

# Together AZ

Inspiring Success on the Road to Recovery

DECEMBER 2020

## Celebrating the End of 2020 with Healthy Hearts and Minds

By Tamara Luckett, MSW, LCSW, Clinical Director at Calvary Healing Center

*T'was the night before Christmas and all through the house...* the holiday season is upon us!

It is thought of as the time of year that families and friends come together to celebrate traditions, enjoy community, share food, and exchange gifts. It can be a glorious time of the year. However, for many, this is a time of high stress and exposure to people, places, and situations that bring about difficult emotions as well as opportunities, urges and cravings to use substances.

People may experience “triggers” for past traumatic events that have occurred during this season. Those who may be struggling with substance use and mental health issues can struggle even more with some of the challenges that arise during the holidays, especially with the increase in expectations that everyone and everything should be merry and bright.

### How to celebrate this year?

In 2020, we are also facing decisions about how to celebrate the holidays during a pandemic, which can lead to self-isolation, exacerbated fear and anxiety, and a break-down in healthy ways to



Photo: iStock.com

**“Having gratitude for the path traveled, despite the pandemic, and giving and receiving love are ways to practice spiritual disciplines that foster resiliency.”**

cope. There are helpful strategies that can be used when the holidays seem stressful, anxiety provoking, overwhelming or lead to an increase in substance use and addiction.

According to Mike Speakman, therapist at Calvary Healing Center, “Setting and maintaining boundaries is important for individuals and families to learn and practice.” There are certain times and situations when boundaries are harder to put into use. The holiday season is one of those times. If it is hard for you to say no or set limitations, chances are it will be much harder during this season when it comes to family and celebrating. If you or a loved one is struggling with mental health or using substances, setting a boundary around celebrating without the presence of alcohol or substances is good start. Mike states, “However, being clean and sober is not the same as having a recovery program.”

Families of an addicted loved one may need to set stronger boundaries and make the hard choice of whether to spend time with them or not, or may have to set limitations around time together and celebrating. For an addicted loved one, it may be practical to give gifts of something useful that cannot be readily turned into cash.

Mike recommends being honest with boundaries and limitations, even if they seem selfish. Share your thoughts and feelings with a trusted friend or counselor to help sort out what is most important to you about how to manage the holidays in a healthy and sober way. It is normal at times to not be sure of what you really want. This is especially true in emotional situations such as with family problems, addiction, and the holidays. Talking about a situation and hearing your thoughts out loud can help sort it out. Communicate with your family and those you care about why you have set boundaries and ask for their support. Know that it is okay to stay in touch with people that support you and to stay away from people that do not in order take good care of yourself.

### Becoming aware of what triggers you

Be aware of your holiday triggers, so you can prepare yourself ahead of time with appropriate tools and skills. These triggers can be anything from memories of loved ones who have passed, financial constraints and the pressure of buying presents on a limited budget, hosting gatherings and parties, or how to connect with loved ones during the pan-

— HEALTHY HEARTS continued page 6

## INSIDE

**The Gift of Choice**  
by Dr. Dina Evan

**HOPE for the HOLIDAYS**  
by Marianne Gouveia

**AVOIDING a Relapse this Holiday Season**

**Benefits of Outpatient Treatment**



SCOTTSDALE RECOVERY CENTER  
Recovery For Life

1-888-NODRUGS





# Publisher's Note

By Barbara Nicholson-Brown    [barb@togetheraz.com](mailto:barb@togetheraz.com)

## My Lessons from 2020

This was the year unlike any other. We faced challenges and drastic changes to our everyday life, we were told to stay at home, mask up when out in public, we saw less of each other in person, and for those of us in recovery, we found new ways to maintain sobriety through virtual meetings and chats.

Prayers continue to go out to the many who have lost loved ones to this deadly pandemic, the lost loved ones to overdose, suicide or relapse. Many in our nation and across the globe, lost their business, employment, and even hope. 2020 has been devastating on so many levels, sometimes it's hard to comprehend, all of the illness, violence and division of people.

What have I learned through this? What really matters? Acceptance. What stands out most is I have no control or say about what happens. I do have a say in how I react to the events of life and realize now more than ever, to not take anything for granted. Everyday we have on this planet, truly is a gift.

To all the sober comrades in my life, I am very grateful for you.

Wishing you all a very safe and healthy season....  
be safe..... stay hopeful.

*A very special thank you to Tamara Luckett for our feature Celebrating the End of 2020 with Healthy Hearts and Minds and to all who contributed to this edition of Together AZ.*

### Together AZ

[www.togetheraz.com](http://www.togetheraz.com)  
**602-684-1136**

Email: [barb@togetheraz.com](mailto: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 Evan

Bobbe McGinley

Stephanie Siete

Website: COHN MEDIA

## Hope for the Holidays

If you are mourning the loss of a loved one this time of year, EricsHouse offers some suggestions for making it through.

**Talk about your grief. Talk about your loved one.  
Respect your physical and psychological limits.**

[www.EricsHouse.org](http://www.EricsHouse.org)  
Healing After Suicide, Substance, or Sudden Loss

See Founder, Marianne Gouveia's article in this newsletter for more details.  
<https://www.ericshouse.org> 1-855-894-5658



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](http://www.pcsearle.com)**  
**7530 E Angus Drive. Scottsdale, Arizona 85251**

### STAYING CONNECTED

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

Email us:

[barb@togetheraz.com](mailto:barb@togetheraz.com) or  
[info@togetheraz.com](mailto:info@togetheraz.com)



## 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](http://www.auroraarizona.com)

#1 BEHAVIORAL  
HOSPITAL IN AZ

**RANKING**  
*The Best of Arizona Business*  
**ARIZONA**

2018 | 2019 | 2020



# SCOTTSDALE RECOVERY

RECONNECT • REBUILD • RECOVER

---

## ARIZONA'S PREMIER ADDICTION TREATMENT FACILITY

888.663.7847

[www.scottsdalerecovery.com](http://www.scottsdalerecovery.com)



# The Greatest Gift...

# Choice

By Dr. Dina Evan



It is my hope by the time you read this article, we will all have the “Whose Your President?” question resolved and we can begin to move out of chaos and into a saner state of the union. However, I also feel that is not our biggest issue. Choice is!

We have forgotten that WE make the choices about what to believe and for a very long time we have allowed others to do that for us.

### How do they do it?

They do it with beautiful advertising, billboards, tweets, texts, repeated sound bytes and very often lies that create fear. An example is how many times have you seen an ad pop up on the TV that says “Call so and so law firm if you have ever taken yaddy daddy medicine. Which, by the way, was previously advertised as the only one that does not cause cancer and is a safest drug for your family members, you or friends medical condition. Let’s think about how we can make our own better choices.

It’s the holidays and this is about gift giving, and given all we have been through, there is a gift of a soul lesson to be had here and we can decide to decide for ourselves what’s true or not and make that choice for ourselves, from this point on.

When there are a million people or more a day dying, except in the states where wearing a mask is temporarily mandated, perhaps we might change our opinion that wearing a mask is not just about someone trying to control

us. We could look at people running for office, regardless of party, and ask, what promises that I agree with, has this person made and then kept in the past. Would I make the same decisions that person has made and do I have the same values they stand for? Maybe making decisions based solely upon party, promises or what our friends think, or how much power or money the people running might have, doesn’t mean the same thing will happen for us.

The greatest gift of choice isn’t so much about what’s going on out there, as it is about what’s going on “in here.”

My Dad was a cheater, liar and abusive. I saw him beat my mother up so many times I knew who he was at an early age. As I got older that’s exactly how and who I thought all men were. However, it wasn’t true and later I met some of the finest people I had ever known — and they were men. Until I was in my late twenties, I didn’t know better and I was not yet awakened enough to ask whether my belief was true. Our most important choice, is to examine **our own beliefs** and make **our own decisions** in alignment with **our own integrity**.

Black men have been taught, for good reasons, to look away if a white woman walks by. For years if I am in a store where that happens, I make it a point to compliment the man’s shirt or ask if he might have noticed where the cereal is or anything at all that says look up, you have nothing to fear from me, I do not see you through prejudiced eyes



## 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](http://www.ContinuumRecoveryCenter.com)

If I see a black mother with two little black children, I will always stop and say how beautiful they are and tell her I have four beautiful black great-grandchildren myself and,” How blessed are we?”

If you still believe the color of one’s skin determines their worth or value in society, maybe you could ask yourself if that belief is in alignment with your spirit and true values. Or, if you believe that people who love someone of the same gender are bad or wrong, maybe you could ask yourself “What if that person was your precious child?” Would you feel the same? Or, if you believe violence is the right way to deal with our differences, would you feel the same way if you lost or your partner or pre-


cious child in a violent demonstration? I don’t think so. We have just stopped thinking for ourselves.

It’s the holidays and maybe this is the time to give ourselves the greatest gift of all...the freedom to make our own choices from a place of our own true values, our own spiritual beliefs or from our own simple logic.

You may not be able to wrap it... because this gift is so big that it changes the world. Happy holidays from all of us to all of you with love.



Dr. Evan is a marriage, family, child therapist and consciousness counselor. [www.drdinaevan.com](http://www.drdinaevan.com) or call **602 571-8228**.



# CBI

COMMUNITY BRIDGES, INC.

## Housing Our Homeless

Homelessness often results in substance abuse, and substance abuse and behavioral health issues can lead to homelessness.

### Access to housing

is fundamental to helping vulnerable men, women, and families rebuild their lives.

CBI housing programs include:

- Temporary
- Transitional
- Permanent supportive housing

People We Serve

- Individuals and families experiencing homelessness
- Pregnant or postpartum women with substance use disorders, and their children
- Survivors of human trafficking, and their children
- Veterans

COMMUNITYBRIDGESAZ.ORG • 24/7 CARE ACCESS • 877-931-9142

# HOPE FOR THE HOLIDAYS



By Marianne Gouveia, founder of EricsHouse

For many of us who have lost a loved one, the months of November and December can trigger great sadness and sorrow. As the Founder of EricsHouse—a non-profit to help people heal after traumatic loss, I feel myself tensing up with the holidays approaching, my mood sinking, and an urge to stay occupied with work and mindless busy tasks. I hate thinking about that empty seat, wishing I could have my son Eric at the holiday table one last time. I think about what gifts he might put on his Christmas list and how wonderful it might be to kiss him, to hug him, to hear his great belly laugh . . . just one more time.

## Grief during the Holidays

Eric struggled with opioid addiction. He fought hard for sobriety, but one day he became overwhelmed by his addiction and lost hope. In February of 2017, he made the fatal decision to end his life by suicide. In the last four years, I have learned so much about survival, sorrow, and sadness, about loss and emptiness, about sharing and gratitude, and about finding hope.

Holidays are difficult times for any griever. In the middle of the COVID-19 pandemic, feelings of loss, worry, and isolation are rampant in every household. For people celebrating the holidays without their loved ones, sorrow runs high. Dr. Alan Wolfelt, an internationally recognized grief expert and advocate for EricsHouse, offers some ways in which we can find hope during the holidays:

### Talk about your grief

We think if we avoid talking about our grief our pain will go away. On the contrary, talking about your grief helps you heal and process complicated emotions. Holding it in causes it to fester. Talk to friends who will listen without judgement and help make you feel understood.

### Talk about your loved one

Love does not end with death. While the holidays might create triggers for you that cause sadness and hurt, there are also triggers that can create positive memories and perhaps even laughter as you remember your loved one. Family and friend may mistakenly think by avoiding talking about your loved one they will save you from falling into grief. Intentionally plan ways in which you can bring those happy memories to the dinner table to share with others. Say their name.

## Respect your physical and psychological limits

Grief left me exhausted. Preparing a large meal for my extended family was not in the cards that first year. I let someone else do all the work so I could respect my grief. I needed to miss Eric and be sad, that he was not here. I gave myself permission to mourn him and eliminate unnecessary stress, and created a plan to do that. In retrospect, I learned the best way to mourn Eric was to allow myself to lean right into the pain — to experience it —and create an environment where I didn't have to avoid it or pretend everything was ok.

Give yourself permission to create what you need during the season—do only what soothes you and gives you comfort. If you are stressing something, eliminate it and replace it with something that supports your journey toward healing.

As the holidays approach, we suggest you develop a survival plan. A plan you create around activities that will make you feel better. You don't have to "stick to the plan," nothing is set in stone, but it can help you think through what you want to do, don't want to do, and be mentally and emotionally prepared. This might include:

- Being with people who want to be with you, who acknowledge and support you, and respect your sense of loss. Good listeners are always a good choice here.
- If you have family traditions, decide which ones to continue and which ones to skip this year. This gives you a way to anticipate triggers rather than get caught off-guard. Be sure to give yourself permission to modify your normal approach, people will understand.
- If you wish to express your faith, the holidays are a good time to do so. Often, after a loss, we find a renewed sense of faith or a new belief structure. Allow yourself to express your beliefs, it can lead to transformative self-discovery in the face of loss.

Often people cope with loss and grief during the holiday by increasing consumption of substances like alcohol and pain killers. We imbibe because we hope it will make the pain go away. The opposite is true. Drugs and alcohol actually prolong the mourning process and compromise our healing. If maintaining your sobriety is a special challenge for



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](http://buenavistarecovery.com)



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

you during the holidays, you may want to reinforce your commitment to your survival plan:

- **Focus on your successes.** Celebrate your sobriety. Think about how good you feel without drugs and alcohol. Building a sober life, especially after a terrible loss, isn't always easy and doesn't happen overnight. Take it minute-by-minute and day-by-day.
- **Give yourself permission.** Stay away from events and people that cause unnecessary stress in your life or create temptation to compromise your sobriety. Substitute activities that reward you or honor your loved one.
- **Stay active.** Give your body physical exercise, breathe deeply, get some sun and fresh air. Give yourself permission to do what you enjoy and get plenty of rest to keep the stress away.
- **BYOD – Bring your own (healthy) drink** if you are around others that are drinking.
- **Be with like-minded friends:** Keep your sober friends close with texts or phone calls and remember to draw upon your higher power. Surround yourself with positivity and you will succeed!

The holidays can present difficult challenges for the griever, but they also present an opportunity to further integrate our losses and move forward in our grief journey. Prepare yourself and stack the deck to enable a hope-filled, self-loving experience that celebrates the life of your loved one, the beautiful memories of holidays past, and journey toward meaningful, fulfilling future holidays.

Marianne Gouveia is the Founder of EricsHouse Inc, a nonprofit specializing in grief support with a specialization in suicide and substance-related losses. For more information, visit [www.ericshouse.org](http://www.ericshouse.org) or call 855-894-5658.



demic and remain safe. Living up to all the expectations during the holidays can be overwhelming. If you identify your triggers ahead of time, you can devise coping strategies to deal with them when they arise. For help with trauma that may be triggered during this season, seek therapy that utilizes therapeutic strategies, such as Trauma Releasing Exercise (TRE), or Eye Movement Desensitization and Reprogramming (EMDR) that can be helpful with addressing traumatic experiences.

Watch for expectations

Many people have expectations that everyone is happy during the holidays. The reality is that you do not have to be happy all the time just because it is a festive season. Allow yourself to feel what you are feeling. Share your feelings of loneliness, stress, sadness, anxiety, depression or thoughts of using substances with trusted people in your life. Acknowledge your feelings during this time with the understanding that it is not realistic to be happy all the time and that all feelings are valid.

Although the holidays can be a busy time of the year, make time for self-care, spiritual practice, good sleep and exercise. Stick with healthy habits. Just because it is the holiday season, do not abandon the things that you are already doing for your well-being. Engaging in yoga, outdoor recreation, music, art, reiki, acupuncture, aromatherapy, massage, and spending time with pets can reduce stress, enhance well-being and help to maintain sobriety.

**“Families of an addicted loved one may need to set stronger boundaries and make the hard choice of whether to spend time with them or not, or may have to set limitations around time together and celebrating.”**

Practice gratitude and service. During the holidays, there are an abundance of opportunities to do so. Be grateful for what you have and offer support to those less fortunate, in whatever way you are able. If you have not incorporated these things into your life, consider these holiday gifts to yourself and start some of these practices.

Calvary Healing Center’s Spiritual Care Counselor, Scott Borgeson, shares the perspective that “For many, the God who sees and never changes arrives at Christmas time in joyous humility in the gift of a baby. It can be a time of wonder and awe along with spiritual renewal and rebirth.” He recommends anchoring ourselves in spiritual traditions to help mitigate the challenges we face in a year that

has given us all unique trials. Sustaining spiritual wellness during the holidays involves staying physically healthy, taking time for reflection and inviting the God of our understanding into moments of challenge, opportunity and circumstance.

Having gratitude for the path travelled, despite the pandemic, and giving and receiving love are ways to practice spiritual disciplines that foster resiliency. In times of increased isolation, whether we seek sustenance from a spiritual community on Zoom or at in-person Twelve Step meetings, God’s currency of connection and peace during the holidays is abundantly available if we earnestly go after them with all our might and make them a priority in our hearts. “At Calvary Healing Center, we welcome all people right where they are on their journey of connection as they experience newfound peace with a God of their understanding”, says Scott.

If some of these strategies are not enough and you or someone you know needs additional help, Calvary Healing Center’s staff are uniquely prepared to assist individuals and families with determining the best level of care needed and providing detox, residential treatment, partial hospitalization and intensive outpatient programming that may be the help needed to change the direction toward healthier living and sobriety. Give yourself, or someone you know that may need help, the gift of well-being, healing and sobriety this holiday season.

Calvary Healing Center is available 24/7 to take your call and answer any questions about our full continuum of care. Our Admissions team can be reached at **602-264-1030** or visit [www.calvary-center.com](http://www.calvary-center.com)



About Tamara Luckett, MSW, LCSW

Prior to her role at Calvary, Tamara served as Clinical Director for nearly 7 years at a psychiatric hospital here in Arizona. Throughout her professional career, Tamara has worked tirelessly to design and implement programming for at risk populations, and has repeatedly demonstrated a devotion to service. She continues to be an advocate for those struggling with mental health and substance use disorders, by providing the necessary treatment and resources to find sustainable recovery.



The Calvary Difference:

- We have been helping people on their road to recovery since 1964.
- We offer an optional faith-based, spiritually-led healing component.
- Our facility provides a full continuum of care including detox, residential and outpatient programs.

Find out how Calvary Healing Center can help you or your loved one. Call us at **602-279-1468** today.



720 E. Montebello Ave., Phoenix, AZ 85014  
[calvarycenter.com](http://calvarycenter.com)

Physicians are on the medical staff of Calvary Healing Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Calvary Healing Center. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 203427-4945 7/20

# Why Sierra Tucson?

*It Literally Saved My Life*

“I would not be alive today if it weren’t for Sierra Tucson. I believe that every person who enters those front doors by that beautiful fountain is a blessed miracle, just like me.”

– Andrew S., AZ

Achieving positive change takes a commitment to excellence. At Sierra Tucson excellence is at the core of our addiction program. For over 36 years we’ve been transforming lives and providing a lifetime of healing support.

**Contact our Admissions Team**

**844.209.3372**

**SierraTucson.com**

**We work with most insurance.**



**SIERRA TUCSON®**

Where Change Begins®





# 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.



Treatment | Housing | Education

602-264-6214 [arizonawomensrecoverycenter.org](http://arizonawomensrecoverycenter.org)

**"THE GREATEST WEAPON AGAINST STRESS  
IS OUR ABILITY TO CHOOSE ONE THOUGHT  
OVER ANOTHER."** *William James*

## Ways to Avoid Relapse this Season



*This time of year may be challenging, but  
it's possible to maintain recovery.*

The holidays can be a difficult time for people to stay sober, especially those new to sobriety or who have tenuous relationships with family members. Here are a few ideas to help put your sobriety first during the holiday season.

### Find local support

Whether you use 12 steps, SMART, a Buddhist recovery program, or another form of support, find out where the meetings are near family gathering. Call Central Office and ask for the numbers of local support group members who might be willing to talk by phone. Since the pandemic has forced many area meetings to close, locate a meeting on Zoom. There are always people willing to help.

### Have a list of people to call

Where ever you are... take your support network with you. Have a list of people you can call or text if any situation becomes challenging. You want people who will listen and show you how you can behave in a way that will calm the waters. It's important to be open to seeing our own part in things.

### You have the right to leave

You have every right to leave an uncomfortable situation. You can do this in a short-term way, by excusing yourself to a restroom or go outside and regroup, from there you can make a call.

If the problem is at a level you need to leave the event, get out of there. If you think things might escalate, bring your own transportation so you're not trapped. You don't have to stay if you are uncomfortable.

### Pray or meditate

You can find strength and comfort by praying. Ask for calm and the ability to see the good in someone who challenges you.

Ask for strength and an opportunity to be of service. Regulate your breathing. Sit in stillness until you can attend to others in an appropriate and helpful way.

### Be of service, but stay safe

There are almost always ways we can help. See where you can be helpful and do it. Please wear a mask unless eating or sipping your latte.

### Engage without expectations

Just because you are in recovery doesn't mean that anyone else in your family has to change. You may or may not be in a situation where you will be supported. Don't expect anyone to be other than who they are, and you won't be disappointed.

Your recovery is the greatest gift you can give yourself and your loved ones. Honor yourself by protecting your recovery. Put your mental, emotional and physical health first.

# Recovery Begins at Home

CBI serves the Veteran community with Wraparound Services that connect Veterans with housing and ongoing care and services. Our ultimate goal is to improve housing and income stability, along with making meaningful connections and engaging in community activities. This sets the path for long-term vibrancy in the community.

**CBI**  
COMMUNITY BRIDGES, INC.  
CELEBRATE BELIEVE INSPIRE

Learn more at [communitybridgesaz.org](http://communitybridgesaz.org)  
24/7 Access to Care (877) 931-9142

## 6 Benefits of Outpatient Addiction Treatment

By Scottsdale Recovery Center

Outpatient treatment may not be an ideal choice for everyone. But when you're looking for help without leaving your present life, there's nothing like it.

If you think you can do it, (with the guidance from a professional therapist or addiction doctor) you can begin or continue your recovery journey by investing a few hours of your week to equip you with the right tools and foundation for long term sobriety. Outpatient treatment is not recommended for everyone. Here are some things to consider:

## 1. You aren't required to leave your job

Inpatient recovery programs may be a popular choice among addicts and their peers, but they will be one of most expensive decisions of your life. And rightly so—because change demands time and an investment, but remember this is your life. Since inpatient treatment provides you with accommodation and a healthy environment, which helps in your overall growth, it probably will require you to have a substantial financial reserve.

On the other hand, outpatient treatment is more flexible and affordable. You aren't required to leave your current job to make an important change in your life.

Most people can continue with their daily routine without thinking about how you'll pay for the treatment, which actually allows you to keep up with the program and not quit, because you've run out of funds.

Outpatient treatment may be a more practical choice today since the pandemic has made finding good employment difficult. Outpatient services can also be ideal for individuals coming out of inpatient rehab or a hospital who need to learn new ways of living sober and to fortify their recovery. It is a great place to get more support and ease the transition from residential treatment to aftercare.

## 2. You learn to gradually deal with your permanent environment

One of the primary benefits of outpatient addiction treatment is you never leave the environment you're going to live in even after the program is over. Being in outpatient allows you to gradually get used to the people around you while updating your lifestyle.

Additionally, outpatient treatment helps the transition from your recovery life to your everyday work life, and you won't be completely detached from the real world.

### 3. You enjoy peer support

There's nothing that you can't achieve without strong peer support. Whether it's getting moral support from your family or being okay with sharing your struggles with addiction and recovery among your social circles, you need healthy peers when adapting to a healthier lifestyle.

Attending outpatient treatment helps you stay connected with your family and friends. This lets you have the flexibility of having someone trustworthy to fall back on every time you need help.

Instead of taking you out of the real world and your permanent environment, an outpatient addiction treatment teaches you to live and grow in the same environment that may have pushed you into the pool of addiction.

#### 4. You learn to be independent and accountable

Inpatient programs are expensive because they incorporate resources that help you stay on track. One such resource is an accountability partner or a recovery coach. They mentor and guide you throughout your journey and allow you to remain loyal to the program.

While outpatient treatments have mentors, you're largely on your own. Since you spend less time in rehab and more outside, you're responsible for your actions for most parts.

This isn't a bad thing. In fact, you learn to be in charge of your urges and become independent, which may not always happen in inpatient treatment.

Outpatient addiction treatment also allows you to quickly recognize your triggers and control them every time you get the itch without any need for policing.

Some insurance policies cover the cost of rehab as long as you're not admitted to the inpatient program. This lets you have your cake and eat it, too, because you still get to keep your job while your treatment fee is being taken care of.

If you're thinking of joining an outpatient recovery program, make sure to check with your insurance provider for rehabs and addiction centers that accept cashless patients.

## 6. You can cut down on the additional costs

Outpatient addiction treatment is usually the go-to option for people with responsibilities. If you're someone who has no one to have your back when it comes to finances, you're perfectly positioned to benefit from an outpatient recovery program.

First, you aren't required to relocate to a treatment center (which can be expensive). Usually, rehabs are located away from the hustle and bustle of the city to offer you a peaceful retreat. So, the living costs generally add up, which is not always be affordable for everyone.

Second, you still get the same effective recovery experience without having to pay for it as your insurance provider will take care of the costs.

Third, you don't have to have two different funds; one that will take care of your treatment costs and the other that will be used for your family's expenses while you're away.


Lastly, you never leave your current employment. One important reminder is your level of commitment to your sobriety has to remain of the utmost importance, whether in or outpatient.

Recently, Scottsdale Recovery Center announced it's first-ever intensive outpatient program. The program is set to be held during the evenings, allowing you to keep your daily routine undisturbed. The program is designed to allow you to carry on with your life while helping you integrate newer and healthier habits into your current lifestyle.

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](http://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.**

 <h1>Teen Challenge is Arizona's Faith-Based SOLUTION TO THE DRUG EPIDEMIC</h1> <p>With heroin addiction at epidemic proportions and drug abuse at an all time high, Teen Challenge is seeing results with an 86% success rate!</p> <p><b>We can help!</b></p> <p><a href="http://www.tcaz.org">www.tcaz.org</a></p>			
<p><b>PHOENIX TEEN CHALLENGE</b> (Male 18+)</p> <p><b>602-271-4084</b></p> 	<p><b>HOME OF HOPE</b> (Female 18+) Women or Women with Children Casa Grande, Arizona</p> <p><b>520-836-6036</b></p> 	<p><b>SPRINGBOARD</b> Home for Adolescent Girls (Female 12-17) Tucson, Arizona</p> <p><b>520-857-8773</b></p> 	<p><b>PREVENTION</b></p>  <p><b>THINK ABOUT IT®</b></p> <p>To schedule a Drug Prevention Presentation for your group or school, contact the Public Relations office at 602-271-4084</p>



**MEADOWS®**  
Behavioral Healthcare

## 40+ YEARS OF BEHAVIORAL HEALTHCARE DEDICATION

Meadows Behavioral Healthcare has one mission: to provide our patients the tools necessary to overcome the challenges of **trauma, addiction, eating disorders, and related mental health conditions** as part of a comprehensive treatment process that promotes sustained personal recovery.

Our system is a network of specialized behavioral healthcare programs, individualized addiction recovery centers, and acute psychiatric care centers located throughout the United States.

While our continuum of individualized treatment programs and services has an outstanding reputation for drug and alcohol recovery, we are known worldwide as the leader in addressing unresolved emotional trauma and the underlying issues related to addiction. We uncover the patient's core issues through multiple brain level interventions from a holistic, bottom-up approach.

As stewards of our patient's care and wellbeing, we take every precaution to ensure each patient receives the care they need. **Give us a call today to either begin or continue your healing process.**

[www.meadowsbh.com](http://www.meadowsbh.com) | Admissions: 800.244.4949

# The Risks of Another Epidemic: Teenage Vaping

By Jane E. Brody

While most of us strive to avoid inhaling aerosols that could harbor a deadly virus, millions of teens and young adults are deliberately bathing their lungs in aerosols rich in chemicals with known or suspected health hazards.

I'm referring to vaping (or "juuling"): the use of e-cigarettes that is hooking young people on a highly addictive drug — nicotine — and will be likely to keep them hooked for decades. Meanwhile, e-cigarettes and other vaping devices are legally sold with few restrictions while producers and sellers reap the monetary rewards. Although many states prohibit e-cigarette sales to persons younger than 18 or 21, youngsters have little trouble accessing the products online or from friends and relatives.

From 2017 to 2018, vaping by high school seniors increased more than "for any substance we've ever monitored in 45 years, and the next year it rose again almost as much," said Richard Miech, principal investigator for the national survey Monitoring the Future. By 2019, a quarter of 12th graders were vaping nicotine, nearly half of them daily. Daily vaping rose in all three grades surveyed — eighth, 10th and 12th — "with accompanying increases in the proportions of youth who are physically addicted to nicotine," Dr. Miech and colleagues reported in *The New England Journal of Medicine* last year.

Although self-reported use of e-cigarettes by high school and middle school students decreased over the past year, Dr. Robert R. Redfield, director of the CDC and Prevention, cautioned, "Youth e-cigarette use remains an epidemic."

"We're stepping backward from all the advances we've made in tobacco control," Dr. Miech, professor at the Institute for Social Research at the University of Michigan, said in an interview. "I'm worried that we will eventually return to the tobacco situation of yore. There's evidence that kids who vape are four to five times more likely the next year to experiment with cigarettes for the first time."

As in decades past, the nation's regulatory agencies have been slow — some say negligent — to recognize this fast-growing threat to the health and development of young Americans. Dr. Rome, a pediatrician who heads the Center for Adolescent Medicine at the Cleveland Clinic, explained that nicotine forms addictive pathways in the brain that can increase a youngster's susceptibility to addiction throughout life. The adolescent brain is still developing, she told me,



and e-cigarette use is often a gateway to vaping of marijuana, which can affect the brain centers responsible for attention, memory, learning, cognition, self-control and decision-making.

In a review published last December in the *Cleveland Clinic Journal of Medicine*, Dr. Rome and her co-author, Perry Dinardo, challenged the public perception that vaping is harmless, or "at least less harmful than cigarette smoking."

While it's likely to be true that vaping may be less hazardous than tobacco cigarettes, since the vaped aerosols that reach the lungs are devoid of the thousands of tobacco-derived toxic and

carcinogenic substances inhaled by cigarette smokers, vaping still introduces a fair share of potentially harmful chemicals.

"E-cigarettes might have their own unique health effects we haven't discovered yet," said Theodore L. Wagener, director of the Center for Tobacco Research at Ohio State University. "Although compared to tobacco cigarettes, e-cigarettes without a doubt expose users to much lower levels of harmful chemicals, we still don't know how the body handles them and what their long-term effects might be."

The surge in the use of electronic cigarettes was tied to a game-changing product, Juul, a cartridge device introduced in 2017 in a slew of enticing flavors. Flavors especially attractive to youngsters are now banned from use in closed-system devices like Juul, which now is sold only in tobacco and menthol flavors, but can still be used in the open-system products sold in vape shops. And now, taking advantage of a loophole in regulations, a disposable product called Puff Bar, which comes in more than 20 flavors, has replaced Juul as the vape of choice among young people. "Juul made it cool, and young people who had never smoked cigarettes are becoming addicted to nicotine," said Erika R. Cheng, a public health epidemiologist at Indiana University School of Medicine.

Although there have been calls for bans on e-cigarettes, Abigail S. Friedman, a health economist at Yale University School of Public Health, cautioned that "bans can push people into the black market looking for something that can be acutely dangerous." *Reprinted from Parents Against Vaping Newsletter 2020*

Jane Brody is the Personal Health columnist, a position she has held since 1976. She has written more than a dozen books including the best sellers "Jane Brody's Nutrition Book" and "Jane Brody's Good Food Book."



**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](http://www.valleyhospital-phoenix.com)

**COHN  
MEDIA**

Online Marketing  
SEO  
Websites

Helping healthcare businesses thrive  
in the Google era.



[www.cohn.media](http://www.cohn.media)  
**1-866-578-4947**

STAY CONNECTED this Holiday Season

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
AZ Women’s Recovery Center (formerly NCADD)	602-264-6214
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
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
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

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

Become a  
Together AZ  
resource

Send your request by email  
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
AZ Women’s Recovery Center	602-264-6214
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
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
Teen Life Line	800-248-8336

YOUR COACH

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



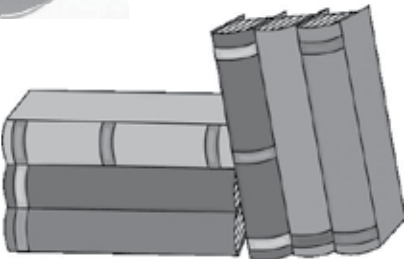
Arizona’s Original  
12 Step Bookstore

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](http://arizonaaddictioncenter.org)

RTC, PHP AND MAT