

MARCH 2022

Together AZ

Inspiring Success on the Road to Recovery

In It to Win It?

From our ever-present mobile phones, anyone can increase their emotional and financial engagement with any game or match, but also be exposed to alarming risks. If you've scrolled social media feeds or tuned in to watch on game day, you've probably been inundated with promos for "risk-free" and "no-brainer" betting opportunities on online sportsbooks. The ads position sports gambling as a fun, easy way to engage with the game and socialize with your friends, not unlike the fantasy football league you're in. More and more Americans are flocking toward legal sports betting options.

The American Gambling Association reported that 76% of the recent Super Bowl bettors said it was important to use a legal, regulated sportsbook to place their wagers, an increase from last year, up 11 percent. It is estimated 31.4 million people in the US alone wagered close \$7.61 billion on this year's game.

While some may try sports betting apps with a few bucks here or there, the reality is there will be those whose lives will be ruined. This isn't just a game. It has serious, real-life consequences for millions of Americans.

Below, Maureen Michael of *Compass Recovery* shares her thoughts on why we need to be informed on this latest gambling trend.

—Barbara Nicholson-Brown

- ***With the legalization of sports book apps have you seen an increase in calls for help?***

In Arizona, Pam Koopman, Executive Director of the Arizona Council on Compulsive Gambling reports a slight increase in calls from the gambler and/or family member since September. It's worth noting the calls have increased from the gambler whereas, prior to September 2021, most calls were from concerned family members. This could be due to a problem gambler realizing quicker there might be a problem due to an increased access to gambling.

I believe it's too early for any hard data in Arizona as sports betting has only been legal for five months. However, New Jersey was the first state to legalize sports betting in June 2018, after the Federal Ban was lifted in May 2018. These stats are from the Council on Compulsive Gambling of New Jersey. **(See infographic page 7)**

Helpline calls where sports gambling was referenced as the primary issue PRIOR to 2018 legalization ranged from 1% – 5% per year. Calls received on the 800-GAMBLER Helpline, since June 2018 where sports gambling is a PRIMARY issue jumped to 10.8% of all helpline calls for period ending October 31st, 2019. In addition, the Councils treatment providers have reported that

"While some people may try sports betting apps with a few bucks here or there, the reality is there will be those whose lives are ruined. This isn't just a game."



Photo: iStock.com

over 50% of their practice is treatment geared toward those who are struggling with sports gambling related issues. I believe the trend will be the same for Arizona in due time.

- ***People can selfexclude at casinos, but what about on these apps? Are there any measures in place to prevent compulsive gambling?***

The Department of Gaming, Division of Problem Gambling has a self-exclusion program and

have added a form for "Event wagering and Fantasy Sports." One can access forms to self-exclude at Self Exclusion | Problem Gambling (<https://problemgambling.az.gov/treatment-counseling/self-ban>)

Currently there are a few apps that can block gambling sites. **Gamban.com** and **Gamblock.com**. They can be effective if installed on all electronics a person uses to gamble. The downside is that new

IN IT TO WIN IT continued page 7

Sierra Tucson Expands to Scottsdale

Sierra at Scottsdale Outpatient Care offers outpatient programming for adults struggling with mental health concerns and co-occurring substance use disorders. Their team of experts provides comprehensive services helping each client make sustained progress toward better health. Their mission is to provide a safe place for emotional, physical, and spiritual healing with a collaborative community of professionals who offer insight, understanding, and empowerment enhanced by a lifetime of alumni support. As a world class organization that sets the standard for excellence in the treatment of addiction and other chronic behavioral health disorders, and provide a continuum of evidence-based treatment, delivering the highest quality of care and improving the lives of hundreds of thousands of people. The core beliefs mirror The Sierra Tucson Model of treatment, which recognizes a simple truth: ***All of us exist as mind, body, spirit, and emotions.***



Sierra Scottsdale continued page 2



SCOTTSDALE RECOVERY
RECONNECT • REBUILD • RECOVER

1-888-NODRUGS





Publisher's Note

By Barbara Nicholson-Brown
Email: barb@togetheraz.com

Swindled by Addiction

Recently I watched, *Inventing Anna* and *The Tinder Swindler* on Netflix. Both brought to light the lengths cons will go to pull off their many lies and scams. From what I know, the end goal is usually money — and lots of it. There are hundreds of stories how a swindle starts out as an online love relationship, or quick investment scheme to make fast, easy money. Swindler's groom their unsuspecting prey for as long as it takes to get their guard down, then they go in for the kill.

I likened these two shows to how alcohol and drugs almost swindled me out of my life. My addiction constantly told me lies. A 'little drink' wouldn't get me drunk. It said, go ahead '*get loaded, quit tomorrow*'. It repeatedly announced, I was NOT an addict or alcoholic. And in the brief moments when I thought I really had a problem, the addict voice was louder and more powerful, saying it was not true. Anyone who said I had a problem was **wrong** and **delusional**.

I believed the lies, and continued to be conned; day by day, drink by drink, drug by drug, as life was deteriorating. Any and every relationship I had; be it friend, family or lover, blew up. But hey, '*a drink can take away the pain*'. To keep me in its grip, addiction handed me blinders.

It was not my decision to get sober, it was a power greater than myself, a divine intervention. I'm blessed to be a living, breathing woman in recovery. Don't be swindled out of your life. If you make the choice to be in recovery, I guarantee it will save yours.

Inspiring Success on the Road to Recovery

Great print and online rates available

Since 1991, each issue as well as our website is filled with articles on personal growth, self discovery, and spirituality to meet the needs of the ever growing addiction recovery community. Together we do recover.

Published monthly
Distributed across Arizona
online at togetheraz.com

Contact Information:
Barbara Nicholson Brown
602-684-1136
barb@togetheraz.com

H U N K A P I

Open Your Heart

A donation to Hunkapi Programs will provide aid to many and varied populations within Maricopa County to participate in crucial equine therapy services.

Donate up to \$400 (single) or \$800 (joint/married) today to support the benefits of horseback riding and horse therapy at Hunkapi Programs.

FOR MORE INFORMATION:
hunkapi.org | love@hunkapi.org | 480.393.0870

Sierra Scottsdale from page 1

Only when the whole person is treated — not just the symptoms, but the underlying concerns — can positive outcomes last. Sierra at Scottsdale features 4,000 square feet of clinic space, which includes therapy offices as well as a large group therapy space.

Sierra at Scottsdale is a safe and highly supportive place that is free of judgment and welcomes individuals from all walks of life. Working diligently to ensure everyone who comes to us for care is treated with respect. One of the biggest benefits of receiving treatment at our clinic is the chance to discover the power of community. During treatment sessions, clients have the opportunity to work with professionals who understand the challenges one is facing.

Sierra at Scottsdale's outpatient programming could be a good option for people who:

- Are age 18 or older
- Have a primary diagnosis of a mental health concern, such as depression, bipolar disorder, anxiety, or posttraumatic stress disorder (PTSD)
- Have a secondary diagnosis of a substance use disorder
- Can fully engage in all aspects of care
- Do not require round-the-clock supervision
- Outpatient programming serves adults who can benefit from stepdown care after completing a residential or inpatient program.

They provide treatment for clients who are stepping up from traditional outpatient care and those who are seeking professional help for the first time. Each client who receives care at **Sierra at Scottsdale** follows a personalized treatment plan that reflects their needs, strengths, and goals. From an initial assessment prior to admission through the post treatment discharge process, we make it our mission to provide a safe place for emotional, physical, and spiritual healing. To ensure that each client at **Sierra at Scottsdale** has the optimal experience, we offer two outpatient options: a partial hospitalization program (PHP) and an intensive outpatient program (IOP). Depending on needs and progress, a client may receive care at both levels. Each level consists of a variety of therapeutic programs and evidence-based care delivered by a team of experts in the behavioral health field.

As you learn to draw on your own strength and resiliency, you'll discover new tools for moving forward instead of being controlled by past trauma. Website: www.sierrascottsdale.com Facebook: <https://www.facebook.com/Sierra-at-Scottsdale-106881711816798>, LinkedIn: <https://www.linkedin.com/company/77019375/> Phone: (855) 537-1272.



SCOTTSDALE RECOVERY

RECONNECT • REBUILD • RECOVER

ARIZONA'S PREMIER ADDICTION TREATMENT FACILITY

888.663.7847

www.scottsdalerecovery.com





What Really Matters?

By Dr. Dina Evan

In this time of high stress, what is really important in your life? Do you spend too much time doing life, instead of doing what is important to you?

Like it or not, our world is changing and so are our priorities. As an infant, our only priority was milk, mother and more diapers. These survival needs, remain most important at the bottom of the hierarchy of needs when we are young, according to Maslow, a humanistic psychologist.

As we grow in consciousness, our need for basic survival or material wealth begins to change and we start to explore our need for social connection and spiritual understanding. Somewhere in the midst of our mid-life crisis, the reality that we are all born and we all die, smacks us up side the head and if you are awake you begin asking, **‘Who am I and what am I here for?’**

That question becomes as loud as a bass drum banging incessantly in our head by the time we hit our 60’s. This is actually a question we ought to be asking everyday. Who am I at my job and what am I here for. Who am I as a partner and what am I here for? Who am I as a human being on this planet, and what am I here for? Gandhi tells us our actions express our priorities. If true then, on what are we spending the most time and energy? No matter how much life we have left when the question arises, the question moves us to live life fully and do what matters.

But, how do we determine what matters? Trash cans matter. Chocolate matters. Books matter. Teachers matter. Sobriety matters. Friends matter. But, what matters most? Author Gary Hamel in his book *What Matters Now* says, “Obviously, there are lots of things that matter now. But, in a world of fractured certainties and battered trust, some things matter more than others”.

What matters most to you?

Is it fairness and justice? Is it saving animals or feeding the hungry? Is it living your values? Is it caring for the earth? Is it dignity or peace? Is it the ocean? Is it our youth? Is it revolution? Is it climate change? Is it exploration of new frontiers or new ideas? Is it ending poverty? Is it resolving conflict? Is it gender equality or the right to love whomever you choose? Is it protecting the wild open plains or figuring out how to feed this planet? Is it clean air? On the other hand, is it closer to home?

Is it 10 minutes of meditation a day? Not losing your temper? Outwardly demonstrating the love you feel on the inside? Excruciating truth telling? Is it a more peaceful, orderly home? Your state of mind and quality of your life? Is it your spiritual walk, or healing process? Is it that look of adoration in the eyes of your child or your beloved? Is it doing no harm? Is it the sunset or the sunrise? Is it learning and growing? Is it living in the moment, in the nowness? Is your health and well being? What ever it is... don’t miss it!

I believe we are all intuitive enough to determine what matters most. It may be in that sentence you read from the list above that tugged at your heart, made you want to cry or gave you pause. Perhaps, there was even more than one thing in the list that caught you up. ***The problem is not so much deciding what matters, as it is what action to take once we know.***

Important to remember:

- ***Energy is like a ripple on a pond.*** No matter how small an action you take, it becomes exponentially larger in its effect. ***Every action counts.***
- ***It’s not about the action,*** it’s about who you are doing it and the relationships you create in the process. These are the things that raise our consciousness and touch our soul.
- ***There is no one right thing.*** It all matters. It only takes one person to make that difference.
- ***Living what you believe*** is most important is really the only goal.



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

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

Make a plan and give yourself the gift of meaning in whatever amount of time you have left. After all, that is what we came here to do. I promise it will light up your life!



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.

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.



Recovery Starts Here

Our programs are carefully individualized for those struggling with addiction, pain, depression, or trauma.

SierraTucson.com
We work with most insurance

Contact our
Admissions Team
844.209.3372



SIERRA TUCSON®
Where Change Begins®

Financial Freedom in Sobriety

Money matters are a critical but often overlooked part of addiction recovery.

By Veronica L. Holyfield

Living a full life in recovery means taking a deep dive into honesty and engaging in a thorough cleanup of many aspects of one's experience. If you were to look in the rearview mirror at a life of active addiction, you'd see a path of destruction and avoidance the sober version of you must piece back together. Not only do people find the need to get sober from substances, many discover they must get back to a kind of cleanliness when it comes to money. Financial sobriety, involves examining patterns and behaviors folks have with money that are no longer serving them, and healing their relationship with their finances.

A Step-by-Step Process

The first step on the road to financial sobriety is to be honest about your relationship with money. People who have never talked about their financial woes can find it hard to own up when it comes to their debt, spending and income-to-output ratio. While this may give rise to feelings of humiliation or shame, experts in the industry have heard it all, and will take a compassionate approach in offering support, services and resources to provide relief.

When we start to understand why we are where we are, we can give ourselves a bit of grace.

The biggest piece of the puzzle is to gain an understanding of how one's patterns and relationships with money developed. As with any form of addiction, that means looking at family history. When did you first encounter money? Did those who raised you have a healthy relationship with it? What patterns

presented themselves early on that carried into adult life and your current situation? As these questions are explored, folks find it easier to let go of the shame of mismanagement, and realize money troubles often stem from a long lineage of financial experiences.

Getting Financially Sober

Once someone finds freedom from active addiction to drugs or alcohol, there's often a transference of addiction—people turn to both food and overspending as a way to deal with the squirreled mind in early recovery. Having steps in place and a clear road to support sobriety are key when you're looking to get clean in all areas of your life.

While many may be dealing with money problems that arise out of substance misuse, some find spending itself is their true drug of choice. Groups like Debtors Anonymous can provide emotional support and community, and some may want to reach financial peace with money outside of the 12-step model.

Finances can be seriously compromised in addiction. Making a plan is one key to recovery.

The COVID Effect

The stress and burnout caused by the COVID-19 pandemic magnified money issues, or created new ones for hosts of people. Boredom shopping online had been an issue before the pandemic, but the fear and uncertainty brought on by the coronavirus amplified the problem. As people worked from home, with sites like Amazon just a click away and Facebook and Instagram ads a constant social media presence, overspending got easier and more appealing than ever.



Because people were at home, they wanted their space to feel good. Then there was that piece of, 'Oh, I'm in a pandemic, and I don't feel safe, and if I buy stuff, that's going to make me feel better.'

Start With a Simple Plan

Facing the mountain of financial dismay may feel daunting, but you can regain power over money by making it clear what you want from it. The energy flow that comes from starting to assume control, through intentional spending and saving, begins to feel good and even surpasses the high that overspending might once have brought.

"When you don't have that plan, money doesn't know what to do, and it feels really overwhelming," Linda Parmar says. "Keeping it as simple as possible when you're first starting out is key."

Coming up with a spending plan—she prefers that term, rather than "budget"—can at first feel restrictive and scary. But if it's seen as a choice rather than a requirement, the pressure can be eased.

Ultimately it's about getting to a place of peace in one's heart about money, spending, lifestyle and supportive sobriety. "My biggest message is that you're not alone in this experience, and it's never too late to start."

Recovery Begins at Home

CBI serves the Veteran community with Wraparound Services that connect Veterans with housing and ongoing care and services. Our ultimate goal is to improve housing and income stability, along with making meaningful connections and engaging in community activities. This sets the path for long-term vibrancy in the community.

CBI
COMMUNITY BRIDGES, INC.
CELEBRATE BELIEVE INSPIRE

Learn more at communitybridgesaz.org
24/7 Access to Care (877) 931-9142



betting apps are being created all of the time, so there is potential some sites will get past the blocking software. Also, if the person with the gambling problem truly wants to gamble they can just use an electronic device that does not have the software on it. I have had clients who buy a phone just to gamble with to attempt to hide it from family.

- Do you think the apps are enticing gambling as a fun past time?*

Absolutely! The sports betting apps are offering “free” money to place a bet. They are also using verbiage like “risk free betting” and “free money”. For a person that does not have a gambling problem this could be appropriate, however for a person that meets the criteria for problem gambling these advertising tactics are very dangerous.

- How easy do you think it would be for someone to get in deeper debt or financial trouble gambling this way?*

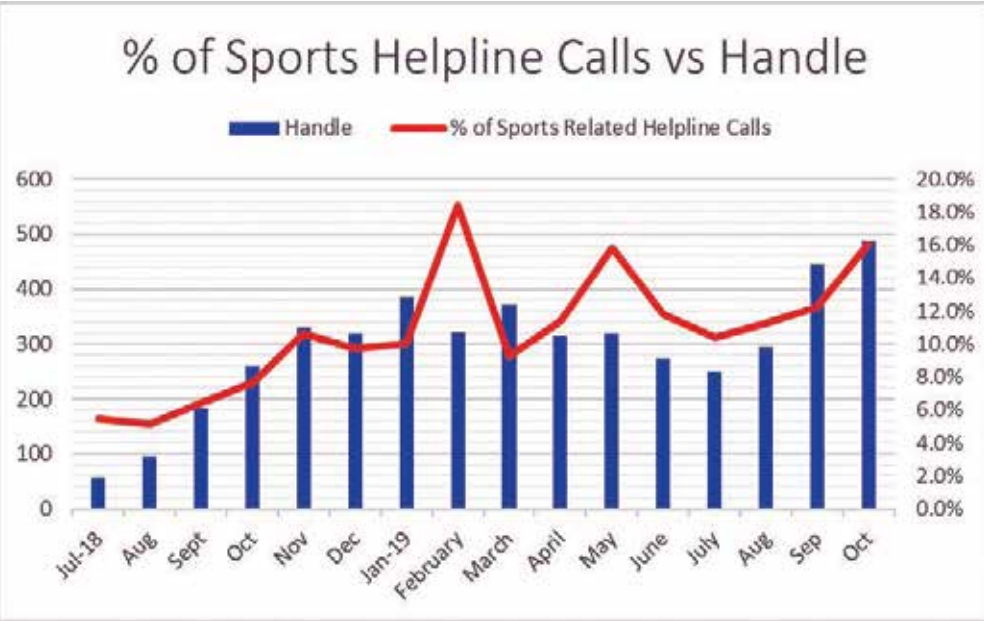
It is very easy because a person would have access to betting from anywhere. They can access sites from their phone, tablet or computer. I believe this will affect our young adults and possibly teenagers at the same rate as adults.

- Arizona casinos now offer live craps and other games that were previously played in Las Vegas. Do you see that as an additional concern?*

In my opinion, every addition to casino games has the potential to increase chances a person can cross the line into problem gambling. The national average for people that meet the criteria for gambling disorder is 2-4% of the population. If Arizona has the same percentage, it means 143,400 to 286,800 Arizona residents meet the criteria for gambling disorder. I believe the National average and Arizona average will increase over the next few years with the addition to games in casinos and the ease of access to place bets on any electronic device.

- If someone is concerned about a gambler in their life what are some recommendations on getting help?*

For family members, they can also call hotlines mentioned below to find support. There is a 12 step program for family and friends called Gam-Anon. Home (gam-anon.org) Gam-Anon 718-352-1671



Sports Betting and the Impact on the Problem Gambler and the Family | 800-Gambler | 800gambler.org

In Arizona, all the Arizona Council on Compulsive Gambling at **800-777-7207**. The hotline for the Arizona Council on Compulsive Gambling can aid a caller in finding 12 step meetings as well as finding treatment options. Another Arizona help line number is **800-NEXT-STEP**.

National helpline **1-800-522-4700**. The national number can be used for a voice call or text message.

National Suicide Prevention Lifeline: **1-800-273-TALK**

Maureen “Mo” Michael MS LPC is the Executive Director of Compass Recovery Center in Prescott, AZ. She obtained her undergraduate and master’s degree in professional counseling and is currently pursuing her PhD in Performance Psychology at Grand Canyon University. Mo is a licensed therapist and has been working with patients and families that have been affected by problem gambling for over 14 years. Mo has dedicated the last 10 years to bridging the gap and increasing services for those affected by gambling disorder in the treatment industry and criminal justice system.



Visit www.compassrecoverycenters.com for more information. Email mmichael@compassrecoverycenters.com or call 928-863-8703

Gambling Addiction: Stats & Symptoms


As with other addictions, there are warning signs to look out for. These include:

- Keeping gambling habits a secret
- Having trouble controlling their gambling habit
- Continuing to be involved with a gambling habit when they cannot financially afford to do so.
- Resorting to illegal activities to pay for their gambling habit
- Physical symptoms of excessive gambling include problems sleeping, weight gain or loss, dark circles under the eyes and extreme headaches.




How can you tell if someone has a gambling disorder? The American Psychiatric Association has developed guidelines and says that a person requires at least four of the following issues to take place during the past year:

- A person feels the need to gamble with an increasing amount of money in order to achieve the desired excitement.
- A person becomes angry, restless or irritable when someone tells them to cut back on their gambling, or to stop it altogether.
- A person will have unsuccessfully tried to cut back or stop gambling on their own.
- A person has frequent thoughts about gambling, including reliving past gambling adventures, planning their next gambling outing, and thinking of ways to get money to gamble with.
- A person will often gamble when they are feeling distressed.
- After a person loses money, they return to try and “get even” (referred to as “chasing” one’s losses)
- A person will not hesitate to lie to hide their gambling activity.
- A person will jeopardize or lose a significant relationship, job or educational/career opportunity because of gambling.
- A person will begin relying on others to help with money problems caused by their gambling habits.



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
7530 E Angus Drive. Scottsdale, Arizona 85251

Honesty is an Action: “Not Just What You Say”

By Ken Wells
MDiv, MA, LPC, CSAT, LSAC

Secrets and dishonesty plague recovery dreams. The two behaviors create a breeding ground for addiction to flourish and abound. Honesty is antidote to hiding and deceit. That said, for most people, it is very difficult to master. Some people struggle with telling bald-face lies. They manipulate the truth to create confusion so that the populace might embrace the improbable and ignore reality. The goal in this endeavor is to trigger doubt and to question the truth. It has been threatening and a sad state of affairs when leadership is tainted with deceit. Many people say one thing and do another. Honesty is more than what you say. It is found in your action and follow through.

Sobriety begins and builds with honesty

Twelve-step communities foster an environment for truth telling. It encourages each addict to say it straight regardless of attitude or behavior. Getting honest with self and others requires vulnerability. It emphasizes that an addict needs to be “emotionally naked” and practice sitting in that space with others who are also recovering from denial and making excuses for dishonest behavior. Honesty is confrontational and holds each person’s feet to the fire to face oneself and move forward with actions that address need for change.

However, practicing honesty is a difficult challenge. Facing insecurity at a deep emotional level is one of the great challenges in recovery. Most people live incongruently. They discover honesty but resist acting with integrity because of fear, anxiety or a host of other reasons. Everyone is hypocritical about something. You say one thing with conviction but you live differently than what you avowed as important. People also struggle with being inconsistent whether it is about food to avoid/eat or a myriad of other things that you declare are important. It is human nature to be inconsistent, hypocritical and incongruent.

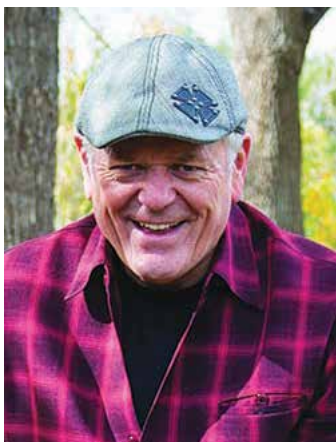
When addicts get stuck in this dynamic they relapse. Saying one thing, feeling something different, and then acting differently than what you say fuels a double life. Without accountability and consultation, addicts lose themselves in destructive living.

Many people try to control their image and what other people think of them. They will find out what others approve of and then mimic those behaviors in order to get a smile of approval. This leads to a form of dishonesty that is habitual. Some people don’t even know that they do this behavior or even who they are or what it is they want. They automatically register what fits in with approval from a desired group of people. They never know who they really are because of this blinding sense of emotional dishonesty.

Honesty is the answer to a double life. When an addict slows down a chaotic duplicitous lifestyle, then they stop playing head games with themselves. “Macho” no longer matters. Trying to be a hero to others is no longer important. They are able to better see their victim posturing and excuse making.

Addicts in recovery learn to shift from focusing on external controls of impression management and concentrate on internal controls of being honest, listening to their inner voice and establishing true authentic relationships. They become more sensitive and connect to their own feelings and inner needs. They recognize their own limitations and provide rest for their mind and body. They learn to prioritize and cultivate a piercing awareness of personal values. They live by those values that are much deeper than mere sobriety.

Honesty helps an addict engage a spiritual awakening toward becoming real. With accountability and consultation, they learn to tune into their inner voice that guides and protects. As a result, incongruence readily gives way to congruence. Hypocrisy is transformed to genuine authenticity. Inconsistency is curbed with follow-through and completion. Honesty promotes inner awareness that helps you create a real connection with your Higher Power, yourself, and the people you engage in your life.



Honesty is more than what you say. It’s the action you take. It’s fleshing out where the rubber meets the road that creates honest sincere recovery transformation.

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.com.

For more information about PCS (480) 947-5739, email info@pcsintensive.com and visit www.pcsintensive.com




“

**ADDICTION RECOVERY
AND BEHAVIORAL HEALTH IS
ABOUT DISCOVERY.**

Together AZ believes every family has the potential for recovery, and a better way of life.
Showcase your programs and practice with us.

FOR AD RATES visit <https://togetheraz.com/media-kit/>
602-684-1136



MENTAL HEALTH AND CHEMICAL DEPENDENCY CARE

**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





Taking care of yourself is crucial if you want to stay sober

Below are some self-care ideas you can engage in any day of the week. Most of these sober self-care ideas are free or cheap, so try one or two immediately.

- **Engage in exercise:** Exercise is a great option. Try free exercise like hiking with friends or dog, running, or bike riding. Try more adventurous things, like hot yoga, rock climbing, or kayaking.
- **Spend time with (supportive) family:** One of the best parts of having time when you're sober is you get to choose what to do with that time instead of spending it hungover. One of the top fun activities you can do is spend time with those you love, like your family. Just make sure that you're investing your time wisely with people who are supportive of your recovery.
- **Make yourself some healthy food:** Cooking for yourself can be really nurturing for the soul. It keeps you busy and your body will thank you.
- **Try something spiritual:** Any kind of spiritual activity will work. For some, that means going to church, synagogue or mosque. For others, it might mean engaging in meditation or reading more books. Find what fills your soul, whatever that is, and do that.
- **Get snuggles from your pets:** Something that's highly recommended on a self-care list is snuggles with your pets. There is nothing better than getting some love from your loyal pup or kitty or even less conventional pets. Spend at least 20 minutes a day and you're sure to feel rejuvenated in no time.
- **Hang out with sober friends:** Time with friends is essential when it comes to your sobriety AND your self-care.
- **Check out free events in town:** No matter where you live, there are typically at least a few free events in town to check out. There is lots to do, even if it might take a little extra research to find the things you actually enjoy doing.
- **Cozy up for an evening at home:** You know what's a really good time sometimes? Not leaving the house. Chilling on the couch, putting on comfy clothes while you drink your evening cup of chamomile, and engage in quiet time.
- **Head to a meeting:** Of course, nothing says self-care like taking yourself to a meeting, whether your meeting is a traditional 12-step or one of the AA alternatives.
- **Do something that makes you feel good:** Basically, there are no limits as long as the thing you're doing makes you realize your true potential in some way... whether that potential includes buying fresh veggies for your Sunday night soup or just dancing the night (and early morning hours) away.
- **Go to bed early:** Get a good night's sleep. Turn off the TV and other digital devices at least a half hour before going to sleep. Stay away from the news.
- **Play some games:** Games are a great way to spend some time when you're sober, whether that means playing video games solo or getting together for regular board game nights with your best pals.
- **Take care of things at home:** This might not seem like the most popular form of self-care. It's a simple thing to do, a good way to spend the time and, as a bonus, you'll get a great house afterward.
- **Remember your creative side:** Creativity is something you might not think of as a form of self-care, but it's an activity people love to engage in after getting sober to reconnect with their deeper selves.

Sober self-care is crucial in order to keep your recovery strong. Whether you choose one of the activities above or something else, don't forget to do some self-care daily. (Source: Irina Gonzalez, Tempest.com)

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

"THERE IS NO PURPOSE FOR YOUR LIFE GREATER THAN TO RECOGNIZE YOUR OWN BEAUTY, POWER, AND WORTH, AND TO SHARE



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/

Reduce Stress for a Healthier Heart

Our body reacts to stress in different ways: our heart rate increases, blood vessels narrow and over time, these little blows can add up and do damage to our health, particularly our heart. With chronic stress, you're more likely to have high blood pressure, heart disease, diabetes, obesity, and poor sleep. Even other parts of your body — from your lungs to your gut — can take a hit.

But while you can't always limit the amount of stress in your life, you can work on changing how you respond to it. Just like the automatic "fight or flight" response that kicks in when you're scared — your muscles tense, heart rate increases, and brain becomes more alert — your body also has a built-in, healthy relaxation response. When that's triggered, the opposite happens: your breathing and heart rate slow down, and your blood pressure decreases.

With practice, you can learn to trigger that response. Try these techniques and don't get discouraged if you don't get the hang of it quickly. If one approach doesn't work, try something new.

Meditation. One of the most studied approaches for managing stress, this involves developing your ability to stay focused on the present, instead of worrying about the past or future. Find a quiet location with as few distractions as possible. Get comfortable by either sitting, lying or walking. Focus your attention on a specific word or set of words, an object or your breathing. Let distractions, including thoughts, come and go without judgment.

Progressive muscle relaxation. To feel the effect, first tense your muscles for a few seconds, then relax them. Start by tensing and relaxing your toes, then your calves and on up to your face. Do one muscle group at a time.

Deep breathing. Take in a slow, deep breath, let your stomach or chest expand and then exhale slowly. Repeat a few times. Many people don't breathe deeply, but it is relaxing and something you can do anytime, anywhere.

Guided imagery. This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden.

Other healthy ways to manage stress include taking a yoga or tai chi class, talking to a professional counselor, joining a stress management program or art class, or meetup with friends for a brisk walk. Being in nature is soothing.

Combining de-stressors like these with other healthy habits go a long way toward strengthening your heart. Eat more veggies, fruits and whole grains, and less sodium, sugar and saturated fats. Move your body. Find exercises you actually love and do them regularly. Get enough quality sleep. And develop a strong social support system. Then rethink some of the familiar ways you may be coping with stress, such as drinking alcohol frequently, using drugs and other substances, smoking or overeating. Taking care of your heart health is a lifelong journey, but at a time when the risk of severe illness from COVID-19 remains higher in people with poor cardiovascular health, learning new ways to make your heart strong has become even more important.

You can learn more about heart health from the National Heart, Lung, and Blood Institute by visiting www.nhlbi.nih.gov. If you need help finding additional resources to help you cope with stress, talk to a healthcare provider. Seek urgent care if you can't cope at all or have suicidal thoughts. Resources are available at nimh.nih.gov/health/find-help.

#OurHearts

Stay smoke-free together

Smokers are up to 4x more likely to develop heart disease or to have a stroke, compared to nonsmokers. But it pays to quit. Just 1 year after quitting, your heart attack risk drops sharply.

Ask your family and friends for support or join a support group.

- Tell your family, friends, and coworkers that you're quitting and you want their help.
- Ask them not to smoke around you.
- They might follow your lead: Research has shown that people are much more likely to quit if their spouse, friend, or sibling stops smoking.

#OurHearts

are healthier together



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
NMDA 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



RECOVERY for WOMEN

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.



WELDON HOUSE For women in recovery and their children.	SALLY'S PLACE For pregnant women and infants.	LEGACY HOUSE Short-term, supportive housing for women in out-patient treatment program	HER HOUSE For women in recovery
---	--	---	------------------------------------

Treatment | Housing | Education
602-264-6214 arizonawomensrecoverycenter.org

ARIZONA CRISIS HOTLINES

Suicide and Crisis Hotlines by County

- Maricopa County served by Mercy Care:
1-800-631-1314 or 602-222-9444
- Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties served by Arizona Complete Health—Complete Care Plan:
1-866-495-6735
- Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Health Choice Arizona: 1-877-756-4090
- Gila River and Ak-Chin Indian Communities:
1-800-259-3449
- Salt River Pima Maricopa Indian Community:
1-855-331-6432



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

Stay Connected

TOGETHER AZ	602-684-1136	River Source	480-827-0322
		Scottsdale Providence	480-210-5528
		TERROS Health	602-685-6000
		VIVRE	480-389-4779

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
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

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
AA	520-624-4183
Tucson Al-Anon Information Service Office	520-323-2229
Amity Foundation	520-749-5980
Anger Management	520-887-7079
Behavioral Awareness Center	520 629 9126
Center For Life Skills Development	520-229-6220

Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
The Mark Youth & Family Care Campus	520-326-6182
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880

Recovery in Motion	520-975-2141
Sex/Love Addicts Anonymous	520-792-6450
Sex Addicts Anonymous	520-745-0775
Sierra Tucson	800-842-4487
Sonora Behavioral Health	520-829-1012
Suicide Prevention	520-323-9372
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559

Become a
Together AZ resource
Send your request by email
barb@togetheraz.com



Teen Challenge

Helping Youth, Adults & Families



HOME OF HOPE

Women & Women with Children
520-252-3523



PHOENIX MEN'S CENTER

Men 18 +
602-708-9475

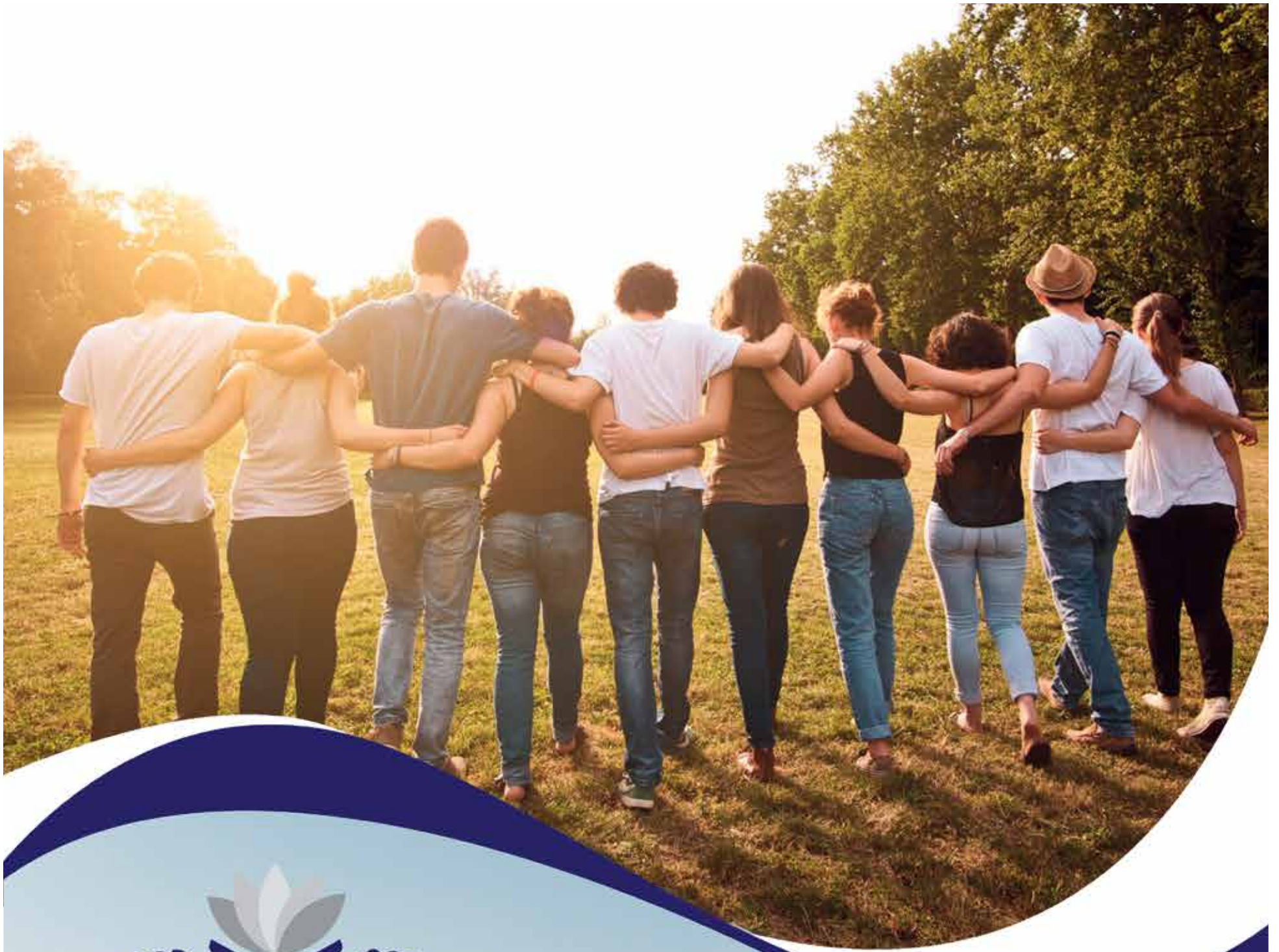


SPRINGBOARD

Home for Girls (12-17)
520-730-4269







ARIZONA ADDICTION
RECOVERY CENTER

*Setting the Stage for a
Life Worth Living!*

888.512.1705

arizonaaddictioncenter.org

RTC, PHP AND MAT