

DECEMBER 2021

Together AZ

Inspiring Success on the Road to Recovery

Recovery 2.0 Comes to Calvary Healing Center

By Amy Franklin, BS and Scott Borgeson, BS, Chaplain

On their first day in the Recovery 2.0 class at Calvary Healing Center, a patient exclaimed to the group, “This is the class I need to be in right now. I’m right where I need to be. I wish the whole day was this class.” Calvary patients are enthusiastically in support of the new program being offered which seeks to provide a deeper experience and understanding of the 12 Steps of Alcoholics Anonymous by working all 12 Steps during their 30-day stay.

Struggling to get the words out, this patient revealed to the group how they were holed up in a hotel, drinking but not eating, and unable to do anything but drink to ward off the shakes. They frequently broke into tears describing their family’s bewilderment, yet again, that they needed an alcohol in-patient treatment program. While in Calvary detox, this patient agreed to attend the Recovery 2.0 group. Once there, they engaged in the writing assignment necessary to begin the journey toward wholeness. The group’s response to his raw honesty was heartfelt, genuine, empathetic supportive and they applauded him.

What is Revolving Door Syndrome?

Revolving Door Syndrome, is a condition when an addict or alcoholic goes through multiple rehabilitation centers, gets clean, remains sober for a period of time, but relapses and ends up back in treatment.

This cycle is likely to increase fear and failure about continuous sobriety. If you’ve been an addict or alcoholic for a span of years, it’s common to experience these feelings. Recovery 2.0 seeks to identify specific fears, causes and conditions which may get to the roots of continued addiction and unlock the secret to contented sobriety.

According to the National Institute on Drug Abuse, Treatment and Recovery (2018), approximately 40-60 percent of people who engage in a substance use treatment program will relapse. This rate is similar to rates of relapse for other chronic diseases such as hypertension or asthma.



Therefore, substance use disorders should be treated like any other chronic illness — as substance use disorders are life-threatening illnesses. Relapse serves as a sign for resumed, modified, or new addictive or compulsive behaviors. Studies show when people engage in 12 Step support groups, such as Alcoholics Anonymous, 50-70 percent of people have remained abstinent with regular meeting attendance (Kaskutas, 2019). Although 12 Step programs are still a controversial topic, there is solid proof 12 Step programs are effective for maintaining long-term recovery, however, relapse can still occur.

Is Relapse Failure?

Relapse does not mean failure and in some cases, relapse is part of the recovery journey. People can have multiple relapses before they are finally able to maintain long-term recovery. In July of this year, Calvary Healing Center took the leap and launched the Recovery 2.0 Track.

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Unresolved, Complicated Grief: *An Underlying Issue for Those in Recovery*

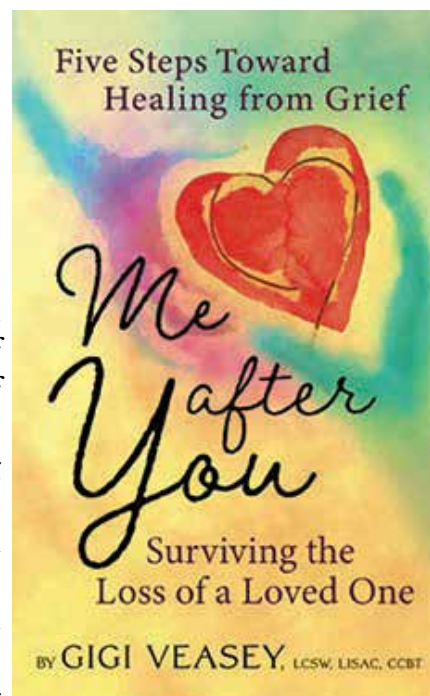
By Gigi Veasey, LCSW, LISAC, CCBT

Grief is insidious. It affects every part of our lives and brings endless unanticipated, and often overlooked consequences. Yet it is one of the most common experiences we share in life. Understanding the intricacies of the grieving experience, and identifying the ways grief shapes your life are the most important steps in your journey towards healing.

For those in recovery, grief may have not been top of mind when you think about your struggles with addiction. I have found underlying grief has initiated increased use of substances for those who may have been occasional drinkers or users and relapses back to use for those in recovery. In our attempt to avoid feelings or sometimes the opposite, be in touch with them, we can turn to substances for support. We tend to reach for what we know and substance use may have been a primary way of coping when life got complicated or difficult. Grief may create a sense of overwhelm, and bring up feelings that may have

been stuffed for years. Using may seem like a reasonable escape as we fall back into old habits and seek solutions to feeling out of control or overcome by the pain of loss of a loved one.

The loss may be complicated; meaning sudden, unanticipated, happening to the last person you would suspect. This can cause us to feel unprepared and off balance. Loss may create a sense of no closure with your loved one; perhaps not being able to be there at the time of death or being



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Publisher's Note

By Barbara Nicholson-Brown
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Hopeful & Sober

While we still continue to face challenges for the health of our population, at least the world slowly opened up to us this year. We were out and about, but more cautious; and while we connected — by elbows instead of hugs, at least we could see each others eyes above the masks.

Times are so different than they were a few years ago, and accepting these ever changing situations can be difficult. But what has not changed for me is the hope I feel. Hope has the power to give us the strength and optimism to embrace another day in our recovery. Without hope, its impossible to think where I would be.

In February after receiving my first vax shot, it felt like I had won the lottery. That same day (mask on) I attended my first live 12 step meeting in over 11 months, and I was home. The best ingredient for any addict or alcoholic is connection — not isolation.

This holiday season, if your doubtful or discouraged, reach out to others and ask for what you need. Stay away from triggering people and situations. Hang on to hope and your sobriety. Life is the most important gift we have been given. We are blessed if we are here and blessed to be clean and sober. What could matter more?



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Sobriety through the Holidays

From Aurora Behavioral Health Blog

The holiday season is often a joyous time bringing family and friends together, but amidst the excitement, there are often moments of increased stress and anxiety. While this is common for many, it can become a difficult challenge for a person in recovery. Whether you are new in recovery or have been in long-term recovery from drug and/or alcohol addiction, this complex mix of holiday stress can challenge even the best intentions for recovery.

Though the risk of relapse is high during the holidays, it is not inevitable. If you are in recovery, there are steps you can take to stay healthy and safe. Becoming aware of potentially triggering situations and knowing how to prepare for them can help minimize your risk of relapse and allow you to truly enjoy your holiday season.

Focus on Your Health

Eat properly, get enough sleep, exercise regularly. Keep your body well-balanced as well as your mind. Make sure your basic needs are being met.

Stay Away from Unsafe Places

Avoid known risky situations and environments. If you are in an unsafe environment for your continued sobriety, have an exit strategy, wherever you are.

Plan Ahead

If you have annual social events coming up, establish if it will be right to attend this year. If not, it's okay to let the host of the event or those you are going with you may need to leave early.

Bring Your Own Beverages

If you decide you cannot avoid a situation where alcohol will be present, bring your own non-alcoholic beverages to ensure you have something safe for you to enjoy.

Don't Go Alone

Take a friend, or family member you trust, who can offer support if you need it. They can help make sure you follow through with your plan to leave if things get overwhelming.

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absent from a service or celebration of life. Further complications may occur if the relationship itself was tumultuous. Angry last words or unresolved relationship issues now have no opportunity to be repaired. The process of grieving can be tough.

In the recovery community the chances of having lost someone close to you due to addiction is high. I have worked with many clients who were unaware that grief was at the root of their recent relapse, or heightened feelings of depression, anxiety or loneliness. This is why I ask each person who sits before me "Have you had any significant losses in your life?" Some clients pause to consider this question and may have underlying feelings that arise, often not thought of for months or years.

Grief Waits to be Processed

It is important to note, that grief will wait for you, it does not just go away over time. Ungrieved losses will sit in the back of your heart and mind, waiting for their chance to be processed. We may dismiss these



"old" losses, thinking the time has passed, or that "time heals all wounds", yet this idea does not hold truth. I have worked with clients who have revealed stories of loss from up to 40 years prior, that continue to impact their lives. Unanticipated impacts on the way they see the world, decide what is important and not so important, and how we connect with others can all be influenced by our experiences of loss.

Mental emotional health is challenged when our world is turned upside down by loss. Increased symptoms of depression, anxiety and uncertainty may increase. New anxieties may arise and force you to second guess decisions, and commitments. It is vital to reach out to your support system which may feel counter-intuitive as you don't want to burden anyone with your problems. Remember that you would gladly be there for others, without hesitation, this idea needs to work both ways.

Fears of losing another loved one can lead to avoiding close connections with others, hoping that distance will protect from or help you minimize the risk of painful loss. Some of us fear the loss of control that would come with being in touch with deep emotions. One client said to me, "If I begin to really feel about this, I will cry and ocean", I encouraged her to "try to cry a puddle." It is a necessary part of healing to feel your way through grief. "The healing is through the feelings".

There are no rules with Grief

Beware of any rules and self judgements you put on your loss. We can easily slip into minimizing what we have experienced, saying others have lost more, but whatever WE are experiencing is the most significant event in our lives. I say, "Grief is not a competitive sport".

Self judgement, or fear of being judged by others can also be stumbling blocks to grieving, such as putting unrealistic timelines on ourselves and limits on what we decide we can show emotionally. We are individuals and will grieve differently than others and differently with each loss we encounter. This is all normal. Do leave room for all your feelings, not just the warm cuddly feelings, but the hard, painful ones too, this is all a part of healthy processing and healing when grieving.

I encourage you to take a closer look at grief and loss as you look at long term recovery in hopes that it will lead to rediscovering the unresolved pain and hopefully ah-ha moments as you connect loss to various challenges, and how you think about life. Avoid shying away from the feelings of loss, embrace the process as it will lead you to rediscover value in your life. Find ways to honor your love one, like staying clean and sober, reconnecting with solid support and letting loss illuminate a path towards joy, connection, balance and purpose. These are the gifts of grief, embrace them. After all, isn't that what you loved one would want for you?



Gigi Veasey, LCSW, LISAC, CCBT is a psychotherapist in private practice in Phoenix, Arizona. She is also the Executive Director of Alcohol Recovery Solutions, working with adults struggling with addictions. Ms. Veasey published her first book on grief earlier this year, "Me After You: Surviving the Loss of a Loved One". Available on Amazon, at Gifts Anon and Changing Hands Bookstores.

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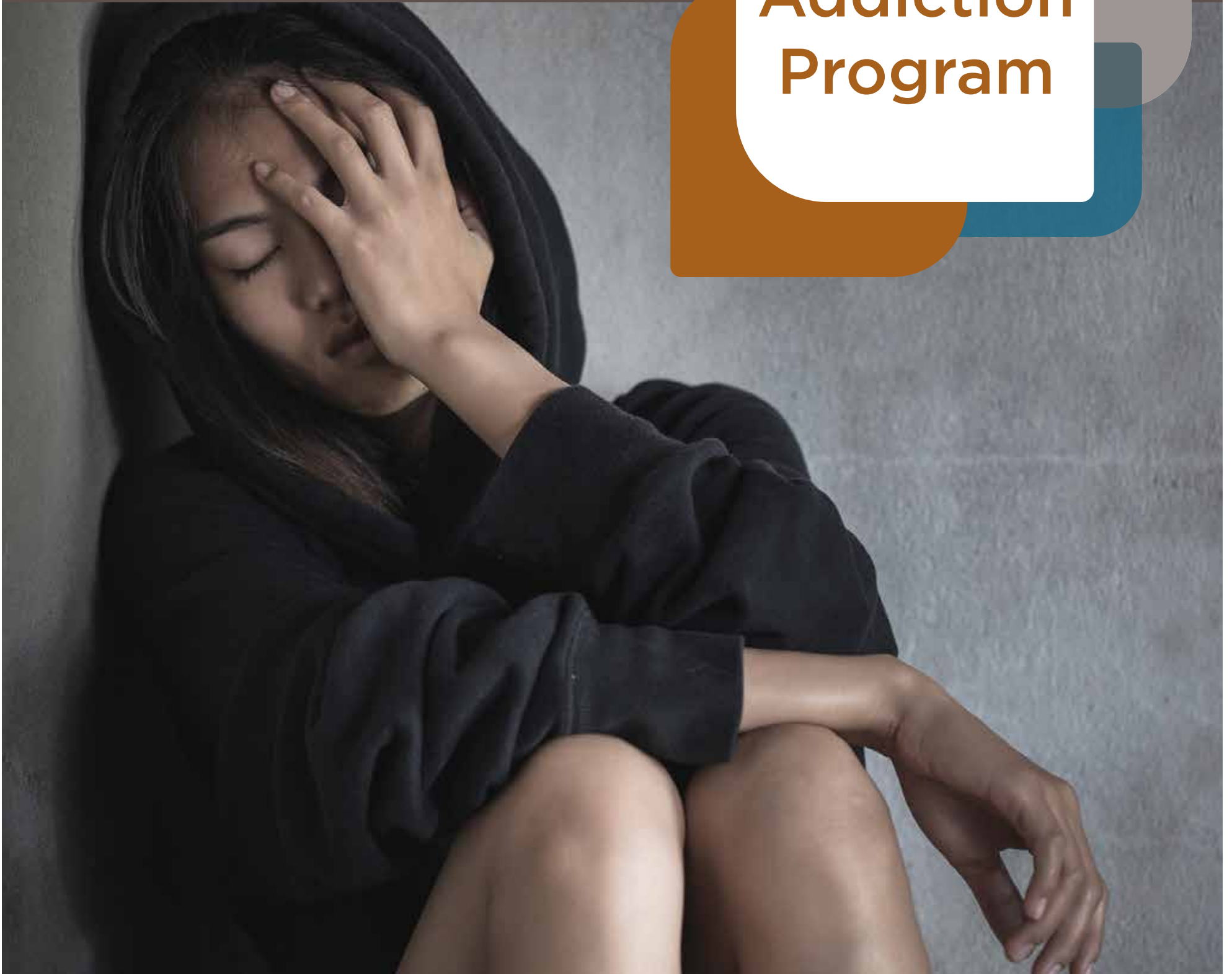
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Recovery 2.0 from page 1 —

“I was on the unit and asked a client why they were not in group, and they said they have already heard the lecture before,” says Scott Borgeson, Spiritual Care Counselor at Calvary. With collaboration between Scott and Amy Franklin, Utilization Review Coordinator, and the blessing of the leadership team, the Recovery 2.0 program was born with the intention to prevent repeat treatment admissions and address the needs of people who return for treatment. This program is specifically designed for those who have been through Calvary’s program or any other treatment program before, and are familiar with different treatment interventions that may have become repetitive. It is designed to give them something different than they have experienced previously.

Take a Deeper Dive

The new track offers a deeper dive into relapse prevention and the 12 steps. Patients sign a participation agreement prior to entering the Recovery 2.0 program which states the client must be willing to do the work of the 12 Steps and any other work assigned to them — thus making the work a priority. It’s an intensive program. Clients have the opportunity to work all 12 Steps in four weeks and learn extra relapse prevention skills incorporated with the steps.

This allows participants to gain a new perspective in treatment, since most have not moved past Step 3 during other treatment stays.

Recovery 2.0 breaks down each of the 12 Steps one by one and takes a deep look into each step to explore their meaning and help the patients to discover what may be missing. Patients are expected to identify with a sponsor and are to work the steps with them while in treatment. Recovery 2.0 is not designed to take the place of a sponsor, but rather to *enhance* the 12 step experience.

Scott and Amy asked patients who have completed the program to provide feedback about their experience through surveys. Eleven of twelve patients who have completed the Recovery 2.0 program so far rated the program a 10. They were very satisfied. All ten reported they would recommend the program to other clients or someone in need of help. Some comments from clients include:

- “I liked the small group setting and the different focus from standard lectures.”
- “I liked the word for word approach to the twelve steps.”
- “I liked starting my day off with God’s message and purpose for me.”
- “Usually the best group of the day and got me off to a positive start to the day.”
- “We knew how to speak up in group without feeling embarrassed or ashamed.”

One patient shared their experience saying “I was able to work all 12 steps, and that was a very beneficial to my recovery here. I had no choice but to write everything that I had been holding onto inside, all that was eating me up. Now I truly feel free, which allows me to put recovery tools in place. This allows for forgiveness and peace in my recovery.”

This patient was able to successfully complete all 12 Steps in their 30 day stay, thus completing the Recovery 2.0 program. If a patient chooses to step down to the Partial Hospitalization Program after residential treatment, they can continue the work of Recovery 2.0 with Scott or Amy at this level of care.

The purpose behind developing this treatment track at Calvary Healing Center was to address an important need for patient care that was missing in our community, states Tamara Luckett, MSW, LCSW, Calvary Healing Center’s Clinical Director. The hopelessness we see with patients that try over and over again to get clean and sober shows us that treatment strategies being offered in the community are not always working as we would hope. We felt compelled to do something different to help these individuals regain their lives through sobriety. We believe by addressing the reasons for recurring relapses and treatment re-admissions will improve patient outcomes and satisfaction. Based on the initial data for the program, we are achieving these goals and it is really exciting to see patients work this program. Patients are opening up to recovery in ways we could not have imagined.

As the Recovery 2.0 program continues to develop, it appears to be just what Calvary needed to expand programming for returning patients and give them a new treatment experience. Calvary is excited about the future of this new program, and it has been very well received by patients and staff.

For additional information about Recovery 2.0 at Calvary Healing Center call (602) 279-1468. Visit www.calvarycenter.com.

Kaskutas L. A. (2009). Alcoholics anonymous effectiveness: faith meets science. *Journal of Addictive Diseases*, 28(2), 145–157. <https://doi.org/10.1080/10550880902772464>

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Sobriety through the Holidays from pag 4

Have a Pre-Planned Response

While people may not pay attention to what you consume, some may inquire about your beverage choices. Your sobriety is at your discretion of who you are comfortable sharing that with. If you don’t want to share that, there’s plenty of other reasons why you’re not drinking. If you wish to answer, have a pre-planned response. Simply saying “I’m driving tonight,” or “I need to get up early tomorrow morning” will suffice for those who are not aware of your recovery. If someone persists, and they might, politely refuse their offer once again and move on. It isn’t their business.

Keep Your Triggers in Mind

No matter what stage of recovery you are in, it’s vital to be aware of what your personal triggers are. It’s best to avoid those triggers altogether around this time of year. Be prepared to make difficult decisions and have a way to manage those triggers in the moment.

Make Self-Care a Priority

Always, always consider yourself first. This is not being selfish, it’s self-preservation. Do you really need to go to the holiday office party? Do you have to go to that family gathering? No party or get together is worth risking your sobriety and continued recovery, protect it at all costs.

Be Aware of Available Support

Confiding in others who are also in recovery can help you ease some stress. During the holidays, AA and NA continue to hold meetings, even on Christmas and New Year’s! In fact, many groups have holiday parties where there is food and fellowship. They also have speakers who discuss gratitude and of the real spirit of giving. These meetings can be incredibly helpful and fulfill a sense of community this holiday season.

Aurora Behavioral Health System is here to help if you or a loved one is experiencing mental health difficulties, including addiction. Our caring team of professionals takes a holistic approach and provides psychiatric services and mental health programs for teens and adults. For more information or to schedule a free and confidential mental health assessment, please call our 24/7 admissions line at (877) 870-7012.

Ho Ho Holy Reindeer!

By Dr. Dina Evan



Wow and holy cow, we are all on sensory overload! It's all about disconnect for survival. Everyone says, "I've stopped watching the news. We distance from people who want to talk about how hard times are now and we either turtle in with our own family or disconnect from them as well and we end up jingling our bells alone after we shut the front door. But, is that the right answer?

Begin 2022 with exhilaration

The simple question is how do things change if WE don't change them? Yep, this is the time of year for ho, ho, ho, joy, love and togetherness. It's also the time in history for the same. It's time to look at how we can change things in our little corners of the world. And start the new year with some exhilaration, connection and appreciation.

For instance, starting with ourselves personally, we can make a commitment to feed our minds with the movies, books, music and friends who empower us to be more in alignment with our ethics and values. We can take a moment while sitting across from a friend at lunch and ask ourselves, "Am I feeling really present and connected?"

We can check in to see if we are committed to self-care, enough sleep, the right foods and activities that insure our health and well-being. We can also stop, silently, in the midst of activities and conversations to be sure we are still in alignment with our personal integrity and truth.

And for Christmas, well, the greatest presents are absolutely perfect for this trying time. How about a little box with a note inside that says... "Lunch on me once a month please" or a special card that reads "One visit every couple of weeks to help with anything you need."

How about "One hour every other week to sit and visit please," or "My gift to you is telling you

how absolutely amazing you are." Time and intention are incredible gifts of love. And they are not found in stores. Love can't be sold.

So step back and ask yourself what does my loved one most need. Then, give that as long as you don't shop for it. These are love gifts so don't forget to continue giving them long after the holiday season. In our need to stay safe, we have been disconnected for far too long. This is a great time of year to reconnect.

It's time to remember who we are and where we come from no matter where you are in your life. If you are an early bloomer or a late one, and early change maker or a newly awakened soul, make a difference. Remember we are a family, not just our own, but of the world with every color, hue, gender belief and choices of partners, all of which are precious and all of whom deserve to be respected.

Remember your parents and the challenges they overcame in their lives to be present to you in your life and in this time.

Remember grandparents and the history they created. Though your blood runs courage, patience, acceptance and love. And even those who did not have those attributes in their tool bags, have taught us what and who we do not want or who we do not want to be, so we owe them our gratitude as well.

It's easy to get so caught up in all the challenges,

so much so, that we forget the chances to share love, express concern, provide help and reunite. Our world has become filled with an us against them and them against us mentality. We have forgotten that the world is us, all of us, standing together and whatever happen in the next few years will happen to all of us! Anything that happens anywhere in this world to any color, nationality, gender, sexual preference, language or difference of any kind will affect all of us because in reality there is only one world of all of us. If plants, animals and people perish in one part of this world, we will feel it. If plants, animals and human beings thrive in that same part of the world we will also feel it.

This time is a holy moment called Christmas. Hanukkah, KWANZAA, Las Posadas, Winter Solstice or whatever your celebration is this time of year in which we get to wake up and remember that we alone have the right to create our future and the quality of our lives.

We can only do that hand in hand, making sure that everyone has the support and love they need to succeed. So, what is your best gift going 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 won national acclaim as a human rights advocate. Visit drdinaevan.com or call 602-571-8228.

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Tips to Working an Effective Program in a 12-Step Community

By Ken Wells, MDiv, MA, LPC, CSAT, LSAC
PCS, Psychological Counseling Services

Effective treatment for addiction recovery is oftentimes judged by the percentage of relapse that occurs in the first year of recovery. It has been written an estimated 43 percent of all people who go to drug rehab successfully complete their treatment programs, while another 16 percent are transferred to other rehab centers for additional treatment. Rehab success rates for those who complete drug and alcohol detoxification are a combined 68 percent. Most people cannot afford inpatient recovery programs that exist throughout the country. One of the criticisms of Alcoholics Anonymous (AA) is the persistent relapse that occurs in the program. Yet, AA and other 12 step programs have been helpful to millions of recovering addicts. What are the keys to working an effective program in a 12 step community? Listed are some considerations.

1. Make up your mind that when you cross the threshold for a recovery meeting you will get emotionally naked. Complaining about how others hurt, screwed or betrayed you doesn't work. It is only a feeble attempt to hide what everyone already knows. Your addiction is a runaway train going down the track of destructive living. Open your heart and admit to yourself what everyone else in the room knows — your life is out of control and unmanageable. Tell on yourself, be vulnerable and experience the warmth of acceptance from others whose stories are the same as yours.

2. Don't improvise your program until you first listen, learn, and apply what others have achieved that you have not—sobriety. We all know there are many ways to get healthy and be sober. When you hire a personal trainer, her way is not the only way to get in shape. However, if you want help you will need to determine that you will do whatever your athletic trainer suggests in the gym. It's not different in a 12 step program. You will need to set your ego aside and with curiosity and conviction **embrace the suggestions** made in the program with your heart and soul. Once you achieve the sobriety others in the program know, you can then consider improvisation.

3. Feedback is the food that helps addicts in recovery grow. You may be in a group that does not allow feedback when the group is in session. However, if you don't seek out feedback from the 12 step community, your recovery program will die from a lack of nutrition. You may need to arrive early, stay late, or find time for coffee with others in the group to get the personal support your need to live in sobriety. Feedback is imperative for you to grow.

4. Be coachable. *Addicts want what they want when they want it.* Some people come to a meeting and take up a lot of time sharing about a particular struggle. But they never intend to apply the wisdom shared from feedback to solve their problem. They insist on getting the answer they want to hear. The collective wisdom from a 12 step meeting is sacred and invaluable. When you have a problem without a solution, don't waste the group's time if you don't plan to listen and incorporate the wisdom from the group.

5. Protect your attitude. You cannot sustain the intensity of desperation that you felt when you first came from the streets of addictive acting out. However, you can fan the flame of desire for sobriety by pursuing others in the fellowship who have a maturity that you lack. Always be humble. Know you are only a step or two from the ditch that you just crawled out of.

6. Be wary of grandiosity. Human beings always seek the grandeur of perfection. You will never be perfect. The 12 step community is a reminder of reality. In community we are simply one beggar telling another where to find bread. Excitement and exhilaration about no longer acting out is common during the beginning days of recovery. Breakthrough experiences deceptively suggest that you are over the hump and now you can boast about a "before and after" testimony about your freedom from addiction. But the junkie worm is cunning and without you knowing the pitfalls and underlying currents that exist, you can quickly lose yourself in the ways of grandiosity and find yourself in relapse.

7. Complete the 12 steps in a timely manner. The role of a sponsor is to help you get through the steps. It is not their role to be your therapist or advisor. It is nice to gather insights from someone who is further down the road than you. Yet, make it priority to complete the 12 steps in concise time. You don't have to have a sponsor to get started or complete the steps. You can be busy writing out your first step while you look for a sponsor. Simply ask another peer in group to listen to your first step over coffee while you are looking for a sponsor. There is no reason you cannot complete your first rendering of all twelve steps within one year. The steps are not designed to be one and done. You will be working with the steps the rest of your life. So jump in and get after the step work.

8. Don't hide in the weeds. When you go to a meeting it's easy to sit back and listen to others share and never open your heart. Maybe you will not be given opportunity to share if the meeting you attend is large. You cannot afford to not put yourself out there. If you do you will regress in your recovery. Perhaps, you will need to catch someone after the meeting and share your heart or share with a sponsor. If you find yourself not being able to share your experience of struggle, hope and strength on a regular basis, find a smaller meeting. If you hide when you need to share, you will fail to garner the personal empowerment needed to advance your sobriety into serenity in recovery.

9. Be direct, not vague. When you are ambiguous it breeds addictive behavior. You will need to speak straight and not mince words. When you talk around the barn or try to slant the opinion of the group to the way you want them to see what is real, you will sabotage your recovery. Working through temptation and addictive thinking requires you expose distorted thinking with straight talk in a 12 step community.

10. Hang out with those who have what you want. The late John Bradshaw used

to say "chess players usually don't hang out with hockey players". What he meant by that is in recovery, seek out those who want what you desire. In every recovery meeting there will be attenders who are not intense about recovery. In the groups I have led for the past 20 years, it has been interesting to note how some participants linger around those who are not serious about recovery. When it is time to create accountability with another member, they will always seek out someone who is not intense about recovery in the same way they are not. However, when you are serious about creating anything, sobriety included, it is imperative that you spend time with those who have got what you want. Inevitably, you will create what they have.



Read more insights about the importance of embracing every day experiences in recovery from Ken's book *Dare to Be Average- Finding Brilliance in the Commonplace* - published by Daily House Publishing

and currently on sale through Amazon. For more information on Ken visit pcsintensive.com

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From Women’s Intuition to Animals Intuition

“Intuition is God talking to you between your thoughts.”
—Bob Mandel

This column called “Life 101,” is about what life can teach us when our eyes are open. Well, animals can teach us a lot, too, if we’re receptive to what they can offer. Below are examples of what their behavior was indicating if we but had eyes to see and ears to hear.

In Greece, in 373 B.C., animals such as rats, weasels, snakes, and centipedes, were observed to display such unusual behavior as leaving their homes for what they perceived to be safer quarters. Several days later a highly destructive earthquake racked the area. Several decades ago, a similar aberration in animal behavior was observed in China, causing some Chinese to vacate their living spaces. Soon after a devastating earthquake caused tremendous destruction. (https://www.usgs.gov/faqs/can-animals-predict-earthquakes?qt-news_science_products=0#qt-news_science_products)

A day after Christmas in 2005, a massive tsunami overwhelmed the coasts of a dozen Asian countries, killing more than 150,000 lives. Relatively few animals were killed. Many of the lives of the people who lived there on the coast might have been saved had they observed the following unusual animal behavior as much as 10 days before the tragedy:

- Elephants ran screaming and headed for higher ground
- Dogs stayed inside and would not go out
- Flamingoes strayed from low-lying areas where they typically would reed.
- Even zoo animals refused to be seen, preferring to stay sheltered inside.

In 2009 toads near L’Aquila, Italy high-tailed it out of their mating area (pun intended) shortly before an earthquake hit the area. They returned a few days after the last aftershocks. A number of local researchers believed the creatures felt the presence of changes in the planet’s atmospheric electrical fields. Ionospheric changes preceded the quake, presumably releasing radon gas or gravity waves.

Two years later, an earthquake shook the area of Pasco, Peru, and Yanachanga National Park. As much as three weeks prior to the calamity, birds and mammals in the park significantly curtailed their activities; and further reduced them one week prior to the event, the same time there was an ionospheric change, as well.

In 2012, goats near Mount Etna were observed to be highly nervous and fled the area just hours before the volcano erupted. It’s believed they sensed tremors and gas releasing.

One theory posits the highly keen senses of animals, which can aid them in detecting the presence of predators, also puts them in touch with the vibrations of the earth and perhaps the scent of air and gases released by the earth.

On a less macroscopic scale, there are cats who are able to detect cancers in people, and sense when a dying patient is about to expire. Dogs are being used during the Covid-19 pandemic to sniff out people who are infected with the coronavirus.

Women’s Intuition: Can Men’s Be Far Behind?

For millennia, human beings have believed the female of the species has a more highly developed intuition than the males. Psychologists have studied the matter and have concluded that women are better able to read facial expressions of emotions than men, who pride themselves in being able to keep a poker face. This skill in women is said to extend to the quality of empathy, as well. It’s unclear if this gift is inborn or has been nurtured through the centuries because women have had less social power and have learned how to read those in power (men) better than those who wield such power. The very term “women’s intuition” may very well have been coined by men who were thoroughly unconscious of the very same intuition that exists within them.

The takeaway from animal intuition and women’s intuition is that men, as well, have a deep sense of what’s impending buried within them, ready and able to become available simply by a willingness to explore it.

Grief and Surviving the Holidays

by Marianne Gouveia, Founder of EricsHouse

When you have lost someone, facing the holidays is overwhelming. When my son Eric died, I dreaded the holidays —I tried to avoid them altogether. When we are bereaved by suicide, substance, or other forms of self-harm, the holidays are overshadowed by an intense sense of loss. The world seems to be celebrating with joy and merriment, our world is in chaos, and we cannot imagine facing the holidays without people we love. We just want to run and hide.

This year will be my 6th holiday season without my sweet boy, and I am reconciled to it. Once I realized I could give myself permission to celebrate life — including the holidays — I found ways to include Eric. My family stumbled through those first holidays with a mix of tears, sorrow, and profound grief. Over time we found ways to integrate the sadness that Eric wasn’t with us with the joy that comes from celebrating the holidays with those we love on this earthly plane.

Here are some tips that have helped us survive the holidays:

1) **Accept the fact that the holidays will be different.** You don’t have to do what you did before, do something different. Have a breakfast instead of a dinner, go on a vacation, go on a healing retreat, or do nothing at all. Whatever you do, seek comfort.

2) **Don’t be hard on yourself.** Your emotions are unique to you. Others might not understand. Don’t judge yourself or set your expectations too high. Give your grieving self the permission to be who you are. Those you know who love you will understand and support you.

3) **Prepare to answer tough questions.** You might be asked how you are doing. Be honest. Many people are looking for ways to support you. Share your thoughts and feelings in a loving way. If you don’t feel like talking, say: “thank you for asking, perhaps I can share more with you later.”

4) **Make a plan.** As everyone is planning and preparing, think about what you would like to do. What new traditions will you try this year? Which old ones will you stop? How much shopping will you do? Will you prepare holiday meals? What about decorating? You may plan to do nothing at all – honor your desires and limitations. You may find new traditions that give you peace, hope, and joy.

5) **Ask for help.** Reach out. People may want to help but are concerned about intruding or triggering you. Tell them what you need. Sharing your pain with others won’t make it go away, but it can make it more bearable.

6) **Don’t feel guilty.** Sometimes we feel guilty when we find ways to enjoy the holidays after loss. That is normal, but it is also normal to want to enjoy and celebrate the holidays. Give yourself permission to experience joy.

7) **Practice gratitude.** Keep a journal of the things for which you are grateful. These could be the people who love and support you, the time you had with your lost loved one, your religious or spiritual communities, family, hobbies, or simply reading a book. Gratitude helps to purge your pain and contribute to a feeling of well-being and grounding.

8) **Share memories.** Remember your loved one, say their name, tell their stories, share memories. Celebrate their lives and keep them part of your holidays. Focus on who they are, not how they left us. Create a memory stocking, ask your friends to share a memory or photo in lieu of a gift, light a candle, start a memory journal, or give someone in need a gift in the name of your loved one.

9) **Prepare for grief bursts and triggers.** Those beautiful memories can become triggers. Sometimes tears come at the most inopportune moments. Tears are just one way in which we express our sadness over our loss and are a key part of the healing process.

Reach out to a professional counselor or grief specialist. Many valuable resources exist for both in-person and online support. One of those resources is EricsHouse. Visit www.ericshouse.org to explore all our services and resources.



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Resources & Helplines

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

Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
Tucson Al-Anon Information	520-323-2229
Adult Children of Alcoholics	aca-arizona.org
Arizona Addiction	602-737-1619
AZ Women's Recovery Center	602-264-6214
Bipolar Wellness	602-274-0068
Child Abuse Hotline – Support & Information	800-422-4453
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-385-8454
Copper Springs	480-418-4367
Crisis Help Line – For Any Kind of Crisis	800-233-4357
Crisis Response Network	602-222-9444
Crisis Text Line	Text HOME to 741741
Crystal Meth Anonymous	602-235-0955
Debtors Anonymous	(800) 421-2383
Domestic Violence	800-799-SAFE
Families Anonymous	602-647-5800
Gamblers Anonymous	602-266-9784
Grief Recovery	800-334-7606

Heroin Anonymous	602-870-3665
Marijuana Anonymous	800-766-6779
NDDMA Depression Hotline – Support Group	800-826-3632
Narcotics Anonymous/Phoenix	480-897-4636
Narcotics Anonymous/Casa Grande	520-426-0121
Narcotics Anonymous/Flagstaff	928-255-4655
Narcotics Anonymous/Prescott	928-458-7488
Narcotics Anonymous/Tucson	520-881-8381
Nar-Anon Family Groups	(800) 477-6291
National Youth Crisis Hotline	800-448-4663
Overeaters Anonymous	602-234-1195
PAL (Parents of Addicted Loved Ones)	480-300-4712
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
Sexual Assault Hotline (24/7, English & Spanish)	800-223-5001
Sex/Love Addicts	602-337-7117
Sex/Love Addicts	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Sober Living AZ	602-737-2458
Suicide Hotline	800-254-HELP
Suicide Prevention Lifeline	800-273-8255
Teen Challenge	888-352-4940
Teen Life Line	800-248-8336

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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
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 Tucson 800-842-4487
Sober Living AZ 602-737-2458
Stewart Counseling 602-316-3197
Valley Hospital 602-952-3939
Teen Challenge 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 800-216-1840
Copper Springs 480-418-4367
Cornerstone Healing 480-653-8618
The Crossroads 602-279-2585
Problem Gaming 800-NEXTSTEP
Desert Drug Dog 602-908-2042
Fit FOUR Recovery 480) 828-7867
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

TUCSON

ACA aca-arizona.org
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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
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