

Together AZ

Inspiring Success on the Road to Recovery MAY 2021

Depression and thoughts of suicide do not discriminate

By Mercy Care staff

When Meghan Markle revealed she has struggled with depression and thoughts of suicide, not everyone had words of empathy for the American member of the British royal family and former actress. Instead, what she said about experiencing depression and having thoughts of suicide during a March 7 interview with Oprah Winfrey was met with some backlash. An estranged family member claimed Markle was using mental health issues as an excuse for treating other people like “dishrags.” A high-profile talk show host said he didn’t believe a word that Markle said. Others believed the interview with Oprah Winfrey was nothing more than a money-making publicity stunt. Some may wonder: How could someone living a modern-day fairytale — with fame, fortune and opportunity — possibly experience feelings of depression and or have thoughts of suicide?

“Experiencing depression and having thoughts of suicide is part of being human,” said Heather Brown, prevention administrator for Mercy Care. “These feelings and thoughts don’t discriminate. They can affect people of all ages, racial, ethnic and socioeconomic backgrounds.”



Likewise, the World Health Organization (WHO) reports that depression is a common illness that affects more than 264 million people worldwide. Brown said that these feelings of loneliness, which can cause depression, have been heightened during the

global pandemic we all have collectively experienced over the past year. “We have been living in times of uncertainty, financial strain, increased demands and responsibilities, health concerns and political discord,” she said. “But it’s important to remember that we’re not alone.”

MAY IS MENTAL HEALTH MONTH 2021

This past year presented so many different challenges and obstacles that tested our strength and resiliency. The global pandemic forced us to cope with situations we never imagined, and many of us struggled with our mental health as a result. The good news is there are tools and resources available to support the well-being of individuals and communities. We need to combat the stigma surrounding mental health concerns. That’s why this Mental Health Month, **TOGETHER AZ** is highlighting **#Tools2Thrive**— what individuals can do throughout their daily lives to prioritize mental health, build resiliency, and continue to cope with the obstacles of COVID-19. Throughout the pandemic, many people who had never experienced mental health challenges found themselves struggling for the first time. We know the past year forced many to accept tough situations they had little to no control over. If you found that it impacted your mental health, you aren’t alone. In fact, of the almost half a million individuals who took the anxiety screening at **MHAscreening.org**, 79% showed symptoms of moderate to severe anxiety. However, there are practical tools that can help improve your mental health. We are focused on managing anger and frustration, recognizing when trauma may be affecting your mental health, challenging negative thinking patterns, and making time to take care of yourself. It’s important to remember working on your mental health and finding tools that help you thrive takes time. Change won’t happen overnight. By focusing on small changes, you can move through the stressors of the past year and develop long-term strategies to support yourself on an ongoing basis. A great starting point for anyone is to take a mental health screening at **MHAscreening.org**. It’s a quick, free, and a confidential way for someone to assess their mental health and begin finding hope and healing. **TOGETHER AZ** wants to remind everyone mental illnesses are real, and recovery is possible. By developing your own **#Tools2Thrive**, it is possible to find balance between life’s ups and downs and continue to cope with the challenges brought on by the pandemic. For more information, visit www.mhanational.org/may.

Stigma and mental illness, suicide

Reminders that, ‘**We are not alone**,’ and that ‘**Help is available**,’ are important because untreated depression and other mood disorders can increase the risk of suicide. About 60 percent of people who die by suicide have had a mood disorders, like major depression, according to the U.S. Department of Health and Human Services. “Stigma, prejudice and discrimination against people with mental illness can be subtle or it can be obvious—but no matter the magnitude, it can lead to harm,” the American Psychiatric Association (APA) reported in a recent article. Research shows that 1 in 5 adults in the U.S. experience mental illness. But nearly 60 percent of those adults did not receive health services in the previous year, according to NAMI. Luna Greenstein, a senior content manager at the National Alliance on Mental Illness (NAMI), said in a blog post that “most people who live with mental illness have, at some point, been blamed for their condition. They’ve been called names. Their symptoms have been referred to as ‘a phase’ or something they could control ‘if they only tried.’ They have been

Depression— *cont. page 6*

Supporting Survivors of
Alcohol, Drug & Suicide Loss

Services & Support

- Grief Specialists
- Grief Support Groups for Men & Women
- Peer Support
- Life & Health Coaching

Healing
Broken Hearts
1-855-894-5658


www.EricsHouse.org
A Nonprofit
Please reach out!



New Perspectives for Profound Change

WE SPECIALIZE
IN TREATING:


- Substance Use Disorder
- Mood Disorders
- Depression
- Anxiety
- Bi-Polar Disorder
- Post-Traumatic Stress Disorder
- ADHD


In order to live a healthier life, we must understand the barriers that keep us from that path. By taking a more comprehensive approach to the mental health aspects that are associated with addiction, we are able to diagnose and treat disorders that can be easily overlooked and lead to relapse. That is one of the many reasons why Recovery Ways has earned the Platinum Provider status from Optum, given to the top 5% of treatment centers nationwide.

IN-NETWORK WITH MOST MAJOR INSURANCE PROVIDERS



CALL TODAY
(844) 299-5792
recoveryways.com


NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS



“**YOU** never know when your one smile,
your few words of encouragement, your small kind
gestures, can save someone on the edge, from
falling in a dark valley.”

Together AZ

www.togetheraz.com

602-684-1136

Email: barb@togetheraz.com

Recovery Together Enterprises, LLC

10105 E. Via Linda, Suite A103-#387

Scottsdale, AZ 85258

Published Monthly Arizona's Addiction Recovery Newspaper

Since 1991



FOUNDER & CEO: H.P.

In gratitude and the memory of

William B. Brown, Jr.

Publisher/Editor/Sales

Barbara Nicholson-Brown

Advisors/Consultants

Rick Baney

Dr. Dina Evan

Bobbe McGinley

George J. Nicholson

Stephanie Siete

Website: COHN MEDIA

Publisher's note

By Barbara Nicholson-Brown
barb@togetheraz.com

30

Together AZ Celebrates 30 Years

Back in 1991, my late husband Bill was two years sober and beginning his life over at the age of 47 — after years and years of living the high life in New York and Washington, DC. He was making loads of money and spending it just as fast. He was a country club guy, married with a young son and drinking to destruction. The story goes, in 1989 while thinking he might spend the rest of his years institutionalized, he found sobriety by the grace of God. He was given a chance to come out to Arizona to live at a halfway house (Progress Valley) and start over. He had a plane ticket, \$200, and two suitcases. His wife at the time, filed for divorce, took whatever money she could find, their son, and fled to Florida.

Bill told me so many times how grateful he was to be given the chance to begin again. With hard work, and complete dedication to his sobriety he realized that people like him needed resources and a message of hope to stay on the path of recovery. That is why the newspaper *Recovery Together* was created. Here I am today, carrying on the legacy he began thirty years ago, and I'm honored and proud to do so.

Together AZ continues to print even while many publications are digital. Personally, I still like to turn pages and hold in my hands what I'm reading. Maybe it's old school. I still read magazines and books with covers and paper pages in between—I don't believe that print is completely dead.

If you are holding edition now, I really want to thank you. It has been a bit of a struggle to keep this going but somehow it works out every month. *Together AZ* will never be the *New York Times*; our goal is to continue to inspire you on the road to recovery.

Find us online each month at **togetheraz.com** and for professionals, if you would like copies for your offices please let me know.

And lest I forget, a huge part of keeping us going are our dedicated advertisers and supportive friends, all of the wonderful contributors who share their wisdom and hope with you each month!

I hope you are smiling, Bill.



PSYCHOLOGICAL
COUNSELING SERVICES

HEALING HEARTS & TRANSFORMING LIVES



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

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

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

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

480.947.5739 - **www.pcsearle.com**

7530 E Angus Drive. Scottsdale, Arizona 85251

2

MAY 2021 ... Togetheraz.com



SCOTTSDALE RECOVERY

RECONNECT • REBUILD • RECOVER

ARIZONA'S PREMIER ADDICTION TREATMENT FACILITY

888.663.7847

www.scottsdalerecovery.com



By Dina Evan, PhD

Do you remember the last moment you felt completely connected to yourself, what you believe in, your values and ethics? How connected are you to your partner or spouse, your best friend, or even life? I know, we were disconnected before, but this pandemic has really made that disconnect, not only more painful, but also more obvious.

Whether we had it and lost it, or never had it, I think we are many of us are longing for a it today. Even the men and women who protect themselves from feeling anything deeply, if they were willing to admit it, are also longing for intimacy, tenderness and closeness. We feel bereft of it and this pandemic brutally added to the longing. I believe these moments of pain, crisis and suffering are really holy moments teaching us something about ourselves.

Vital Connection

This round may be teaching us how critical our connections to each other are and, how vital they are to our health, individually and as a nation. We are disconnected by gender, race, party, by spiritual beliefs and the list goes on. Instead of celebrating the array of beautiful differences and encouraging and empowering them with civility and love, we demonize each other, even become violent and are pressured to take sides.

Why? The basic issues of staying closed or protected emotionally is a fear of being found not right and pressured to change, not good enough, being abandoned again, rejected or deemed unlovable.

The greatest teachers are in the center of fear and resistance. If you do not let them in, they will always knock again. I believe most of us don't live in

relationships with friends or partners, which are truly deep and meaningful. Let's look at why we resist this and, maybe we'll find there is even more to this lack of tenderness in our lives. I think there are those of us that feel if we open up, become vulnerable and tender, we will fall apart with the grief and sadness that we're holding inside. This era has not been easy and if you frost it with the fear of being vulnerable, it's a hard bite to swallow. But why? The basic issues of staying closed or protected emotionally is a fear of being found not right and pressured to change, not good enough, being abandoned again, rejected or deemed unlovable.

I believe most of us don't live in relationships with friends or partners, which are truly deep and meaningful. Most of us were never taught how to create deep or meaningful, so we say "We're fine, just doing life" and silently,

we hope the boat doesn't rock. We stay away from issues that hurt or upset us because we don't feel as if we have the tools to navigate through them. However, that is exactly what we have been doing for the past many years...staying silent and where has that gotten us, other than lonelier?

I call these big or little wake up bumps, holy moments, or teachable moments, so let's understand this one is just making us aware of this lack of connection and intimacy so we will authentically start creating them. So let's talk about how.

The first step is stop and ask yourself how connected you are to yourself. Have you identified your fears, concerns or past pain that might keep you from want to be open to difference or possibly change and connection? While doing so, you need to remind yourself that feelings are not facts, they are just

feelings and they cannot kill us or make us crazy. They just keep coming up, asking to be healed and they don't do that until your spirit knows you are strong enough to deal with them. Believe or not you will live through hearing some differences in each other.

Then, you want to ask yourself what it is that scares you most about deeper connections. Most of the time they are not about the person we want to connect with, they are usually about some event in our childhood that is unresolved. If you need some help, find a therapist, counselor or sponsor who has some experience with processing trauma and feelings.

And finally make an appointment with the person with whom you want to connect more deeply, or start with someone else you trust to practice. You can download "The Communication Exercise" on my website under the tools link and begin creating communication that is safe and open. And, it would be helpful to watch the free videos on communication and boundaries so you can avoid the pitfalls of speaking over each other interrupting, name calling or any of the other habits we have learned that make us fearful about the process.

Let's start with the unique thought that we can safely listen and learn. Isn't that what we teach our kids? Try it. There are great gifts waiting for you.



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 drdinaevan.com or call 602-571-8228.



Let's Get Connected

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



SIERRA TUCSON®
Where Change Begins®

Pain Recovery Program



Treat the Trauma, Treat the Pain

Sierra Tucson provides a comprehensive residential treatment program for those who are suffering from chronic pain. Our Pain Recovery Program uses evidence-based treatment to improve your quality of life. It is composed of professional and compassionate clinical and medical pain experts who understand that chronic pain affects a person's mind, body and spirit. We use a holistic approach that encompasses behavioral health and traditional medicine to treat the entire person, not just the part that hurts.

Learn more at SierraTucson.com/Pain

800-842-4487



SierraTucsonTreatmentCenter



Sierra_Tucson



SierraTucson



Sierra-Tucson

Depression— from page 1

illegally discriminated against, with no justice.”

This, she wrote, is the unwieldy power that stigma holds.

“Stigma causes people to feel ashamed for something that is out of their control. Worst of all, stigma prevents people from seeking the help they need,” she said in that September 2019 blog post. “For a group of people who already carry such a heavy burden, stigma is an unacceptable addition to their pain. And while stigma has reduced in recent years, the pace of progress has not been quick enough.”

When stigma gets in the way

We can help ourselves and others during those time when we or our loved ones are having thoughts of suicide, experiencing depression or other mental health concerns.

Here are some helpful tips from SAMHSA and the National Suicide Prevention Lifeline on how to get help for ourselves and our friends and family.

Help for you

Talking with someone about your thoughts and feelings can save your life. There are steps you can take to keep yourself safe through a crisis. Call any time or connect online with the National Suicide Prevention Lifeline to get support. If you’re in crisis, there are options available to help you cope.

You can call the Lifeline at any time to speak to someone and get support. For confidential support available 24/7 for everyone in the U.S., call **1-800-273-8255**. You can get help:

- Finding a therapist/support group.
- Building and using a support network.
- Making a safety plan for yourself

Help for someone you know

Learn how to recognize the warning signs when someone’s at risk—and what you can do to help. If you believe someone may be in danger of suicide:

- Call 911, if danger for self-harm seems imminent.
- Ask them if they are thinking about killing themselves. This will not put the idea into their head or make it more likely that they will attempt suicide.
- Listen without judging and show you care.
- Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help.
- Remove any objects that could be used in a suicide attempt.

Learn more here about action steps you can take below. You can also call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**, talk to their professionals, and follow their guidance.

Breaking down the stigma

When stigma is reduced, it makes it easier for people to reach out for help when they are having thoughts of suicide or struggling with depression and other mental health illness.

While Meghan Markle sharing her struggles with depression and thoughts of suicide was met with criticism, some mental health advocates praised the Duchess of Sussex. That’s because talking openly about mental health struggles can help break down stigma.

Over the past few years, many celebrities, including *Bruce Springsteen, Brad Pitt, Ben Affleck, Chrissy Teigen, Justin Bieber, Big Sean, Demi Lovato, Dwayne “The Rock” Johnson, Michael Phelps, Taraji P. Henson* and *Lady Gaga*, have done just that.

During a 2018 Screen Actors Guild fundraiser, Lady Gaga told her audience of actors and producers: “When I speak about mental health, especially when I’m speaking about mine, it is often met with quietness. Or maybe, a somber line of fans, waiting outside to whisper to me in the shadows about their darkest secrets. We need to bring mental health into the light ... We need to share our stories so that global mental health no longer resides and festers in the darkness.”

In a 2020, as part of revealing a YouTube documentary, Justin Bieber also openly discussed his mental health struggles.

“There was times where I was really, really suicidal,” Bieber said. “Like, man, is this pain ever going to go away? It was so consistent; the pain was so consistent.

He encouraged his fans to open up about mental health concerns.

“I just would encourage people, like, ‘Hey, if you’re feeling lonely, talk about it. Say it out loud.’ There’s a freedom in that. I could have avoided a lot of pain.”

Katrina Gay, director of strategic partnerships for NAMI, told the Washington Post in February that “research has told us that the best way to change someone’s beliefs around mental illness is to have a direct contact with someone who has a mental illness that you relate to.”

She said that social media makes the public feel closer and more connected to celebrities with highly visible platforms. For the fans who look up to them, the celebrities can be particularly influential when they share their stories and struggles with mental health and substance use issues.

But you don’t have to be a well-known celebrity to raise awareness about mental illness and suicide prevention or to reduce the stigma around those struggles.

Consider presentations offered by NAMI called ‘*In Our Own Voice*’ and ‘*Ending the Silence*.’

Those presentations involve people in the community who are living with mental illness and taught how to effectively share their stories of recovery. They



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.



CALVARY
HEALING CENTER

720 E. Montebello Ave., Phoenix, AZ 85014
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

share their darkest moments, how they got connected to treatment and how they learned the coping skills that allow them to continue on their path of recovery.

They share their stories to reduce stigma around mental illness across the community – offering presentations at churches, psychology classes, medical schools, mental health conferences, Luke Air Force Base, medical transport companies, mental health providers, veterans organizations, high schools, police crisis intervention team (CIT) trainings, community mental health events.

And it’s working, chipping away at stigma.

“Seeing [this] presentation gave me chills,” said one audience member after an In My Own Voice presentation. “[The presenters] shared so many positives and they have overcome so much. It was very humbling and enlightening. They are very inspirational and positively impacted my views on mental illness and recovery.”

Some of the other comments included on NAMI’s website:

- “It was interesting to see the ‘faces’ of mental illness. They are not standing out in the crowd, because they are the crowd, family, friends and co-workers.
- “It helped me to realize that what I’ve been going through is not normal and that I need to see a professional.”
- “It was very relatable and made me feel like less of a crazy person and I’m not alone.”
- “It was inspirational to hear success stories from the individuals themselves, not from a textbook.”

Joining the fight against stigma

Even if you’re not a celebrity or part of NAMI’s crew of stigma-busting presenters, you can still play an important role in breaking down the different types of stigma around mental illness.

Three types of stigma

- Public stigma involves the negative or attitudes of discrimination that others have about mental illness.
- Self-stigma refers to the negative attitudes, including internalized shame, that people with mental illness have about their own condition.
- Institutional stigma, is more systemic, involving policies of government and private organizations that intentionally or unintentionally limit opportunities for people with mental illness

NAMI offers these suggestions on how anyone can get involved on a daily basis and fight all types of stigma.

- Talk openly about mental health, such as sharing on social media.
- Educate yourself and others – respond to misperceptions or negative comments by sharing facts and experiences.

—NEXT PAGE

- Be conscious of language – remind people that words matter.
- Encourage equality between physical and mental illness – draw comparisons to how they would treat someone with cancer or diabetes.
- Show compassion for those with mental illness.
- Be honest about treatment – normalize mental health treatment, just like other health care treatment.
- Let the media know when they are using stigmatizing language presenting stories of mental illness in a stigmatizing way.
- Choose empowerment over shame.

“All of us in the mental health community need to raise our voices against stigma,” Greenstein shared. “Every day, in every possible way, we need to stand up to stigma.”



Below are the warning signs to watch for in ourselves and our friends and family. If someone you know is struggling emotionally or having a hard time, you can be the difference in getting them the help they need. It’s important to take care of yourself when you are supporting someone through a difficult time, as this may stir up difficult emotions. If it does, you should reach out for support yourself.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

Source: <https://suicidepreventionlifeline.org/help-someone-else/>

Get support, get connected

If you’re looking for resources to help yourself or someone you know, you can visit the following websites or call the crisis lines listed below. Call 911, if danger for self-harm seems imminent.

Suicide fact sheets, general resources and statistics
<http://www.suicidology.org/resources/facts-statistics>
<http://www.sprc.org/>

Resources for attempt survivors
<http://www.suicidology.org/suicide-survivors/suicide-attempt-survivors>
Resources for loss survivors
<http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>

Behavioral health crisis lines

If you or a loved one are facing a behavioral health crisis, you can call one of the crisis lines serving all of Arizona. Someone is available 24 hours day, 7 days a week to provide crisis intervention, support and referrals. You should always call 911 in life threatening situations.

- **Central Arizona Crisis Line** (serves Maricopa County):
602-222-9444 or 1-800-631-1314 (toll-free)
TTY: 602-274-3360 or 800-327-9254
- **Northern Arizona Crisis Line** (serves Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties):
1-877-756-4090
- **Southern Arizona Crisis Line** (serves Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, and Yuma Counties or the San Carlos Apache Reservation):
1-866-495-6735
- **Gila River and Ak-Chin Indian Communities:**
1-800-259-3449
- **Salt River Pima Maricopa Indian Community:**
1-855-331-6432

You can also reach out to your health care provider, therapist or clinical liaison during a non-life threatening behavioral health situations. When you call, crisis line staff will review your situation. They’ll help you find the best possible solution for your behavioral health needs.

AURORA

BEHAVIORAL HEALTH

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

#1 BEHAVIORAL HOSPITAL IN AZ

RANKING
The Best of Arizona Business
ARIZONA®

2018 | 2019 | 2020



LIFE CAN BE HARD.

YOUR MENTAL HEALTH DOESN'T HAVE TO SUFFER.

GET INFORMATION AND TOOLS THAT CAN HELP.

VISIT MhANational.org/May FOR TOOLS2THRIVE.



6 ways to practice self-compassion

If a close friend or sibling has a bad day, we are all quick to send them a mood-boosting text or run out and grab dinner with them. We send flowers to sick family members and write thank you notes to those who do good in our lives. But as simple as it can seem to be gracious and compassionate towards others, we sometimes fall short when the receiver is our own selves.

Let's look at six things we can do to cultivate self-love and bring it into our everyday lives.

1. Celebrate your victories.

Just like you might congratulate a coworker for doing a really great presentation or cheer on your kid in their school play, you should be celebrating your own victories! Whether you perform an eight-hour open-heart surgery or simply get out of bed in the morning, no victory is too small to celebrate.

Be gentle with yourself. Be proud that you are doing your best. If your best is going to work and just making it to the end of the day, then that's fantastic. Give yourself a long hot shower, or read the next chapter of your favorite book. Celebrate!

2. Don't say "maybe" when you want to say "no."

Every time you compromise your own happiness and mental health for the sake of someone else, you are telling yourself that you value others' well-being above your own. Don't do it!

For example, if someone at work asks you to cover for them and you are already having a really stressful and tiring day—don't say maybe, say no. You won't be able to help others if you don't help yourself first!

3. Don't apologize for your feelings.

Your feelings are yours, and they are valid. No one has the right to tell you what you should or should not be feeling (not even yourself). In mindfulness practice, one of the first lessons learned is the art of acknowledging and noticing your feelings without judgment.

For instance, instead of getting upset with yourself because you feel you're overreacting to an insensitive joke, tell yourself: "I acknowledge that I feel angry," or, "I notice that I'm feeling upset." Acknowledging your feelings not only validates them but limits the negative self-talk you might be having about what you're feeling. And if someone else tries to tell you your feelings are "wrong"? Well, that says more about them than it says about you.

4. Imagine how clear your path would be if you let go of the opinions of others.

Others' opinions should not concern you. Live your life to the happiest, fullest, and best of your ability—whatever that means to you. If that means spending 20 fewer minutes on work in the morning and going for a walk with your dog, then that's the perfect and absolutely correct thing for you to do! Everyone's "perfect" is different.

5. Start each day by finding something positive about yourself.

Maybe you are having a really good hair day. Or maybe you got a great night's sleep, and you are feeling a bit sharper than usual. Even if it seems really difficult, try your hardest to find one thing you can be happy about with yourself every morning. Maybe it's even something from the past, a moment you chose compassion when you could have chosen anger. Or a moment when you were truly present with yourself. Then, go into your day feeling guided by that self-love and positivity.

6. Don't believe everything in your head.

We can become so self-critical that it can be difficult to quiet the judgmental voices in our head. It's important to remember, however, that the inner critic is just trying to keep us small and safe—not happy. We don't have to listen to it.

Ava Ford, Prairie Health, A version of this article was originally posted on the Prairie Health blog.



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

Intervening Early Protecting Your Children



Substance use disorders get worse over time. The earlier treatment starts the better the chances for long-term recovery. Many families are **wrongly told to "wait for rock bottom"** and that their loved one needs to feel ready to seek treatment in order for it to work. The idea that we should wait for the disease to get worse before seeking treatment is dangerous. Imagine if we waited until stage 4 to treat cancer. Decades of research has proven the earlier someone is treated, the better their outcomes — and that treatment works just as well for patients who are compelled to start treatment by outside forces as it does for those who are self-motivated to enter treatment.

Signs & Symptoms

- Behaving differently for no apparent reason — such as acting withdrawn, frequently tired or depressed, or hostile
- Disinterest in activities that were previously enjoyable
- Loss of money, missing valuables, and borrowing
- Change in daily routine
- Loss of interest in overall health, hygiene, preventative and dental care
- Changes in mood
- Change in weight or appearance
- Change in weight, eating or sleeping habits
- A decline in performance at school
- Change in peer group
- Secrecy regarding phone
- A tendency to disappear for hours at a time
- Deteriorating relationships
- Inability to be present when in conversation

Talk Early & Often

The research is clear— talk early and often with your kids about the risks of using alcohol, tobacco, marijuana, prescription medications and other substances. This isn't a one-time chat, but an ongoing dialogue that will change over time. Try to bring it up in casual settings where everyone can talk freely, such as during a meal, on a walk, or while in the car. Talking about teen substance use does not increase usage— in fact, just the opposite.

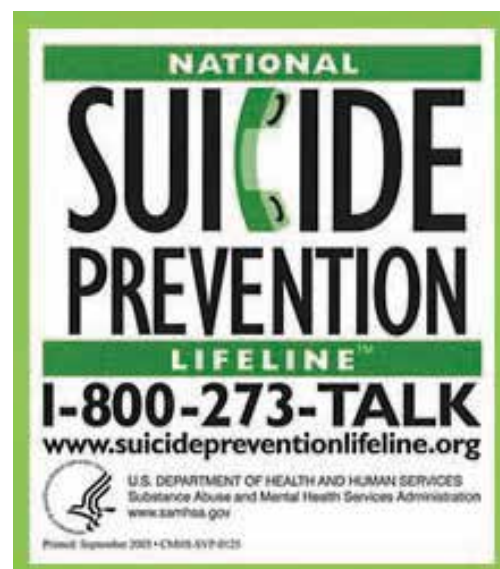
Being charged with a DUI is an exhausting and expensive process.

An initial step to earning your license back from the DMV is to complete an Alcohol or Drug Screening by a Licensed Substance Abuse Counselor.



At Arizona Women's Recovery Center, we offer affordable, convenient screenings for both women and men.

Call 602-264-6214 to schedule your screening and get back on the road to recovery.



The man who retired at 100

The following story is true, although I'm sure some might not believe it. It concerns Arthur Winston who, at 90, was named by President Clinton "Employee of the Century" for his tremendous work ethic. The Department of Labor said he was the most reliable worker they ever came across. An employee of the Los Angeles Metropolitan Authority for 76 years of his 79-year career, he was never late to work or left early, taking only one sickday in three quarters of a century, and that was to attend his wife's funeral. He retired on his 100th birthday.

Sadly, he died three weeks later. Perhaps what helped this remarkable man live and work so long was that his work gave him a deep sense of purpose. His health was remarkable, as evidenced by his absence of just one day in 79 years. How else to explain his death so soon after he stopped working? The longevity of his career speaks volumes about the importance of purpose in life. He, no doubt, would have understood the following story

Prosperity & the Bible attributed to Osho, the Indian guru. "A man dreams that upon his arrival at a celestial plane, an attendant informs him anything he desires will instantly manifest. The man asks for a meal and the attendant instantaneously creates a sumptuous feast. The man asks for entertainment and the attendant immediately conjures up actors and musicians to amuse him. He

expresses sensual yearning and beautiful women are instantly manifested to indulge his sexual fantasies. Although he is initially fascinated with his experience, after a few days the man becomes bored and asks the attendant if he can provide some work for him to do. The attendant politely informs him that he can give the man anything he wants *except purposeful activity*.

The man replies, 'I cannot spend all my time without something useful to do. I might as well be in Hell!' To which the attendant says, 'Where do you think you are?'

John D. Rockefeller, founder of his family empire, said, "I can think of nothing less pleasurable than a life devoted to pleasure." The captain of industry expressed the need for meaningful work. Tolstoy did, too: "*The happiness of men consists in life. And life is in labor.*" No doubt, Mr. Winston found love in work and with colleagues. Edison wrote, "*I never did a day's work in my life. It was all fun.*" Pulitzer Prize and Nobel Prize winner Pearl Buck wrote, "*To find joy in work is to discover the fountain of youth.*" George Bernard Shaw wrote, "*A master in the art of living knows no sharp distinction between his work and his play, his labor and his leisure, his mind and his body, his education and recreation. He hardly knows which is which. He simply pursues his vision of excellence through whatever he is doing and leaves others to determine whether he is working or playing. To himself he*

always seems to be doing both." To Mr. Winston's list of work, love, and fun, we can add play. It's no

Prosperity & the Bible wonder our centenarian died after giving up his career. Lest you think I'm suggesting that you work till you drop, let me clarify:

Find work you love, or learn to love work you do. Cultivate other interests outside of work so when you retire you still have those things you love and keep you young as you continue to do them.

Kahlil Gibran, author of the best-selling *The Prophet*, wrote, "*Work is love made visible.*" Freud echoed: "*Love and work are the cornerstones of our humanness.*" So if you want to build a happy life there's nothing quite like erecting such cornerstones. Joseph Campbell, the great mythologist known for the maxim, "*Follow your bliss,*" understood that life's deepest purpose wasn't about finding something intellectual, but awakening higher consciousness.

He wrote, "I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive." A similar idea was echoed by Dutch theosophist Jacobus Johannes Leeuw, who wrote, "*The mystery of life is not a problem to be solved, but a reality to be experienced.*"

YOUR COACH

Cary Bayer
(845) 664-1883

carybayer.com



MAY IS 2 MENTAL 0 HEALTH 2 MONTH 1

**TAKING A SCREEN IS
AN EASY WAY TO
CHECK IN ON YOUR
MENTAL HEALTH.**



QUICK

FREE

ANONYMOUS

PRIVATE

**VISIT
MHASCREENING.ORG**

Stay Connected

TOGETHER AZ 602-684-1136

ADVERTISER LISTINGS

Arizona Addiction 602-737-1619

Arizona Addiction Recovery
888-512-1705

AZ Women's Recovery Center
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)

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 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

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

Dept. Problem Gaming
800-NEXTSTEP

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

10

Dr. Dina Evan 602-571-8228

Dr. Dan Glick 480-614-5622

Julian Pickens, EdD 480-491-1554

TUCSON

ACA aca-arizona.org

AA 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

www.togetheraz.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

Teen Challenge is Arizona's Faith-Based SOLUTION TO THE DRUG EPIDEMIC

With heroin addiction at epidemic proportions and drug abuse at an all time high, Teen Challenge is seeing results with an 86% success rate!

We can help!

PHOENIX TEEN CHALLENGE (Male 18+) 602-271-4084

HOME OF HOPE (Female 18+) Women or Women with Children Casa Grande, Arizona 520-836-6030

SPRINGBOARD Home for Adolescent Girls (Female 12-17) Tucson, Arizona 520-887-8773

PREVENTION

Stay Sharp

THINK ABOUT IT®

To schedule a Drug Prevention Presentation for your group or school, contact the Public Relations office at 602-271-4084

LET'S STAY CONNECTED

Get Together AZ delivered to your INBOX.
Sign up at info@togetheraz.com

At your professional office, email barb@togetheraz.com your complete address.

Celebrating 30 Years!



Together AZ

Join us in reaching those who are in search of resources and hope. For a limited time print ads 1/4 page or above are discounted by 30%. Biz card to 1/8 page 20% off.

Online banner ad with 1/4, 1/2 or full page print ad



Inspiring success on the road to recovery



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/



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



Alcoholics Anonymous
Al-Anon
Tucson Al-Anon Information
Adult Children of Alcoholics
Arizona Addiction
AZ Women's Recovery Center
Bipolar Wellness
Child Abuse Hotline – Support & Information
Cocaine Anonymous
Co-Anon
CoDA
COSA
Crisis Help Line – For Any Kind of Crisis
Crisis Text Line
Crystal Meth Anonymous
Debtors Anonymous
Domestic Violence
Families Anonymous
Gamblers Anonymous
Grief Recovery
Heroin Anonymous
Marijuana Anonymous

Resources & Helplines

The providers listed are available to assist you. In an emergency dial 911

602-264-1341	NDMDA Depression Hotline – Support Group	800-826-3632
602-249-1257	Narcotics Anonymous/Phoenix	480-897-4636
520-323-2229	Narcotics Anonymous/Casa Grande	520-426-0121
aca-arizona.org	Narcotics Anonymous/Flagstaff	928-255-4655
602-737-1619	Narcotics Anonymous/Prescott	928-458-7488
602-264-6214	Narcotics Anonymous/Tucson	520-881-8381
602-274-0068	Nar-Anon Family Groups	(800) 477-6291
800-422-4453	National Youth Crisis Hotline	800-448-4663
602-279-3838	Overeaters Anonymous	602-234-1195
602-697-9550	PAL (Parents of Addicted Loved Ones)	480-300-4712
602-277-7991	Parents Anonymous	602-248-0428
480-385-8454	Phoenix Metro SAA	602-735-1681
800-233-4357	RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Text HOME to 741741	Rape Hotline (CASA)	602-241-9010
602-235-0955	Sexaholics Anonymous	602-439-3000
(800) 421-2383	Sexual Assault Hotline (24/7, English & Spanish)	800-223-5001
800-799-SAFE	Sex/Love Addicts	602-337-7117
602-647-5800	Sex/Love Addicts	520-792-6450
602-266-9784	Sex Addicts Anonymous	602-735-1681
800-334-7606	S-ANON	480-545-0520
602-870-3665	Sober Living AZ	602-737-2458
800-766-6779	Suicide Hotline	800-254-HELP
	Suicide Prevention Lifeline	800-273-8255
	Teen Challenge	888-352-4940
	Teen Life Line	800-248-8336



ARIZONA ADDICTION
RECOVERY CENTER

*Setting the Stage for a
Life Worth Living!*

888.512.1705

arizonaaddictioncenter.org

RTC, PHP AND MAT