

# Together AZ

Inspiring Success on the Road to Recovery

JULY 2021

## When Food is Comfort

By Julie M. Simon, MA, MBA, LMFT

Set the best intention, overeat, shame and guilt yourself, **repeat**. Many of us find ourselves routinely overeating at meals, snacking mindlessly, or bingeing regularly. We all enjoy eating and, on occasion, we'll eat when we're not hungry or we'll overeat just because the food is incredibly tasty, or because it enhances our personal or social experiences. An afternoon out with a good friend is certainly more enjoyable with coffee and a pastry. And what would a good movie be without a bag of popcorn? There's nothing wrong with occasionally using food to enhance enjoyment and celebrate life. The problem arises when we use food in this way so often that our health is at risk.

The truth is, if you regularly eat when you're not hungry, choose unhealthy comfort foods, or eat beyond fullness, something is out of balance somewhere. Sure, you love food and enjoy eating. Perhaps you also have a stressful schedule, and there's an abundance of addictive, processed food around you all day. But the bulk of your overeating occurs not just because you love to eat or because you're stressed out. It's not because you're lazy and undisciplined, lack willpower, have bad genes or an addictive personality.

Recent advances in brain science have uncovered the crucial role that our early social and emotional environment play in the development of imbalanced eating patterns. When we do not receive consistent and sufficient emotional nurturance during our early years, we are at greater risk of seeking it from external sources such as food. Despite logical arguments, we have difficulty modifying our behavior because we are under the influence of an emotionally dominant part of the brain.

Your overeating or imbalanced eating may have an emotional component to it. A craving, or an exaggerated desire to eat in the absence of true physiological hunger cues, represents an emotional appetite. And emotional hunger often feels the same as physical hunger.

### As an emotional eater, you may use food:

- To dull or tranquilize emotions that are difficult to cope with, such as anxiety, anger, sadness, frustration, hopelessness, loneliness, shame, guilt and even happiness and joy;
- To calm yourself when you are experiencing unpleasant bodily sensations such as nervousness, agitation or muscle tension;
- To soothe and comfort yourself;
- For pleasure, escape, fulfillment, and excitement;
- To handle stress;
- To silence negative, critical, self-defeating thoughts and quiet your mind;
- To manage overwhelm;
- To distract yourself from low-motivation states like boredom, lethargy and apathy;
- To procrastinate;



- Because your life lacks purpose, meaning, passion, and inspiration;
- Because you feel so much regret regarding your life;
- Because you feel deprived in life and want to have no limits;
- To try to fill up an inner emptiness;
- To reward or punish yourself;
- To rebel against someone or something;

- To ward off sexual attention and
- To feel safe.

No doubt, your emotional eating has helped you cope daily with emotional states like anxiety and depression, general stress and self-defeating thoughts. But it isn't a very effective long-term strategy for meeting your needs and desires. Not only does it lead

**When Food is Comfort— cont. page 6**

## The Meadows Institute's Golf4Recovery Raises more than \$30,000 to Benefit Mental Health First Aid

*Banner Health Foundation/Banner Strong Center for Healing is the beneficiary of the 501(c)(3) foundation's inaugural fundraiser*

The Meadows Institute's first annual **Golf4Recovery Invitational** raised more than \$30,000 to benefit Mental Health First Aid, support groups, and counseling for frontline healthcare workers through Banner Health Foundation. Their Banner Strong Center for Healing offered various on-site and on-demand wellbeing, emotional/mental health, healing, and support activities for individual workers and their families during the pandemic and beyond.

Held May 14, 2021, at the Phoenician Golf Club in Scottsdale, the Meadows Institute's inaugural event hosted 100 golfers and 28 sponsors. The successful fundraiser brought together behavioral healthcare professionals, recovery advocates, and local and national businesses related to behavioral healthcare for a fun-filled day of contests, laughter, food, and a bit of friendly competition in the Arizona sunshine.

An awards luncheon followed 18 holes of play, with first place recognition going to the Immanuel Cares team, which included Steve Schwertley, Troy Studeny, Erik Angelo, and Aliece Anderson. Second place honors went to Ricky Melton, Charlie Anderson, Logan Bennet, and Joe Canale, while third place

**Golf4Recovery— cont. page 7**







# Publishers Note

By Barbara Nicholson-Brown  
barb@togetheraz.com

## Dually Licensed Mental Health & Substance Abuse

- WE SPECIALIZE  
IN TREATING:
- Substance Use Disorder
  - Mood Disorders
  - Depression
  - Anxiety
  - Bi-Polar Disorder
  - Post-Traumatic Stress Disorder
  - ADHD

- Get Out Of The Heat  
Heal in Beautiful Utah
- Detox
- Residential
- PHP / IOP  
Virtual and In-Person IOP

IN-NETWORK WITH MOST MAJOR INSURANCE PROVIDERS



Call Today  
(844) 899-8927  
RecoveryWays.com



If you or someone you know are experiencing suicidal thoughts, call 911, or the National Suicide Prevention Lifeline at 1-800-273-8255 or text HOME to the Crisis Text Line at 741741.

53<sup>rd</sup> Annual  
SOUTHWESTERN SCHOOL FOR BEHAVIORAL HEALTH STUDIES  
www.azsws.org



Renew  
Reconnect  
Reimagine

August 8<sup>th</sup> – 11<sup>th</sup>, 2021  
Registration opens June 7, 2021

Presented by:  


## We are *NOT* Flawed People

While the stigma surrounding addiction still prevails, I've witnessed tremendous positive changes in how addiction and alcoholism is perceived, and you may have too. One thing I'm certain of is — we are *NOT* flawed people to be shamed into a dark corner. We have a disease.

Recently, I watched the documentary, *Crime of the Century* on HBO Max about the opioid crisis brought on by Purdue Pharma\* maker of OxyContin and the Sackler family. The series really opened my eyes to the corruption, deceit, greed and lack of conscience of the company. Making billions was the goal. While this drug taken correctly may have been beneficial to cancer patients or people with severe and debilitating illness and pain, many were unable to taper off and overdoses increased at alarming rates. Addict *or not*, it tore apart many lives.

*Crime of the Century* offered me a better understanding and more compassion for those who did become addicted to these painkillers. As an alcoholic in long term recovery, I'm still an addict. Over 500,000 Americans of all ages and backgrounds lost their lives to opiates during its 20 year run. Many became severely dependent on these pills — not from buying them on the street, but by following doctor's orders.... as prescribed. More than once in *Crime*, addicts are labeled and judged, as if an addict or alcoholic's life is less than, or deserve the consequences. Addiction is still a misunderstood disease.

And now the latest drug trend is Fentanyl. Tiny amounts of fentanyl (*imagine just a few grains of salt*) can lead to fatal overdoses, often when a person unknowingly takes it after it is mixed with another drug, such as heroin or meth. Fentanyl was linked to roughly 90,000 fatal overdoses reported across the country last year, according to the Centers for Disease Control. Its use is most prevalent among people ages 18 to 24.

In two words, **it's lethal**. Federal data shows busts of fentanyl are on the rise along the border in Arizona and California. Federal authorities have seized more than 7,000 pounds of the powerful synthetic opioid along the U.S.-Mexico border since October, compared to roughly 4,500 pounds seized in all of fiscal 2020, according to data from Customs and Border Protection.

As my dear friend and colleague Stephanie Siete (Public Information Officer for Community Bridges, Inc. CBI) stresses during her trainings with law enforcement, families, schools and at community awareness events, we all need to **be in the know**. Read and learn what you can, open up the conversation with your kids, community members and neighbors. Stay vigilant, and never hesitate to ask for help. If you have medications at home, lock them up. If you ever need suggestions or resources for where to find help, contact me at [barb@togetheraz.com](mailto:barb@togetheraz.com).

For anyone who may be struggling to get your life back, **don't ever give up**. We all are worthy of a life filled with hope and health. Together, we will continue to help one another build a strong foundation on the recovery journey and we can be proud of it.

\* On Oct. 21, 2020 Purdue Pharma agreed to shut down its company, pay roughly \$8.3 billion and plead guilty to three federal criminal charges for its role in creating and exacerbating the nation's opioid epidemic. "This resolution closes a particularly sad chapter in the ongoing battle against opioid addiction," Drug Enforcement Administration Assistant Administrator Tim McDermott said in a statement. "Purdue Pharma actively thwarted the United States' efforts to ensure compliance and prevent diversion. The devastating ripple effect of Purdue's actions left lives lost and others addicted." Source: <https://www.beckershospitalreview.com>

# Together AZ

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/Consultants  
Rick Baney  
Dr. Dina Evan  
Bobbe McGinley  
George J. Nicholson  
Stephanie Siete  
Website: COHN MEDIA





# SCOTTSDALE RECOVERY

RECONNECT • REBUILD • RECOVER

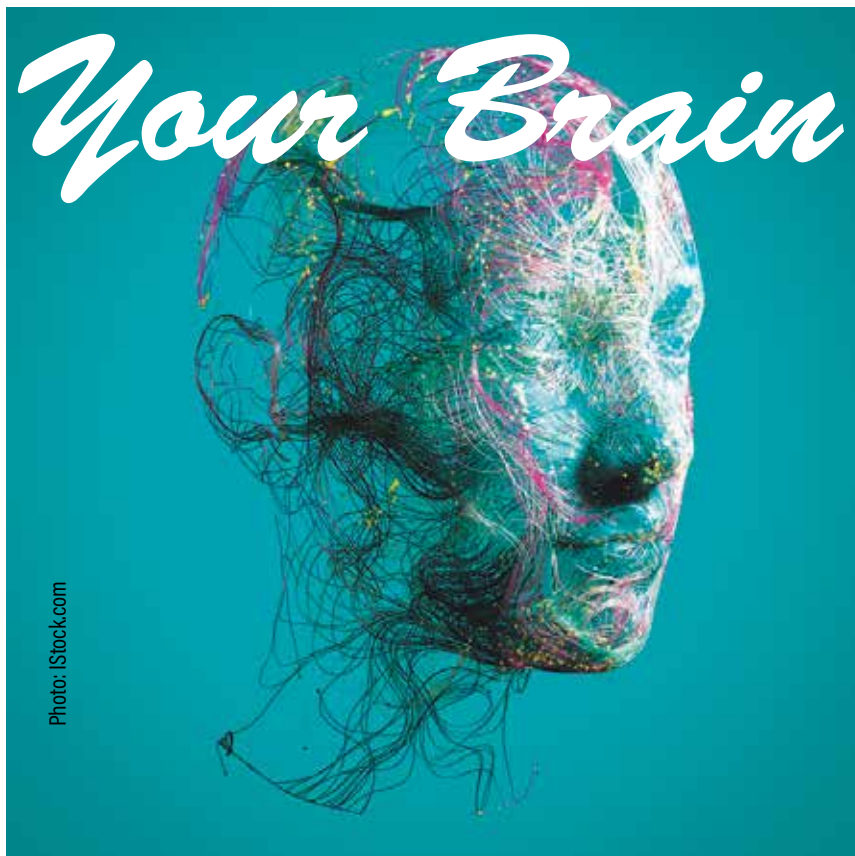
## ARIZONA'S PREMIER ADDICTION TREATMENT FACILITY

888.663.7847

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







Addiction begins in your brain and is normally caused by trauma, different forms of which change your natural chemical balance and wiring. Those neuronets create your cravings and the constant awareness of your addiction. Add that to the physical dependencies when your body begins to rely on a drug or alcohol and even coffee or Diet Pepsi in order to perform normal functions. So then, why is therapy, which directly addresses both issues, almost never a tool recommended for your tool box for healing your addictions?

To successfully and fully recover from addiction, healing your brain is essential. That, is exactly what therapists who are specifically trained in trauma resolve do. Without healing the brain, could this be one of the reasons people continue to experience negative consequences? And... even though they want

# A Great Partner in Healing Addiction

By Dina Evan, PhD

to stop and they try over and over again, and relapse, and they try and they relapse, and they sometimes go deeper into addiction?

I won't get into a detailed explanation of what drugs and alcohol do to the brain. A simple explanation in *Psychology Today*, tells us Neuroscience research supports the idea that addiction is a habit that becomes quickly and deeply entrenched and self-perpetuating, because it is aided and abetted by the power of dopamine. With an excess of dopamine the brain becomes more focused on the cravings — even in the face of negative consequences or the knowledge of positive outcomes that may come from quitting the alcohol or drugs. The point here is healing past trauma could have a great impact on reducing the craving and addiction to drugs and alcohol. So why don't we get this help?

For some, there is a fear of being labeled with some mental disorder. Most extreme mental disorders have a very specific list of symptoms that are not included or identified with people who are working on trauma or basic issues. The therapeutic community even understands today that clients who experience dissociative disorders are not mentally ill, they are experiencing the most intelligent response for coping with abuse. In addition, most diagnoses are not life-long. They are only for the term of time that the client is actually dealing with specific symptoms and are often for the purpose of dealing with insurance. In addition, they are never shared with anyone including family, without the patient's permission unless the patient is a risk to him or herself or others. The National Alliance on Mental Illness reports between 70% and 90% of those who pursue psychological treatment recover from mental health issues without prolonged therapy.

## There is no shame or weakness in asking for help

Some people may feel ashamed and think that seeing a therapist makes them look weak or reflects on their worth as a person. They fear being judged.

When in reality, seeking a therapist reflects on the person's commitment to health and his or her courage. And it's your choice about who you wish to share this with if anyone. My experience tells me once people experience therapy and their fears are alleviated, they very often find other friends and associates, seek them out for referrals when they are hurting.

Other people fear if they do start therapy, it will take forever and they will never stop. The truth is some people come to therapy simply seeking more self-awareness or purpose in their lives, or needing tools for career or family issues that need to be resolved. Once they have the tools they need to deal with these issues, they stop the process which may be within a few weeks or months.

There can also be other reasons. People have a hard time imagining being totally open to a stranger. That's why I often tell people go for one visit and see whether or not you feel the therapist is a person you feel you can open up to, and if not, keep shopping for one you feel comfortable with and can trust.

The most common reason for avoiding therapy is fear opening up will make you feel worse and cause you to drink or use more. Even those who are not in the program, may also feel they will be in *even more pain*. The reality is once the trauma is opened up and faced, the pain is not only reduced but very often, gone. The only thing left is a greater sense of self-respect and strength, knowing you faced the trauma and healed it. Therapy is not a substitute for the program or the 12 step process, however for some, it can be a great added benefit that supports your sobriety and sense of well-being. And adding it to your tool box can create a faster road to healing and another tool for support.



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](http://drdinaevan.com) or call 602-571-8228.



## PCS Young Adult Week

**AUGUST 1 - 6, 2021**  
**PCS INTENSIVE THERAPY PROGRAM FOR YOUNG ADULTS**

### What You Can Expect From This Program

PCS Young Adult Intensives are targeted to unmarried young adult ages 18-25. In the six-day intensive, participants will connect with other young adults in group therapy. In addition, half of their time will be spent in individual sessions focusing on advancing themselves and overcoming personal obstacles that block them from being the person they want to be.

Sessions will focus on values, healthy relationships, coping strategies, mindfulness, goal setting, boundaries, self-care, and more. Individuals coming to the intensive can address many issues including: depression, anxiety, self-esteem, body image, trauma, family of origin issues, and addiction.

Is this program appropriate for you or a young adult in your life? For more information, or to register, please call 480-947-5739 and speak to one of our coordinators between 9:00am and 4:45pm Monday through Friday.

- This is an out-patient program with lunch included each day
- Our therapeutic treatment team are all licensed and certified
- Advanced registration is required



**A week dedicated to those aged 18-25**

**Learn life and coping skills**

**Connect with other young adults**

**Individual and group therapy**

**You must be currently working with a therapist**

**PSYCHOLOGICAL COUNSELING SERVICES**

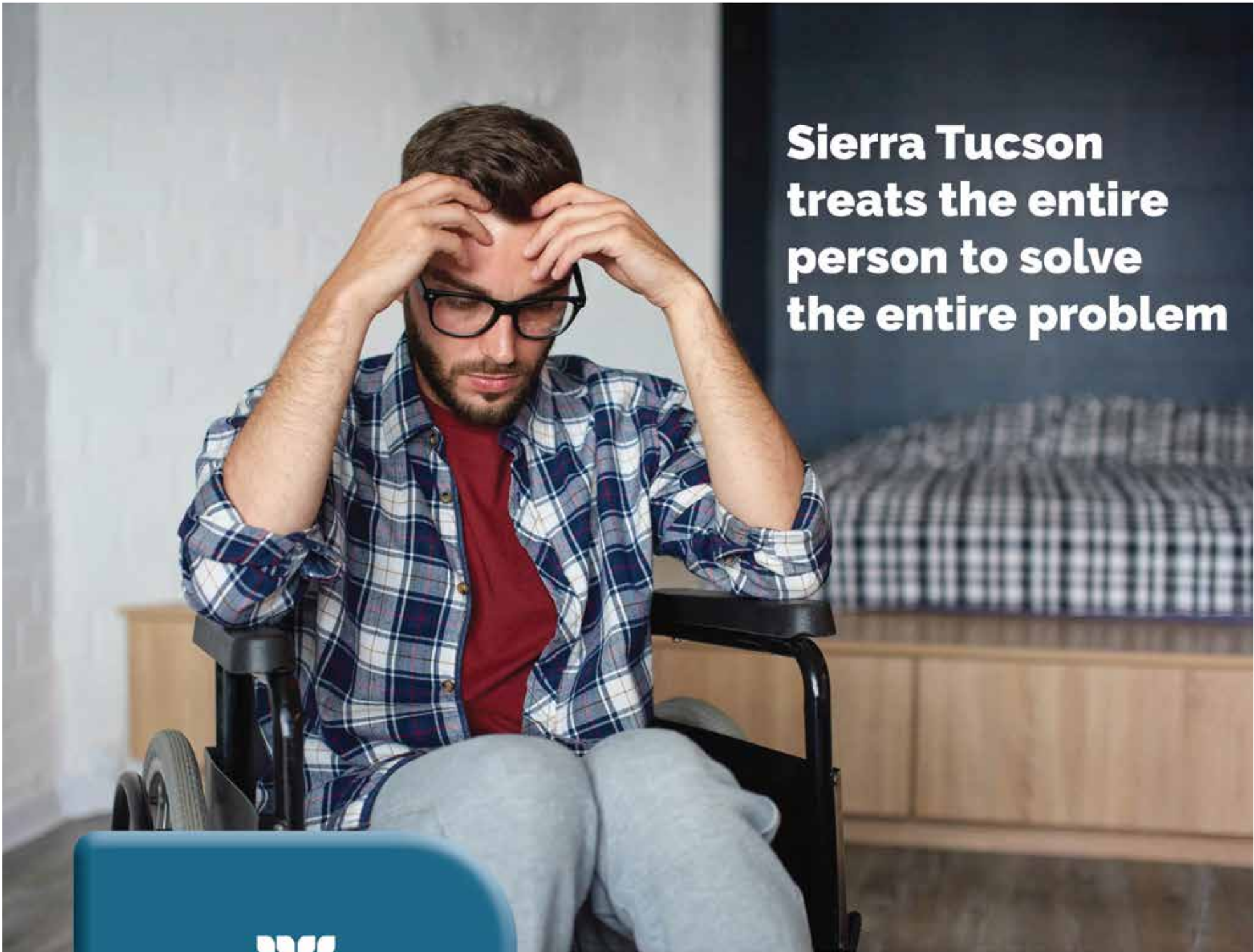
7530 E Angus Drive  
Scottsdale, AZ 85251

**480.947.5739**

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

August 1 - 6, 2021





**Sierra Tucson  
treats the entire  
person to solve  
the entire problem**



**SIERRA TUCSON®**  
Where Change Begins®

Sierra Tucson's Trauma Recovery Program can improve your day-to-day functioning and quality of life, providing stabilization and reduction of symptoms by reconnecting you with the strengths that enabled you to survive the original trauma. Our team of full-time, staff doctors and clinicians focus on providing world class treatment to deliver positive outcomes.

Learn more at **[SierraTucson.com/Trauma](https://SierraTucson.com/Trauma)**  
**800.842.4487**

 [SierraTucsonTreatmentCenter](https://www.facebook.com/SierraTucsonTreatmentCenter)  [Sierra\\_Tucson](https://www.instagram.com/Sierra_Tucson)  [Serra Tucson](https://www.youtube.com/SerraTucson)  [Sierra-Tucson](https://www.linkedin.com/company/Sierra-Tucson)



**When Food is Comfort— from page 1**

to poor health and weight gain, but it also can never be a substitute for learned skills. And you won't learn more effective self-care skills by going on another diet!

Focusing on external solutions, such as the latest diet or exercise regimen, is like trying to solve the problem of a stalled train by giving it a new coat of paint and polishing its wheels. No matter how much paint or polish we apply, the train will remain stuck. We need to access the engine that drives the train and accurately diagnose the problem. It's our inner world of emotions, sensations, needs and thoughts that drive our behavior. In order to understand and resolve the behavior of emotional eating, we have to tune in to and explore our inner world.

Emotional eating highlights the fact that you're missing important self-care skills that are generally learned in childhood. You may be lacking the ability to connect to and be mindful of your internal world—to consistently regulate uncomfortable emotional and bodily states, calm and soothe yourself, and address your unmet needs. You may find it difficult to reframe self-defeating thoughts and self-belief distortions and to practice self-acceptance and self-love. Perhaps you never learned how to effectively grieve losses and disappointments, remind yourself of your strengths and resources, and old hope for the future. Without these skills, regulating your behaviors and setting effective limits for yourself can feel like a daunting task.

*The good news is that it's never too late to learn to nurture yourself with the loving kindness and self-compassion you crave, rewire your brain for optimal emotional health, and handle stressors with more ease.*

**Establish the Habit of Self Connection**

You can address your emotional eating by establishing a regular practice of checking in with yourself. When you want to grab food, try this three-step process first:

**Step 1: Ask yourself “What am I feeling in this moment?”**

Perhaps you just had an argument with your spouse and now all you can think about is ice cream. Pull away from the kitchen and grab pen and paper. Sit upright and ground yourself—feel your rear in the seat and your feet planted firmly on the floor. Jot down what you're feeling. Feelings include both emotions and bodily sensations. Research shows that just the act of writing down your feelings can help to regulate your nervous system and interrupt wayward behaviors.

You write that you're feeling angry, frustrated, hurt, drained, lonely and sad. You notice that your head hurts, your shoulders are tense and your stomach is in a knot. Ask the noisy, thought generating part of your brain to be quiet for a moment. Notice your breathing. Breathe in relaxation; breath out tension. Try placing one hand on your heart and one hand on an area of tension. You're beginning to calm down.

**Step 2: Ask yourself “What do I need in this situation?”**

See if you can identify a need that you can meet yourself, rather than one that involves someone else changing. For example, rather than writing that you need your husband to be less reactive, you might write that you need peace and harmony in your relationship. Maybe you need hope that things can improve.

It may take some flexibility and creativity to meet your needs. It's often easier to meet physical needs than emotional needs. The more you let go of rigid expectations, the more you'll open yourself up to finding a satisfying solution.

**Step 3: Access an inner supportive voice—the mature, wise, kind, and loving part of you—and reassure yourself that your feelings are valid and your needs can be met.**

Using this voice, jot down a few validating, hopeful statements, such as: “It makes sense to feel hurt and angry when someone yells at you. The truth is, you both prefer peace and harmony. Let's revisit this discussion on the weekend when we're both more relaxed.”

**Catch and Reframe Self-Defeating Thoughts**

While you're inside, see if you can catch any negative, critical, doubting, pessimistic thoughts. Self-defeating thoughts do a lot of damage, and they can fuel emotional eating. For each negative thought you identify, see if you can think of a more positive, energizing or calming replacement thought—or at the very least, a more neutral thought.

“I've gained back a few pounds—I'll never lose this weight,” could be reframed into, “I've gained back a few pounds—I've lost weight before, and I'm sure I can do it again.” “I just can't handle all this stress,” could be reframed into, “As I take a deep breath, I realize that I can pace myself through this challenging time.” My hair looks like crap,” can be reframed into a more neutral thought--“My new hair color matches my skin nicely.” Positive, self-and-life-affirming thoughts lead to hope and more adaptive behaviors. And they can quickly curb emotional eating.

**Practice Soul Care**

Your overeating, or imbalanced eating may also represent a “call from your soul,” a sort of spiritual hunger informing you that something is out of balance. Most of us mere mortals fall prey to the notion that an enduring sense of happiness, peace, safety, and security can be found in conditions, things, and beings.

Whether we're hoping to lose weight, land that dream job, or meet the right partner, it's easy to get caught up in our material lives and lose sight of our spiritual needs.

Often, it's only when we reach our goals that we discover their achievement brings little permanent satisfaction. We may begin to wonder if there is more to life than pursuing endless earthly desires.

The spiritual component of well-being involves a search for meaning, serenity and joy that goes beyond day-to-day concerns. Just as a wholesome meal nourishes the body, spirituality nourishes the soul. We all desire a life filled with purpose and passion, a life rich in soul-nourishing connections to family, friends, community and nature.

If you're feeling spiritually depleted, you may feel disconnected from the deeper reserves of joy, passion, and contentment within or from your higher self or a higher power. You may feel disconnected from your calling or sense of purpose in life. And there's a good chance this disconnection is fueling your overeating. Some soul care practices may assist you in addressing this disconnection and filling up your spiritual reserves.

**Quiet Your Mind**

Even though you may not be able to reduce the multitude of tasks you must accomplish in a day or all the roles you play, you can minimize their negative effect by consciously withdrawing from your busy schedule to quiet your mind. A popular technique is to focus your complete attention on counting your breaths. As you inhale deeply, count the number one to yourself silently and then exhale deeply. Repeat three times, counting up to the number four, focusing solely on inhaling, exhaling and counting. As you inhale, imagine yourself breathing in light, love, and calm. Breath out and exhale stress, negativity, and worry. Your body and mind are beginning to relax.

**Practice Letting Go**

Most of us believe if we apply enough effort, we can control our lives. If we have the talent, ability, or good fortune to manifest many of our desires, we become, without realizing it, invested in this illusion. We dream big, set goals and become emotionally attached to power, beauty, money, prestige, possessions, perfection, people, and even the idea that things will always go our way.


Letting go is not necessarily about giving up on your goals. It's about finding balance. Make a list of all the attachments in your life that create imbalance. Don't forget to include states of being, such as the need to be right or well-liked; outcomes, such as quick payoffs, and the past, like grudges and regrets.

Pick one attachment and set an intention to work on it. Commit to one small change you can make. Explore your emotions regarding letting go. What do you fear will happen if you let go? What will you lose or give up? What will you gain?

**Fill Up on Nourishing Connections**


Are loneliness and isolation factors in your overeating? If so, you can attract others who are nourishing by starting small and focusing on increasing your experience of connection. Small at the check-out clerk or pet a friendly dog and say hello to its guardian. Connections that involve giving or helping others

*“Just as a wholesome meal nourishes the body, spirituality nourishes the soul.”*



PSYCHOLOGICAL  
COUNSELING SERVICES

HEALING HEARTS & TRANSFORMING LIVES



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**



elicit positive physiological sensations called “the helper’s high.” These feelings are motivating and can push you past the withdrawal associated with loneliness.

Nourishing relationships provide a place to feel safe, seen, heard, accepted, understood, and loved. Get clear on the qualities or traits you are looking for in friends or partners. Envision the type of person you want to attract and write your vision in a journal. Be proactive when socializing and make contact with people who have the traits you desire Don’t just take those who take you.

Fill Your Life with Purpose and Meaning

Nothing feels better than waking up and looking forward to the day. We feel a sense of fulfillment and satisfaction because our lives have purpose and feel meaningful. And it’s even better if we feel inspired and passionate about what we’re doing. We become imbalanced when we don’t have enough meaningful activities in our lives, and this can lead to eating in an attempt to fill up the emptiness.

If your life feels devoid of significance right now, try not to lose hope or faith. It will take some time to build more purpose and meaning but doing so is not impossible. Let your heart guide you in finding more stimulating or joy-filled activities. Make a list of potential activities, including those that contribute to the well-being of others. Helping others can lift you out of a seemingly purposeless existence.

The moment when the urge to use food is strong is an opportunity to build new self-care skills and soul-care practices. Every time you do so, you’re “wiring-in” new neural patterns, making it easier to calm and nurture yourself and set effective limits. You’ve been looking outside yourself for the loving-kindness and nurturance you crave; you’re beginning to discover that your true source lies within.



**Julie M. Simon, MA, MBA, LMFT** is a psychotherapist and life coach, and the bestselling author of *The Emotional Eater’s Repair Manual* and *When Food is Comfort*. Julie is an inspirational speaker and for the past 3 decades, she has been helping overeaters and imbalanced eaters heal their relationships with themselves, their bodies and food, stop dieting, lose excess weight and keep it off. Julie is the founder and director of **The Twelve-Week Emotional Eating Recovery Program**, an alternative to dieting that addresses the true causes of overeating and weight gain: emotional and spiritual hunger and body imbalance. Julie has been a featured expert on numerous TV and radio shows and podcasts, and she loves to wake people up about their phenomenal mind, body and spirit signals and help them learn to nurture themselves mindfully without turning to food. Please visit [www.overeatingrecovery.com](http://www.overeatingrecovery.com).



# Choose Calvary for Your 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.



**CALVARY**  
HEALING CENTER

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

### Golf4Recovery— from page 1



was claimed by the Heritage Health Solutions team of Hamilton Baiden, Tim Urlocker, Jonathan Heroux, and Bill Henderson. Contest and raffle prizes ranging from spa treatments and hotel staycations to and golf foursomes at valley courses were also awarded.

“We are overwhelmed by the generosity of this community,” said Meadows Institute Board Member Jim Dredge. “Thank you to our sponsors, golfers, and volunteers; you’ve made it possible to raise funds for an important cause — the well-being and emotional health of healthcare workers.”

Bill Southwick, CEO of Banner Behavioral Health Hospital, addressed attendees during the awards luncheon saying, “After months of extreme stress, the ability to access the important resource of mental health first aid is life-changing for our staff members and their families.” He went on to add, “The Meadows Institute has committed to individuals, families, and our communities; they understand the need to foster better mental health. We are grateful for the donation.”

Mark your calendars and get in some practice time now because The Second Annual Golf4Recovery Invitational is scheduled for May 13, 2022. Stay up to date on upcoming events and view highlights of this year’s fundraiser by visiting [TheMeadowsInstitute.org/events](http://TheMeadowsInstitute.org/events).

*About the MEADOWS INSTITUTE*

Formed in 2020 by Meadows Behavioral Healthcare, The Meadows Institute is 501(c)(3) foundation created to support individuals, families, and communities in life-long recovery. This mission is accomplished through four initiatives: scholarships for treatment, professional education, community mental health awareness, and research. For more information or to donate, visit [www.themeadowsinstitute.org](http://www.themeadowsinstitute.org).



## 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)





# How Trauma From Sexual Assault Affects Emotional and Mental Health

By Christa Banister

It's shocking just how common sexual violence is. In the United States alone, nearly one in five women have been raped or experienced an attempted sexual assault in their lifetime, according to the Centers for Disease Control (CDC). Oftentimes, it's by someone they know and even trust.

And for many women, it's happening well before their 18th birthday. For one in three females who've been raped, the first instance occurred between ages 11-17, according to the CDC. Another staggering one in eight reported sexual assault, attempted sexual assault, or rape before age 10.

Not surprisingly, the trauma of such a harrowing experience extends far beyond the physical injuries. How it plays out may look a little different for everyone, but the commonalities often include:

...the trauma of such a harrowing experience extends far beyond the physical injuries.

- *Feeling alone, ashamed, or scared*
- *Flashbacks or recurring nightmares*
- *A lack of trust in others or even yourself*
- *Questioning of your judgment, self-worth, and what "you did wrong"*
- *Fear of intimacy in relationships or fear of relationships altogether*
- *Struggles with post-traumatic stress disorder (PTSD)*
- *Loss of self-worth*
- *Anxiety or depression*
- *Increased risk of developing substance abuse use to ease distress*
- *Increased vulnerability to suicidal ideation or attempted suicide*

## Prioritizing Trauma Resolution

When it comes to addressing the aftereffects of sexual violence, it's probably tempting for some to buy into the adage that "time heals all wounds."

While time may provide some physical distance from the event, it can't be overstated how important it is not to overlook the effect that trauma has on someone's emotional and mental health. As Kate Ryan, a photographer, detailed in a feature for the *New York Times*, "The trauma of sexual violence is not something we fix. It is something we manage daily. It takes work. And that work is as messy and complicated as the individuals who live it."

## Prioritizing Trauma Resolution - Willow House For Women

Recovering from rape or sexual trauma isn't something meant to be managed alone. As difficult, embarrassing, or impossible as it seems, it's far more dangerous mentally and emotionally to keep it to yourself. There's power, not to mention healing, in reaching out to treatment professionals for therapy and support.



In addition to a strong support system, it's important to have a plan for triggers that may arise unexpectedly. Triggers could include driving by the place associated with the event; the anniversary of when it happened; someone who resembles the person who harmed you, etc.

Learning about these triggers and knowing how to process them will help you realize what's happening in real-time so you can take the steps to calm down, reset, and realize you're not in danger.

## How Sexual Trauma Affects Men

While the scales are still tipped heavily toward women, nearly 1 in 38 men have also experienced rape, sexual assault, or an attempted sexual assault during their lifetime.

For one in four male victims of rape, they were between 11-17 years old when it first occurred. Another one in four males reported the event happened before age 10. As with women, there is shame associated with sexual abuse, which often makes men reluctant to talk about it. Another issue that's common is the feeling of needing to be self-sufficient, tough, and strong to be "a real man."

**LGBTQ men are at a greater risk for sexual trauma than heterosexual men.**

As a result of unresolved trauma, men may struggle with seething anger, particularly when feeling threatened or betrayed. Low self-esteem, the inability to be vulnerable in a relationship, and lack of sex drive have also been reported, which can interfere with their perceived "manhood." Sexual abuse has also led many men to question their sexual orientation or have concerns about their masculinity.

A report in *The Washington Post* also noted that LGBTQ men are at a greater risk for sexual trauma than heterosexual men. More than 40 percent of gay men and 47 percent who identify as bisexual reported being sexually victimized, compared with 21 percent of straight men.

While it's certainly not easy and may not fit with our perception of male gender roles, opening up and being vulnerable about what has happened is key in processing the event in healthier ways.

## Forging Forward With Hope

If you or someone in your life is struggling in the aftermath of sexual abuse and any co-occurring disorders, don't hesitate to reach out to our caring, knowledgeable staff at Willow House for Women. For more than 40 years, our treatment professionals have been helping people overcome addiction, heal unresolved emotional trauma, and develop the tools needed to transform their lives.

Please visit <https://www.willow-houseforwomen.com/> 877-959-9037

*Reprinted with permission from The Meadows*

## 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.**





As I was checking out of a grocery store, I asked the clerk if she was looking forward to removing her mask when our state releases its mask requirement soon. “I’ve kind of gotten used to it,” she replied. “I might keep wearing it even after I don’t have to.”

Her response reminded me of a poignant scene in the movie *The Princess Bride*. Inigo Montoya is a swashbuckling swordsman who has spent his entire adult life seeking to find the man who assassinated his father. Many times each day he practices cornering the killer, pressing his sword against the man’s chest, and telling him, “My name is Inigo Montoya. You killed my father. Prepare to die.”

Inigo eventually catches up with the assassin and does him in. As Inigo is exiting the castle, his sidekick asks him, “Now that you have avenged your father’s death, what will you do with your life?”

Inigo stops in his tracks, a blank look washes over his face, and he confesses, “I have been in the revenge business so long, I don’t know what I would do without it.”

It is possible to become so steeped in fear, protection, and defense, that when we no longer need to protect ourselves, we may continue to do so out of habit and a sense of safety behind elaborate barricades. This dynamic goes far beyond Inigo Montoya and Covid masks. It applies to much of our life.

We have all adapted to a threatening world with masks we lay over our natural self. Such guises often take the form of a victim identity. The classic example of a rutted victim is Miss Havisham in Charles Dickens’ classic novel, *Great Expectations*. Young Pip goes to visit Miss Havisham, a fiftyish woman wearing a tattered yellowed wedding gown. Yet she looks much older, a bony waxwork. On her dining room table sits an expensive china set for a wedding reception, and a cake covered with cobwebs. Many years earlier, Miss Havisham was jilted at the altar. She felt so crushed that she became frozen in that moment and found twisted solace in clinging to her identity as a ditched bride. And so she remained, thirty years later. Like the checkout clerk and Inigo Montoya, Miss Havisham became so comfortable in her mask that she feared to remove it, and never did.

*“Lots of people have maintained our golden Buddha nature even while we wear masks. A physical mask cannot stop your spiritual light from shining.”*

I will be glad to remove my mask and see the lovely faces of people I interact with. I miss seeing smiles, and I will not miss having to speak twice as loud to be understood. I understand the reason we have worn masks, and now I understand the reason for removing them. When the war is over, we can lay down our arms. After World War II, some soldiers holed up in the jungles of South Pacific islands did not know the war was over, so they remained in combat mode long after the enemy had disappeared. People who go through traumatic experiences sometimes keep reliving the trauma even when they are safe. Sadly, the Covid pandemic has been a rough ride for lots of people. At some point, the ride will be over, and we will be on to the next phase, hopefully gleaned lessons from the experience that will make the next phase better.

Many years ago, a great golden statue of Buddha sat outside a temple near Bangkok, Thailand. When the monks at the temple learned that an army from a neighboring country was about to invade their town, they feared that the soldiers would see the gold and pillage it. So they came up with a scheme to cover the golden Buddha with a cement of mud and stones, so the soldiers would not take notice.

Sure enough, when the army marched past the temple, they overlooked the Buddha entirely. The conquerors occupied the city for many years and later departed. But by that time none of the monks in the monastery or anyone in the vicinity remembered that the Buddha was golden. They all thought it was made of stone.

Many years later a new king arose, and he ordered the Buddha to be moved to a new location. In the process of moving, a piece of stone chipped off the Buddha and revealed something shiny. A workman looked deeper and saw that it was gold. He ran to his fellows, shouting, “the Buddha is golden!” The workers took picks and shovels and released the golden Buddha from his cement imprisonment. To this day, you can visit the Temple of the Golden Buddha in Bangkok.

Many of us have become Covid stone Buddhas, disguising our divine nature under a sheath of fear, protectionism, and divisiveness. Meanwhile, lots of people have maintained our golden Buddha nature even while we wear masks. A physical mask cannot stop your spiritual light from shining. In spite of external events, we remain divine. Now we are ready for the great unveiling—physically by removing masks, spiritually by rising beyond fear. The Golden Buddha is ready to once again shine.

*Alan Cohen is the author of the bestselling A Course in Miracles Made Easy and his newly-released inspirational book, Soul and Destiny. Join Alan and musician Karen Drucker for a transformational in-person ACIM-based retreat in California, Into the Light, December 6–10, 2021. For information on this program and Alan’s other books, recordings, and trainings, visit [www.alancohen.com](http://www.alancohen.com).*

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



# 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.

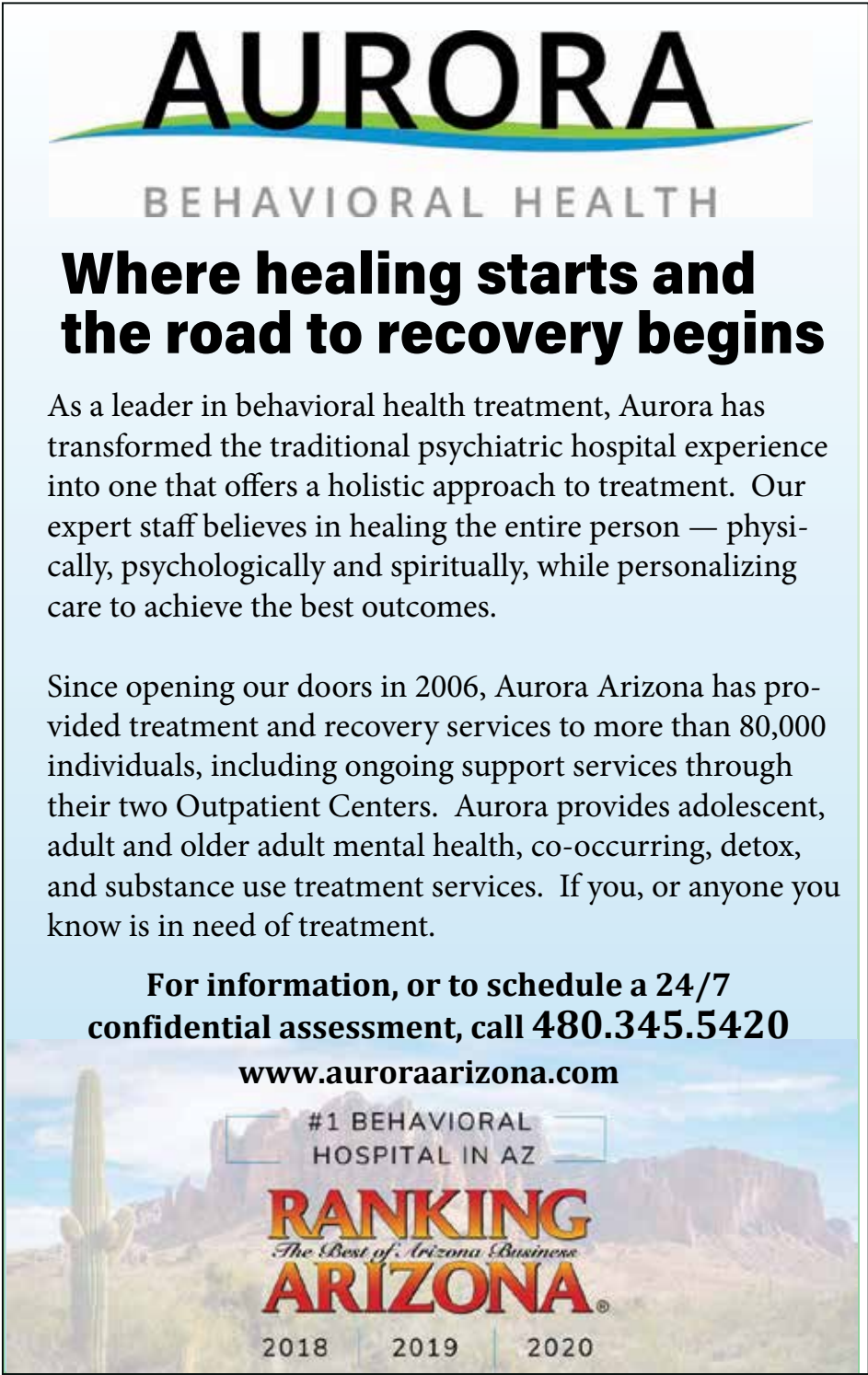
Since opening our doors in 2006, Aurora Arizona has provided treatment and recovery services to more than 80,000 individuals, including ongoing support services through their two Outpatient Centers. Aurora provides adolescent, adult and older adult mental health, co-occurring, detox, and substance use 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



### 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!

**www.tcaz.org**

**We can help!**

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

**HOME OF HOPE**  
(Female 18+)  
Women or Women with Children  
Casa Grande, Arizona  
**520-836-5630**

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

**PREVENTION**  


**THINK ABOUT IT®**

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



# 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

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

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





**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**

**Resources & Helplines**

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

Alcoholics Anonymous	602-264-1341	NDMDA Depression Hotline – Support Group	800-826-3632
Al-Anon	602-249-1257	Narcotics Anonymous/Phoenix	480-897-4636
Tucson Al-Anon Information	520-323-2229	Narcotics Anonymous/Casa Grande	520-426-0121
Adult Children of Alcoholics	aca-arizona.org	Narcotics Anonymous/Flagstaff	928-255-4655
Arizona Addiction	602-737-1619	Narcotics Anonymous/Prescott	928-458-7488
AZ Women's Recovery Center	602-264-6214	Narcotics Anonymous/Tucson	520-881-8381
Bipolar Wellness	602-274-0068	Nar-Anon Family Groups	(800) 477-6291
Child Abuse Hotline – Support & Information	800-422-4453	National Youth Crisis Hotline	800-448-4663
Cocaine Anonymous	602-279-3838	Overeaters Anonymous	602-234-1195
Co-Anon	602-697-9550	PAL (Parents of Addicted Loved Ones)	480-300-4712
CoDA	602-277-7991	Parents Anonymous	602-248-0428
COSA	480-385-8454	Phoenix Metro SAA	602-735-1681
Crisis Help Line – For Any Kind of Crisis	800-233-4357	RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Crisis Text Line	Text HOME to 741741	Rape Hotline (CASA)	602-241-9010
Crystal Meth Anonymous	602-235-0955	Sexaholics Anonymous	602-439-3000
Debtors Anonymous	(800) 421-2383	Sexual Assault Hotline (24/7, English & Spanish)	800-223-5001
Domestic Violence	800-799-SAFE	Sex/Love Addicts	602-337-7117
Families Anonymous	602-647-5800	Sex/Love Addicts	520-792-6450
Gamblers Anonymous	602-266-9784	Sex Addicts Anonymous	602-735-1681
Grief Recovery	800-334-7606	S-ANON	480-545-0520
Heroin Anonymous	602-870-3665	Sober Living AZ	602-737-2458
Marijuana Anonymous	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](http://arizonaaddictioncenter.org)

RTC, PHP AND MAT