

Together AZ

JUNE 2022

Inspiring Success on the Road to Recovery

Empowering women in recovery for a healthy family and hopeful future

By Barbara Nicholson-Brown with Dr. Beverly Wohlert and Holly Williamson, PhD, LISAC

Circumstances or wrong choices, painful, harmful events, even genetics; are but a few reasons a woman can turn to addictive behaviors. Addiction is often used as a coping mechanism to numb deep rooted pain. And, deciding to seek treatment for an addiction is never easy for anyone. "The large percentage of the women we serve at **Arizona Women's Recovery Center** have not only experienced addiction, but also complex trauma, homelessness, poverty, justice related challenges, and more. Their stories are rich, heart-wrenching, and compelling," said Holly Williamson, Clinical Director at Arizona Women's Recovery Center. She added, "Many walk in the door with only a fleeting feeling recovery is achievable. In the beginning they are often guarded, skeptical, and completely fatigued from weathering the countless adverse effects from living a life of active addiction."

What if you are a mom and seeking help meant being separated from your kids? Or a mom-to-be needing to stay clean and sober for a healthy and safe birth, with a safe place to call home? Perhaps one of the largest barriers to treatment for a woman with children is fear of the unknown when it comes to the future and care of her children.

Barrier Free Recovery

Arizona Women's Recovery Center (AWRC) believes the mother child relationship should be free from the barriers that may prevent any woman seeking help. Their goal is to increase the chances for a successful recovery, which leads to a healthy family.

Established in 1960, as the National Council on Alcoholism and Drug Dependence (NCADD), renamed Arizona Women's Recovery Center; is a non-profit treatment agency that has helped thousands of women through the recovery process.

From intervention to emergency and long-term housing to support programs, AWRC is there every step of the way. One of the main goals is treating the whole woman and her family with education on medical and psychiatric needs, one-on-one and group therapy, vocational training, supportive housing, and trauma therapy. They believe using a holistic approach is the key to the long-term success of clients.

All of the programs focus on providing the tools and resources to assist women in becoming financially self-sufficient and to believe in their potential to remain drug/alcohol-free and live a quality life. The primary population served at AWRC, are underserved, adult females in Maricopa County who report having an addiction to drugs and/or alcohol. Dr. Beverly Wohlert, CEO provided an in depth look.

Though years AWRC has added homes to serve the growing population of sober women and their kids, what are they?

We currently have five homes. All of have wrap around support and intensive treatment and structure, yet each cater to very specific populations.

- **Weldon House**—currently serves 19 women and their children. This is an innovative program providing women and their children a safe place to live while on the road to recovery. Each two-bedroom apart-



Photo: iStock.com

"Don't be afraid. There are exquisite things in store for you. This is merely the beginning." — Oscar Wilde

ment is fully furnished and faces a shared courtyard, offering a support system for all families.

- **Sally's Place**— serves 10 pregnant women and their infants. This program serves pregnant women struggling with substance addiction. The program provides a supportive environment in which women are given the opportunity to parent their newborn with the support of our team.
- **Legacy House and Her House** — we currently have 12 women who do not have children living with them. Legacy is a short-term, supportive housing for women participating in our outpatient treatment program. Referrals come directly from the justice system. Legacy House seeks to provide a safe living environment for women while they focus on their initial 3-6 months of outpatient therapy.
- **Terri's Place** — serves 3 co-parenting women who have graduated one of the above programs.

What are the requirements to receive services and housing, and what age children are allowed?

First and foremost, is willingness! In order to receive services, the person must identify as a female, have an issue with drugs or alcohol and the will-

Empowering Women continued page 6



SCOTTSDALE RECOVERY
RECONNECT • REBUILD • RECOVER

1-888-NODRUGS





Publisher's Note

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

Sobriety is WE *not* Me

If we are given just one more chance to be able to crawl into a 12 step meeting, treatment facility, just admit out loud we need help; it can be the beginning of a spectacular journey. Sobriety is far more anything I ever imagined. If all we can do is not use or drink for a span of 24 hours — we win another day. On June 17, I'll be 32 years clean and sober, and that is a miracle. It wasn't easy for me to give up my 'best friend' alcohol; it was the biggest break up of all time for me. My friends and family did not want me dead; my *best friend alcohol did...* and it still does. This disease does not go away, it is never cured. There is no quick fix or magic cure, it takes work, commitment and dedication. While everyone has their own road to take in recovery, mine continues to be 12 step meetings, meditation, prayer, and working with others. I need to be mindful of being grateful in the morning, at night, at noon at 3 in the afternoon. It doesn't matter what time or what day it is, when my thinking goes off the rails I have to stop....breathe, and most importantly ask for help. Stay the course, don't leave the journey, we need each other. My late husband Bill always told me, **"Sobriety is a we deal, not a me deal."** *Let's continue to inspire others on the road to recovery—together.*

Welcome to our newest partner in recovery
Gallus Medical Detox, see page 7

notMYkid raises \$900,000 for funds to expand mental health services to Arizona students

More than 370 people attended the *All That Glitters Gala* on April 29th raising \$900,000 in funds to help the nonprofit's recent expansion of prevention and behavioral health services. Now included are outpatient treatment and peer support services to help youth and young adults at the wellbeing campus and in partnership with schools throughout the state.



Pictured above notMYkid Founder, Debbie Moak and notMYkid teens Alexa and Ohad

"Suicide continues to be the second leading cause of death for adolescents and young adults 10-24 in 2021," said Kristen Polin, CEO of notMYkid.

"The need is greater than ever, and Arizona continues to rank in the Top 10 nationally for youth suicides. Compromised youth mental health leads to negative risk taking and an increased chance of developing a substance use disorder. With the help of funds raised from our gala and new mental health grants, we have the capacity to do even more and respond to the urgent needs of youth throughout our state."

notMYkid founders, Debbie and Steve Moak were in attendance to highlight 22 years of service. Event co-chairs of this record-breaking gala were Sandra Metzler and Laurie Fielder. The Inspiring Philanthropists of the evening were honorees, Linda Lange of the Ryan Lange Foundation and George Johnson.

The event honored the work of the Persevere Project, two teen brothers who created a mental health platform through social media to help other teens in need, Carter Ryan (15) and Ashton (18) Kroeger.

Every day, our children make potentially life-or-death choices related to topics such as suicide, substance use, digital behaviors, body image, bullying, and dating violence. So many of them suffer in silence and all too often, families also struggle in silence. Your tax-deductible support is crucial to our mission to inspire positive life choices and help our youth arrive to adulthood, healthy and whole.

For more info visit www.notmykid.org



Your treatment needs are as unique as you are, that's why we offer a variety of programs available on both an Inpatient and Outpatient basis. Valley Hospital provides a full continuum of care to meet you where you are and help get you where you want to be.

- Crisis Stabilization
- Detox/Chemical Dependency
- Adult Mental Health
- Rehabilitation
- Partial Hospitalization
- Intensive Outpatient
- Freedom Care



Call 602-952-3939 valleyhospital-phoenix.com

3350 E. Pinchot Ave. Phoenix, AZ 85018



notMYkid passionately works to educate and protect youth (10-17) and young adults (18-24) by providing a full continuum of life-saving peer-to-peer prevention, early action, peer support, and behavioral health treatment programs. Our dynamic team of seasoned professionals deliver the highest quality educational content and trauma-informed prevention & behavioral health services to nurture healing and support growth.



[notMYkid.org](http://notmykid.org) • 602-652-0163
5310 E Shea Blvd • Scottsdale, AZ 85254
Find notMYkid on

Together AZ

www.togetheraz.com

602-684-1136

Email: barb@togetheraz.com

Recovery Together Enterprises, LLC

10105 E. Via Linda, Suite A103-#387

Scottsdale, AZ 85258

Published Monthly Since 1991

Arizona's Addiction Recovery Newspaper



FOUNDER

In gratitude and the memory of
William B. Brown, Jr.

Publisher/Editor/Sales

Barbara Nicholson-Brown

Advisors

Rick Baney

Dr. Dina Evan

George J. Nicholson

Stephanie Siete

Website: WISDIX



SCOTTSDALE RECOVERY AND DETOX CENTER®

RECONNECT • REBUILD • RECOVER



TODAY OUR TEAM CELEBRATES



SCAN THE QR CODE
TO VISIT THE WEBSITE

YEARS
139

MONTHS
1669

DAYS
50,752

MINUTES
73,082,880

— OVER A CENTURY OF SOBRIETY —



SAME DAY ADMISSIONS 1-888-NO DRUGS

WWW.SCOTTSDALERECOVERY.COM

ADMISSIONS **1-888-NO DRUGS** | EMAIL **INFO@SCOTTSDALERECOVERY.COM**

Navigating Social Media as a Parent

By Sam Hardwig, MA, LPC, CSAT CANDIDATE

Social media has changed the way we communicate, socialize, obtain information, and shape our opinions about the world, others, and ourselves and while this is very much a profound influence on our lives, many of us haven't figured out how to effectively parent our children in relationship to it.

Here are some tips that may help:

- **Accept that social media is here to stay.**

It is understandable that many parents are fearful and therefore are not fully embracing of social media. However, coming from a place of fear doesn't promote understanding, and the reality is that similar to things like pornography or drugs and alcohol, wanting these things to go away or trying to altogether avoid conversations about these things does not work. At some point young people will be exposed to them and there is no magic social media, sex, or drug/alcohol fairy that shows up when kids need guidance. As parents, we need to show up in that role.

- **In order to effectively manage your child's social media use, you have to expose yourself to it, engage with it, and understand it.**

Have your child introduce their favorite app(s) and tell you what they like about it and teach you how to use it. Make it fun. Try to avoid criticizing social media, as this will reinforce the attitude of, "My parents just don't get it." This does not mean as parents we have to agree with all of what our kids are doing, or posting, or sharing — it is more about wanting them to see us as willing to listen and learn and maybe to consider



that as their "old, out of touch" parents we might actually know a little bit of what we're talking about. Judgement will only get in the way of what you really want — to have a closer relationship with you kids.

- **Find ways to connect vs. reject.**

One way to do this is to make it fun! Send messages through snapchat, tell them to make their bed with a goofy face filter, or try not to embarrass yourself doing a TikTok dance. One added benefit, is that when children realize they cannot so easily get away with things online, they are more transparent. Also, this can promote kids thinking twice and editing before sending a message or posting something inappropriate. If not, you will be there to help them manage it. Young people are uniquely sensitive to the judgment of parents, teachers, friends, and the digital community. It might be that social media heightens this sensitivity and drives impulsiveness or pre-occupation with popularity, acceptance, or body image, but it did not create these issues. Yes, it can make it harder and

more pressure-filled for kids, but if we make it all about social media, we are missing the big picture.

- **Set up a plan — talk to your kids about what they might be exposed to ahead of time.**

Let them know they might see things that confuse them, upset them, or even scare them. Work to establish yourself as a person who they can turn to without fear of losing the privilege. Losing access for a time may be a necessary outcome, but do your best to not threaten it and to first understand what happened without shaming. One tip is to avoid taking phones or social media away as a punishment if the problematic behavior was not related to that social media use. Remember the long-term goal is for our kids to learn how to avoid the pitfalls of social media use for themselves. Lastly, make sure to talk to other parents, therapists, or attend meetings/webinars on the subject. Do your best to stay informed so you can meet the needs of your kids.

About Sam Hardwig

As a musician first, I was drawn to this work as a therapist for many reasons. In both roles, you must be genuine and intentional to be effective, and you must trust the process without getting side tracked by difficulty or unexpected road blocks. My experience has included working with individuals impacted by and perpetrators of sexual abuse. I work with men of all ages, who struggle with a variety of sexual issues and have had the opportunity to do this in a variety of settings from outpatient to correctional facilities. I also enjoy working with adolescents and couples. My approach is heavily influenced by cognitive behavioral, interpersonal, and emotionally focused theories.



For more information about PCS visit www.pcsintensive.com



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

54th Annual Southwestern School for Behavioral Health Studies

The 54th Annual Southwestern School for Behavioral Health Studies Conference will be held August 7-11, 2022 at the *JW Marriott Starr Pass Resort & Spa* in Tucson, Arizona and virtually.

This year's theme is **The Changing World of Behavioral Health**. La Frontera Arizona EMPACT-Suicide Prevention Center is hosting this event with the support of valued Sponsors and Exhibitors. The agenda includes a dynamic group of expert speakers on topics significant to mental health, addiction, cultural diversity, and ethics. This year's event offers a pre-conference on Sunday, August 7, 2022. There will be numerous breakout sessions, and four keynote sessions beginning Monday, August 8, 2022. Earn up to 24 hours of continuing education. Visit www.azsws.org for details and registration for this educational event!

54th Annual
SOUTHWESTERN SCHOOL FOR BEHAVIORAL HEALTH STUDIES
www.azsws.org



The Changing World
of Behavioral Health

August 7th - 11th, 2022
Registration opens June 1, 2022

Presented by:
LA FRONTERA
ARIZONA
EMPACT - SUICIDE PREVENTION CENTER



By Dina Evan, PhD

We are coved, inflationed, politicized, angered, stressed to the max and pooped! As we fall into our easy chair or bed after what seems like the longest days ever, could we have forgotten to tell the most important people in our lives we love them? No matter how much money or how many luxuries we may amass, without love — it's all meaningless.

I'm not talking about hearts and Valentines. I am talking about the kind of love for kids, friends, extended family members, co-workers, partners and even strangers that echoes in every pore in your body. Love is simply the most important feeling in our lives and forgetting to empower and expand it can cause physical, emotional and spiritual illness. Love is the greatest teacher on the planet and every day we need to be asking love... "What are you here to teach me?"

Why love is so important

To begin with, love is the emotion that teaches us the most about ourselves. It teaches us whether we are willing to be vulnerable, where we are shut down or holding fear. It teaches us love is not about owning someone, it's about appreciating them — finding the gold and Spirit in them, and reflecting the beauty they share from a soul level back to them.

Love is not a contract or agreement. Love is about dedication, commitment and the ability to stay present and tell your truth. It's about you more than about the other. It's about your ability to take risks, be open, and honest. It only matters you give love and stay present even in the face of the most outrageous *and* wonderful growth opportunities you'll ever have.

Without love, the value of anything else you can buy or acquire is diminished. Many of us have that truth backwards. Even Pascal Bruckner (2013) argues that, "in the past, marriage was sacred, and love, if it existed at all, was a kind of bonus. Now that love has come to be seen as essential in marriage, love is perceived as sacred, and marriage as secondary."

Even though it changes form as we grow from infants to elderly, *the importance and need for love never lessens*. It changes from the excitement of a crush to a life-long enduring gift. All too often the elderly get less and less. When it is given, it just begins to spread like warm frosting into our hearts and consciousnesses and we begin to understand that it doesn't even matter who you may choose to give it to, it only matters that you do give it!

With the sensory over-load of stress today we can be so exhausted and worried about our own state of income, wellness and the state of our country, that we forget about the state of love and our hearts, even though nothing matters more.

You may have noticed that you hold back from expressing any emotion and your senses feel turned down or off. Exhaustion sets in as stress increases. The question is what to do. Blow out the exhaustion.... and if you feel like crying do it. Then stop and ask where can I make a difference? Take a breath. Think of one person to whom you can express love, someone who needs to hear and feel it. It may be a stranger, a friend, a partner or a family member. Then go do that no matter what. It's as simple as a phone call... "I was thinking about you and how much I love you and had to call and say it."

What you will discover is it not only heals the person you express love to, it heals you. You will feel energized and enlivened. Love is the most healing energy on the planet and it is vital to our health and to healing the planet.

Decide right now you will give love to someone every day, even if it's a stranger. Your life will be so much more joyful! We cannot afford to forget that we are love, and loving is what we came here to do, what we came here to teach and who we came here to be. Start now. Pick up the phone, or give someone a hug and commit to doing it again every day.

Do it for you and do it for all of us.



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. Visit drdinaevan.com or call 602-571-8228.



SIERRA AT SCOTTSDALE

Outpatient Mental Health Care



Sierra Scottsdale treats the entire person to solve the entire problem.

When you are facing a mental health disorder, reaching out for professional help can be life-changing. Finding a mental health treatment center that fits your unique needs is crucial to achieving a successful outcome. This is even more important if you're also struggling with a substance use disorder, or a co-occurring addiction. At Sierra at Scottsdale Mental Health Outpatient Care, we custom-build your mental health treatment specifically for you.

Contact our admissions team at (844)749-1567

Learn more at SierraScottsdale.com

“Miracles happen when these resilient, worthy, smart, dynamic women choose recovery. Notably, this recovery choice is a process and not an event. It is a daily recommitment, which means the recovery journey is often a non-linear walk.”

ingness to seek sobriety and self-sufficiency. We accept children of all ages depending on availability.

Once women are stable in their recovery do they seek outside employment?

Employment is part of their growth and journey. We want our families to be sober, healthy and self-sufficient. This doesn't mean just finding any old job. We support our women to earn their GED, obtain vocational training or education, and find a job that earns a livable wage for themselves and their children.

Where are most of the babies born? What if they test addicted at birth? Take us through the process.

Leslie Lanning, Case Manager at Sally's Place said, "Most of our babies are born at Banner University, St. Joes and occasionally Valleywise. This depends typically on two things: Banner University treats our MAT clients. Dr. Manriquez oversees Subutex or Suboxone MAT treatment. We use her for our methadone clients. She is a wonderful resource who offers Vivitrol shots following any titration. St. Joes is for clients who do not usually have MAT services and is the closest hospital to our facility. Any NAS (Neonatal Abstinence Syndrome) children are referred to Hushabye Nursery for NICU outside of the hospital setting."

She added, "Any mom or babies testing positive during OB visits are automatically on DCS radar. By working with Hushabye the client will typically call DCS on their own following delivery, as it will usually offset a negative result. We've had great success with DCS and moms and babies staying together. DCS will investigate, contact staff and do a home tour. Cases are usually dismissed quickly.

Once released from NICU or a hospital stay, mom and baby return to Sally's. In most cases they return to group quickly and are welcomed by all of the other group members who write a welcome note to the new family. We try to pair a first time mom with a mom who has other children as often as possible. The other moms and staff offer a great deal of support and respite. Everything from breast feeding/latching assistance to watching baby so mom can shower. House manager's cover one house."

AZWRC women are enrolled at Brandon Lee's ART OF THE SOUL. How has art therapy enhanced their lives and self esteem in recovery?



Art of Our Soul has given our women an outlet to express past and new-found creativity. They've had authentic experiences producing masterpieces they're proud of. The combination of a beautiful studio, partnered with a relatable instructor, sprinkled with the encouragement to be uniquely you, has proven to be the "blank canvas" the ladies need and appreciate.

How is AWRC funded?

Most of our clients are funded for clinical services through their AHCCCS plans or qualify for the Substance Abuse Block Grant. However, we rely on fundraisers, grants, and private donors to assist with scholarships for those who don't qualify for the state funded services and for any of the needs our children might have, such as school supplies, camps, and extra-curricular activities.

How can the community get involved? What is needed most?

The easiest way the community can get involved is to drop off or call us to pick up any clothing, gently used household items or toys. All of our housing

units are fully furnished with everything a family should need. When they graduate our program, as long as we have items to replace with, the family will take everything they have lived with in our program to their new home. Our goal is to minimize the transition challenges for our children. Their toys, clothes, beds, dressers they have used to call home for their 2-3 year stay — goes with them.

The Miracles of Sobriety

Holly Williamson summed up the miracles, "There are many stories of hope I have had the privilege to witness. They provide the fuel to continue the fight against active addiction. Stories range from women who were facing long term prison sentences, to being on the brink of losing their parental rights. Women who have not known a sober day for over 30 years, to women who have been plagued by night terrors when not using to anesthetize the pain of their trauma. Women who are undereducated making meaningful employment out of reach resulting in endlessly perpetuating the cycle of active addiction. Women who've experienced deep loss and struggle in their relationships across all dimensions. Women who are often both stigmatized and unseen."

And yet, there is happy news on the front lines of addiction work. Miracles happen when these resilient, worthy, smart, dynamic women choose recovery. Notably, this recovery choice is a process and not an event. It is a daily recommitment, which means the recovery journey is often a non-linear walk. Every time recovery is the choice, positive results are accessible and near. I have witnessed changed outcomes in each of the costs of addiction described above. I have seen more than one prison sentence commuted right at the 11th hour. I have witnessed women working tirelessly on their trauma express with deep emotion their gratitude to finally feel a sense of safety and at ease in their own skin. I have seen women with an 8th grade education level achieve their high school equivalency degrees and go on to pursue master's level education —ultimately gaining a sense of mastery they never thought was accessible to them. One of the greatest miracles is to see a mother reconnect with her children, providing them with safe and secure attachment, love and connection. In these ways and more, these women begin to change generational patterns of addiction stories by showing their children the complex beauty and possibility of a life of recovery."

Learn more about Arizona Women's Recovery Center
www.arizonawomensrecoverycenter.org

To donate call 602-264-6214

The Rewards of Sobriety

"Arizona Women's Recovery Center paved the way for me to thrive in life. I came in broken and hopeless merely existing in the world. I transitioned into the real world with a sense of confidence I had never felt before. Today I am a Mom, a student, an employee, and a daughter and I'm full of hope for the future."

— Carissa



"I went from being neglected, abused, terrified, feeling unloved or wanted, so I turned to alcohol and drugs to feel something else, even if it was to feel nothing at all, it was better than what I had become.

At Arizona Women's Recovery Center, I received acceptance of who I was. I was loved until I was able to love myself. I was encouraged to have goals I never even thought were possible, like going back to school. Today I have my GED, certificate from college, my state peer support certificate, and I'm a BHT. I am a proud single mother since 2007 when I came to this program and for the last 10 years I have the gift of being able work at AWRC and help other women in recovery! — Aundrea

Parent’s Guide to Teen Depression

It isn’t always easy to differentiate between normal teenage growing pains and depression. Recognize the signs and symptoms and best help your child.



Teen years can be extremely tough and depression affects teenagers far more often than many of us realize. It’s estimated that one in five adolescents from all walks of life will suffer from depression at some point during their teen years. However, while depression is highly treatable, most depressed teens never receive help. Teen depression goes beyond moodiness. It’s a serious health problem that impacts every aspect of a teen’s life. Fortunately, it’s treatable and parents can help. Your love, guidance, and support can go a long way toward helping your teen overcome depression and get their life back on track.

While occasional bad moods or acting out is to be expected during the teenage years, depression is something different. The negative effects of teenage depression

go far beyond a melancholy mood. Depression can destroy the essence of your teen’s personality, causing an overwhelming sense of sadness, despair, or anger.

Many rebellious and unhealthy behaviors or attitudes in teenagers can be indications of depression. The following are some the ways in which teens “act out” in an attempt to cope with their emotional pain:

Persistent negative mood. Frequent crying due to an overwhelming sense of hopelessness. Teens with depression may not necessarily appear sad, instead, irritability, anger, and agitation may be prominent symptoms.

Problems at school. Depression can cause low energy and concentration difficulties. At school, this may lead to poor attendance, a drop in grades, or frustration with schoolwork in a formerly good student.

Loss of interest in activities. Outside of school, your teen shows less enthusiasm for their favorite hobbies. They may quit a sports team or hobby, or withdraw from family and friends.

Running away. Many depressed teens run away from home or talk about running away. Such attempts are usually a cry for help.

Drug and alcohol abuse. Teens may use alcohol or drugs in an attempt to self-medicate their depression, and substance use only makes things worse.

Low self-esteem. Depression can trigger and intensify feelings of ugliness, shame, failure, and unworthiness.

Smartphone addiction. Teens may go online to escape their problems, but excessive smartphone and Internet use only increases their isolation, making them more depressed.

Reckless behavior. Depressed teens may engage in dangerous or high-risk behaviors, such as reckless driving, binge drinking, and unsafe sex.

Violence. Some depressed teens—usually boys who are the victims of bullying—can become aggressive and violent.

Sudden changes in sleep and diet. Depressed teens may spend more time sleeping in bed than usual, or conversely, experience insomnia. You may also notice that your teen is eating more or less than normal.

While depression can cause tremendous pain for your teen—and disrupt everyday family life—there are plenty of things you can do to help your child start to feel better. The first step is to learn what teen depression looks like and what to do if you spot the warning signs.

Depression or teenage “growing pains”?

If you’re unsure if your teen is depressed or just “being a teenager,” consider how long the symptoms have been going on, how severe they are, and how different your teen is acting from their usual self. Seek professional help.

Suicide warning signs in depressed teens

Seriously depressed teens, especially those who also abuse alcohol or drugs, often think about, speak of, or make attempts at suicide—and an alarming and increasing number are successful. Take any suicidal thoughts or behaviors very seriously — this is a cry for help.

Gallus Medical Detox Centers

Medical Inpatient Detox for Drugs & Alcohol

Denver | Scottsdale | Dallas | Las Vegas | San Antonio

Transforming the recovery of acute substance use disorder patients by redefining inpatient medical detox as the best first step.

Gallus has developed a priority method that uses clinical expertise and evidence-based protocols to deliver inpatient IV & oral medication protocol-based detoxification.

Our Services

- Specialized fentanyl detox treatment
- Opioid detox treatment
- Alcohol detox treatment
- Benzodiazepine detox treatment and taper program
- Stimulant detox treatment
- High-dose methadone detox treatment
- Kratom detox treatment
- Polysubstance detox treatment

What We Offer

- Board certified physicians
- Highly qualified staff
- Industry leading experience
- Same-day admissions
- ADA-compliant and anti-ligature rooms
- 24x7 medical staffing
- Accept all major insurance
- Financing options available
- Aftercare plans
- Private rooms
- Queen size bed, 43” TVs, free Wi-Fi
- Access to electronics

www.gallusdetox.com | Admissions: 888.306.3122

Join our mailing list to have Together AZ delivered to your inbox each month.

Email info@togetheraz.com or barb@togetheraz.com

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

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

Moving Beyond Cravings

The effects of cravings can be overwhelming at times, and you may find yourself coming up with all kinds of excuses as to why you should start using again. It is so important to develop healthy coping skills to assist in combating these cravings and avoiding relapse. A few definitions are:

- A state where an individual is focused on acquiring a substance.
- The desire to use a substance given the opportunity.
- The psychological desire for the positive effects of a drug.

Learn to identify your triggers

The words ‘craving’ and ‘trigger’ are often used in the same vein, though they carry different meanings. A craving, is the actual urge or physical compulsion that occurs to make a person strongly desire something. A trigger, on the other hand, is anything an addicted person’s brain associated with getting “high” that may cause cravings or lead to relapse. Triggers can pop up anytime, without warning. They could be stress related to work, family and even depression and anxiety. A trigger could be just about anything that the person associated with using the drug or performing the activity that is the subject of their addiction. Learn your triggers... then avoid them at all costs

Recognize. The first step in recovery is to recognize and understand there is an addiction. This is the first step in managing triggers.

Avoid: Once triggers are identified, next is finding out how to avoid or remove them.

Cope: Lastly, once you figure out how to avoid triggers, it’s essential to find ways to cope with any negative emotions triggers may bring out. These can cause relapse and it’s important to know how to cope with them in order to stay sober during your addiction recovery.

Build a strong support group

Having a support system to lean on is one of the biggest contributing factors to success in recovery. A strong support system greatly reduces your chances of giving in to triggers and relapsing. It really helps to have at least one person who you know is in your corner, rooting for you and depending on you to stay on track. Anyone from your family to your friends to your significant other to your peer support group can hold you accountable — the more the merrier. Through recovery, it’s important to become aware of the fact that your addiction doesn’t just affect you, it has a negative impact on everyone who loves and cares about you. If you are like most people who have suffered from addiction, life before sobriety probably looked pretty grim. Write down all of the wonderful things you have been blessed with as a direct result of your sobriety. You may be surprised how many things come to mind when you are actively thinking in a positive way!

(Source: www.scottsdalerecovery.com)

CBI

COMMUNITY BRIDGES, INC.

Housing Our Homeless

Homelessness often results in substance abuse, and substance abuse and behavioral health issues can lead to homelessness.

Access to housing is fundamental to helping vulnerable men, women, and families rebuild their lives.

CBI housing programs include:

- Temporary
- Transitional
- Permanent supportive housing

People We Serve

- Individuals and families experiencing homelessness
- Pregnant or postpartum women with substance use disorders, and their children
- Survivors of human trafficking, and their children
- Veterans



**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/



Hope. Healing.

A LEADER IN THE INDUSTRY

Meadows Behavioral Healthcare is a network of specialized programs, including residential and outpatient treatment for **drug and alcohol addiction, trauma, eating disorders, sexual addiction, behavioral health conditions, and co-occurring disorders**, as well as a whole range of workshops and standalone Brain Centers offering state-of-the-art neurofeedback and other services. Our evidence-based approach is rooted in decades of clinical experience, with 45 years in the treatment field.

While our continuum of individualized treatment programs and services has an outstanding reputation for drug and alcohol recovery, we are known worldwide as the leader in addressing unresolved emotional trauma and addiction-related underlying issues. We uncover the patient's core issues through a holistic, bottom-up approach through multiple brain-level interventions.

As stewards of our patient's care and wellbeing, we take every precaution to ensure each patient receives the care they need giving them help and hope for the future. Give us a call today to either begin or continue your healing process.



MeadowsBH.com | Admissions: 833-749-4889

Wisdom from the Heart

By Alan Cohen

I was coaching a woman who had been out of work for a while. Then she was offered a job she really liked. “I feel guilty because I am so excited about taking the job,” she told me. “My spiritual studies tell me I am not supposed to want things.”

I told her, “It’s fine to want things, and even finer to enjoy them. You are not supposed to crave things in a way that makes you suffer because you don’t have them. How about if you reframe this job as a gift from the universe, affirming that you deserve to be happy?”

A big smile grew over her face. “That sure feels a lot better!”

A lot of my coaching work involves supporting clients to give themselves permission to live the life they would choose. One young woman told me, “I just got divorced and now I would like to have three boyfriends.” “Fine” I told her. “You can have as many boyfriends as you like.” She lit up.

A fellow told me he had an argument with his father and he didn’t want to speak with him. I told him, “You are allowed to not speak with your father if you don’t want to.”

A woman said, “I feel terribly guilty if I eat chocolate and drink coffee. I shouldn’t have so much caffeine.” I told her, “Beating yourself up for having caffeine is far more harmful to your spirit than having caffeine. Can you just enjoy having it when you do?”

My intention was not to encourage these clients to do things that hurt them. My intention was to support them to move with the current energy and not squash their happiness with externally-imposed edicts. When we give ourselves permission to follow our joy, we eventually reach our highest guidance and achieve a state of balance.

The woman who wanted three boyfriends came to me a few months later



and told me, “I dated a bunch of different guys and decided I just want one partner.” The fellow who didn’t want to talk to his father reported, “After a while, I missed my dad and we had a good talk.” The lady who resisted caffeine told me, “When I quit judging myself for having caffeine, I relaxed, I got uptight less, and I wanted caffeine less.”

Take a moment now and consider, “Whose permission do I think I need to live the life I choose?”

Are you waiting for approval from your parents? Your spouse? Your religion? The government? Your culture? Your friends? Ultimately, the permission you are seeking is your own. When you trust yourself, other people’s opinions matter far less than your inner guidance.

We are living at a time when judgments are rampant. Many people are motivated by fear, and as a result, they have all kinds of emotionally-charged ideas about what you should do. None of them matter, especially when they are motivated by fear. People who are afraid to do not see clearly, and they are incapable of making healthy decisions for their own lives, let alone yours. It takes a person of character and integrity to look within for answers rather than depend on others to dictate them to you.

When you follow your joy, your inner light shines at maximum strength, and you become a model for others to do the same. The world needs more lighthouses. That would be you.

Alan Cohen, M.A., is the author of 28 popular inspirational books, including the best-selling The Dragon Doesn't Live Here Anymore, the award-winning A Deep Breath of Life, and the classic Are You as Happy as Your Dog? He is a contributing writer for the New York Times #1 bestselling series Chicken Soup for the Soul, and his books have been translated into 25 foreign languages. Alan's radio program Get Real is broadcast weekly on Hay House Radio, and his monthly column From the Heart is featured in magazines internationally. <https://www.alancohen.com/>

Investing in Prevention Makes Good Financial Sense

By Dr. Nora Volkow

You can't put a dollar value on the losses American families have suffered due to the addiction and overdose crisis.

A life lost to overdose is irreplaceable, and the costs to happiness, success, and well-being of those living with addiction are similarly overwhelming and incalculable. Yet, funds are finite, and public health decisions do carry cost implications. When policymakers and community leaders can translate the human benefits of effective treatment and prevention measures into some quantifiable return on that investment, it can be a lever to shift public health policies.

Recently in the journal *Prevention Science*, a group of researchers funded by the National Institute on Drug Abuse (NIDA) published an analysis of the costs to North Carolina health-care payers for hospital charges potentially relating to higher-risk behaviors in patients aged 9-18 (i.e., pre-adolescents and adolescents) in 2012. Charges included care for injuries from violence, accidents, or poisoning; care relating to sexual activity, substance use, or psychiatric disorders; and charges related to suicide or self-inflicted injury.

The researchers found these charges totaled more than \$327 million, accounting for more than 10 percent of all hospital-related charges. The higher-risk behaviors associated with these costs are preventable with psychosocial interventions, including family-based prevention programs. Pediatricians and family therapists surveyed in the study supported screening and referral to prevention, but cited possible challenges to reimbursement for these services as well as lack of training and lack of referral networks to/from each other. Pediatricians also cited concerns over patients not following through with referrals, suggesting that having family therapists working in pediatric clinics could help.

PRIMARY PREVENTION—including screening and intervention before negative health outcomes occur—is relatively inexpensive, and the higher-risk behaviors it is designed to reduce are so costly to the healthcare system it is staggeringly wasteful not to make sure that screening and treatment referral are readily implemented and faithfully reimbursed by insurers and that interventions are convenient for parents and their children.

Reducing higher-risk behaviors would lessen burden across many sectors of society, not just healthcare, which was the sole focus of the newly published analysis. Greater investment in preventing such behaviors in youth would yield savings across public safety and the criminal justice system, behavioral health, education, and so on.

This is a common theme in the research on the benefits and costs of prevention. Some programs designed to prevent teen substance use and other behavioral problems have been found or estimated to be stunningly good investments. An early childhood intervention called Nurse Family Partnership, in which specially trained nurses periodically visit first-time mothers during their pregnancy and first two years of their child's life, was shown in an analysis by the Washington State Institute for Public Policy to save taxpayers \$2.88 for each dollar invested; the same analysis found that a component of an elementary-school-based intervention called the Good Behavior Game saved taxpayers \$25.92 for each dollar.

Fentanyl is permeating the illicit drug supply causing ever-greater numbers of overdose deaths.



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.



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

Another example is the *Communities That Care* prevention system, developed three decades ago and the subject of many randomized trials that follow participants well into adulthood. Communities That Care is not a single prevention intervention but a structured approach that helps communities utilize their resources most effectively to address identified risk factors for substance use, aggression, and other problems in youth. One recent analysis showed that an approximately \$602 investment in each child (adjusted to 2017 dollars) had yielded an estimated \$7754 in savings by the time participants were age 23—a \$12.88 return for each dollar invested. The researchers estimated that those savings were distributed among individuals/families themselves, taxpayers, and other stakeholders. The return was well over twice as great when the downstream economic benefits of completing college—more likely among those receiving interventions—was factored in.

Prevention is needed now more than ever!

Fentanyl is permeating the illicit drug supply and causing ever-greater numbers of overdose deaths. It is increasingly found in counterfeit prescription pills, which are liable to be taken by youth and other people with no previous exposure to opioids. In 2020, for the first time, fentanyl overdose deaths in teens spiked to nearly double the rate it had been in previous years.

Communities, schools, and healthcare systems already have scientifically well-supported tools at their disposal to help prevent substance use and other related mental illnesses and risk behaviors in adolescence, but sadly they are seldom implemented. Even if an intervention can be shown in a trial to produce benefits, it cannot be expected to make a positive impact if it is not easily scaled up in a variety of real-world settings adaptable to the needs of different communities. For this reason, developing and testing interventions that can be adopted and sustained is an important part of NIDA's prevention research portfolio. While investment in prevention doesn't show immediate returns, playing the long game and investing in prevention interventions can save lives and dollars.

Nora D. Volkow, M.D., became Director of the National Institute on Drug Abuse (NIDA) in May 2003. Dr. Volkow's work has been instrumental in demonstrating that drug addiction is a brain disorder. As a research psychiatrist, Dr. Volkow pioneered the use of brain imaging to investigate how substance use affects brain functions.

(Source: <https://nida.nih.gov/>)

Brough Stewart, MC, LPC, NCC

15455 N. Greenway Hayden Loop
Suite C-9
Scottsdale, AZ 85260
602-316-3197
brough@broughstewart.com
www.broughstewart.com



Stewart Counseling Services
HELPING YOU REACH YOUR POTENTIAL



Teen Challenge
ARIZONA

Teen Challenge
Helping Youth, Adults & Families



Rev. Jim Moyer, Director
PHOENIX TEEN CHALLENGE

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



STAY CONNECTED



TOGETHER AZ 602-684-1136

OUR PARTNERS

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 Access to Care 877-931-9142

Cohn Media 866-578-4947

Gallus Medical Detox 888-306-3122

Gifts Anon 480-483-6006

The Meadows 800-632-3697

Meadows Ranch 866-390-5100

MensTeen Challenge 520-792-1790

Mercy Care 602-222-9444
/800-631-1314

Psychological Counseling Services (PCS) 480-947-5739

Rio Retreat Center 800-244-4949

Scottsdale Recovery Center
888-663-7847

Sierra Tucson 800-842-4487

Sierra at Scottsdale 844-749-1567

Valley Hospital 602-952-3939

Teen Challenge AZ 800-346-7859

River Source 480-827-0322

Scottsdale Providence 480-210-5528

TERROS Health 602-685-6000

Therapists/Interventionists/Coaches

Dr. Marlo Archer 480-705-5007

Carey Davidson 928-308-0831

Dr. Dina Evan 602-571-8228

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

E: barb@togetheraz.com

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



Resources & Helplines

| | |
|--|---------------------|
| 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 |
| NDMDA 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 |



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



SCOTTSDALE RECOVERY

RECONNECT • REBUILD • RECOVER

ARIZONA'S PREMIER ADDICTION TREATMENT FACILITY

888.663.7847

www.scottsdalerecovery.com

