

Together AZ

August 2020

Inspiring Success on the Road to Recovery

Family and the Recovery Process

By Lauren Impraim, MA, LPC
Cottonwood Family Program Manager

When an individual enters treatment for addiction or behavioral health, there is often at least one other person who has been deeply impacted. Some family members would like to point the finger at the identified ‘issue’ being the person who is in treatment; however, the sooner family members accept their own place in the system, true healing can begin to happen for everyone. One thing that needs to be acknowledged is the entire family is walking the path of recovery. Family members and patients often spend too much time “fixing” one another. The best way to support a loved one in recovery is for family members to work on their own self and their own change.

A Family Matter

At Cottonwood Tucson, we believe that recovery is a family matter. Every person in the family system is in recovery. This means everyone in the system plays a role, and they have their own personal work to do. When a person comes into treatment, they are able to gain knowledge and skills to have a foundation for successful recovery. That same client may be willing, open and committed to recover, but, then return to a family system that hasn’t changed. They will, then, be at even greater of a risk to relapse than prior to treatment. The dysfunction in



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the family system is much stronger than any desire for a life of recovery.

Family members often enter the recovery process protesting and demanding they are not the issue. They will find justifications for their behavior (i.e., addiction, lying, debt, legal consequences, etc), that will keep the focus off of their own emotional wounds. Many family members aren’t able to see the impact the presenting problem has had on the family. Generally, family members may not see their loved one’s behaviors as a mental illness; therefore, they may not understand they have a role in the issues. It is vital to help family members understand how issues such as codependency, shame and trauma all complicate the family system. These things negatively impact effective communication. **Knowledge, awareness and insight** into these issues can make a difference between a life of illness and life of health in recovery.

Codependency is a concept tossed around a lot in the field of addiction and behavioral health. It is a subject that has grown and developed throughout the years, and may be deeply ingrained in families. When family members are acting on auto-pilot without insight into their behaviors, they may become so consumed in the behaviors of others that they lose their sense of self. When you scratch the surface of a codependent, you will find anger, hurt and resentment.

The Effects of Shame


Shame is a huge contributing factor to relapse. It could be defined as an intensely painful feeling of

“*It is vital to help family members understand how issues such as codependency, shame and trauma all complicate the family system. These things negatively impact effective communication.*”

experience of believing we are flawed and therefore unworthy of love and belonging. More so, something we’ve experienced, done or failed to do makes us unworthy of connection. Shame is experienced deeply within the individual and within the system as a whole. Families often shame one another without realizing it, in an effort to self-protect. It is internal, so it is not always apparent to others, or even ourselves. Many people have learned to hide from shame by using different types of shields. Some people have learned to people-please, others have learned to numb it, and some have learned to displace it. The key is to bring this to awareness, understand the role and to be mindful of not inflicting shame upon shame.

Family continued page 8

Tips for Managing Stress During the COVID-19 Pandemic:




- Take time away from media reports to focus on things in your life that are going well and that you can control.
- Talk to family and friends. You can still stay connected while social distancing.
- Pay attention to your body. Recognize the early warning signs of stress, and take time to renew your spirit through meditation, prayer, or helping others in need.

ADDITIONAL RESOURCES

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Publisher's Note

By Barbara Nicholson-Brown barb@togetheraz.com

COVID won't stop us!

Recovery Month will be here next month, and different it will be. For those who know me through the years, helping produce the Celebrate the Art of Recovery Expo is one of my passions. With the uncertainty of COVID-19, we knew it would be impossible to have a live event. Our world has changed the last six months, and while challenging, we press forward with new and innovative ways to reach out to support one another.

The team at CBI, Inc. and I decided we would not let this important month go unnoticed. We are bringing you a virtual event to bring the message of hope to our community. Panel discussions will air on Facebook Live and YouTube three times throughout September. Our theme is **"Saving Lives, Building Futures and Finding Recovery in a COVID World."**



AZ Family Channel 3 News Anchor, **Brandon Lee** is keynote speaker and leads our esteemed panelists to discuss: *What We Need to Know about Suicide, Addiction and Trauma, Helping a Struggling Loved One Get Help and Stay in Recovery, and Addressing Homelessness and Addiction.* More details coming soon. Join our mailing list at <https://www.celebratetheartofrecovery.org/register-1>.

Together AZ Welcomes Burning Tree West, see page 5, and until next month, stay safe and healthy.



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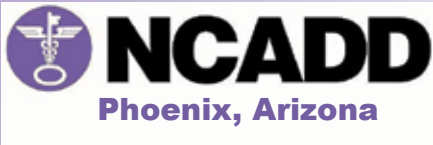
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RECOVERY BRINGS JOY

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By Dina Evan, Ph.D

I never realized I led such a sheltered life, because I worked my whole life raising kids and teaching. But I had a wake-up call one morning watching “The View.” They had on an amazing author, Ben Sherwood, who wrote, *The Survivor’s Club*, and recently released, *The Survivor’s Club, The Pandemic*. I had no idea this pandemic was not only expected, but we had experienced many in our history as human beings. Sherwood discovered there was pattern to how we all react in dire circumstances.

We do one of three things

His perspective is ten percent of us jump in immediately to offer and give support. Fifty percent of us hang out and wait until it’s over — or someone else fixes it, and the last ten percent do nothing. Which are you?

That knocked me back about three feet. I suddenly realized that’s exactly what we do in every life circumstance and challenge. I wondered what is it in our DNA or genes that makes those decisions and can we change it?

Every day we are threatened with news about war, toxins, medical issues, tragic events and scary statistics. We worry about how in the hell we could survive any of it. Life at times feels like one big alligator pit we must run through. And, when you get to be my age, you’d really rather just sit on the side of a pool and dangle your feet.

However, we don’t get to do that in life because challenges will come along and push us into the deep end. So what are we to do?

I think we need to get a tool bag because the more tools you have the more willingness you’ll have to jump in and fight for change. Let’s see what we want in that bag.

- One thing I talked about last month is a change, this time I am talking about *change in perspective*. Ask yourself whether you have survived other challenges and made it. Did the fear kill you, *and by the way, if you can answer that it didn’t*.

- Give it a minute. Things seem less overwhelming if you step back and put them into perspective. Like now. Can we survive if we don’t go to the movies or flock to the park and sit on top of each other?
- Break it down it. What small steps can you take in the moment to give you a sense of power to not be overwhelmed?
- What friends, family members and support do you have in your life to pow-wow with and come up with suggestions to maintain your sanity. Set up your network.
- I know you have heard me say this before, ask what the circumstance or challenge is here to teach you. *(my best tool.)*
- Recall a time when you went through a difficult challenge and pull up some of those skills.
- Einstein said *“In the middle of difficulty lies opportunity.”* What have you been wanting to do that you could not do before, but can now? What great thing are you about to discover within or about yourself?
- One of the attributes of resilient people is they do not get completely paralyzed by lifes obstacles.
- Remember “Only those who dare to fail greatly can ever achieve greatly.”—Robert Kennedy
- Remember that courage is only developed in the face of challenge or fear, and fear is more often than not, just a feeling rather than a fact.

I certainly don’t want to minimize the loss right now. The courage of our caregivers is evidence there is a big 10% who jump in to help. To all the first responders and caregivers deserve thanks.

Most of all, once you determine which 10% you’re in, congratulate yourself if you are in the jump in group. Ask yourself what you’re waiting for if you are in the hang out group or in the do-nothing group. The reason you need to ask yourself this is because it’s not about what’s happening out there that is important. It’s about what’s happening in here, to our soul, our integrity and our character. After all, that is what matters most.



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.drdinaevan.com or call 602 571-8228.

How COVID-19 Strains Addiction Recovery

Coronavirus has consumed almost every nation in the world. Even countries with world-class healthcare facilities are seeing the collapse of the system and are helpless in this battle against the invisible virus. Millions of people are infected with coronavirus and thousands of new cases are recorded each day. The spread of COVID-19 seems impossible to contain. It has not only caused failed medical systems but

has forced many small-scale businesses to shut down forcing the owners to fire their employees. This has increased the unemployment rate, worsening the mental

health of the people who have lost their jobs due to the pandemic. Studies show the unemployment rate is more likely to increase as the year progresses.



How is COVID-19 affecting Recovery?

In a world where people already have a stigma around mental illness, COVID-19 has made it many times worse for those who are suffering and seeking medical care. Those who lost jobs or business are experiencing depression and other mental health concerns. For patients in recovery or those who are suffering from an addiction disorder, the feeling of being secluded from the world is a scary place. Loneliness often brings up past traumatic memories or habits which can cause a relapse.

The pandemic affects those in recovery:

Overthinking

There is no bigger enemy of a healthy mind than overthinking. Away from their usual routines, people may start thinking about the future that causes them sit and wonder for hours.

Isolation

If a patient in recovery is living alone during these unprecedented times, their mental health may be at risk. The current situation may put them in a place where they can bounce back to drinking or substance abuse keeping their support circle in the dark about what they are feeling.

Lack of knowledge

Without a doubt, coronavirus is a deadly virus that is killing more and more people every day. The pandemic has quietly shifted everyone's attention away from other health issues and diseases. For example, people with severe health conditions such as diabetes, high blood pressure, etc., are afraid to visit the hospitals because they are afraid to contract the virus.

Mental illness already faces a lot of discrimination and opposition from society, making it even more difficult to seek help in this situation. People in recovery may develop a notion their disease matters less than what's already going on. This misconception keeps them from seeking medical attention as they try to deal with the adverse effects all by themselves.

Here are some measures to help calm your mind:

Meditate

For some, meditation is a rather boring activity, however, meditation is a powerful activity, and within a week of practicing, our brain structure starts to change. It helps increase focus, makes you feel good, and introduces more positivity to your life.

Invest time wisely

We're all stuck at home and have ample time to dedicate our minds to something productive. Learn music, write something, or become a freelancer in a skill you're interested in. There are many opportunities to earn from home if you have the right skill. Additionally, if you have something good to do on your schedule, it keeps your mind away from the negative thoughts.

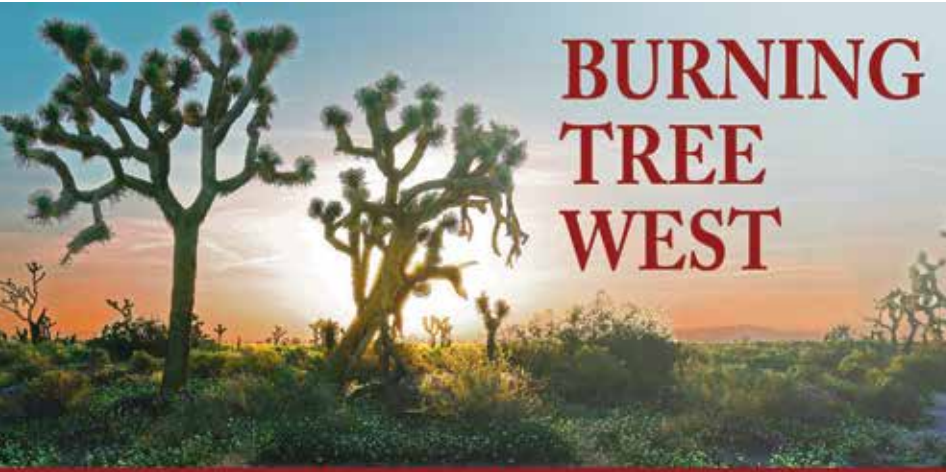
Stay in touch with friends and family

Some of us are unable to meet with our families or friends. It is important to keep checking on our loved ones and know that they are in good health. Keeping in touch with family or friends also induces positivity in our minds. Also, a single "I'm here for you" message can have the power to eliminate all worries.

Seek help

Some organizations are active amid this pandemic and can lend a helping hand to addicts and people in recovery. Make a call and explain the issue you're facing. They can suggest and provide assistance. The best we can do is keep calm and deal with strive to have a positive approach to life.

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.




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 - The rate of suicide is highest in middle-aged white men.
 - In 2018, men died by suicide 3.56x more often than women.
 - On average, there are 132 suicides per day.
 - White males accounted for 69.67% of suicide deaths in 2018.
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Getting started on the recovery road is often the biggest hurdle

Buena Vista Health and Recovery Centers understands that getting started with substance abuse treatment is one of the biggest hurdles when it comes to recovery. They are a medically-managed drug and alcohol treatment center with locations in Scottsdale, Chandler, and Tucson, Arizona and Loveland, Colorado. From detox to discharge, their patient-centered treatment campuses provide highly-rated addiction treatment and counseling services for those struggling with substance use disorders.

They provide a full range of proven treatment services including: medically monitored detox, inpatient residential, intensive outpatient (IOP), outpatient (OP), medication assisted treatment (MAT), primary care, and telemedicine.

With a focus on creating individualized treatment plans for each patient, Buena Vista realizes there is no one size fits all approach when it comes to substance abuse treatment and each patient’s unique needs. With help from specially licensed medical staff, Master’s-level therapists and case managers, they can successfully address the needs of dual diagnosis patients presenting with co-occurring disorders.



Transitioning back to life after treatment can bring up new and challenging situations. While in treatment, patients work on developing the life skills needed to maintain long-term recovery to make the transition as smooth as possible. With a focus on financial security, effective coping skills, positive decision making, personal care, and more, they ensure each patient is equipped with the tools they need to create a fulfilling life.

Recently appointed as Buena Vista’s new CEO, David Johnson brings more than 20 years of senior executive experience in Behavioral Health. He holds a master’s degree from Northern Arizona University and an undergraduate degree from Elmhurst College. David has most recently been working with and leading Buena Vista’s Business Development team.

Executive Director of Clinical Services, Hal Nevitt, brings over 30 years of experience in assessing and treating substance use disorders, trauma, and other co-occurring mental health issues. Hal also serves as a mental health professional for Critical Incident Peer Support Teams for First Responders in the State of Arizona. As a former police officer/narcotics detective, he has personal experience with addiction and continues to dedicate his life to helping others overcome their unhealthy lifestyles and regain their lives.

New to Buena Vista, Randy Clunan joined the leadership team as Vice President of Sales. Inspired by his own experience in recovery and commitment to sobriety, Randy has represented a variety of treatment organizations and has direct experience in intervention, admissions, national outreach, and business development. He maintains a deep understanding and compassion for those suffering from addiction and mental health issues and continues to utilize his skills and passions to promote healing in all facets of life.

With 25 years in the nursing field, Donna Berry has recently taken on her new role as Executive Director of Nursing at Buena Vista. Beyond obtaining her nursing degree from the University of Texas at Arlington, she also holds a Psychiatric Mental Health Nurse Certification, and is currently working towards her degree as a Psychiatric Mental Health Nurse Practitioner. Before joining the team, Donna held executive roles as Chief Nursing Officer and Chief Operating Officer.

Buena Vista is accredited by the Joint Commission on Accreditation of Healthcare Organizations and is considered the gold standard in healthcare. They are licensed as a 3.7 ASAM (American Society of Addiction Medicine) detox facility. ASAM is a detailed set of criteria for the level of care that is provided. Buena Vista is at the top of the ASAM scale.

At Buena Vista Health and Recovery Centers, treating patients with integrity, compassion, and respect is always their top priority. Learn more about Buena Vista’s Hospitality and World Class Healthcare on their website, buenavistarecovery.com, and through their social media. For immediate help call 800-922-0095.



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If you think your family member is struggling with an alcohol or drug problem, ask yourself if he or she:

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- Hangs out with a different group of people
- Is exhibiting problems at school or work
- Has stopped going to school or work or is going sporadically
- Has been borrowing or stealing money
- Is in financial or legal trouble
- Finds concentrating difficult or appears confused
- Is exhibiting extreme changes in mood
- Is no longer interested in many activities or hobbies
- Seems drunk or “out of it” at various times
- Has lost a lot of weight in a short amount of time
- Has glazed or red eyes, a runny nose or a constant cough
- Has unexplained bruises or marks
- Is depressed and has very little energy



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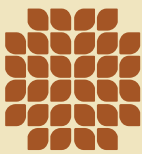
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What about Trauma?

Trauma is often the seed to mental health or addiction struggles. Many people do not know what trauma is or how it impacts behaviors. Many people enter treatment with life-long trauma and some developed trauma from their substance use. Society teaches people to ‘buck up’ and ‘push through’ experiences that may be very painful. This leads to normalization of trauma or a disconnection of self in order to survive. People may be unsure how to experience their feelings and may find themselves numbing or pushing away anything that is uncomfortable.

All of these dynamics greatly impact family systems and must be explored for true healing to occur. All of these issues are underlying, hidden. There are times we may not be aware of what’s happening beneath the surface and we respond with impulse. Typically, we respond in a way to try to protect ourselves, but in doing so we could really hurt someone else. This highlights the importance of communication and connection.

Family members need to share their internal experiences and perspectives to come together

In regards to communication, the condition of the environment needs to be considered. Participants receive conversations better when unnecessary stressors and tensions are minimized. It is important to think before we speak and practice using “I” statements. Appropriately using “I” statements, helps to remove the tendency toward shaming the other person due to our own pain or defensiveness. In recovery, feelings are new and can be painful. For many people, they’ve learned to numb their feelings. Therefore, communicating them can be very challenging; however, feelings are not facts. They are meant to be shared to bring upon more authenticity and closeness within the relationship. Lastly, boundaries need to be set. Boundaries are for self-care. They are meant to empower or protect oneself. They are not meant to control or punish another.

In our current world environment, many families are struggling with the implications of extended periods of isolation, financial struggles, and high levels of stress in our day to day lives.

The Struggles of 2020

For those who have been directly impacted by COVID-19 and are struggling with personal illness, these implications are much more difficult to face. We are also experiencing heartbreaking levels of racism and violence, political divides, and riots. It is not surprising, then, to learn that many individuals with sustained sobriety have relapsed or that those with current substance use disorders have experienced an increase in the amount and frequency of their use.

In addition, people are reporting increases in anxiety and depression as well as symptoms of PTSD. It is truly a painful time in our world, tinged with uncertainty and fear.

Families who are confronted with profound implications stemming from these current events may be uncertain how to help a family member who is suffering. Often, it may feel easier to look the other way and hope that the behavior changes over time. Unfortunately, problematic patterns of substance use or significant mental health struggles may continue to escalate long after the thundering noise of our current climate recedes. Family members may be called upon to be the catalyst that opens the door for change and healing in the family system impacted by mental health or addiction. A family member who is struggling will

“*Family members often enter the recovery process protesting and demanding they are not the issue. They will find justifications for their behavior that will keep the focus off of their own emotional wounds.*”

most likely require professional help to begin the recovery process.

Initiating services for a loved one can seem daunting. It often requires an investment of time, emotion, energy, and finances. In addition to these considerations, it is often anxiety provoking to invite conversations that might result in arguments or explosive behavior. It may feel easier to avoid the problem all together. It may help to remember that most people who struggle with addiction or mental health problems want to change their behavior. They may be overwhelmed with shame and self-hatred and may have an initial response that belies their need for help and support. It is important to approach the struggling family member with love and respect rather than accusation or blame. It is often necessary to invite the support of a certified Intervention Professional or Consultant who can help to navigate the difficult conversations necessary in situations such as these. Families can also consider involving the expertise of a trained and licensed Family Therapist or Substance Abuse Counselor who can assess the individual for needs and risks and make recommendations for services.

The Role of the Family

Family members play an important role in recovery. Whether an individual is participating in residential treatment or an outpatient level of care, family members should be included in the process of recovery. In therapy, family members have a unique opportunity to explore their own experiences and to seek ways to improve communication, clarify boundaries, and find healing. Recovery is an opportunity and a responsibility for the entire family.

As you can see, recovery is not a quick-fix. There are many contributing factors and influences, and family plays such a critical role in the process. Gaining awareness, education and direction are great places to start. When we can put our own shame and fear aside and look within, we can change ourselves...which can ultimately help in changing the life of our loved one. It takes great courage to work on ourselves, but it is all worth it.



At Cottonwood Tucson, we are dedicated to providing innovative and evidence-based holistic behavioral health treatment in an environment characterized by safety and respect for patients, family members and staff. Our commitment is to exceed community standards in the professional practice of medicine, nursing and psychotherapy and to operate our facility in a way that demonstrates respect and responsibility to our patients and employees. For more information visit cottonwoodtucson.com, for immediate assistance call (888) 433-1069



Lauren Impraim, MA, LPC

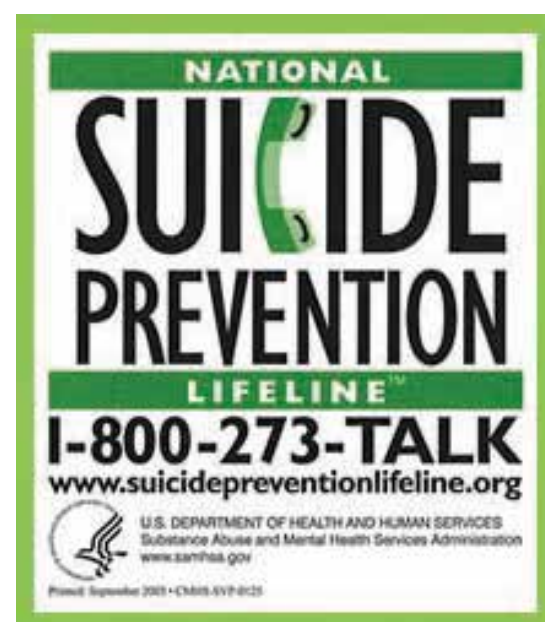
Lauren graduated with her Master of Arts degree in Clinical Professional Psychology from Roosevelt University. Since 2006, she has been working in diverse settings including inpatient, outpatient, juvenile probation and adolescent residential. She believes that building therapeutic rapport is the essential foundation of healing. Given her role as a Primary Therapist for over 6 years, she hopes to help the family members understand more of the therapeutic process. She works directly with families around the importance of boundary setting as well as the importance of self-care.



Kathleen Parrish, MA, LPC

Senior Director of Clinical Operations and Community Outreach

Kathleen is a Licensed Professional Counselor. She earned a Bachelor of Arts degree in Psychology in 1991 and a Master of Arts degree in Marriage and Family Therapy and a Master of Arts Degree in Religious Education from Southwestern Baptist Theological Seminary in 1999. Kathleen has worked in private practice, outpatient treatment, and residential treatment settings. Her work with trauma survivors spans over 25 years, focusing on story, mindfulness, and self-compassion.



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COVID-19: Caring for Older Adults' Mental Health

By Christine Moutier, M.D., AFSP Chief Medical Officer

No matter your age, mental health and well-being are influenced by numerous factors and are susceptible to change. Most people across all sectors of society are being affected by the health crisis related to the coronavirus. One group to keep in mind during this challenging time is older adults, whose routines and usual support systems may be disrupted.

The most powerful factors that impact mental health and well-being for older adults include:

Mental health conditions. Often undiagnosed, mental health conditions (either previous or current) can have their first onset in later adulthood. Depression and severe anxiety are not a normal part of aging, and can be addressed with clinical treatment and social support. The stress of COVID-19, the uncertainty it creates, and potential for older adults to be more susceptible to the virus, can exacerbate any underlying risk for depression or anxiety.

Physical health, pain and disability. Medical conditions are prevalent for most older adults and can often be well managed. When pain or chronic illness lead to functional disability, the individual's sense of identity and well-being can be significantly impacted. During this outbreak, being in an older age demographic and having chronic health conditions are criteria for "high-risk" vulnerability to the virus. This can compound the stress many older adults feel.

Social isolation, feeling lonely or disconnected. Any regular contact with family, neighbors, clubs, faith communities, and social services (such as meal delivery or home care personnel) can serve as important points of contact. These can be a lifeline for social connection. Social distancing can create further isolation, and the crisis is affecting almost everyone's routines, mass transportation, and some "non-essential" social services. This means the usual social support and contacts older adults have with

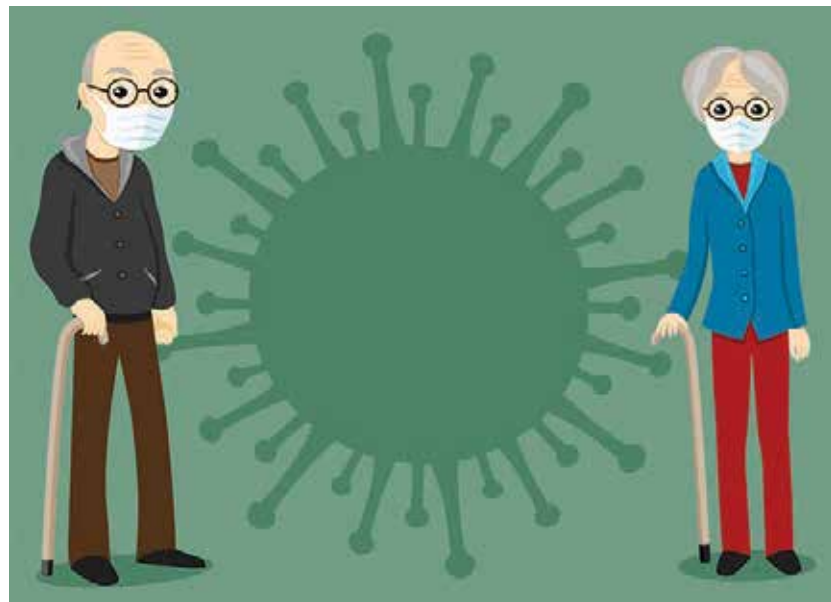
others may be diminished.

Losses are a more frequent experience for older adults and generally include the death of friends/family, and other kinds of losses such as driving, autonomy, financial, or functioning in various roles. Older adults' capacity to adapt and heal through grief and loss is generally vast. Yet grief can be complicated for some. When losses occur in combination with other stressors, mental health deterioration can occur. The COVID outbreak can feel like a threat that could bring about even more potential loss adding to the older adults' baseline experiences of loss.

Disruption in routine, such as eating, sleep, daily structure, sense of purpose, and relationships. There is a good chance that COVID has affected the older adult's usual routines: where they can shop, eat, walk and socialize.

Everyone has a role to play in supporting older adults during the COVID outbreak. Here are some things you can do:

- Regularly check in on your older adult friends, neighbors and family members.
- Call or video-chat with them, since texting and social media may not be the best method of connecting.
- Ask how they are doing during this period of time, and what kinds of things they are doing to cope with the stress.
- Encourage them to keep doing the activities that are allowable during COVID for their local area, and that they identify as being most helpful for them, such as daily exercise or a walk, stretching,



listening to or playing music, reading, enjoying favorite or humorous shows, puzzles, games, social activities, and meditation or prayer.

- Help them seek medical advice or care if they are experiencing symptoms of physical or mental health decline.
- Offer to bring them a meal, run an errand, or walk their dog.
- Seek advice from them based on their experience and wisdom.
- Express gratitude and appreciation for any support you get from your relationship with them.

It's important that we all care for each other during this challenging and uncertain time. By taking a few simple actions, you can make all the difference in an older person's life when they may need it the most.

Source: <https://afsp.org/>



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.

www.auroraarizona.com



1. One is the only number that when multiplied by itself remains as one.
2. One is also the only number when divided by itself that remains itself.
3. One is also the only number whose square root of itself is one. The square root of 9 is 3, the square root of 4 is 2, but the square root of 1 is 1. Always has been, always will be.

The number one points to a higher reality. In marriage, even the law holds that two become one. In Christianity three—God the Father, God the Son, and the Holy Spirit — somehow become one. Ditto in Hinduism, where the one God has three aspects — creator, preserver, and destroyer.

Quotes about oneness

“At such moments one imagines that one stands on some spot of a small planet gazing in amazement at the cold and yet profoundly moving beauty of the eternal, the unfathomable. Life and death flow into one, and there is neither evolution nor eternity, only being.”—*Albert Einstein*

“I am a lover of the universal and the universal lover. I am you in love with yourself.”—*Rumi*

You are eternally connected with everyone.”
—Amit Ray, *Meditation: Insights and Inspirations*

“You and I are all as much continuous with the physical universe as a wave is continuous with the ocean.” — *Alan W. Watts*

“All differences in this world are of degree, and not of kind, because oneness is the secret of everything.” — *Swami Vivekananda*

Watching satellites and staring at the stars, I seemed to lose contact with my earth and body and to spread out through the cosmos by means of an awareness that permeates both space and life--as though I were expanding from a condensation of awareness previously selected and restricted to the biological matter that was myself." — *Charles Lindbergh, Autobiography of Values*

“I am the ritual action, I am the sacrifice, I am the ancestral oblation, I am the sacred hymn, I am also the melted butter, I am the fire and I am the offering. I am immortality and also death, I am being as well as non-being...” *Gita, 9:16-19*

I am he as you are he as you are me and we are all together
—*The Beatles, I am the Walrus*



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- Donations for Raffles accepted

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- Hole sponsor w/Company Logo sign
- Platinum 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



- **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
Burning Tree West	877-214-2989
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.

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