

Together AZ

September 2020

Inspiring Success on the Road to Recovery

Brandon Lee Inspires with a Message of Hope and Recovery

National Recovery Month is an observance held each September to educate all Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. Now in its 31st year, Recovery Month celebrates the gains made by those living in recovery.

Community Bridges (CBI, Inc.) is hosting **Celebrate the Art of Recovery (CARE)** virtually on Thursday, September 24 at 6:00 p.m. The event will stream on Facebook Live and our YouTube channel.

We are pleased to announce **AZ Family Channel 3 News Anchor, Brandon Lee** is our keynote speaker, sharing his personal experience with addiction and his path to recovery. Brandon will lead three timely and informative panel discussions with leading experts in the field of addiction recovery, mental health and treatment.

As each year passes since the beginning of recovery month, the public is realizing there are tremendous resources for getting help, many of which are right here in Arizona. Over 23 million Americans are now in recovery, but still many more struggle finding long term sobriety.

COVID-19 not only has impacted thousands and thousands of lives globally, the many unknowns have led to an increase in relapses, homelessness and suicide.

The mission of Celebrate the Art of Recovery Expo has always been to inspire success on the road to recovery. Please join us. For more details visit celebratetheartofrecovery.org



How was your admission to being in recovery received? Was your career affected?

Coming clean about my past was not easy. There is a stigma that exists around mental health and its that stigma that we as a sobriety community are trying to get rid of. If a stigma exists, then people won't feel safe coming forward and sharing their deepest and darkest secrets. It's those secrets that will kill us. Yes, my career has been affected. I was given a verbal offer to join a major network, but after they learned that I was writing a book about addiction and recovery, they decided to go another way. On the flip side, Arizona's Family at CBS5 and 3TV have fully embraced me for all of my warts and scars. So, there are some companies who invest in people like me. We need more of this.

Why do you think there continues to be stigmas associated with addiction and mental health issues?

People with mental health issues can really do a lot of harm to others if they're not seeking help. That behavior can sometimes be violent or erratic. No one wants to be around an abusive person so its easier to push them away. Instead, we need to offer a helping hand to those who are sick.

Getting sober is never easy, tell us a bit about hitting bottom.

As detailed in my memoir, *Mascara Boy*, I talk in detail about my rock bottom. Briefly, I will just say that I ended up in the ER twice in 72 hours from two near death overdoses. I was in a coma for about a week with brain injuries. I had bleeding in my brain. I didn't call my family. I didn't tell anyone. I'm grateful that a nurse showed me so much grace. When I awoke from the coma, she offered to take me to her church and go to an AA meeting. I've been sober ever since 2.2.2010.



What are your hopes surrounding addiction recovery?

I want everyone who suffers some sort of mental health issues to be able to have access to treatment or therapy. The most common theme I hear from people is that they cannot afford treatment. We should have a system in our country that provides treatment to those who cannot afford it. We have to invest in these people because you can recover and contribute greatly to society. Its worth the investment. Most addicts are extremely bright, successful people who are simply battling demons.

You have overcome so many traumatic events in your life; many of them occurring during your childhood. Any words of wisdom for young people struggling with self-esteem, acceptance and hope?

I want everyone to know this: In my opinion, you are not born an addict. We become addicts because of traumas in our lives. For me, being repeatedly sexually abused as a child by my piano teacher and youth soccer coach, that trauma went untreated and by the age of 15, I became addicted to sex and drugs. At age 15! At that age I just knew I was sad. I felt a sense of shame because I am gay and back in the 90's it wasn't safe or socially accepted to be gay. So that was just another trauma in my life. I numbed myself because anything out of reality — felt good. The way to battle addiction and win — we must be willing to face the traumas of our past. We can only do that with professional help. We have to provide these resources to every addict in this country.

Mascara Boy is available at amazon.com



Publisher's Note

By Barbara Nicholson-Brown barb@togetheraz.com

Celebrating Recovery Month 2020

Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery is possible. It spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover. This year our annual Celebrate the Art of Recovery Expo is coming to you virtually.

As I mentioned last month, we were not going to let Covid-19 stop us from recognizing this very important month. We invite you, your family and friends to gather around your screens. The link to view will be available at www.celebratetheartofrecovery.org.

CARE will air Thursday, September 24 — 6:00 p.m.

AZ Family Channel 3 news anchor Brandon Lee leads our esteemed panelists as they discuss:

- **What You Need to Know about Addiction, Trauma and Suicide**
- **Struggling Loved One? Find out How to Help and Support the Recovery Process**
- **Are They Forgotten? Addressing Homelessness and Addiction**

— In Memory —



The recovery community lost two special men in August.

Dr. Frank Scarpatti, was CEO of Community Bridges, Inc. (CBI) from 1996 until his retirement in June 2019. CBI is an agency that evolved into a product of his vision and is representative of a world view he held dear.

During Dr. Scarpatti's tenure as CEO, CBI moved from what he liked to refer to as *"one dilapidated building on an acre of mud"* to more than 34 programs across Arizona. His vision and passion of service allowed CBI to grow into one of the largest behavioral health providers in Arizona. His work, dedication and passion reached far beyond CBI and was a key figure in reshaping the way behavioral health services are provided in Arizona. An elder statesman of our field, he witnessed and helped force change that expanded behavioral health services and has created opportunities for generations to come.

Dr. Scarpatti believed in "maintaining the dignity of human life" and never shied away from taking actions that would support that mission and to move the agency forward. He was a great supporter of this newspaper and Celebrate the Art of Recovery Expo. Thank you kind sir for your service and dedication.



Greg Fine was a class-act gentleman with a zest for life. A beautiful man, inside and out. He dedicated his life to helping others and making this world a better place. Greg was a beloved member our recovery community, an avid sports fan and golfer. Not only did he thoroughly work his own program of sobriety, he helped many men on their own personal journey find a better way of life.



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Disclosing a Mental Illness

By Ann-Marie D'Arcy-Sharpe

If you struggle with mental illness disclosing this for the first time can be nerve-racking. It's hard to know how people will react, and there's often the worry about stigma. There are a few things to bear in mind if you are planning to tell someone about your mental illness.

- **You don't owe anyone this information.**

The first thing to remember is only tell them if you feel ready and you want to. You don't owe anyone details about your diagnosis. That's your personal choice. Never feel pressured to if you don't feel that's right for you.

- **Share as much as you feel comfortable with.**

There's no requirement about how much to share. You decide how much detail you want (or don't want) to go into.

- **Practice beforehand.**

If you're nervous, practice what you're going to say out loud, or if that feels a bit silly, review what you want to say in your head. You might not stick to it exactly, but this gives you an idea of where and how to start.

- **Do so in a place you feel safe.**

It's always a good idea to start any serious conversation in a place you feel safe and secure. Some people may feel more comfortable having the conversation at home in surroundings are familiar and comforting. Others may prefer to talk a public place so they can leave when they want to.

- **Be aware they might not fully understand at first.**

It's important to remember even if the person you're talking to is someone you love very much, they might not fully understand at first. That doesn't mean they'll react badly or negatively, it means they might not know much about your diagnosis or mental illness in general. Bear this in mind beforehand so you can control your expectations. They might not know what to say or how to react, but that doesn't mean they don't care about you or want to learn.

- **Pinpoint them to resources to learn more.**

If the individual you disclose to doesn't know much about the topic, it's a great idea to have resources that you feel explain your condition. That way you can pinpoint them to resources to read or watch so they can educate themselves and know better how to support you.

- **Offer them the opportunity to ask questions.**

If you feel comfortable doing so, you can offer them the chance to ask questions. This allows them to ask things that might be on their mind, but they might not want to ask for fear of offending you or not saying the right thing.



"Even in the midst of this pandemic, life can still be cherished."

By Dina Evan, Ph.D

We are all tired, and when I stop to reflect, I look around and realize that nothing matters when it's all said and done, other than we did what we came here to do, and became who we came here to be.

And though it isn't often noticed, we do that for those we love as much as we do that for our own souls. When we are in crisis, who we are gets tested the most. And who we all are is really getting tested at the moment.

Are we going to risk the lives of those we love by thinking we know more than every health organization in the world and therefore we will refuse to do anything as simple as wearing a mask?

I believe at some point, we may all have pushed through abuse, hunger, fear, lack and not knowing. And most of the time the only reason we made it, is the unabashed kindness and love of others. Only the love and friendships that are real are worthy of being cherished. Even in the midst of this pandemic, life can still be cherished.

For instance, when I die, I will miss the trickling sound of my fountain, the laughing face of my Buddha, the silky feel of fresh sheets, the soft feel of my puppy's under belly. I will miss caramel vanilla ice cream, peppermint ice cream and popcorn. And oh how I will miss those of you who loved me and said it or didn't say it — but showed it in the deep silent connection that is undeniable. I will miss you when you loved me and when you did not, because you were and are all the great teachers for my soul.

Children grieve as adults what they didn't get, but felt they were owed. Mothers grieve what they didn't have to give and were never given. And when the grieving is all over we realize we have learned to give ourselves what we never got from those who dared to play a part in our drama, by to bearing the grief of not having those gifts in the first place. We each chose our part in each other's lives— therefore, there is no guilt, there are only gifts.

There is nothing more important than belonging and when that irresistible invitation arrives, no matter who, no matter when, or how, reach across the chasm and bring each other home. We may be in crisis at the moment, but by just simply closing your eyes, you can feel unity with those across the planet who are united with you and fighting this situation and virus.

It's so important at this time, to remember the beauty in the world, the precious gifts of spirit, like the sound of the ocean and of that bird outside your window. Take a minute to call, text, Facetime or write those you love to remind them of what a gift they have been on your journey here. Not being able to congregate together doesn't mean we have to be isolated or feel alone. You can still be love and stand in love.

And finally try to remember this time is not about what anyone else is doing or not doing. Believe it or not it's only about us.

- Are we being the best of who we can be in this strenuous time?
- Are we giving the best of what we have to give in this time?

Someone on my Facebook site sent the message she felt "God was sending us all to our rooms to think about what we have done." After I cracked up laughing, I thought.... there is some truth in that. Perhaps, this is the time for each of us to decide who we are and how we will participate in lifting the consciousness on this planet both now and when this pandemic is over. Who am I and am I being who I came here to be? Why did I choose to be here during this time? Well first and foremost you are a very courageous spirit!



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.

What is Guilt Telling Us?

By Sam Hardwig, MC, LPC,
Psychological Counseling Services (PCS)

What is guilt?

Guilt is defined as a common feeling of emotional distress that signals us when our actions or inactions have caused or might cause harm to another person. Guilt may be a common feeling but due to the discomfort, our first impulse may be too quickly get rid of guilt rather than hold a space for it. What's important to know, is that awareness of guilt connects us to our values, ethics, morality, and helps us to live in congruence with who we really are. If we can make friends with our guilt, we will have the opportunity to work through the discomfort and foster deeper connections within ourselves and our relationships.



How do we recognize justified guilt?

When we act against our values, we hurt ourselves and often hurt other people. Take for example, a person who has lied, cheated, or broken commitments in relationships. Here, the feeling of guilt is justified. The awareness of guilt is a signal to pause, breathe, and clarify what was done and how to address the harm. It is this opportunity to be accountable that often gets missed in an effort to instead feel comfortable. In some instances, people may feel guilt from their honest mistakes, but when choices are made to hurt others, effortful action is often needed to provide healing and to regain trust.

An individual may put energy into apology, sharing openly how trust was broken, and making a plan to avoid future intimacy-blocking behaviors. Through this work, a person can reinforce self-worth and self-compassion. With the courage to show up in this genuine way, self-forgiveness is also possible. To the degree guilt feels uncomfortable may be to the degree that repair work is needed to reach this stage. If there has been long term relationship damage — healing won't happen overnight, but going all the way in the process lets us keep our dignity.

What is unjustified guilt about?

Unjustified guilt does not occur when we go against our moral compass (*this is justified*), but when our child-

hood beliefs tell us we are not who we should be in the world and that people won't be able to meet our emotional needs. Negative messages such as these were born in the past, and in our mindful awareness, it's crucial to know, we would not endorse them. For example a person who feels guilty when others are upset, has trouble saying No, or has perfectionistic tendencies. In mindful awareness, he/she may notice the guilt is not coming from a value violation but instead is as a result of feeling imperfect or, at fault for the unhappiness of others.

If we've grown up basing our worth on rigid standards and seeking truth outside of ourselves, experiences such as these can block intimacy and cause us to lose significant portions of our life stuck in evaluation and judgement. When we can notice and understand the difference between justified and unjustified guilt, we allow ourselves to participate in relationships with greater confidence and curiosity. We can recognize our inner critic instead of fusing with its negative messaging. In these moments, we may choose to let our guard down and anticipate acceptance from people versus expecting the worst. In this space, deeper and more effective relationships are possible. We can assert boundaries, ask for what we want, listen without judgement, or validate the experiences of others without making it about us. More and more, we can feel the humble appreciation that comes from taking responsibility for our own well-being.

What we can do with justified guilt.

- **Embrace humility.** Be accountable to people you have hurt and others who may have been impacted. This will help you maintain long-term relationships and avoid isolation.
- **If you have wronged someone, invest in apology and clarify what you did.** Avoid sinking into self-pity and giving away your self-control. Forgiveness is possible and part of this process.



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What we can do with unjustified guilt.

- **Commit to a daily mindfulness practice,** develop an assertive and respectful voice, and nurture self-love and compassion.
- **Accept that your good enough is good enough!** Perfectionism can take a back seat when we are able to accept and embrace our strengths and limitations.
- **Release judgement,** have a positive approach to conflict resolution, and

anticipate acceptance in relationships without limiting its form.



Sam is a a Licensed Professional Counselor at PCS in Scottsdale. He earned his Masters degree in Mental Health Counseling from Argosy University. For more information visit pcsintensive.com

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Four Truths About Addiction

By Creighton Drury, CEO, Partnership to End Addiction

As we announce our new name, Partnership to End Addiction, and launch a new website to serve our communities, I am reminded of the work that we do every day. Our decades of experience, combined with escalating needs driven by recent events in our nation and the world, fortify our resolve to eradicate substance addiction and save lives. We know that there are reasons for optimism and paths to sustained change. Now is the moment for us to embrace action, keeping four truths in mind.

1. Addiction is a preventable, treatable disease for which effective care exists. Because most people do not know it exists or cannot access it, we must focus on advancing quality addiction care so that everyone who needs help can get help – in treatment, recovery or prevention.

2. Addiction is not a moral failing. We must remind people that they are loved, there is no place for blame, and there is help. Compassion and empathy, when combined with scientific solutions, will save lives and end addiction as we know it.

3. Addiction is a public health issue; in fact, a public health crisis. We must acknowledge that 400 deaths a day is a crisis deserving of our attention. When laws and resources evolve to address this public health issue, we will dramatically improve how well we prevent and treat addiction for millions of people.

4. When families are engaged, the odds of success increase dramatically. We must enable families to find answers and make a difference by serving, supporting, and partnering with them. Empowered with tools and skills, family members can positively impact the lives of their loved ones and advocate for policy and culture change.

Partnership to End Addiction is a single organization working toward systemic and lasting change for those impacted by addiction. But ending the nation's addiction crisis will take more than a well-crafted statement, more than informed resolve. It will require all of us, working together, raising our voices, to ensure proper care, understanding, and support for those who are suffering.

<https://drugfree.org/newsroom/>

A Long-Standing National Affiliate Changes Its Name Locally, But Not Its Mission

Dr. Beverly Wohlert, CEO

The National Council on Alcoholism and Drug Dependence (NCADD) has been battling alcoholism and drug addiction in the Valley for over 60 years, yet many people are still not aware of the impact they have on the families in our community. Although, NCADD of Greater Phoenix will be changing its name, officially, on October 1, 2020 to the **Arizona Women's Recovery Center**, it will continue to draw from its nationally rich history of alcoholism for inspiration and guidance as they move into the future.

Nationally, NCADD and its affiliates has served as a leading force in bringing help and hope to local communities throughout America. In 1944, Mrs. Marty Mann — the first woman to achieve sustained recovery within Alcoholics Anonymous, had a vision of changing the public's perceptions and policies toward alcoholism through education, advocacy, and action. The need for this vision remains critical even after 72 years since the agency's inception.

Two Arizona affiliates joined NCA, with today's NCADD of Greater Phoenix being established in 1960 to conduct family assessments and provide community information and referral. In 1986, our local NCADD, of Greater Phoenix began providing direct addiction treatment to men and women. In 1987, all NCA affiliates being expanding their mission to include other drugs, but the official name change to NCADD was not complete until 1990, which affected more than 200 affiliates in 38 states through the U.S. At this time, NCADD Phoenix began to recognize the importance of long-term treatment, specifically for women.

In 2003, NCADD Phoenix opened their first of 4 housing programs for pregnant and parenting women, known as Weldon House thanks to a grant from the Watson Family. What started as a supportive housing program for 6 women has expanded to serving the treatment and housing needs for over 40 women and 40 plus children in the valley.

By 2006, NCADD Phoenix, using evidence-based practices was able to acknowledge the gravity of gender-specific treatment, mental health assessments, trauma-informed care, Dialectical Behavioral Therapy, peer support, parenting education, and career counseling as a catalyst to long-term sobriety. It was at this time, that the agency discontinued its men's programming to focus solely on women, more specifically the needs of pregnant and parenting women. The focus moved from short-term direct care to long-term, relational and skill building treatment of the entire family as a gateway to breaking the cycle of addiction, homelessness, and abuse in families. Thus, prevention was being passed to newer generations by supporting the recovery of the single mother.

Over the next decade, NCADD Phoenix remained committed as a national affiliate, supporting the efforts of advocacy, de-stigmatization, education about the wounds that alcohol and drugs inflicts upon individuals, families, and communities, and offering real life stories as living proof that addiction recovery is a reality. Despite the impact NCADD Phoenix has had on valley's families for over 60 years, they continue to hear the mantra that they are a "best kept secret."

In 2018, the national NCADD affiliate merged with another organization and became known as "Facing Addiction." This national change opened the opportunity for NCADD Phoenix to put their energies into carrying out their mission, rather than explaining who they are and why hadn't anyone heard of this life changing organization. NCADD's mission to provide services to women with substance use disorders, enhancing their lives through comprehensive, women-centered, evidence-based programs, remains the mission of the Arizona Women's Recovery Center.

The name was actually recommended by a child of a staff member who was born at Weldon House and now is entering 9th grade as a healthy young man, who has only known his mother as a healthy, educated, and sober parent. The success stories of this organization are endless and the staff and its leadership remain committed to the vision of eradicating the cycle of addiction for the women and children of Arizona. If you would like to learn more about the programs offered by the Arizona Women's Recovery Center (formerly NCADD), please call **602-264-6214**.

History obtained from "National Council on Alcoholism and Drug Dependence, INC: 60 Years of Leadership and Service; 1944-2004.

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It's no surprise that the COVID-19 pandemic is stressful. Isolation and social distancing during COVID-19 has created additional stress in many households across our country. Our relationships may be directly or indirectly affected in new ways. We may feel "stuck in the house" with our loved ones and feeling as if there is nowhere to go, while other relationships may have leaped into the "long distance" category. Our closest relationships are being put to a new test with Coronavirus stress, often with increased conflict and less opportunity for self-care.

Relationship experts and counselors recommend making your closest relationships a top priority during this time. It is important to have some time set aside regularly for the people most important to you in your life.

If you don't live in the same household, there are a number of apps you can use such as Zoom or Face-time to help stay connected. Do things simultaneously together such as cooking, eating dinner, watching a movie, or playing a game without distraction. Most of all, make time for conversations and connection, these aspects are crucial to healthy relationships. Kindness

is important because the better we treat each other now, the stronger we will be when the pandemic is over. Try not to be critical, we all deal with stress in different ways. Show understanding and empathy to each other to connect emotionally. Pandemic or not, we all want to be heard and understood with patience.

According to John Hopkins Medical Center, there's quite a few ways to keep your relationships healthy and in harmony during this stressful time:

- Keep a good self-care routine with healthy sleep schedules and eating.
- Keep your workday limited. Be careful to not isolate from family with your work or blur the lines between work and home time.
- Be careful of substance use, including alcohol as increased stress can aggravate these habits.
- Go outside together. A change in setting and the fresh air with some physical movement is a good thing for mood-boosting and recharging.

- Plan something enjoyable or productive: a game night, a bike ride, a baking day, a DIY project, a bucket list of post-pandemic things to do, a scenic drive, etc.
- Identify your support system and use it.
- If there is a safety concern in your relationships, have a plan of who to call and where to go if there is a lack of safety.

When things become stressful, remember that kindness goes a long way. The better we treat each other now, the stronger we will be when the pandemic is over. Try not to be critical; We all deal with stress in different ways. Show understanding and empathy to one another to connect emotionally. Whether during a pandemic or not, we all want to be heard and understood. Lean on each other and connect the best that you can, one day at a time.

Remember...There is hope at Aurora

If you or a loved one are experiencing mental health or addiction symptoms that are concerning or worry you, Aurora is here to help. Our caring team of professionals takes a holistic and authentic approach while providing expert psychiatric care for teens and adults. For more information or to schedule a free confidential assessment, call our 24/7 Admissions Line at 877.870.7012. National Domestic Violence Hotline: 1-800-799-7233.



We've changed our name,
not our Mission

NCADD Phoenix is now ARIZONA WOMEN'S RECOVERY CENTER

We are a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address family sustainability. All programs focus on providing the tools and resources to assist women in living financially independent, drug and alcohol-free lives.



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Newsweek Selects Sierra Tucson as Arizona's Best Addiction Treatment Center for 2020

Sierra Tucson have been selected by *Newsweek* as the best addiction treatment center in the state of Arizona.

This is the first year *Newsweek* has evaluated and ranked addiction treatment facilities. The inaugural effort included detailed assessments of treatment centers in 20 states.

Newsweek partnered with Statista Inc., a global market research and consumer data firm, to determine the premier addiction treatment facilities in each of the states that were included in this year's report. The evaluation process included surveys of doctors, other healthcare professionals, and administrators. The facilities were assigned scores based on their quality of service, reputation, and accreditation.

The 20 states that were involved in this year's rankings have the greatest number of addiction treatment facilities as determined by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Sierra Tucson has been recognized for their efforts to improve the lives of individuals and families who have been impacted by substance use and addiction. The fact that the *Newsweek* rankings were based in part on surveys of Sierra Tucson's peers in the health-care field makes this recognition particularly meaningful. The best possible outcome of Sierra Tucson's recognition in *Newsweek* is that it will give our colleagues the opportunity to help even more people during their time of need.

To learn more about Sierra Tucson's personalized programming or to discuss any cases in need of a higher level of care for behavioral health and substance use concerns, visit acadiahealthcare.com/programming-treatment/treatment-placement-specialists. www.sierratucson.com or call 844-359-8640

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COVID

A Conversation with Mother Nature

Characters: Man, Woman, Gaia (Mother Nature)

Man: You have the world’s attention. What do you want?
 Gaia: What you want.
 Man: We’re tired of isolation.
 Gaia: You isolated your heart from your brothers and sisters for millennia.
 Woman: We want our lives back.
 Gaia: So do I, but you want more.
 Woman: That’s right. We want to be with those we love.
 Gaia: So do I, but so much of what I love you’ve damaged or killed.
 Woman: We want to live a natural life again.
 Gaia: A natural life! You wouldn’t know nature if you ran her over.
 Man: That’s not true.
 Gaia: You already have run her over.
 Man: Sorry?
 Gaia: If you were truly sorry you wouldn’t run over and destroy the natural world. You’re created to live in harmony with Nature.
 Man: We’re smart, we have nothing to learn.
 Gaia: If you were so smart you wouldn’t poison the air you breathe.
 Man: It’s just a side-effect of industry, which makes the world better.
 Gaia: You can make goods using good energy like solar and wind.
 Man: Wind can cause cancer.
 Gaia: That’s a lie. You’re a short-sighted slaughterer.
 Man: What do you mean?
 Gaia: If you have to ask the question you won’t understand the answer.
 Man: Which is?
 Gaia: You don’t deserve the Creation you were given. If I hadn’t interrupted your marauding you’d have destroyed everything. Now that you’re sheltered and not driving the air is cleaner. People in L.A. can see my beautiful mountains again, in India they can see my gorgeous Himalayas.

Man: You’re the killer. You sent dangerous climate change and a deadly virus.
 Gaia: Responses to your actions. Your wise men taught you that as you sow so shall you reap. You caused climate change, which I returned as weird weather patterns. You play games with carbon. You care about dollars and euros not the air you breathe to stay alive. The virus is a response to the death you’ve caused.
 Man: You’re ripping mothers from children, husbands from wives to die alone on ventilators.
 Gaia: Good.
 Woman: Good?
 Gaia: Good that you’re finally speaking with compassion.
 Man: I write best-selling songs about love.
 Gaia: How dare you speak of love when you’re on a murderous rampage!
 Man: You keep projecting your killing onto me.
 Gaia: It’s what I had to do to get you to stop.
 Man: Stop what?
 Gaia: Your destruction.
 Man: Of what?
 Gaia: Of everything you touch with your greedy hands. Of everything you see with your half-crazed eyes. My adorable dodo bird, my TasManian tiger, my wonderful wooly mammoth...they’re all gone at your hand.
 Woman: (PAUSE) I’m truly sorry.
 Gaia: Not as sorry as them or me. So Many other children threatened for extinction...elephants, orangutans, gorillas.
 Woman: You speak like we’re hazardous to life.
 Gaia: You are. Now, your healers wear hazmat suits to treat you.
 Woman: So what do you want from us?
 Gaia: I want you...I need you to wake up and care for our planet. The oceans, rivers, and rainforests...they’re not mine, they’re ours. I need for you to stop trying to conquer me, learn to live cooperatively.
 Woman: (LONG PAUSE) I can do that.
 Gaia: I know you can. You’re made in the Almighty’s image. But will you?
 Woman: I will.
 Gaia: I’m glad you will. I’m not trying to scare you. Religions have done that for way too long. But awe is wonderful. Like the awe your brothers and sisters once felt for my thunder, rainstorms, hurricanes.
 Man: I’m not a prehistoric Man to fall to my knees when it thunders.
 Gaia: That’s not needed. Just understand the power of Nature is vast, like Her love.
 Man: I’d like to feel that love.
 Gaia: All you have to do is realize that the next beat of the heart in your chest is my gift. The next breath into your lungs is not your doing. It’s mine...because I love you.
 Man: I never thought of it that way.
 Gaia: There are Many things you never thought of. That’s why I’ve given you this time sheltered to think about things. I don’t ask for anything except to do what you’re here to do: care for the planet as you care for your children and those you love. Love me and care for the Earth, and a wonderful renaissance like none the earth has ever seen can dawn. Bigger, better, and longer than the one you’ve read about.
 Man & Woman: I’d like that renaissance.
 Gaia: I would, too. I have your attention, and now I have your commitment. I’ll send your doctors inspirations to find a vaccine. They won’t know where it came from—they’ll think they did it themselves. I don’t leave my card. But you’ll know.



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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
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

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