healthy sense of identity.

- **Values clarification** – We all have an internal set of values. These develop in childhood and are taught in the family, schools, church, culture, etc. Everyone's values differ somewhat based on experience. As we age we may find that some values no longer fit and we may discard them while others seem to resonate more with us. A knowledgeable therapist can work alongside a client to define the client's values – what is important to you? What do you stand for? How do you want to be remembered? An example, Sara values emotional stability. It is important for her to have a sense of well-being, emotional regulation/tolerance and resiliency in her life and relationships.
- **Needs and wants defined** – Once a client has a sense of what they truly value, the real work begins. For example, if emotional stability is a core value, what does Sara need and want to support that value? Sara knows 7-8 hours of sleep each night plays an important role in her ability to keep her emotions in check, support



her self-confidence and interact with others in a functional way. Her need/want is 7-8 hours of sleep each night.

- **Boundaries** – Sara has identified here value of emotional stability. She knows an important part of supporting this value is to get a good night's sleep and she needs/wants at least 7-8 hours in order to support her value of emotional stability. In order to honor her value of emotional stability and meet her need/want of 7-8 hours of sleep, Sara will set some boundaries to facilitate this. For example, she may ask her partner not to approach her with problems/issues after 7:00 in the evening. She may also turn off her phone to reduce texting and email and let work and friends know that she will not respond. She might be sure to be in bed by 9:30 with lights out at 10pm.

Sara has embraced her own alpha dog – she is in charge of herself and her well-being and knows what she needs and wants in order to support it.

If you are struggling with authenticity, setting boundaries, clarifying your needs/wants, dysregulated emotions/thoughts/behaviors, PCS therapists can support you in finding the real you – the alpha dog of your life.



Suzanne Berndt, MC, LPC, MHSA is a therapist at Psychological Counseling Services (PCS). Suzanne's therapy focus is on Somatic Experiencing, she is certified in Grief Recovery Method, Grief and Bereavement specialist, Women's Issues, Trauma

Resolution, substance and process addiction, integrative therapy, holistic therapy, and eco-psychology. To learn more about Suzanne and PCS visit [pcsintensive.com](https://www.pcsintensive.com) or call 480-947-5739.



ARIZONA ADDICTION
ENGAGE · EMPOWER · EXCEL

FREE HELP AND ASSISTANCE
TO ANYONE SUFFERING FROM ADDICTION.

Addiction Helpline with Honest and Experienced Representatives, Who Are in Recovery Themselves. Helping You or a Loved One Get The Help You Deserve.

602-737-1619



Did You Know?

27K

Lives saved as the result of Narcan kits given to friends and family to reverse deadly opioid overdose.

drugfree.org/heroin-opioid-epidemic/



Introducing our Healthcare Heroes Trauma Recovery Programs

Caring for Caregivers

**Choose from three
residential programs:**

Renew & Heal
5-Day Residential

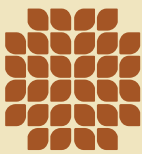
Trauma Intensive
14-Day Residential

Trauma Healing Program
30-Day Residential

At Sierra Tucson, we have created specialized trauma healing programs to help those on the frontlines find the recovery and revitalization they need. Cloaked with the privacy and support for which Sierra Tucson is known, we are helping healthcare workers process their vicarious trauma, restore their confidence, and rebuild their well-being.

Our trauma healing programs reinforce that working with one's own physiology is vital for overall healing of the mind, body, and spirit. Starting with a **complimentary tele-assessment** conducted by a trauma healing counselor, individuals receive customized treatment recommendations.

**Let Sierra Tucson help you begin to heal.
Call us today. 844.209.3372**



SIERRA TUCSON®
Where Change Begins®

www.sierratucson.com/programs/healthcare-heroes/ 39580 S. Lago del Oro Parkway | Tucson, AZ 85739

6 Ways to Eliminate the Emotional Baggage that Creates Low Self Esteem

By Audrey Sherman, Ph.D.

Self-esteem is defined as how we feel about ourselves and has to do with how we value ourselves. It has to do with almost all of the choices we make in life, from partners to jobs to choosing friends. If you were raised in a dysfunctional family it is likely that your self-esteem may have suffered or not been properly developed into a healthy sense of self. This is common.

Parents who are not able to validate your feelings, thoughts or ideas are unlikely candidates for developing self-esteem in their children. If you are called names, emotionally or physically neglected, constantly criticized or ridiculed as a child, chances are you didn't feel great about yourself. This follows you into adulthood and may actually have changed the course of your life.

Low self esteem is one of the heaviest pieces of emotional baggage that we can carry

Imagine dragging a 50 pound ball tied to your leg from the time you are a child till you die. That's a long time to be weighed down by something imposed on you. You didn't create the ball or baggage, most likely it came from messages from caregivers or early negative experiences with peers and it has stuck around as their terrible messages became ingrained in your brain.

An simplistic example would be being bullied as a child on the playground. At the same time this bully was calling you names and making you feel small they were really tying this ball on your leg, therefore their cruelty would have farther reaching effects than just that day. The experience may have been so painful that your brain took it in and decided not to interact with others in the future to avoid this kind of interaction. Maybe others laughed and therefore reinforced the message. Retreating was your brain's way of protecting you but it then shaped how you saw possible human interactions. It shaped how you felt about yourself as you may be angry at yourself for not doing more to protect yourself in the moment. If it happened repeatedly these thoughts take root and influence how you see the world.

Many depressions and anxiety problems stem from self-esteem issues. If you don't have the confidence to design a life of your choosing you may be living a life that is not truly about you. If you dislike yourself to the degree you feel unloveable you may be living alone when you would really would prefer a partner. You may not be socializing as you fear ridicule and rejection. You may feel so unworthy that you are chronically angry at the world.

There are many good resources on this topic and delving into it in great deal here is beyond the scope of this post. My aim is to provide you with a starting point and a feeling of hope that whatever course you are on can be corrected. We are all in this boat of life together and we all have doubts about ourselves at some point. Its a matter of not letting the doubts win out. It is about learning emotional tools that allow you to feel as good as the next person. Because you are.

6 things to remember on your journey to a healthy self-esteem:

- **Recognize and respect your own resilience**—You probably already possess some of this and don't realize it. Just making it through a dysfunctional family background or other unfortunate event builds some resilience. We cannot control our backgrounds or families or the things that happen as we go through life, but we can control how we come out on the other end. Just having a healthy set of coping skills in place as well as a social support system can help you through tough times. Knowing you are a survivor already helps you to feel better about yourself.

- **See life as a process not a one time occurrence**— Look at your life as a journey. Your journey may have started slowly or unhappily, but luckily you aren't stuck there forever. You have your future in front of you to control. You are not doomed to an unhappy life. You will have to do some extra work to learn the emotional skills necessary, but it is just learned material. You can learn or you wouldn't be reading this.
- **Everyone makes mistakes along the way**— Everyone, no exceptions. Making mistakes is part of life and the journey. Mistakes can be corrected. If you suffer from poor self esteem you probably are afraid of making mistakes or you expect to make mistakes and therefore let others decide important things for you. The problem with that is that they bring their own baggage to your decision making and may be making bigger mistakes with your life than you would ever make! Your life will never feel genuine to you until you call the shots, mistakes and all.
- **Face the fears**—You may live in fear of many things. Decisions, as discussed above are usually a biggie. There is also the fear of being alone, being unloveable, doing things on your own, or just facing life in general. You may be so afraid that you are completely overwhelmed. It is ok to have fear but you cannot allow it to run your life. We all have some degree of fear and that is healthy. Too much is not healthy. You can be afraid of something but do it anyway.
- **Ask yourself the right questions**— Instead of asking yourself why you are depressed or how you came to be depressed or anxious, or why you are unloveable, ask yourself how you can eliminate these destructive emotions. Ask yourself how emotionally



- healthy people look at life or relationships or whatever you are struggling with and learn from them. Ask yourself what you can do everyday to feel better. Learning new emotional skills is what will help you turn the corner.
- **Eliminate Cognitive Distortions**— I also call these dysfunctional thinking patterns. These are ways of thinking that are nonproductive and actually inhibit you from seeing things in perspective. When the information you are taking in is not processed accurately then you are likely to experience an overly emotional reaction or an incorrect emotion, leading to more dysfunctional behavior or thoughts. One misperceived piece of information can lead to a downward spiral of mood and behavior, further lowering your self esteem.

You deserve a place in the world and the world deserves to hear your true voice, unencumbered by fear and low self-esteem. Allowing dysfunctional thought patterns and behaviors to dictate and negate your life experience will never bring you joy. These thoughts and behaviors are again simply something you learned and they can be reprogrammed to a healthier way of living. (Source: PsychCentral.com)




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 86% success rate!

We can help!

PHOENIX TEEN CHALLENGE (Male 18+) 602-271-4084	HOME OF HOPE (Female 18+) Women or Women with Children Casa Grande, Arizona 520-836-5638	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
--	--	---	--



CALVARY HEALING CENTER

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

Shifting the Stigma Around Addiction

By Scottsdale Recovery Center

Addiction not only affects an individual's physical and mental well-being, but the disorder also disrupts their social life which becomes even worse after people get to know their condition. Doesn't matter if they are in a process to get back on their feet or have been successful in maintaining their sobriety for some time, the stigma around addiction persists.

There are those who perceive addicts as morally weak, disgraceful, and fragile. In times when addicts seek the most support from the people around them, it is our job to make them feel that they are not worthless, that they can overcome this phase. However, the stigma around addiction is so common and widespread, that organizations that are purely focused on spreading awareness about addiction have to exist to help shift the stigma surrounding it.

Why the Stigma Around Addiction?

There can't be one answer to this question. However, the primary reason is so much misconception around addiction is a lack of knowledge. Most of the people lack basic information about how addiction disorders engulf an individual. A survey revealed that almost 76% of people think that addiction occurs by choice. This couldn't be further from the truth.

Anyone can become addicted to alcohol or drugs irrespective of their background. There are cases where people do not even want to continue substance abuse, but their body has become so dependant on the drug that they just cannot help it. Society still treats addicts as second-class citizens who make poor decisions and have a weak control of their minds. All this because they don't have enough knowledge of how addiction develops.

How to End Addiction Stigma?

The stigma around addiction may not be completely eradicated from this world, but we are working hard to end it. You will always find someone who will treat those with addiction disorders very poorly. However, we can do our part and follow the measures below to help reduce the presence of prejudice, if not completely end the stigma.

Listening Before Judging

It is easy to judge someone without knowing their actual condition. This becomes even more crucial in cases where it is the addict who needs to be dealt with. If you find someone around you struggling to get through addiction under control, it is advisable to hear their story before you develop an opinion about them.

Every addict who's trying to get out of this struggle has their own story. Almost everyone who seeks medical support to end their addictive behavior really wants to live a healthy and sober life. If you'll listen to their part of the story, maybe you'll feel differently about addicts.

Language is Important

Look for the language used by the people around you while talking about addiction. If you happen to hear words that perpetuate the stigma, and may develop a misconception about the disorder that addiction is, it becomes your responsibility to interrupt.

Addiction is a disease and the terms used while addressing this issue should also be chosen carefully. Words with negative connotations such as junkie, abuser, clean, dirty, druggie, use, etc may impact this medical condition.

Treating Patients with Dignity

People with other health conditions such as high blood pressure or diabetes are not ill-treated or face social consequences because of their disease. They live their life with pride and often receive full support while fighting their disease.

no difference between them and the patients of other diseases. They too are in a process to win this battle against a disease. One thing that can determine the end result of their efforts is how supportive they feel around people. Next time you are around someone dealing with addiction, treat them with dignity.

Expand Your Knowledge

If you tease those who suffer from addiction and call them names, you lack the very basic knowledge of how addiction consumes an individual. You are completely unaware that this is a disease like any other existing health condition. By being a person who treats addiction as just a lack of willpower, you're making the stigma worse for the people who are suffering.

Instead, do your own research. Gather facts about what addiction is and how it has nothing to do with the common notion that society has. If you could understand that addiction is a disorder that affects the chemicals in our brain, you could pass the knowledge to someone who's degrading addiction and its patients in the future.

Encourage Others to Seek Help

One thing that most people suffering from addiction often hear about themselves is that they are weak. Addiction disorder requires immediate medical attention and this thinking of society pulls back those who are suffering from not seeking help. They instead try getting sober on their own or continue to drink or smoke the way they used to.

A little help from society, a little push of motivation from everyone around these patients can do a lot. We must encourage those who want to put an end to their addictive behavior and help them seek immediate care.

Speak Up

Yes, speak up when you hear or see someone making fun of or spreading false information about addiction. It is important to put a step forward and educate those who lack knowledge on this topic. It won't matter if we alone are well informed, we must also pass the information forward to put an end this stigma forever.

Unless you don't interrupt and speak up for what's wrong, nothing can be changed. And our collective measures are the only thing that's needed to make life easier for the patients in recovery.

There are plenty more ways to fight stigma, however, these six are the basic ones that we can easily incorporate in our daily lives to bring some change.




We live in 2020 and the concern of stigma around addiction is still thriving. Although our society has come a long way since the past few decades, the guilt and shame associated with addiction is still visible even today. These misconceptions can be harmful to those who are suffering and can stop them from seeking help. It is better if we understand that our thoughts and actions can impact someone so deeply.

Content for Scottsdale Recovery Center and Arizona Addiction Recovery Centers created by Cohn Media, LLC. Passionate and creative writing and broadcasting, covering the following industries: addiction rehab, health care, entertainment, technology and advocate of clear communication, positivity and humanity at its best. www.cohn.media

Talk to Someone Who's Been There. Talk to Someone Who Can Help. Scottsdale Recovery Center holds the highest accreditation (Joint Commission) and is Arizona's premier rehab facility since 2007. Call 602-346-9142. www.scottsdalerecovery.com



Addicts should be treated the same way. There is




Where healing starts and the road to recovery begins

As a leader in behavioral health treatment, Aurora has transformed the traditional psychiatric hospital experience into one that offers a holistic approach to treatment. Our expert staff believes in healing the entire person — physically, psychologically and spiritually, while personalizing care to achieve the best outcomes.

Since opening our doors in 2006, Aurora Arizona has provided treatment and recovery services to more than 80,000 individuals, including ongoing support services through their two Outpatient Centers. Aurora provides adolescent, adult and older adult mental health, co-occurring, detox, and substance use treatment services. If you, or anyone you know is in need of treatment.

For information, or to schedule a 24/7 confidential assessment, call 480.345.5420

www.auroraarizona.com



Rehabilitation as opposed to Incarceration

By Amy Witt

As I sat in a detention facility scared of the unknown, awaiting my court hearing, the only thing I knew was — I was an addict and addiction had taken me where I was. It was more than I could handle and I needed help. I prayed that God would help me.

My attorney came up with the option to attend a 120 day inpatient program at Crossroads Flower Residential Treatment Program for Women in Phoenix.

Crossroads Right Track program is a state licensed 3.5 substance abuse treatment program. This was exactly what I had prayed for! I went before the judge, did an intake, waited a few weeks and was released to the program.

Upon arrival I was welcomed and for the first time since I had been incarcerated I felt at ease. I was exactly where I needed to be. There was hope, like maybe I could beat this thing that had plagued me for so many years. I acclimated to the structure and began to listen and take suggestions. I saw women just like me happy and overcoming their demons. The same demons I had. Finally a sense of family.

Day-by-day I began the journey on the road to rehabilitation. I got a sponsor and began to work the 12 steps of Alcoholics Anonymous. I began to get a sense of a higher power and no matter where I was, the program met me half way. I was supported. The staff is great and always willing to help. Experience, strength and hope began to fill my heart and mind. A positive outlook began to take over and positive things began to happen.

My experience tells me that my incarceration was filled with hopelessness. Long nights and longer days, empty, lacking substance, definitely not rehabilitation. I was not learning about myself or my disease. I was not changing my life. I was simply eating, sleeping and existing. My disease was just waiting.

Let's look at some statistics: if only 10% of drug addicted offenders receive drug rehabilitation instead of jail time, the criminal justice system would save 4.8 billion dollars compared to current costs. If 40% of addicted offenders received mandated treatment instead of incarceration those savings would rise to 12.9 billion dollars. To criminalise people with a legit disease is rough but to know every day I wake up sober and working a program. I still face consequences and no longer discouraged. I would like the opportunity to make a difference along the lines of second chances. I am open to suggestions.

Contact me directly via email @ rachellewitt41@gmail.com and/or by Phone 602-581-2873.

COVID-19 — Good Reason to Help Your Child Quit (or Never Start) Vaping

According to medical experts, vaping (or JUULing) can weaken the respiratory system which makes the lungs more prone to infection. This has some experts drawing a connection between vaping and COVID-19.

When asked in an interview why the United States has such a high number of young people who have contracted COVID-19, the Surgeon General, Jerome Adams, said vaping may be a potential reason. Additionally, Dr. Nora Volkow, the Director of the National Institute on Drug Abuse, flagged the potential increased risks of contracting COVID-19 for people who vape nicotine or marijuana in her recent blog post:

“As people across the U.S. and the rest of the world contend with coronavirus disease 2019 (COVID-19), the research community should be alert to the possibility that it could hit some populations with substance use disorders (SUDs) particularly hard. Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape. ..evidence suggests that exposure to aerosols from e-cigarettes harms the cells of the lung and diminishes the ability to respond to infection.”

What Can Parents and Caregivers Do?

The connection between vaping and an increased vulnerability to COVID-19 can be a strong talking point when discussing vaping with your teen or young adult. Not only is it important that your child stays healthy, but it’s important not to risk the health of other people in the home. Other risks of vaping include toxins and fine metal particles in the e-liquid, the risk of nicotine or marijuana addiction, and changes to how a young person’s brain develops.

If you have previously asked your child to quit or cut back without the result you’d hoped for, the circumstances surrounding COVID-19 present a good opportunity to try again. Help with quitting is widely available via apps, telehealth programs, approved medication and nicotine replacement therapies. Some states and municipalities, like Maryland, offer such resources for free.

We offer a vaping guide that provides more information and tips to guide your conversations. If you need additional support, please reach out to our helpline specialists who are available to listen to your concerns, develop a plan and point you to other helpful resources. Visit www.drugfree.org

“Tee It Up for the Kids”

“All proceeds donated to the women & children of NCADD/Weldon House

9th Annual Bill Brown Memorial Golf Tournament

Friday, Sept. 25, 2020

Shotgun Start 7:30 a.m.

Lunch, Raffles & Awards

PRIZES: 1st, 2nd, 3rd place Teams

Register Today!

9thAnnualBillBrownMemorialGolfTournament.Eventbrite.com

Sponsorship Opportunities

- Provide 300 bottles of water showcasing your camera ready logo for labels placed on bottles
- Donations for Raffles accepted

PLATINUM (\$1,500)

- Hole sponsor w/ Company Logo sign
- Gold balloons / Lunch w/ reserved table
- 2 foursomes / Access to golf attendee list

GOLD (\$1,000)

- Hole sponsor w/ Company Logo sign
- Gold balloons / Lunch w/ reserved table
- 1 foursome/ Access to golf attendee list

SILVER (\$500)

- Hole sponsor w/ Company Logo sign
- Silver balloons/ Lunch w/ reserved table
- Access to golf attendee list



3636 E Baseline Rd,
Phoenix, AZ 85042
ravenphx.com

\$125/individual player | \$500/ foursome

- David Johnson 480-278-9653 | Rick Baney 602-451-0123

STAY CONNECTED

We are a community armed with resources for support.
The providers listed below are available to assist you.

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

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
Suicide Prevention Lifeline	800-273-8255

YOUR COACH

Michael Jordan didn't win an NBA championship until he found Phil Jackson. His coach understood the Zen of basketball. If you would like breakthroughs in your career, finances, relationships or spiritual life, call a coach who understands the Zen of breakthroughs.

- That's me, your Together AZ "Life 101" columnist.
- I've helped people double their income.
 - Create thriving businesses from their passions.
 - Even showed a woman in her late 40s how to create a fiancée in just 10 sessions. (Yes, they've lived happily ever after. Most of the time.)

Gold medal-winning Olympians thank their coaches. As do Oscar-winning actors.

Abraham Lincoln said if he had 8 hours to chop down a tree, he'd spend the first six sharpening his ax. Let me help you sharpen your ax. Your breakthroughs will be no ax-idents. Call your coach.

Cary Bayer (845) 664-1883
www.carybayer.com



**Arizona's Original
12 Step Bookstore**

The Valley's largest collection
of gifts, medallions and vast
selection of books to enhance
your recovery journey.

10427 N. Scottsdale Road
(SE corner of Shea & Scottsdale Road)

480-483-6006

**Our new Phoenix
location
coming soon!**



facebook.com/GiftsAnon/



ARIZONA ADDICTION
RECOVERY CENTER

*Setting the Stage for a
Life Worth Living!*

888.512.1705

arizonaaddictioncenter.org

RTC, PHP AND MAT