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Inspiring Success on the Road to Recovery

SEPTEMBER 2021

Chemicals of Concern

What drugs are trending?

An Interview with Stephanie Siete,
Public Information Officer, CBI

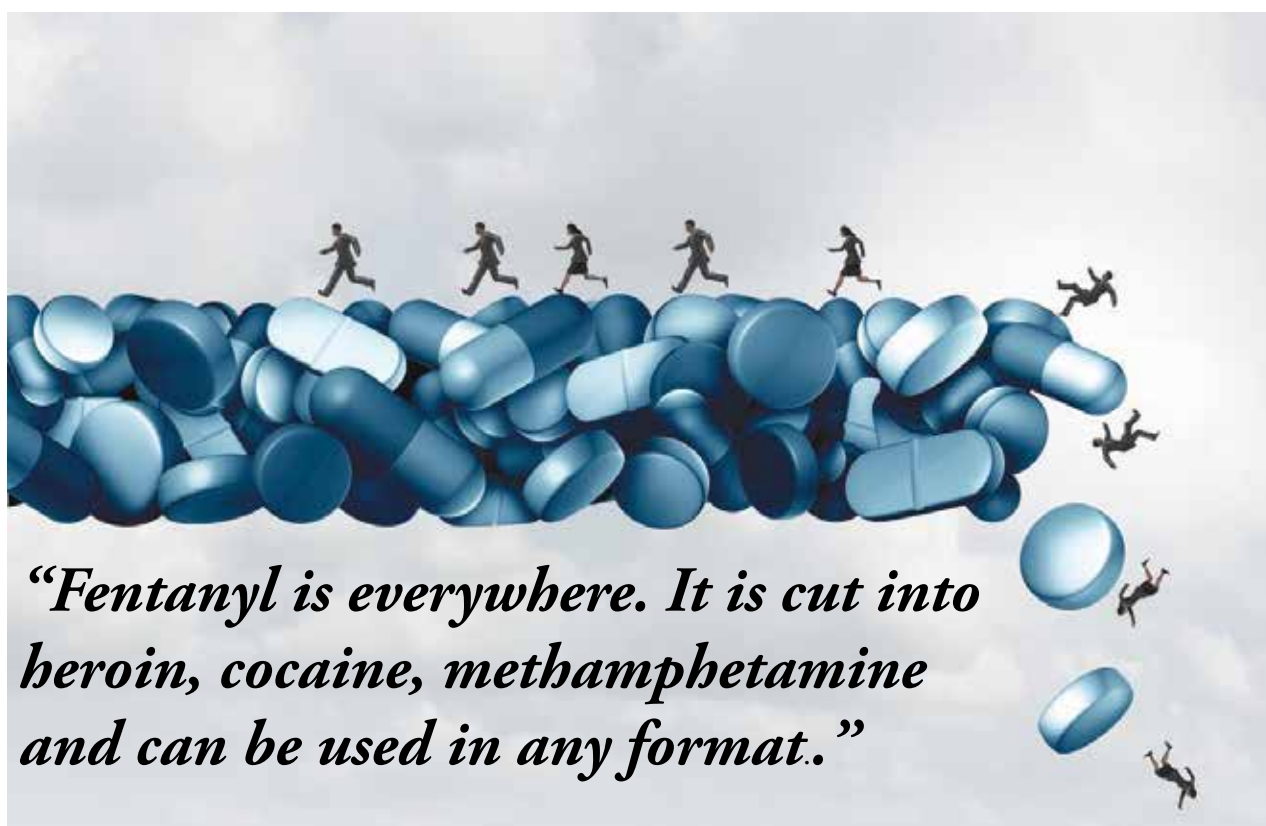
September is National Recovery Month. In support of it, below is a Q & A with Stephanie Siete, Public Information Officer for Community Bridges, Inc. She is providing information on the current drugs that are trending and encourages all families to open the conversation. It is our hope what you read here will be utilized to open discussions between parents and kids, educators and our community. Each day, lives are being lost to all types substances, including alcohol. While the focus of this interview is on young kids and teens; no one is immune from the devastation of what one pill can do. Be in the know.

- *Now that most schools are back in session, what are the most important points parents, caregivers and educators can provide kids, teens and young adults about drugs?*

It's important to learn early that life is a gift; not a given. We must make healthy decisions daily in order for us to live longer, better, quality lives. Start talking to kids at young ages about not putting chemicals into their bodies, as the young body and brain are constantly growing and developing well up until the age of 25. All voices matter. Kids will develop their "norms" based on information they hear consistently. Messages of loving life, eliminating risks, avoiding dangers are messages we can all support and reiterate to today's youth.

- *Has there been an increase in drug overdoses since the beginning of the pandemic?*

Sadly, yes. We've seen the most overdose drug deaths in history in this last year. We lost over 93,000 lives in America to drug overdose deaths in 2020. A majority, over 60% of the deaths were from synthetic opioids, with fentanyl leading the way. People are struggling with their mental health. During the pandemic, people lost lives, jobs, faith and hope. Rightfully so, a new virus appeared and those with compromised immunity or unhealthy lifestyles were severely impacted. Individuals lost jobs and income and their abilities to pay for homes or rent. Kids were out of school and away from friends. So many of us felt isolated and unfortunately, one well known way to cope with stress, anxiety, and depression is with prescription painkillers. Opioids are available **legally** and **illegally**. Heroin and Fentanyl are common powerful illicit opioids that are effective — effective in calming stress and anxiety, but also effective in calming the breathing to a point where it can be fatal resulting in respiratory arrest. We all need to breathe. Opioids



“Fentanyl is everywhere. It is cut into heroin, cocaine, methamphetamine and can be used in any format.”

are physically addictive and once behavioral patterns develop it can be hard to reverse.

Stopping on your own or “cold turkey” can cause one to be extremely sick with vomiting, diarrhea, chills, sweats, bone pain, and muscle aches lasting weeks upon weeks. The drug user may continue using the opioids to avoid the withdrawal symptoms. This just increases the likelihood of overdosing or respiratory arrest.

- *When kids of all ages hear about the fatalities caused by these drugs do you think it hits home with them? Is there a false sense belief it won't happen to them or someone they know?*

Kids are in denial. It's not their fault. Their teen brain, with limited life experience doesn't know any better. They want to learn on their own; create their own experiences. However; I am not afraid to be real with kids and adults right now about the world we are living in. Everyone needs to understand the seriousness and prevalence of fentanyl. It is everywhere. It is mixed with all drugs. There are no plain or “vanilla” drugs right now. Fentanyl is cut into heroin, cocaine, methamphetamine and can be used in any format.

We learned over the years that pills can contain anything; but so can liquids like vapes or powders and crystals. I can't say enough — it's not worth the risk to try unknown chemicals. **One time use could be fatal.** We need to love and value our gift of life and make good decisions daily.

- *With the increasing amounts of fentanyl coming into Arizona, how best can we inform our communities about the extreme danger of this drug?*

Get knowledgeable. Utilize free resources. Go to seminars. Watch documentaries. Read some of the information on these sites:

- www.azhidta.org/expert-resources/fentanyl
- www.drugabuse.gov/drug-topics/fentanyl
- www.dea.gov/factsheets/fentanyl
- www.saclaz.org/toolkit/

- *It's a new world in drug dealing, how are they being sold distributed?*

Drugs are everywhere. If you want them, you will find them. Drug exchanges used to be hand to hand or maybe coordinated via a call or text. There many more options now. If you are a parent or concerned adult, get familiar with social media apps like **Snapchat**, **Grindr**, **Instagram** and even **Facebook**. Learn codes and acronyms and monitor phone use. Older kids sell to younger kids, and again with the pandemic, there may be even more prescription drugs in the home. Lock them away and take note of how many you have. Check the over the counter drugs in your home as they too can be abused. Google the **Benadryl Challenge** and see that anything can be abused. It is way too easy for our youth to learn about teen challenges from friends and the internet.

Chemicals of Concern— *cont. page 7*



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Publisher's Note

By Barbara Nicholson-Brown
barb@togetheraz.com

Celebrating Recovery

National Recovery Month (Recovery Month) is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.



In our community, mental health and substance use disorders affect all of us. In 2020 alone, 250 people died of overdoses a day, that number does not include deaths related to alcohol. Recovery is attainable and possible.

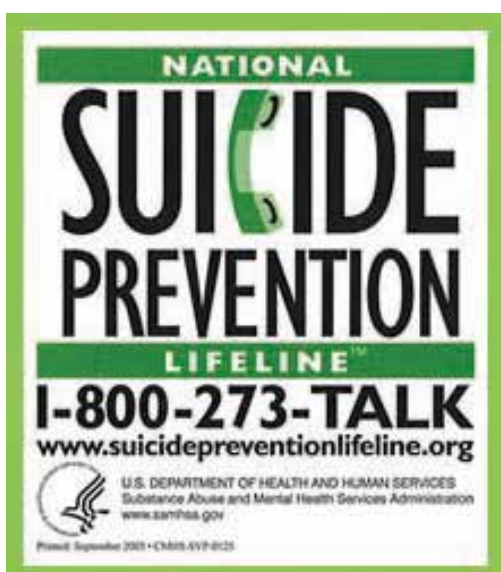
Since the COVID virus is still circulating we will not be holding an in person recovery expo, but Community Bridges, Inc. (CBI) will present CARE in a virtual format.


This is a 3 part series airing on Facebook Live. **September 7 at 6:00 p.m.**, followed by **September 14** and **September 28**. (see ad below and on page 6). I encourage everyone to watch these 30 minute specials hosted by our friend in recovery and Channel 3 News Anchor, Brandon Lee.


This is a great opportunity for the whole family to learn about prevention, what drugs are trending and will provide helpful suggestions for continuing the conversation and where to find the best resources for treatment. Be in the know.

Learn more about CARE visit please visit www.celebratetheartofrecovery.org.

Barb



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**Airs FB Live
Tuesdays
Sept 7, 14, 28
6 PM MT**

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in Recovery**

- Chemicals of Concern - **Stephanie Siete**, Public Information Officer, CBI
- Kids at Risk: Snapchat - Newest Drug Dealing Trends - **Sgt. Ashley Thompson**
- Grow in Recovery - How Healthy eating, physical activities and creative hobbies aid in recovery

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By Dina Evan, PhD

There is a story of a woman in India who was upset that her son was eating too much sugar. No matter how much she chided him, he continued to satisfy his sweet tooth. Totally frustrated, she decided to take her son to see his and her great hero, Mahatma Gandhi. She approached the great leader respectfully and said, “Sir, my son eats too much sugar. It is not good for his health. Would you please advise him to stop eating it?”

Gandhi listened to the woman carefully, turned and spoke to her son, “Go home and come back in two weeks.” The woman looked perplexed and wondered why he had not asked the boy to stop eating sugar. She took the boy by the hand and went home.

Two weeks later she returned, boy in hand. Gandhi motioned for them to come forward. He looked directly at the boy and said, “Boy, you should stop eating sugar. It is not good for your health.”

The boy nodded and promised he would not continue this habit any longer. The boy’s mother turned to Gandhi and angrily asked, “Why didn’t you tell him that two weeks ago when I brought him here to see you?” Gandhi smiled, “Mother, two weeks ago I had not stopped eating sugar myself.”

Gandhi lived in such integrity that he would not allow himself to give advice unless he was himself was living it, in and with integrity. Today, we want to blame our leaders, our parents, our kids, the dog next door and the mailman for everything that goes wrong. Wouldn’t it just be easier to say, “Hmm, I have not yet done that myself!”

Why do we fear taking personal responsibility so much?

I think it is because we think it means failure on our part, when in fact, it means we have courage and integrity. We are learning and we earn respect by taking responsibility instead of tap dancing around looking for someone else to blame. Of course, in order to begin accepting personal responsibility, we also must be willing to learn, rather than being stuck in own ego. I think it’s about, “Would we rather be right or wise.”

Once you understand that we are all connected, all still learning and all making mistakes here and there, it’s easier to take personal responsibility. And once you role-model that, it becomes easier for others to do the same. The cost of not taking personal responsibility is big.

It causes you to lose a sense of yourself and who you are and it causes other to distance from you because you become less safe, unwilling to share the joy or burden of growing. When you blame others or refuse to show up in honesty, you cut the real and meaningful connections available to you in life. The precious reason you are here in the first place...to create those connections, as teacher, as friend, as parent or mentor.

So how do we stop playing the blame game? First you hesitate, the next time you want to tell a lie or shirk your responsibility and silently ask yourself, “What it is that you are afraid of or why you are afraid.” You stop the blaming habit in its tracks, and take control by stepping into your own power. No excuses please. No fumbling please. Just blurt out kindly, the whole damn truth and wait for the compassion. Wait to watch your friends get more honest. Wait to feel the respect coming at you and wait for the appreciation for your honesty.

Try to remember you can’t control anyone else’s response to your honesty and taking responsibility. You may lose a friend or two who is not yet ready to follow suit. That’s okay. It’s not our business when or how others choose grow up. It’s only your business when and how you decide to do it.

And when you have made a mistake or haven’t taken responsibility, apologize for it and make amends for it.

This planet is a school and this is one of the great lessons it offers. Don’t miss it. Like Gandhi, it builds your character and makes you the master you came here to be.



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.



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Depressed Over Debt?

*It's hard enough to get out of bed when you're buried in bills.
Just the thought of trying to get out of debt spurs depressive symptoms.*

How to stress less about money

- **Set small, realistic goals for yourself**

You may have credit card, student loan debt, or a car loan — which adds up to an amount of money that’s difficult to stomach. It’s easy to feel discouraged and hopeless in the face of such a high price tag, so try breaking it down into smaller, more manageable pieces to focus on.

Instead of being downcast by how large your credit card balance is, try hiding your credit card in your house (*somewhere you won’t be able to quickly use it*) and pay a little **over the minimum** payment required each month.

Don’t focus on how much money it will take to pay the entire balance off, set a small goal of paying down \$200 to start, then \$400, and so on. It may not seem like you’re making significant progress at first, but over a few months, you may start to feel better as you see the balance slowly become more manageable.

Offer yourself a little grace

If you keep telling yourself that your problems are too big, or you aren’t the kind of person that can fix them, it can feel impossible to improve your situation. Our ego is our mind’s understanding of ourselves, and debt can cause us to feel unworthy. You are worthy and deserving of all that is good. Your financial problems are how you are, not who you are. By reframing your situation as a challenge that you’re learning to overcome, you can work to break the cycle of negativity.

Stop the self-flagellation and self-judgment and practice acceptance of your financial situation. Extend yourself the same empathy and compassion you would demonstrate to others.

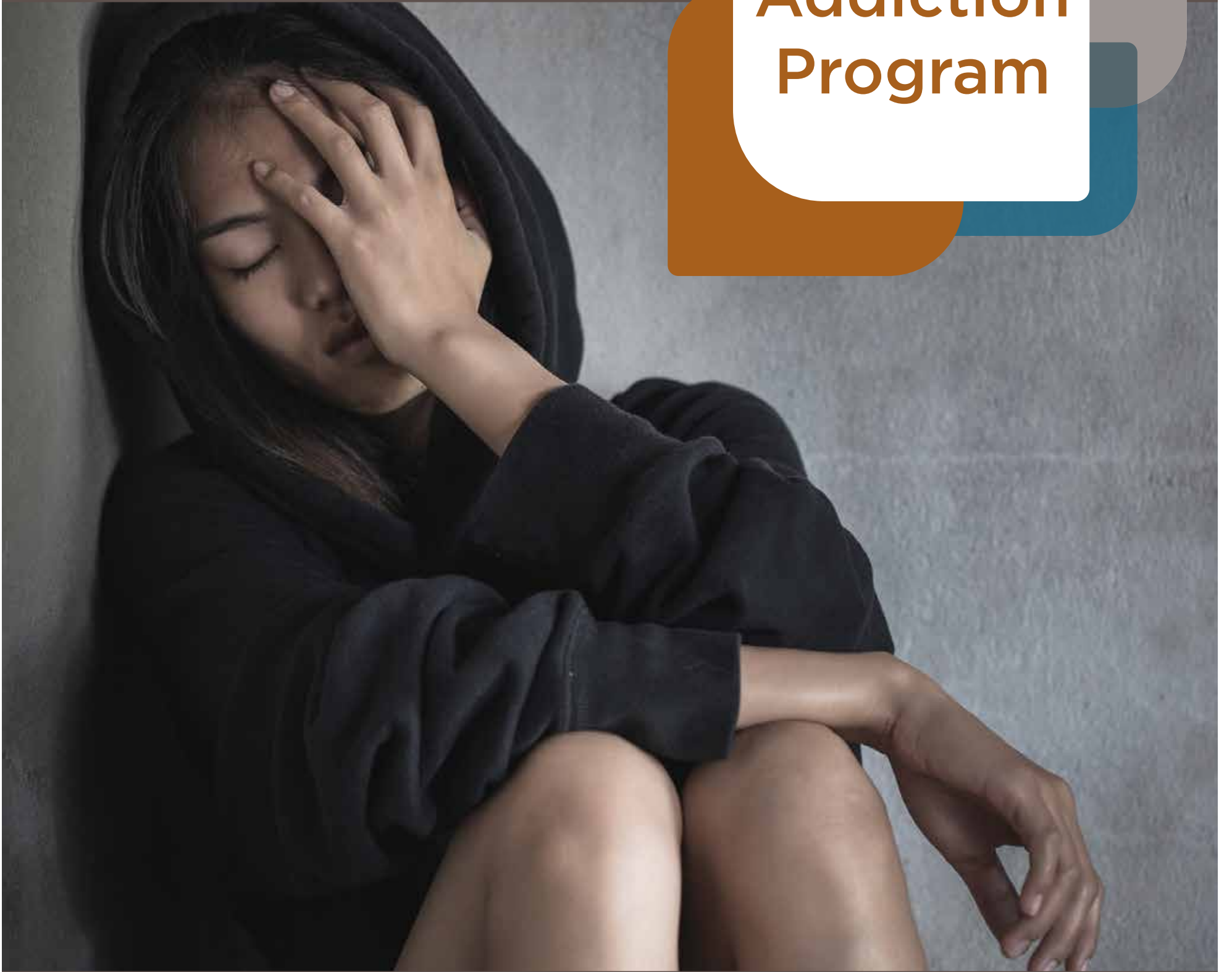
If you don’t already have a diagnosis or treatment plan, you can reach out to a health professional to discuss treatment options like medications and therapy.





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Reunite, Reconnect in Recovery



Brandon Lee
Moderator



Stephanie Siete
Public Information Officer,
CBI

Part 1 Chemicals of Concern

"What are the new
drugs trending?"

Tuesday September 7 at 6:00 pm MST

Register for updates:

celebratetheartofrecovery.org

Create healthy habits. Much like creating a routine, creating healthy coping habits can help remove stress and tension from the beginning of school. Practicing how to deal with stress, reduce anxieties, and respond to sensory overload are critical to start now, before school begins.

- **Set attainable goals.** Finally, setting realistic, small goals helps to build positive momentum and ease the transition into the school year. It may not be possible to feel completely at ease. By setting a goal such as, "Do controlled breathing when I feel anxiety today," it is possible to have a motivating win.

For Parents

Parents have experienced just as traumatic a year as their children. So, it can be a challenge just to approach the back-to-school season in a calm, patient way. Here are some of the ways parents can be supportive and set their children up for success:

- **Manage expectations.** Take the time to walk your child through what they can expect in school. Be positive, but encouraging. Speak honestly about the potential challenges they may face, which will build trust and independent problem-solving abilities. For example, letting your child know they can expect to experience certain types of stress can help them prepare coping strategies.

TIPS FOR HEADING BACK TO SCHOOL



From Aurora Behavioral Health Blog

Heading back to school can be a stressful time, especially for students who also struggle with emotional regulation and similar challenges. Even in normal years, many students face anxiety, depression, sensory issues, and other mental health challenges at the start of the school year.

However, this year is different:

The last school year may have been traumatic as students had to adjust to at-home learning amidst the pandemic. New COVID-19 protocols and guidelines can mean unfamiliar rules and processes. Many students have become accustomed to staying at home, not going to school.

Combined, these can make the 2021-2022 school year more stressful than any before. The good news is there are proven strategies students, parents, and teachers can follow to ensure the transition back to school is successful.

For Students

Navigating adolescence is hard enough on its own. This year's challenges can add another layer of difficulty. Here are some tips to help students be successful this school year.

- **Get into a routine early.** After spending months (or maybe the past year) without a strict routine, the idea of suddenly spending every day in a classroom can feel overwhelming. Start practicing now by waking up at the same time, walking through the daily routine at school, and thinking through some potential challenges that might be faced.

- **Keep emotional channels open.** Communication is critical during this transitional period. Engaging them in activities they enjoy and spending time showing genuine interest in their days can help them be more emotionally honest and vulnerable when they need someone to talk to.
- **Avoid introducing stress by accident.** We may want our children to feel like they can speak with us about their feelings. But asking, "Do you feel anxious?" can cause an internal dialogue that actually triggers anxiety. Instead, ask follow-up questions like, "Why do you feel that way?" or, "That's interesting – what makes you say that?"

For Teachers

As a teacher, your primary role is making sure you recognize when a child is struggling, helping as appropriate. Consider these tips if you see a student having trouble transitioning back to school.

- **Reward students for being courageous.** One of the big lessons from the pandemic was learning to be comfortable with our limitations. That's why basing rewards off of effort and courage, rather than performance, works so well. As students receive positive reinforcement for being emotionally vulnerable, making an earnest effort, and being willing to try again tomorrow, they'll feel safer and this can help long-term performance.
- **Encourage a gradual approach to facing challenges.** Small exposures to challenging scenarios – such as mask wearing or sitting in groups – can help students who feel overwhelmed when they do too much at once. If you can, ease into these processes.

Don't Be Afraid to Reach Out for Extra Help

It's already hard to be a parent or teacher helping a child start their new school year. Now, after a challenging year, it feels even more difficult than normal.

It's completely natural to want additional support and help during this time. If you see a child who is struggling and don't know how to give them all the support they need, the team here at Aurora Behavioral Health is here for you.

Reach out today for a free assessment by calling **877-870-7012** or contacting us online <https://www.auroraarizona.com/contact/arizona-contact>.

At Aurora Behavioral Health our goal is to provide a safe and nurturing environment where our patients can begin their road to recovery. For a free, private and confidential assessment, please call our 24/7 admissions line at: 877.870.7012.

Chemicals of Concern— from page 1

- Community Bridges is hosting three Facebook live events this month, what topics will be covered and who should watch?

Everyone should watch. We all could stand to be more knowledgeable. The 3 topics provide life beneficial information. There will be an elaboration of all the topics referenced in this article. Watch and learn about Snapchat, Chemicals of Concern and Recovery... why it matters and how to stay in it.

CARE (Celebrate the Art of Recovery Event) features AZ Family Channel 3 news anchor **Brandon Lee** and panelists:

- Tuesday, Sept. 7, 6:00 PM - FACEBOOK LIVE
Chemicals of Concern with Stephanie Siete, Public Information Officer, CBI
 - Tuesday, Sept. 14, 6:00 PM - FACEBOOK LIVE
Kids at Risk: Snapchat - The Newest Drug Dealing Trend with Ashley Thompson
 - Tuesday, Sept. 28, 6:00 PM - FACEBOOK LIVE
Growing in Recovery: Clean living: How Healthy eating, physical activity and creative hobbies aid in recovery.
- Recently two documentaries 'Crime of the Century' and 'Cocaine Cowboys' have aired, who do you recommend view these and why?

Many of us are still spending time at home and enjoying being with family, which is a great excuse to talk. Utilize family dinners and ask open ended questions about teen culture, drug knowledge and always wrap up conversations talking about love and life. It's never too early to start having "real" talks. There are some helpful resources referenced in this article and there are also some informative shows you can stream online or watch on TV.

Crime of the Century is on HBO/Max and is a documentary about the history of the opioid epidemic and the founders of Oxycontin at Purdue Pharma, the Sackler Family. It is an eye opener that everyone should see as many lives have been lost to opioid addiction and overdoses. Since 2000, over 500,000 American lives have been lost to this epidemic.

There is also a book, Empire of Pain, by Patrick Radden Keefe, featured in the show Crime of the Century, that gives a more in depth look at the Sackler family history.

Cocaine Cowboys is another current show on Netflix about the rise of cocaine in Miami in the 1980s. There are books and movies with the same title that came out years earlier. All give the historical look at the popularity and demand of cocaine. Drugs definitely go in cycles and this was one of the starts to our American drug problem.

Vaping

For the parents wanting to know more about vaping, I would also recommend Broken on Netflix. Episode 2 "Big Vapes" will give you an insight into this booming, addictive and highly potent nicotine trend.

There are so many references you can utilize. Don't be left in the dark. Be in the know. It's important to be informed and make better life decisions. Share what you learn and know with others, especially our youth as they are looking for guidance and direction. Again, we have one life. Let's extend the opportunity of it, by reducing risks and spending our time wisely. This last year serves as reminder how precious life truly is. Be well. Be wise. Be in the know.

To learn more about CommunityBridges and the various support services they provide Arizona please visit www.communitybridgesaz.org.

DID YOU KNOW?

Facts about overdose

Drug overdose is a leading cause of injury death in the United States. Among people 25 to 64 years old, drug overdose causes more deaths than motor vehicle accidents.

- About 60 percent of overdose deaths involve prescription drugs.
- One of the most common places family members find a loved one who has overdosed is in their room alone.
- An overdose usually occurs within 1-3 hours after using the drug.
- Overdose can happen with first time use.

Risk of Overdose Increases when someone:

- Uses opiates while taking other depressants including alcohol or benzodiazepines like Valium or Xanax, or stimulants like cocaine or crack cocaine.
- Uses opiates after not using (abstinence), for example when leaving detox treatment or going home after being in jail. After periods of abstinence, the body's tolerance for opiates is low.
- Uses heroin mixed with other dangerous substances, like Fentanyl, or a mixture of cocaine and heroin often called "speedballing."
- Uses pure heroin after they have been using heroin that has been "cut," or diluted with substances like sugar or baby formula.
- Sick with a cold, flu, asthma, or they smoke; these factors reduce the amount of oxygen they would normally get.

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How Trauma Impacts School Performance

Trauma is an emotional response to a distressing or disturbing event that overwhelms the individual’s ability to cope. Trauma is subjective – a traumatic experience for one person may not be traumatic for another, but that does not mean it is any less real for the person who is traumatized.

People of all ages experience trauma, but it has a particularly long-lasting impact on children as their brains are still rapidly developing. Often, children and adolescents don’t have the necessary coping skills to manage the impact of stressful events on their own or the language to explain their feelings (or even what happened).

WHAT DOES TRAUMA LOOK LIKE IN THE CLASSROOM?

There’s no one way for children and teens to respond to trauma, but here are some signs to look out for:

- Excessive anger or irritability, unusual startle reactions
- Significantly increased or reduced appetite and exhaustion
- Aggression (physical or verbal)
- Regular tardiness/absence from class
- Perfectionist or controlling behavior
- Difficulty concentrating
- Frequent headaches or stomachaches
- Low self-confidence
- Hoarding (snacks, school supplies)
- Risky behavior (substance use, sex)
- Panic attacks
- Extreme self-reliance or hyper-independence
- Running away or other acts of defiance
- Alienation from peers (self-isolation or inability to relate/make friends)

Keep in mind that trauma responses can vary by culture, race, gender, geographic location, and other factors — and students have all had different traumatic experiences over the last year. Many students and families may have dealt with vaccine anxiety. In terms of trauma response behaviors, girls are more likely to turn inward and get quiet or retreat from social settings, while boys are more likely to get outwardly irritable or disrupt the class. All behavior is a form of communication — if a student’s actions or demeanor are disruptive or strike you as “off,” think about it from a trauma lens and consider what they might be trying to express as needs or wants.

Social-emotional Development:

Experiencing trauma, at a young age, disrupts young people’s ability to relate to others and manage emotions. Without healthy coping skills, this often leads to poor in-class behavior, which can reduce learning time and increase rates of suspension and expulsion.

Academic Performance:

Trauma can undermine many skills that are crucial for learning, including the development of language and communication skills, the ability to organize and remember new information, and reading comprehension. Students coping with trauma may experience intrusive thoughts or flashbacks that prevent them from paying attention in class, studying, or focusing during timed assignments. School-related trauma (like bullying or unfair punishment) often leads to school avoidance, leaving the most vulnerable students behind academically. Trauma negatively impacts young people’s sense of self, making it difficult for those students to feel motivated, proud, and engaged in their learning.

If you notice these symptoms in a child or teen, you may want to consider or encourage a mental health screening. A screening is a free, anonymous, and confidential way to see if a person is showing signs of a mental health condition. Screening tools for young people and parents are available at [MHAScreening.org](https://www.mhascreening.org).



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TYPES OF TRAUMA

It can be helpful to think about “big ‘T’ Trauma” and “little ‘t’ trauma.” Big ‘T’ Trauma is what most people think of when it comes to traumatic events – things like physical abuse or the sudden death of a parent. Little ‘t’ trauma refers to events that may not be as obviously traumatic but can still be too much for a child’s brain to process – things like parents fighting a lot at home or struggling to connect with peers.

Here are some issues that students may be struggling with this school year:

COVID-19:

The fear, uncertainty, and general upheaval that the pandemic caused has been (and continues to be) traumatic for many. Many youths are dealing with significant grief – over 1.5 million children have lost a primary or secondary caregiver due to COVID-19. Rates of substance use and family violence/abuse have increased during the pandemic, and even just heightened anger and arguing in the home can be traumatic.

RACIAL INJUSTICE:

In the U.S., Black, Indigenous, People of Color (BIPOC) students are vulnerable to racial trauma due to living in a system of white supremacy. Race-based discrimination and violence have been prominent in media coverage, which can be triggering and retraumatizing for students with marginalized identities.

SCHOOL FEARS:

The start of a new school year is often particularly challenging for students who have faced bullying or exclusion from their peers. A number of students may be dealing with severe separation anxiety after having spent more time at home recently, or if they saw less of their parent(s) during the pandemic due to essential work and fear that happening again.

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Pursuing Post-Traumatic Growth

By Melissa Riddle Chalos

There's nothing like a full-on, worldwide pandemic to bring life as we know it to a crashing, hard stop. We were moving along at a nice clip, working our jobs, going to school, raising our families and then, boom! The entire world stopped on a dime.

Since March of 2020, we've all been forced to slow down, socially distance, stay home and figure out new ways of managing the essentials in our lives. The pandemic upended everything: how we work, eat, sleep, exercise, educate, and entertain ourselves as well as how we interact and connect with our families and friends.

In a recent *New York Times* article, Yale psychology professor and “**The Science of Well-Being**” teacher Laurie Santos says, “COVID-19 was an awful time for many of us. There's lots of evidence for what's called post-traumatic growth — that we can come out stronger and with a bit more meaning in our lives after going through negative events. I think we can all harness this awful pandemic time as a time to get some post-traumatic growth in our own lives.”

Maybe life after COVID-19 is the once-in-a-lifetime opportunity to work toward a life reset — to dig in and experience the post-traumatic growth we all need — to be the healthiest in mind, body, and spirit that we've ever been.

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Mental Growth and Resetting Your Life

So, what might it look like to really hit the reset button? First and foremost, a fresh start requires you to think intentionally about your priorities and what matters most to you in life. It also means a shake-up of old routines and patterns with new choices, new perspectives, and new routines.

It's the realization that change — even change that results from a seismic shift or traumatic event or season in your life — can produce positive growth. And that change can begin with you.

Perhaps Austrian psychiatrist Viktor Frankl said it best: “When we are no longer able to change a situation, we are challenged to change ourselves.”

The positive psychological change that is experienced as a result of life's struggle with challenging circumstances is essentially the definition of post-traumatic growth, a term first coined by doctors Richard Tedeschi and Lawrence Calhoun.

Tedeschi and Calhoun identified seven areas of growth that often spring from adversity:

- Greater appreciation of life
- Greater appreciation and strengthening of close relationships
- Increased compassion and altruism
- The identification of new possibilities or a purpose in life
- Greater awareness and utilization of personal strengths
- Enhanced spiritual development
- Creative growth

To experience this kind of resilience, however, requires intention and the willingness to rethink how we see ourselves, our relationships and our life circumstances.

In the book, *What Happened to You: Conversations on Trauma, Resilience and Healing*, trauma expert Bruce Perry, MD,

Ph.D., and Oprah Winfrey look at the science and emotion involved in our behavior and responses, shifting the focus from self-blame and judgment to understanding how our past informs our present.

Winfrey says Perry's perspective on trauma changes the way we see our lives: “Through this lens, we can build a renewed sense of personal self-worth and ultimately recalibrate our responses to circumstances, situations, and relationships. It is, in other words, the key to reshaping our very lives.”

To begin the process of post-traumatic recovery and healing, we have to tap into the thoughts and feelings we've internalized about difficult or traumatic events in our lives and look for the transformational value in them. Exploration — instead of avoidance — can lead to the discovery of strength and even the ability to accept and find meaning in the hard seasons of life.

Steps like these go against our natural bent to avoid uncomfortable emotions, but as a groundbreaking psychologist, Scott Barry Kaufman wrote in *Transcend; The New Science of Self-Actualization*: “It's only through shedding our natural defense mechanisms and approaching the discomfort head-on, viewing everything as fodder for growth, that we can start to embrace the inevitable paradoxes of life and come to a more nuanced view of reality.”

Recovery and Resilience

Resilience is within you, even emerging bit by bit out of the fog of a pandemic. Sometimes it just needs a little help to reach the surface. Thankfully, there are professionals with the right tools standing by ready to help you get it.

Rio Retreat Center at The Meadows offers a wide range of workshops and private intensives to help you achieve post-traumatic growth wherever you are on your own unique journey. If you are ready to hit the life reset button or need help in trauma

recovery, one of these workshops could be right for you:

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Mind & Heart

Perfect for anyone with a history of addictive behaviors, perfectionism, people-pleasing, avoidance, or anger, Mind & Heart explores how trauma, abuse, betrayal, disappointment, loss, and grief can leave us feeling stuck. Here, you'll gain practical tools to move beyond unhealthy coping methods and establish better ways of relating to difficult situations and people.

THRIVE: Living an Actualized Life

THRIVE: Living an Actualized Life is a personal growth workshop that offers action-oriented processes for post-traumatic growth and recovery focused on releasing old patterns and worn-out roles and embracing new ones.

As the world is waking up to life after COVID-19, we all have the chance for a better, mentally healthier, trauma-healing future. Turn the page on a new chapter in your life and you will find new strength, hope, and healing awaits.

To learn more about The Meadows of Wickenburg ADMISSIONS 866-331-7179.

Visit <https://www.meadowsbh.com/>

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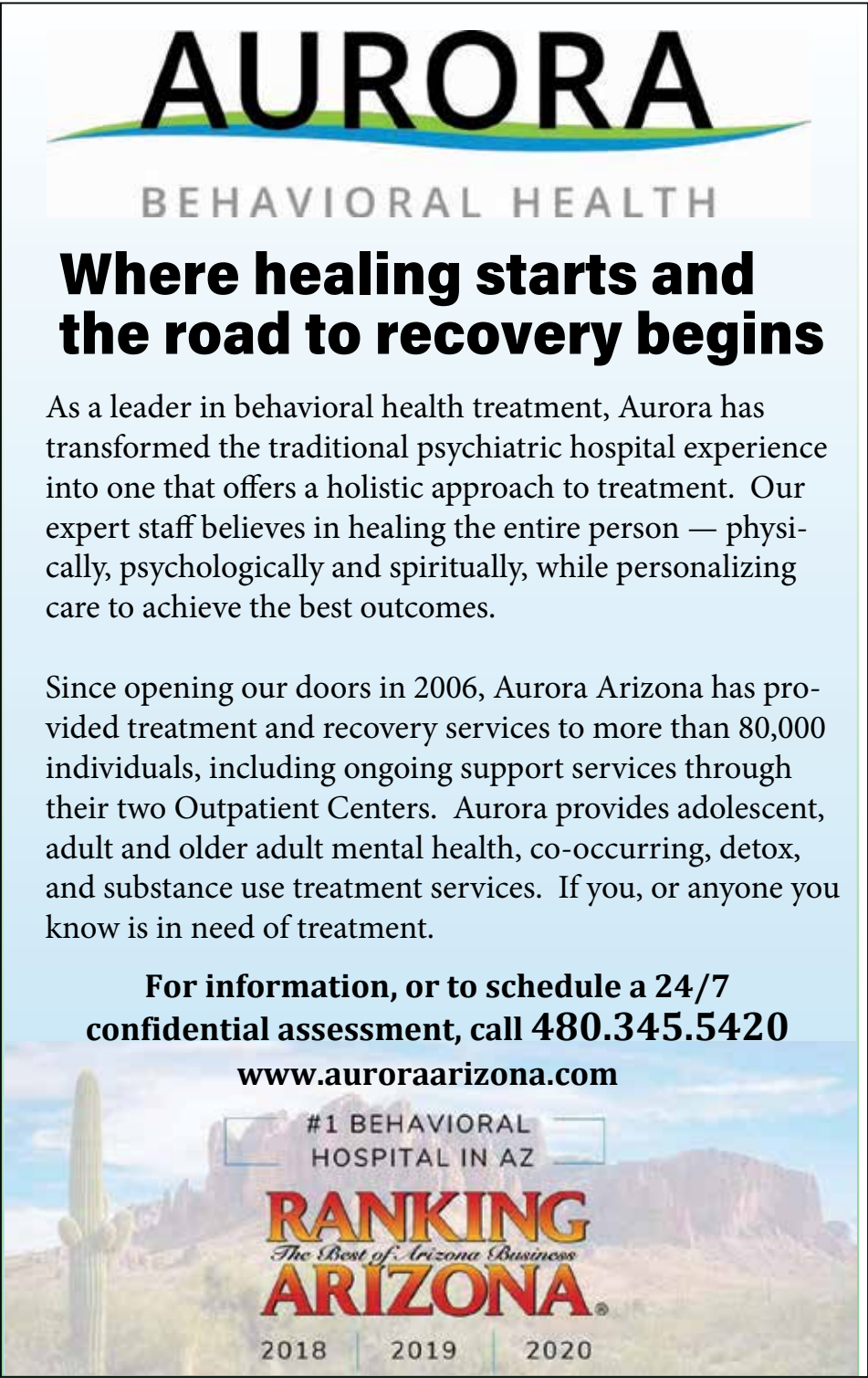
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RESOURCES

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
Copper Springs 480-418-4367
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The Crossroads 602-279-2585
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Desert Drug Dog 602-908-2042
Fit FOUR Recovery 480) 828-7867
Governor's Office Youth, Faith & Family 602-542-4043
Hunkapi Programs 480- 393-0870
Lafrontera -EMPACT 800-273-8255
River Source 480-827-0322
Scottsdale Providence 480-210-5528
TERROS Health 602-685-6000
VIVRE 480-389-4779

Therapists/Interventionists/Coaches
Dr. Marlo Archer 480-705-5007

Carey Davidson 928-308-0831
Dr. Dina Evan 602-571-8228
Dr. Dan Glick 480-614-5622
Julian Pickens, EdD 480-491-1554

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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
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Sex Addicts Anonymous 520-745-0775
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Resources & Helplines

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

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Al-Anon	602-249-1257	NDMDA Depression Hotline – Support Group	800-826-3632
Tucson Al-Anon Information	520-323-2229	Narcotics Anonymous/Phoenix	480-897-4636
Adult Children of Alcoholics	aca-arizona.org	Narcotics Anonymous/Casa Grande	520-426-0121
Arizona Addiction	602-737-1619	Narcotics Anonymous/Flagstaff	928-255-4655
AZ Women's Recovery Center	602-264-6214	Narcotics Anonymous/Prescott	928-458-7488
Bipolar Wellness	602-274-0068	Narcotics Anonymous/Tucson	520-881-8381
Child Abuse Hotline – Support & Information	800-422-4453	Nar-Anon Family Groups	(800) 477-6291
Cocaine Anonymous	602-279-3838	National Youth Crisis Hotline	800-448-4663
Co-Anon	602-697-9550	Overeaters Anonymous	602-234-1195
CoDA	602-277-7991	PAL (Parents of Addicted Loved Ones)	480-300-4712
COSA	480-385-8454	Parents Anonymous	602-248-0428
Copper Springs	480-418-4367	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
		Suicide Hotline	800-254-HELP
		Suicide Prevention Lifeline	800-273-8255
		Teen Challenge	888-352-4940
		Teen Life Line	800-248-8336



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