

Together AZ

Inspiring Success on the Road to Recovery

JANUARY 2021

The Arizona Agency that Could

Community Bridges, Inc. provides the opportunity for anyone to realize recovery is possible and guides them on their journey.

If you live in Arizona, no doubt you've heard of CBI; yet most people might connect the name to solely being a detox facility. Through the years, CBI has evolved and expanded its services to provide the community with an integrated approach to behavioral healthcare for anyone in need.

CBI began as the East Valley Alcoholism Council (EVAC) in 1982, founded by members of the Mesa recovery community and concerned citizens. The original mission was to provide transport from the East Valley to the Local Alcohol Reception Center (LARC) in Phoenix, which at the time provided medical and social detox services to East Valley residents.

Through the '90s, EVAC was operated by less than 30 employees, many who were in recovery, along with volunteers from local 12 step meetings, fellowship clubs, and people who had been impacted by the addiction of family members or friends.

Many of the volunteers wanted to give back with a service commitment to enhance their own recovery and EVAC was a place to put this commitment into action. They helped care for clients as they went through detox, and introduced them to the recovery community to support ongoing sobriety.



In 1996, budget cuts, changes in funding, and changes in the role of the Regional Behavioral Health Authority (RBHA) threatened to close EVAC. To combat this, EVAC's Board of Directors hired a new CEO and gave him a huge task. "Make it work or shut it down" was the directive that Dr. Frank Scarpato walked into when he assumed the helm in 1996.

Dr. Scarpato was a man of vision, with a tremendous amount of tenacity and a personal ethic to never give up on anyone struggling, and EVAC did not close. The effort to bring the message of recovery was enhanced by building a new detox center on the existing campus and to develop plans for future growth and enhanced stability.

EVAC became Community Bridges, Inc. (CBI) in 2002. With growth comes change, and with change comes the possibility of forgetting where you came from. Fortunately for CBI, Dr. Scarpato proved to be a master of change, supported by his commitment to maintaining grass roots principles and an organizational foundation of recovery. This commitment became its core as it grew from less than 30 employees at the Mesa location to over 1,600 employees today, in over 32 locations across Arizona.

There are hundreds of success stories at CBI, and its employees share the desire to not only better one's self, but to work with those most would cast away.

CBI has always prided itself on its spirit of recovery, not only with the patients they serve, but with the staff they hire. CBI has been able to open its doors to people struggling, many who may have thought all doors were locked. The team looks for

the good each person is capable of contributing and realizing — and given the right circumstances, anyone's troubled past can lead to a bright future.

More than Detox

CBI uses a holistic, or integrated approach to addiction treatment and behavioral health. The team takes each person's unique traits and issues into account designing a treatment plan specifically for them. Using a combination of education, therapy, housing, medications, peer support, inspiration, hope and other supportive services, the solutions are never one-size-fits-all. People are unique, and so is their treatment plan.

The passionate and dedicated team of medical and behavioral health professionals share a common philosophy, to attend to the needs of our communities. With a mission of maintaining the dignity of human life, they are agents of positive change in our communities.

Helping Eliminate Homelessness

Megan Lee, Director for the Housing and Community Integration (HCI) Department in Tucson said, "HCI is built upon a foundation of recovery, strength, and hope. We have over 200 individuals working in the department throughout Arizona that are largely Peer Support Specialists. Our Peer based staff allows us to bring to life innovative approaches, working to help end homelessness, end addiction, improve mental health, and cultivate a supportive system of care. The HCI department believes the services we provide are the

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I'm calm, why do I feel anxious?

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Publisher's Note

By Barbara Nicholson-Brown barb@togetheraz.com



Yay it's over, 2020 has finally ended! Even as we gear up to a new slate, many of us are left feeling confused, empty, stressed, or exhausted — as last year has been one of the most challenging in current history.

The global pandemic has taken too many lives and livelihoods to count. It also led to a mental health and addiction crisis. Many people consumed more alcohol than normal, or turned to drugs to try and soothe their pain, confusion, fear or loss. As with all difficult challenges, devastations and hardships, its been said, comes growth, new beginnings, and strength.

For those who have slipped out of sobriety or who have given up in recovery, a new year means more than having only one chance to begin again. Each day is another opportunity to get it right. With a commitment to living a day at a time, asking for help, a willingness to take suggestions and realizing our past is not our future, recovery is possible.

2020 will always be in our rearview mirror and whatever we encountered in last 365 days, good or bad, take some time to reflect, and cling to a ray of hope for the coming days ahead.

Wishing you all physical, spiritual and mental wellness in the new year, a day at a time.



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A Great Start for the New Year

By Dina Evan, PhD

Believe it or not I actually mean that! I have learned so much about myself during this pandemic, this past Presidency and through every challenge our state of society has offered me. And, I am incredibly grateful for all of it, even as exhausted and spent as I have felt at times.

For instance, I was not brought up to be prejudiced, that is unless you count my womanizing father who attempted to teach me women were not to be respected. He didn't win.

I have four beautiful black grandchildren I adore — so I thought I had escaped the racism which permeates our country. However, as I watched and listened to information on that epidemic, I realized I had never bothered to become aware of the lack of opportunity for jobs and healthcare, the housing issues and the rampant police abuse that had been taking place the whole time I was asleep to these issues.

I am not yet fully awake, but my heart is broken and I am ashamed that I did not get it sooner and I'm trying to make changes in every way I can. I cut us all some slack about everything we didn't see the reality of, because we are all evolving and it takes these incredibly painful, holy moments to wake us up, and boy has this one done it's job.

Before this last election process, I never took as seriously the need to research the candidates before just voting for one party or the other. There are good Republicans and there are good Democrats — and we want all of them working for us. There are those on the fringe who are solely dedicated to chaos and control, and we want none of them in office...who knew? Not me. This is the first year I did background checks on all of them. I am now an Independent not just independent. And I will vote for person, not party, ever again



“A new day is dawning.....one in which we have so many new things, new awareness’ to embrace. That is, if you are willing. And, that is the key to being joyful.”

This year I will turn 79 and I have never looked at the services available to the elderly club I am about to join. Do you want to live in a well-kept establishment, with healthy food and mind-expanding activities at the end of your life?

Well, I have learned you better have a minimum of \$2500 a month to share with the purveyors of elder care unless you have relatives who are willing to take you into their homes. Trust me, that makes life limited, knowing that means you take no chances out of concern about falling, using your savings for anything fun or even driving at night. However, it's not all bad news. There is so much to learn available online on Ted Talks and hundreds of other places. So those moments you use to wish you had to just slowdown and learn something new, arrive in abundance.



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There is a new day dawning

One in which we have so many new things, new awareness’ to embrace. **That is, if you are willing.** And, that is the key to being joyful.

This is the year to realize you can still have good self-loving boundaries and also take some time to help others in a way that breaks your heart open. You can still learn about having greater integrity and honesty by admitting you have chosen to be blind to some things that must be changed, in each of us, if we really want to be conscious, good people who learn.... what we came here to learn.

We still have time to learn that the accumulation of things; money, stocks, acclaim and stature are not the things that will make us happy or fulfilled. So what does?

It's the things that push your soul forward, cause you to weep and break your heart open. It's about those moments of connection with you and another human being that need no words, or that truth you were afraid to tell and now have found the courage to admit.

It's about your fear of loving deeply without limits and with outrageous commitment knowing you will not lose yourself but rather you will find your true self and that is what you came here to do. And that my beloved readers is what you came here to do. For those of you who enjoy this column, thank you so much for your support. Please let me hear from you in the New Year about the things you want us to share. Barbara will continue to be here for you and so will we.



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.



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foundation of recovery because we address the most basic needs of shelter, safety and food. After the stabilization of our most basic needs our staff can begin to focus on the complexity of recovery from the cycle of poverty, addiction, mental illness challenges, trauma, and domestic violence.

The HCI department serves over 1,100 subsidized households receiving support in permanent supportive housing programs, rapid re-housing, eviction prevention, transitional housing and bridge shelter. CBI's HCI department serves many different populations including community members that are experiencing chronic homelessness, Veterans, women and children, and individuals. We provide services in community including street outreach to navigate members into services. HCI works with first responders, police, and courts to help provide behavioral health services in real time to alleviate some of demands on our criminal justice and first responder system. HCI has been at the forefront of leading the response to homelessness in the COVID-19 pandemic and running shelters for those at high risk for COVID-19 and/or those positive with virus. CBI's HCI ability to respond quickly and respond in the community when there are crisis situations is the reason our 200+ staff come to work every day. Imagine coming to work and knowing that you are helping to change lives of those often forgotten in our society just as Martin Luther King Jr. said, *"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."*

Recently, ABC 15 did a news story on a veteran who was living in his car due to losing his job in light of the COVID 19 pandemic. He was desperately waiting to get his unemployment benefits which finally came through. The news station was able to connect him with Michael Raine of Community Bridges. Raine was able to find an apartment for him that evening and the icing on the cake was he had secured a job interview the following day. These are the types of stories we don't always hear about. Helping community members in dire situations proves the CBI mission once again, "to maintain the dignity of human life."

Recovery Begins at Home

CBI serves our Veteran community with services that connect them with housing and ongoing care and services. The ultimate goal is to improve housing and income stability, along with making meaningful connections and engaging in community activities. This permanently sets the path for long-term vibrancy in the community. Vets may volunteer to transition to temporary and then permanent housing, via the Bridge system.

Working alongside participants through the application process for Veterans Administration (VA) services is just the beginning. CBI continues the work with veterans to get them the services they need such as: Employment assistance, Primary medical care including wellness and prevention visits, VA and other application aid for housing, medical, behavioral and recovery care and counseling.

Services for Women and Children



CBI believes women experience better outcomes when treated in a gender-specific, holistic treatment program, which provides integrated physical and behavioral health services that lead to fuller community involvement and recovery. These programs are designed to address the high prevalence of physical, sexual, and psychological trauma and violence experienced by at-risk women.

City Place is a housing program in Phoenix that provides wraparound services to women impacted by domestic violence. With support from staff, residents obtain housing, establish financial stability and gain independence.

Helping community members in dire situations proves the CBI mission, "to maintain the dignity of human life."

Center for Hope

Women who are homeless, pregnant or postpartum, and have a substance use disorder can begin the process of recovery in safety, at CBI's Center for Hope. This has been a safe haven for hundreds of women and the births of over 300 newborns. The center offers the support needed at exactly the right time. It is the structure needed to preserve their families, have healthy babies, repair legal issues, and completely change their lives for long-term success in sobriety.

Serious Mental Illness - An Integrated Approach to Healthcare

Mental health can be hard to understand, particularly for those who are diagnosed with a serious mental illness (SMI). CBI is a leader in supporting this acute population, while being a champion to break the stigma of mental illness. CBI connects people with much-needed resources with in-depth psychiatric and medical evaluations, and partners with local police, fire departments, hospitals, and courts.

CBI offers an array of mental health services and programs that fit the needs of each individual patient. With the proper support, patients overcome incredibly difficult circumstances to thrive in their communities. In addition to treating individuals with serious mental illness, CBI also treats those who are pursuing services for their general mental health.

Leading the Way for Teen Addiction Treatment

CBI is also the leader in addiction treatment for with a program geared to teens that engages the entire family. They do this to build a natural system of support, to achieve recovery goals, to enhance health and wellness, and to improve the individual's and family's quality of life.

The staff uses best practices in our multidisciplinary team approach to assess the biological, medical, psychological, social and spiritual domains of each teen's life. Practitioners, case managers, and counselors use age-specific interventions to guide and support teens on their journey through addiction recovery.

Young Adults in Recovery



Students living on their own for the first time on a college campus experience a rush of feelings and new experiences all at once. Whether the student is an athlete, in a sorority or fraternity, has mental health concerns, lives in the dorms or an apartment, one thing is certain: Each student faces a lot of stress and peer pressure.

CBI is there every step of the way, to ensure young adults stay on track. Similar to its adolescent program, CBI understands that age-appropriate resources ensure a better outcome in recovery. The goal is to quickly intervene with an integrated treatment plan so students are able to get back to what is important: their future

A Safe Place during a Crisis

CBI's Crisis Care locations are open 24/7/365. These locations provide crisis treatment for adults and accept walk-ins at any time. These locations also accept drop-offs from first responders, allowing the individuals in their care to easily access needed behavioral health services and allowing first responders to return to their community-based work within minutes.

The length of stay in Crisis Care locations is brief and dependent on the individual's needs. Those that are experiencing a crisis that does not resolve

— AZ Agency that Could *from previous page*

with brief treatment will be connected to a higher level of care, which is often on site. CBI responds to behavioral health crisis 24/7 to support patients and their family members during the most fragile moments of their crisis. A CBI Crisis Mobile Team is dispatched to provide an assessment and then work collaboratively with all involved parties to resolve the crisis.

CBI's Crisis Mobile Teams are trained in verbal de-escalation, the involuntary evaluation process, and critical stress incident debriefings. CBI's Crisis Mobile Teams also work together with our community stakeholders to maintain the safety of the patient and the community. We do this by connecting the person in crisis to the appropriate treatment setting and level of care. Crisis Care services are available to all individuals in crisis, age 18 and over, regardless of insurance coverage or an inability to pay.

Detox with Dignity

CBI's Inpatient Medical Detox programs provide patients with a full continuum of care to improve their overall health and well-being. The substance use, psychiatric, and physical health treatment services involve our patient's families, natural support systems, and existing behavioral health support to ensure they are receiving the most complete and comprehensive treatment possible. Every patient is engaged in discharge planning from the beginning to ensure their community needs will be met post-discharge. This includes connecting them with community resources and ongoing behavioral health and physical health services.

Substance Abuse, Mental Health, Suicide Prevention

CBI empowers adults and youth with up-to-date information, resources and training opportunities on substance abuse, suicide and other behavioral health concerns.

The mission here is to support the health and wellness of Arizonans by raising awareness on issues such as drug trends, trauma-informed care, substance use disorder, mental health, opioid addiction, and suicide alertness, through educational presentations and workshops for kids, parents, teachers, first responders, faith communities and the community at-large.

CBI continues to look to the future for growth, and this growth is presented in a new step that is in place to help lower our need for recovery efforts. CBI has placed a large emphasis on prevention and the Prevention team is out in the community every day educating people about the dangers of narcotics, prescription drugs, underage drinking, and suicide.

As much as CBI has changed and will continue to change in the future, the one constant is technology is the driving force of what is possible; CBI has made sure it stands at the forefront of the medical technology field. Now with telemedicine communications, never has CBI been able to help more people throughout our state.

“CBI serves the Veteran community with services that connect them with housing and ongoing care and services. The ultimate goal is to improve housing and income stability, along with making meaningful connections and engaging in community activities.”

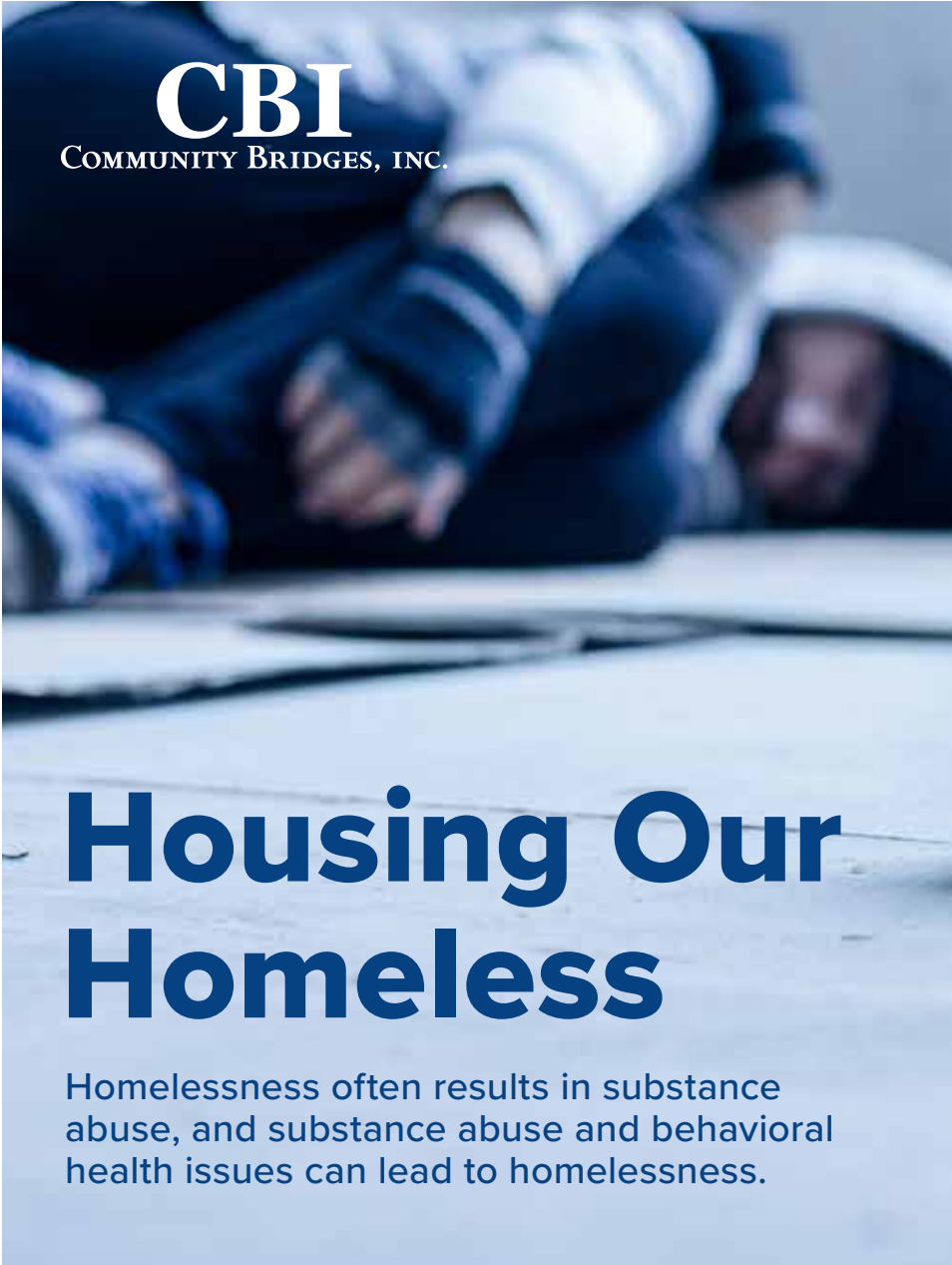
The CBI Spirit

The spirit of recovery is infused throughout every level and every department of CBI. This starts with the patients who are walking through the doors for the first time and continues to the patients who are walking through the doors for the 100th time. Moving to every level of staff, new employees, to executive leadership, the mission of CBI has remained the same, “to maintain the dignity of human life.” At CBI it is simple, no one is denied and everyone gets a second chance.

Dr. Scarpati retired in 2019 and John F. Hogeboom became the President/CEO. John has been with the agency since 1994. He told us, “Although CBI has grown tremendously since those early days of EVAC, we remain focused on maintaining fidelity to the principles of recovery our founders envisioned. That legacy, and ongoing commitment, to the service of others is what continues to fuel our growth in Arizona today and beyond in the near future.”

CBI accepts all patients, and are contracted with all Arizona Complete Care health plans and private insurance. If a patient is uninsured or under-insured, they help assist in applying for AHCCCS and connect them with relevant resources without compromising care.

For more information on CBI visit www.communitybridgesz.org. For admissions and information email scheduling@cbridges.com or call the Access to Care line at 877-931-9142, 24/7.



CBI

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AZ Drug Summit March 29

Change begins when we work together. The Arizona Drug Summit is Arizona's opportunity for learning, networking, and creating partnerships that will change lives. We encourage you to join us and become part of the solution to reduce substance use disorders, overdoses and death in our state.

The Arizona Drug Summit is where stakeholders in law enforcement, treatment, prevention, health and education join together to discuss emerging threats, promising practices and what's working. AZ Drug Summit begins at 9:00 am to 11:00 am

Who Should Attend?

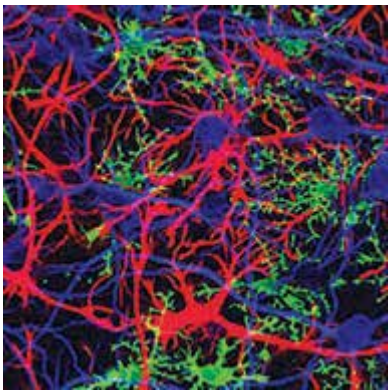
Clinicians, Counselors, Social Workers, Interventionists, Prevention Specialists and Community Coalition Members, Advocates, Families, People in Recovery, Peer Support Specialists, Law Enforcement, Corrections, Probation, Public Health Officials, Federal, State, and Local Officials and Lawmakers

You'll learn about the latest trends, advances and action around substance use prevention, enforcement and treatment.

Learn more at <https://azdrugsummit.org>. This is an online event.

Helping a Brain in Pain

The NIDA Blog Team



Star-shaped glia called astrocytes (red) are the most abundant cell in the human brain. Young oligodendrocytes (green) are glia that help insulate nerve cell axons in the brain. The blue cells are neurons. (Image by NSF)

When people are in pain, they sometimes experience more than just physical suffering. They can also feel stressed, anxious, or depressed. Sometimes, these negative emotions lead a person to take more prescription pain medicine than they need, or to use other kinds of drugs, to try to feel better.

But that can actually make things much worse. Misusing opioids (including taking a larger dose, or amount, than their doctor prescribed) can lead to serious problems, like overdose.

Is there a way to prevent one problem (negative emotions related to physical pain) from leading to another problem (using drugs or misusing opioids)? Scientists are starting to find out.

Scientists who study the brain have learned more about an opioid receptor network in the brain that plays a role in how the negative emotions associated with physical pain are turned on and off. They discovered that this collection of opioid receptors might be important in helping control the negative emotions related to pain.

As an example

When this opioid receptor network is activated, it reduces a person's impulse to seek out something that feels good. That contributes to the negative emotional states associated with pain. Then, these negative emotions could lead a person to use drugs or misuse prescription opioids in an attempt to feel better.

When the receptors in this network are blocked, that decreases the stress, anxiety, and depression that are triggered by pain in the first place.

Researchers will continue to study this process, hopefully leading to medicines or other treatments that reduce the unpleasant emotions associated with pain.

NIDA. 2020, August 3. Helping a Brain in Pain. Retrieved from <https://teens.drugabuse.gov/blog/post/helping-brain-pain> on 2020, December 24

Find Help Near You

Use the SAMHSA Treatment Locator (<https://findtreatment.gov/>) to find substance use or other mental health services in your area. If you are in an emergency situation, this toll-free, 24-hour hotline can help you get through this difficult time: call **1-800-273-TALK**, or visit the Suicide Prevention Lifeline (<https://suicidepreventionlifeline.org/>) We also have step by step guides (<https://www.drugabuse.gov/drug-topics/treatment>) on what to do to help yourself, a friend or a family member.



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May America Abide in Healing

Four days after the largest voter turnout in a century, media outlets named Joe Biden the winner. Within hours, millions of Americans and people from dozens of countries spontaneously took to their streets, *calles*, *rues*, and *strasses* to celebrate. Unable to contain their joy, they literally danced in the street. To quote Martha and the Vandellas, with just one lyric change:

*“Calling out around the world
Are you ready for a brand new beat?
Biden’s here and the time is right
For dancing in the street*

*“It’s an invitation across the nation
A chance for folks to meet
There’ll be laughing, singing, and music swinging
Dancing in the street.”*

These global celebrations occurred during record-breaking spikes in the deadly Coronavirus pandemic. Risking their lives, partiers rejoiced in the saving of American democracy, and the ushering in of a unifier. Whatever your political stripe, there’s no avoiding the fact that these past four years have been among the most divisive in our history.

During the ‘60s we had a Silent Majority and a counter-culture. The ‘60s before that—if that’s what they were called during the Civil War (1861-‘65—was the most divisive time, with brother literally killing brother.) These past four years brother shouted at brother; sister stopped talking to sister; fathers had it with sons.

So polarized was America that the loser in the election received more votes than anyone else prior to this race. Passions were so high that people who hadn’t voted before risked their lives to wait on polling station lines for hours to make sure their voices were heard.

Those on the Left have been concerned that democracy was being threatened by what they perceived was a president with strong autocratic tendencies. This country was born from a revolution against a tyrannical king. Lovers of democracy voted to make sure the democracy born from that revolution didn’t die in the hands of a tyrannical president.

While Biden is a man of deep Catholic faith, he’s no savior. So what’s causing such optimism? At a time when people I know have talked for years about America needing an amicable divorce here comes a man who won’t hear of it. Here’s a man determined to not just reach across the aisle but to reach into the hearts of Americans to find compassion for “the other side.”

While the president is known as the Commander-in-Chief, I perceive Biden’s election to be that of a national Healer-in-Chief. When I listened to his victory speech, my spirit was lifted by his vision. He spoke of “a victory for we, the people,” echoing language from our Constitution.

“I pledge to be a president who seeks not to divide but unify, who doesn’t see red states and blue states, only sees the United States...I sought this office to restore the soul of America... And to make America respected around the world again. And to unite us here at home. It’s the honor of my lifetime that so many millions of Americans have voted for that vision.”

He then added:

“It’s time to put away the harsh rhetoric, lower the temperature...Listen to each other again. And to make progress, we have to stop treating our opponents as our enemies...They are Americans... The Bible tells us to everything there is a season, a time to build, a time to reap and a time to sow. And a time to heal. This is the time to heal in America.”

I’d never been a big fan of his; he seemed to me a career politician whose views swayed with the changing cultural winds. But this wasn’t that guy. This was someone taking on not just a political role, but a cosmic one. It was as if the Universe had forged a man of compassion; in your 20s losing your wife and young daughter



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in a fatal automobile accident, and later losing a son to brain cancer will do that. As our president-elect put it, “Let this grim era of demonization in America begin to end here and now.” And finally:

“Our nation is shaped by the constant battle between our better angels and our darkest impulses...It’s time for our better angels to prevail.”
AMEN!

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I'm calm, why do I feel so anxious?



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One of the most confusing feelings is when you feel both calm and anxious at the same time. It can seem like a constant battle in your mind. One-minute life feels normal, the next it seems frightening.

Or you find yourself going along with your day and suddenly realize you're supposed to feel worried, and so you start worrying because you're not worried enough.

A frustrating and confusing way to exist.

Unfortunately, when there are events that affect the world around us on a large scale, over which we have no control, this feeling isn't uncommon.

Many of us are existing in a heightened state of anxiety right now. It's no wonder — coronavirus, earthquakes, riots, have dominated the news and, in many cases, have turned our lives upside down. Even those of us who feel like we're coping and getting through things fairly well are dealing with a certain level of discomfort that can be hard to put your finger on.

The impact today's circumstances are having on people vary a great deal. Some of these impacts are quite clear and yet some are so subtle that you may claim they don't exist. Except they do and the effects and repercussions of living in the current conditions can take a large toll, whether you recognize it at that moment or not.

How can we cope and maintain a calm, hopeful, and purposeful approach to life, when it seems like the world around us has gone mad?

Acknowledge the circumstances

Before you can really begin to cope, you need to acknowledge circumstances are stressful and not what we would consider normal. We often overlook doing this because our brains are wired to try and create order out of chaos. We immediately try to assimilate and, often unknowingly, try to make things feel normal even when they're clearly not. This is both good and bad.

On the good side

Our natural inclination to look for a way to create normalcy and a functional framework for each day helps make our lives work and creates calm. Finding structure allows us to progress from day-to-day, attempting to be productive and positive. Most of us need this in order to thrive.

But sweeping the frightening, uncomfortable, or painful state of things to the side has a downside. When our lives become unsettled and disrupted it causes stress and anxiety. This is a normal response, and not just a psychological one either but also a physiological one as well. Turning a blind eye will only amplify the anxiety response and it can manifest in unexpected and unpredictable ways. Some people find they become easily agitated and even develop anger issues. Others may go into a depressive state, or feel sick, shaky for no defined reason, unable to concentrate, or constantly uncomfortable. This is one place where the "I feel fine and not fine at the same time" feeling can develop and this duality in feelings can make it harder to address.

Acknowledging the circumstances is crucial. It's perfectly acceptable to admit things aren't normal, that you don't like it, and that a radical left-turn in your life and routine makes you unhappy. Once you give conscious recognition to these feelings, you're ready to figure out the best way to cope.

Coping

Finding a way to cope and make the best out of a bad situation will look a bit different for each of us. But there are some general principles that, when employed, can make things easier.

Share your sorrow and fear. When large scale events occur, whether it's a pandemic or a natural disaster, there are enormous groups of people affected. As sad as this is, it's also unifying. These types of circumstances don't discriminate and there is a tremendous commonality in feeling and response. It can be tempting to withdraw and focus on taking care of yourself and immediate family, but that can also be very isolating and lonely, reach out to people around you. You now have a shared experience and something immediately in common. In the case of the our current state of physical distancing and social restrictions this may be a more virtual effort than ever before. But if there were ever a time for social media to do good it's now.

Reject feeling helpless. This can be tough for many of us. When events are out of our control it's easy to feel like you are at the mercy of everything around you. You're not. Yes, you may have new limitations and be suffering in certain ways, but don't let yourself fall prey to the feeling of helplessness that can creep over you. One thing that can



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help is to make a list of the things you can do and take charge of doing them.

Indulge in healthy. Comfort food and comfortable clothes seem, well, comforting when things are scary or sad. But beware — too much of that and you'll just feel worse. It's a much better idea to indulge in the healthy activities and foods that perhaps you haven't had time for before this.

Swear. Not in front of your kids, not at your boss, not at strangers, etc. But studies show that using expletives

at the appropriate time can reduce tension and anxiety and actually make you feel better. So, if you hate the state of things, try locking yourself in the bathroom and letting the f-bombs fly. You probably feel a lot f#\$%ing better.

Whatever your strategy is, managing your feelings and response during stressful times can be a challenge. Give yourself permission to dislike it, feel sad and scared, then make an effort to move forward.

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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
Calvary Healing Center	866-76-SOBER
CBI, Inc.	480-831-7566
CBI, Inc. Access to Care	877-931-9142
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
Recovery Ways	844-299-5792
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
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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

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

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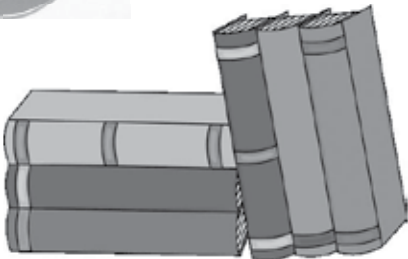
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