

# TogetherAZ

September 2022

Inspiring Success on the Road to Recovery

## “Community Bridges Inc. Celebrates 40 Years of Maintaining The Dignity of Human Life”

**F**ounded in 1982 as the East Valley Addiction Council headquartered out of a single location in Mesa, Community Bridges Inc., has evolved across four decades into one of the premier agencies in Arizona for the treatment of addiction and behavioral health concerns.

In the early days, what was then known as EVAC was staffed by fewer than 30 employees, many of whom were in recovery themselves, along with volunteers from local 12-step meetings, 12-step fellowship clubs and individuals impacted by the addiction of family and friends. Today, what we now call CBI operates 42 sites and employs more than 1,500 team members statewide. Over the past 40 years, CBI has touched the lives of literally millions of Arizonans.

In 2022, as CBI celebrates a landmark anniversary, our team has never been more deeply committed to the organization’s core mission: To maintain the dignity of human life. CBI’s purpose 40 years into our existence is much the same as it was four decades ago:

At the heart of CBI resides a culture of lived experience. As a fully integrated healthcare provider delivering a full range of behavioral health services, our team is populated by leaders, healthcare professionals, support personnel and community educators who themselves have known the challenges created by addiction. That has been the case from Day One of our operations. CBI has long benefitted from opening our doors to those who thought all doors were locked. Realizing recovery is possible, CBI looks for the good each person is capable of contributing. Here, we have long lived the credo that, given the right circumstances, a troubled past can lead to a bright future. CBI employees have many success stories but more importantly “they” are the success stories.

Because so many of CBI’s employees have “walked the walk,” we have unique insight and rapport with those we seek to serve and to help. Daily assistance; whispered words of encouragement; a non-judgmental source of hope; a lead on a job or a safe place to call home – at CBI, we work to provide every resource necessary to help those who need it with a light along the path to recovery and wholeness.

On this 40th anniversary, as we look back to see how far CBI has come and we look ahead at the myriad needs we seek to address, this year has been full of thanks and gratitude: For past leaders like the visionary Dr. Frank Scarpati, who elevated CBI exponentially in his years at the helm, and for the many donors, partners and employees who make what we do possible in communities from Yuma to Phoenix to Springerville, Tucson to Payson to Winslow.

Where human life is at risk and where those struggling with behavioral health concerns need assistance, CBI will give our every effort to be there and help Arizonans find peace, safety and quality of life.

Day in and day out, CBI works to evolve as our state and its residents evolve – and to make the next 40 years as successful as the past 40 have been. Our evidence-based continuum of care is a thriving, ever-expanding set of services, as CBI’s doctors, nurses, addictionologists, psychiatrists, clinicians and peer navigators innovate new and better solutions for those in recovery. The CBI of 2022 is a far cry from the organization’s early years operating out of a single location in Mesa. Today, our crisis mobile teams meet those at risk in streets in counties across Arizona. We provide shelter to women and children at risk. We serve veterans dealing with serious mental illness, shattered families in need of transitional housing, and we offer in-patient psychiatric care and addiction treatment to all in crisis.

From helping to lead the fight against Arizona’s opioid epidemic to working shoulder to shoulder with public safety workers on the frontlines of our communities, CBI’s present remains focused on maintaining the dignity of all we encounter, even in life’s darkest moments. The spirit of recovery is infused throughout every level and every department of the organization. This starts with the patients who are walking through the doors for the first time and continues to the patients who are walking through the doors for the 100th time.

We are the extended hand in a moment of need. We are caregivers who offer healing without judgment. We are a family, a team, committed to every Arizonan. Here, we maintain the dignity of human life by denying no one and providing a second chance to all in need.



*“We strive to be an agent of positive change in our communities — one life at a time, one day at a time.”*

Photo: iStock.com

***Celebrate. Believe. Inspire.***

That’s CBI at age 40. Here’s to the next 40 years of serving our community.

Learn more at [communitybridgesaz.org/](https://communitybridgesaz.org/)





# Publisher's Note

By Barbara Nicholson-Brown

## Sharing Hope, Sharing our Stories

This month, people from all walks of life in recovery celebrate their successes across the nation. ([www.samhsa.gov/recovery-month](http://www.samhsa.gov/recovery-month))

Sharing our stories connects us to each other with a common thread. And, we never know who might need the glimmer of hope our story provides. Addiction is a disease of isolation — those who continue to struggle need to know they are not alone. Storytelling helps reduce the stigma that continues to surround this disease with a clear message — Recovery is Possible. Recovery is Real.

Thank you to Erik, Andrea, Chris and Lindsay for publicly sharing your recovery story with us. You are inspirations!

In the coming months *Together AZ* will expand our focus on our younger population. Kids of all ages face numerous challenges and pressures, from mental health issues, anxiety, to addictive behaviors. By providing informative articles and resources, family members can connect with treatment, resources, and services to begin the recovery journey. (see page 6)

Want to share your recovery story? Email: [barb@togetheraz.com](mailto:barb@togetheraz.com).

*Congratulations Community Bridges on 40 years  
providing behavioral healthcare services across Arizona!*



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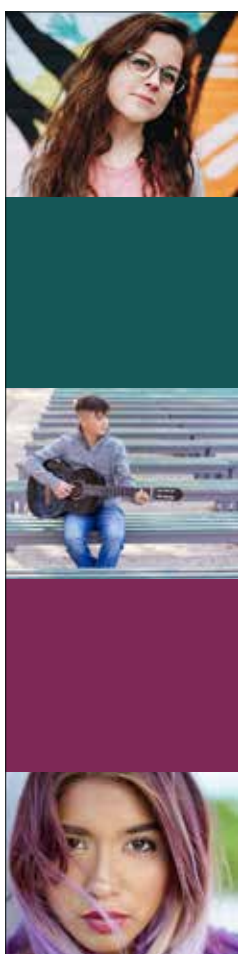
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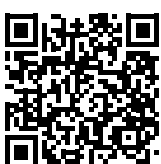
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## [i]nspired peer program by notMYkid®

**[i]nspired Peer Program** is a peer-based program that aims to support teens and young adults navigating daily pressures, substance use disorder and mental health challenges. The program creates peer to peer engagement with the goal of providing drug and nicotine prevention resources, inspiring confidence, creating resilience, and improving overall safety and well-being. The program will foster leadership skills and provide parent coaching and support.

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# RECOVERY IS FOR EVERYONE

Every Person. Every Family. Every Community.

Now in its 32nd year, Recovery Month celebrates the gains made by those in recovery, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

Each September, Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible. When we share our story with others we help to reduce the stigma and we inspire others on the road to recovery.

### Sobriety Date: 08/19/2021

#### 1 Year

Over the last twelve months I have committed to a life of positivity and productive living. In doing so I have taken a position working in recovery, but the journey has not been easy. There have been many hurdles I have had to jump thus far. A year ago, I was sitting at rock bottom without any hope of recovering from my disease. I had been battling untreated mental illness my entire life. This was compounded by the crippling weight of traumatic events that tainted my life up until that point.

Scottsdale Recovery Center, my saving grace, truly gave me a new life. A life I could be proud of. I have since learned the tools needed to continue my success and journey through life. Over the past year, I have been able to spread my wings, live a happy life, and truly understand what freedom is. After finding out what was causing my weakness and peril, I was able to tackle my demons. This led to me finding the perfect position at the treatment center that saved my life. This helps me stay sober and continue bettering myself via helping others find their grace and personal value. Being of service to others has helped me further my own recovery as well as process many of the traumatic events of my past, make amends, and regain a place in my family. Overall, I hope my story helps someone else get the help they need whether it be mental health or drug addiction.

Lindsay Colamussi

### Sobriety Date: 8/14/2018

#### 4 Years

In August 2018, I made the decision to get help by enrolling in a substance use treatment program. I had to make a change in my life, and it was the best decision. It was not easy, and I worked hard to ensure I would be successful in recovery. I am grateful for everyone that supported me during that challenging times in my life and it gave me a new positive outlook on life.

After completing treatment, I made a career change into behavioral health, working for Scottsdale Recovery Center in January 2019. It is a career path that allows me to share my story and help others on their road of recovery. My new recovery lifestyle consists of eating healthy, exercising regularly, dedicating more time for self-care, setting realistic goals, and staying connected to the community. These changes have reduced the my stress, improved my self-esteem and has encouraged me to be a role model for others. These are the keys to my success.

Recovery is my top priority; I surround myself with good people and healthy habits. I created a new healthy routine that keeps me from falling back into old habits. I've built a new life around recovery that provides me with opportunities to help others succeed. I do not let my past mistakes interfere with my future and I live a life that is happy, joyous, and free.

Andrea Dermott

### Sobriety Date: 5/10/2021

#### 1 Year

When I thought that I had no chance of gaining my full potential in life, I found my way into the rooms. My recovery journey began in treatment at Scottsdale Recovery Center two and a half years ago, and continues with a relapse that set me back another year of kicking rocks on the streets, but, when I least expected it, God had a better plan for me. Through no will of my own, I began a new life of recovery. Though it may be easy to get clean and sober, staying clean and sober through all the challenges of life is the true journey. At this point, I realized I could not face defeat and disappointment alone, and by remaining willing, God has granted me healing through unity and spiritual fulfillment.

For the first time in my adult life, I have made a commitment to myself and to the world in which we live. In this commitment, I have accepted and learned to clear the wreckage of my past I have caused, that has haunted me and held me back from rebuilding my life, repairing my relationships, and, most importantly, restoring my sanity.

In this commitment to living a life on principles, sobriety has provided me with the security I only once thought could be achieved through isolation and the delusions of active addiction. I now know there is no pain in life I cannot face with a clean mind and a clear conscience. Thank you, God, for this daily reprieve.

Chris Carabajal



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## ABC's of Recovery Month

### *It raises awareness*

It recognizes the strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

### *It helps people*

This month helps people by giving them the support they need. It educate and informs people and saves many at-risk people.

**RECOVERY IS FOR EVERYONE**  
Every Person. Every Family. Every Community.

### *It reduces the stigma*

It celebrates individuals during their long-term recoveries. It lowers the stigma associated with addiction and provides countless avenues of support for those in need.

**Stay connected and current on what's trending in behavioral health and addiction recovery.**

**Join our mailing list!**  
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# It's All About You!

By Dina Evan, PhD

It's National Recovery Month, and what I think of first is that every month ought to be named **Your Recovery Month!** National Recovery month begins with the awareness that recovery for you, for those you love and for your community begins with you.

This morning I spent an entire session teaching a client the difference between self-love and selfish. Our community, in fact the world, appears very confused about this issue. One place for getting a bit of enlightenment is to imagine your child self, sitting beside you and you telling him or her "Forgive me kid, but I am going to make your life pretty miserable at times as you grow up because no one ever taught me what self-love looks like." It's true. We are taught selfishness.

This disease of selfishness has infected our politics, our commercialism, our health decisions and medical community, our addictions, our consumerism and on and on. We even label self-love as selfish, and we disrespect our own boundaries, or own bodies and values in order to prevent, or so we tell ourselves, hurting others. If we lived in a family where everyone was/is addicted to something, we no doubt worried about whether we would lose their love, or be judged if we gave up our own addictions. And sometimes, sadly, we did lose those we love.

**"Owning our past also requires self-love and that means not being cruel, disparaging or unloving to our core self."**

### Let's get clear with a couple of definitions

*Webster's* definition of selfish is a person, action, or motive lacking consideration for others; concerned chiefly with one's own personal profit or pleasure.

The definition of self-love is regard for one's own well-being and happiness (and my addition, boundaries). It is chiefly considered as a desirable, emotionally healthy rather than a narcissistic characteristic. In addition, the lack of self-love may be the first step toward alcoholism and self-love, the first step toward recovery. In other words, self-love is not selfish, it's actually the very basis for and key to recovery!

So what does self-love consist of? First of all, it's about the lack of judgment for one's self. That means being mindful about your self-talk and the judgments we have for ourselves. For instance, all the negative stories we tell ourselves and others about who we are or have been. Owning our past also requires self-love and that means not being cruel, disparaging or unloving to our core self. The neuro-nets in our brain hang on to those messages and we treat ourselves harshly because of those messages. They become our reference point for how we see and treat ourselves.

### Self-love is about being kind to ourselves

If you would not say the same things to a friend that you are saying to yourself, perhaps it's time to check in on yourself-talk and change it. It is time to change that self-talk if your answer was no and, there is no perhaps to it.

Self-love is about respecting your own boundaries and the boundaries of others. It's about understanding that you not only have the right in the past to have made mistakes and accept that you will make mistakes, including honest ones, in the future. Hopefully not the same mistakes, but mistakes, none the less. You also have the right to forgive yourself and others when it happens. Self-love is about compassion and the understanding that we are all works in progress.

Self-love is also about having a sense of our own humanity and the truth that no one is perfect and we are all still changing and evolving in our level of consciousness. In our entire life have you ever met a flawless, perfect human being? Criticism diminishes your spirit, it does not empower it. It's not a helpful tool. The motivation to continue growth and positive change in your life comes from positive self-talk.

So this is a special month. And it's the perfect month for celebrating your recovery. So sit down, imagine your child self-right beside you. Notice what he or she is wearing. Get a clear picture and lovingly say to him/her, "No worries honey. I have your back and mine. Thanks for forgiving me and let's go celebrate National Recovery Month together" Then just breathe.



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



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...And though perhaps he came to scoff,  
he may remain to pray

By Erik Olson, Peer Support at notMYkid



The first time I got high was at the age of 15. At the moment I inhaled, the fear of other people left. I felt confident, social and in tune with my friends. I knew freedom and happiness. In a moment's notice, I realized that weed was doing for me what I could not do for myself.

The first serious consequence came three years later with my suspension from High School during senior year. I had been caught with a drug test. My principal explained to me if I was caught again, I would be expelled from school. A sane person might

have taken this message and turned around their behavior. At the early age of 17, I had lost the power of choice in the matter and I would continue to get high for the rest of senior year.

Hospitals, treatment and psych wards

For my early late teens and early twenties, I bounced in and out of hospitals, treatment centers and psychiatric wards. It was clear — weed was no longer granting me the power that it used to but I could not let go. If I let go what was I going to hang onto? I would lie to my doctors and therapists. I was sure they would not understand my thoughts, feelings and motivations. I would only do half of what my doctors told me to do. What work I did, I did with the hope that one day if I could just get rid of this feeling and become “normal” then I would be able to smoke weed, drink alcohol and party like a “normal” person.

On August 22nd, 2020 I was given my last attempt at treatment and this time I would spend a year living with other young sober people afterwards. At the age of 22 a year seemed like an eternity.

I was introduced to a fellowship of other young people who had recovered from their own addictions. I argued with them that I must be different. After all I had only smoked weed and they had done much worse things. I came to realize that regardless of the drug consumed, the way we all used them and the feelings we felt were the same. I insisted they must be miserable, pathetic people who secretly continued to get high or drink. I came to realize that, in fact, I was miserable and pathetic even though I was still getting high. I looked on them with contempt.

They opened their arms to me. They shared openly with me about what happened to them and how they had been freed from their addictions. Even though I was not fully sold on what they were suggesting, I was sure that I trusted them. They seemed to be enchanted people.

Not too long after, I sat in my car on the side of a highway after having made an amends to a family member I had harmed in my addiction. I looked at the sunset and realized I had found a new freedom and a new happiness. I did not regret my past. My fear of people had left. I felt connected with a new group of friends. I realized, in that moment, that I was taken care of; that something new was doing for me what I could not do for myself. Although I had come into recovery with all the cynicism, contempt, bitterness and hostility of a scoffing man, now as I approach the end of my second year in sobriety I face the future with the hope, reverence, serenity and courage of prayer.

In my role within the Peer Program at notMYkid, I get to be the non-judgmental, listening hopeful voice for young people all across Arizona. I've gotten to experience the joy of young people rising into their own recovery and passing that same voice along. As our young people become addicted earlier and earlier, it will be younger and younger people that can meet them where they're at with the message of hope that has been handed down for many years. [www.notmykid.org](http://www.notmykid.org)

# Back-to-School Tips for Parents and Teens

Newport Healthcare



Heading back to school can be stressful in any year. But this fall, with teen anxiety and depression at all-time highs, it's important have a toolkit of back-to-school tips for parents and teens. Here are some healthy coping strategies that can help the whole family adjust to the school year with less stress.

How to Prepare for Back to School

Back-to-school preparation usually includes shopping for notebooks, backpacks, and something special to wear on that first day of school. But a checklist of how to prepare for back to school should include tools for navigating the stressors that come with the transition into the school year.

1. Create a routine to reduce stress during the school year.

Establishing structure and routine is an essential part of back-to-school

preparation. After summer vacation, it can be difficult to adjust to a schedule, particularly for teens who have been up late at night and staying in bed all day. To head off the stress start establishing structure before the first day of school. The week before school, consider scheduling some structured activities for teens or the whole family that require earlier wakeup times. If your meal schedule has been topsy-turvy, get back to a more regular routine, with earlier breakfasts and a set dinnertime for the whole family.

2. Remind teens they can use their natural strengths to make the transition easier.

Teens have natural strengths and talents, and can use them to address obstacles that arise during the back-to-school transition. If they're good at logical thinking, they can use reason to solve concrete problems that might come up. If they're creative, they can use that ability to be creative about back-to-school preparation or how calm their anxiety about school.

3. Help teens focus on the positive, while acknowledging what didn't go well.

Looking at the positives of a situation can help teens feel better about life in general. While it's important to avoid toxic positivity, paying attention to the good things in life helps build resilience, according to research. In one study, people who wrote lists of things they were grateful for had higher levels of well-being. For the first week of school, parents can ask teens to share three things that went well that day. And talk about the not-so-good things. Validate what didn't go well, and encourage them to recognize the positives.

4. Breathing exercises can be a powerful back-to-school tip for teens.

Using the breath is a back-to-school tip for teens they can activate at any time, and experience immediate positive effects. Research shows breath awareness is one of the most effective and accessible tools for self-regulation and calming

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**SIERRA TUCSON®**

Where Change Begins®

## National Recovery Month



## Sierra Tucson treats the entire person to solve the entire problem.

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

Many people battle addiction and mental health conditions at the same time. Sierra Tucson utilizes a trauma-informed approach to deliver positive outcomes. We use a comprehensive and holistic program that integrates various interventions to treat the entire person — mind, body and spirit — to solve the entire problem. The treatment modalities utilized within the Addiction Recovery Program are evidence-based and support each resident's capacity to achieve wellness.

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

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# Empathy for Self



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

Carl Jung is famous for formulating the concept of the shadow, the portion of our personality which through the course of our life is relegated to the darkness of the unconscious. When we come face-to-face with our darker side, we use metaphors to describe these shadow encounters like facing our demons or dealing with our dark night of the soul. Addicts talk about the shadow side as Dr. Jekyll and Mr. Hyde. It is revealed at the end of the novel that Jekyll and Hyde are the same person, with Jekyll transforming into Hyde via an unnamed chemical concoction to live out his darker urges.

Even though addicts feel awful about their behavior, it is common to act out as a way to avoid facing the carnage of pain and shame surrounding the dark side of their actions. One of my brothers died from alcohol and cocaine abuse. I remember him telling me he would lay awake many nights smoking cigarettes, tossing and turning trying to avoid the shame of his addictive behavior which only triggered more of the same conduct.

## “I want what I want when I want it”

Regardless of it being perceived as minor or major, everyone has a dark side that has offended someone. It is expressed through the mentality of “I want what I want when I want it”. The process of clarification is a necessary exercise toward cultivating empathy toward yourself and those who you have harmed.

■ *“Begin separating truth from fiction in the voice of shame. With your wise mind, clarify the ounce of truth in the pound of criticism.”* ■

Clarification is a way to expose the narcissistic offending part of your life. It is developing the capacity to tell on yourself about ways that you have hurt yourself and others. There is a certain “unbrainwashing” undertaking that occurs with the clarification process that is healing.

Addicts in recovery learn to separate their addictive behavior from their sense of self. They learn *they are not their behavior*. Addicts achieve this separation of behavior from self by learning to identify their feelings (shame, loneliness, fear etc).

Clarification is a way of observing the way you think of thoughts about your feelings. In order for this to be helpful you must develop an awareness of a “wise mind” with the capacity to recognize divergent thoughts and separate behavior from the essence of self. It is easy for addicts to lose themselves in conflicting thoughts.

## You are not your feelings

As an adult, feelings are meant to help increase awareness and to inform about needs that must be met in a healthy way through caring actions.

Until you cultivate and practice this distinction, shame will convince you what you do is who you are and most likely as an addict you will succumb to more addictive behavior.

Learning to think about your own thinking is a process that fosters clarification. Establishing a strong sense of self-esteem is necessary to create clarification. Transforming mistaken beliefs with powerful affirmations is predicated on addressing past traumatic experience that molded mistaken beliefs during critical childhood development. This process is necessary to developing clarification.

Rather than avoiding the powerful feeling of shame, practice recognizing its voice and presence. Begin separating truth from fiction in the voice of shame. With your wise mind, clarify the ounce of truth in the pound of criticism.

As you clarify and separate your behavior from your sense of self, you are empowered to direct the shame away from your essential being and on to the hurtful behavior. Clarification helps to “unbrainwash” your perspective from thinking of yourself as a piece of s--- into recognizing you have engaged in shitty behavior which is an aberration to who you are as a person. You are not your shame. Practicing clarification helps you return to your center of reality and vision of personal destiny. To do this you must practice ignoring the voices of shame.

Bathing yourself in affirmation and taking action as if you are the destiny you hope to fulfill is a clarification practice that requires training and conditioning. You must recognize — no matter what you do you are an unrepeatable miracle of the universe. This practice conditions the mind to transform shame about addictive behavior into acceptance and empathy for self. You begin to feel comfortable in your own skin for the first time.



For 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 information on PCS, visit [www.pcsintensive.com](http://www.pcsintensive.com)

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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.

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Publisher, Together AZ



**A Community for Healing After Suicide or Addiction Loss**  
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Back to School from page 6

the nervous system. Breathing slowly, while we focus on each inhale and exhale, activates the parasympathetic nervous system (the “rest and digest” or “calm and connect” system). The sympathetic nervous system (“fight, flight or freeze” system) takes a step back. Breath can be a powerful vehicle for carrying us through challenging emotions and situations. For teens during the school year, that might be a math test, sports practice, a music recital, a first date, or a confrontation with peers. For teens with social anxiety triggered at school, it may be helpful to use conscious breathing several times throughout the day.

Square Breathing Exercise

Sit comfortably in a chair, feet on the floor and hands in your lap.  
Inhale slowly through the nose for a count of four, allowing the air to fill your belly.  
Hold the breath in for a count of four.  
Exhale slowly through the mouth for a count of four.  
As you breathe, visualize a healing blue or white light washing over your body. Finally, hold the breath for a count of four. Repeat the sequence for four minutes. Repeat the exercise for four minutes, four times a day.

5. Communicate with your child.

Another critical back-to-school tip for parents who want to know how to reduce school stress: Talk to your teen! During the hustle and bustle of the school year, real communication can fall by the wayside. It’s hard enough to keep each other updated on the logistics, not to mention having meaningful conversations. An ongoing, meaningful connection between kids and parents is one of the most powerful factors in supporting teen mental and physical health. That means communication in which teens feel free to open up with parents about what they’re thinking and feeling.

6. Learn the difference between normal anxiety about going back to school vs. a teen anxiety disorder.

Feeling nervous about going back to school is a normal reaction, particularly after the unpredictability of the last few of years. Back-to-school tips help both parents and teens navigate the new school year more easily. Over time, teens’ fears and anxiety over school should abate. If they do not, a professional assessment may be the proper next step. Anxiety resulting from a specific set of circumstances and events, such as returning to school, has the potential to progress into a teen anxiety disorder.

Symptoms of an anxiety disorder include:

- Recurring feelings of worry and dread about back-to-school prep or other upcoming challenges
- Irritability and anger
- Focusing on negative thoughts and outcomes, known as “catastrophizing”
- Difficult concentrating
- Loss of appetite or other types of disordered eating
- Trouble sleeping at night
- Stomach aches or headaches without any apparent cause
- Nausea, sweating, and shaking (particularly associated with social anxiety and acute anxiety)
- Panic attacks.

7. Change the way you think about stress.


The stressors of the last two years have drained both teens’ and parents’ emotional resources. And the school year will likely bring with it a new set of stressors. Can we look at stress in a new, more positive way? Stress can serve as inspiration and fuel to help us get things done. A Harvard study found people who viewed stress as a motivation for better performance, did better on tests and managed their stress better than those who tried to ignore it. However, it’s essential to take “stress breaks”—times when you consciously relax and release tension throughout the day. One of the best back-to-school tips for parents is do these practices alongside their teens. The whole family can take a stress break together, and each individual family member can come up with their own preferred ways to de-stress.

Treatment for Teen Anxiety

If teens are experiencing ongoing anxiety or panic attacks, or refusing to go to school, it’s time to access additional support. A mental health professional can assess the underlying issues and help teens heal the root causes of anxiety and build healthy coping skills.


Newport Academy’s clinical model provides specialized treatment for teen anxiety. In addition, because teen anxiety in school typically impacts students’ overall growth and development, we support them to regain lost ground in social-emotional learning, executive function, and specific subject areas. Contact Newport Healthcare to learn more. [www.newportthehealthcare.com](http://www.newportthehealthcare.com)

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The Fentanyl Crisis: Awareness and Prevention

By Marianne Gouveia, Founder, EricsHouse

August 21st was national Fentanyl Awareness and Prevention day, created by the US DEA to help raise awareness around the Fentanyl crisis in our country. Fentanyl is a synthetic opioid 50 times more potent than heroin, and 100 times more potent than morphine. “It is the single deadliest drug threat our nation has ever encountered,” said DEA Administrator Anne Milgram. “From large cities to rural America, no community is safe from the presence of fentanyl.”

**Quick facts:**

- Criminal drug networks are mass-producing fake pills and falsely marketing them as legitimate prescription pills to deceive the American public.
- Counterfeit pills are widely available, and law enforcement and their partners are seizing deadly fake pills at record rates.

*continued next page*



## Empowering women in recovery for a healthy family and hopeful future

AZWRC is 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.

<b>WELDON HOUSE</b> For women in recovery and their children	<b>SALLY’S PLACE</b> For pregnant women and infants	<b>LEGACY HOUSE</b> Short-term, supportive housing for women in outpatient treatment program	<b>HER HOUSE</b> For women in recovery
<b>TERRY’S PLACE</b> Coparenting women		<b>THELMA’S HOUSE</b> Transitional housing for women and children	

Treatment | Housing | Education

602-264-6214 [arizonawomensrecoverycenter.org](http://arizonawomensrecoverycenter.org)



# 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.**



*Fentanyl from page 9*

• Counterfeit pills are more lethal than ever before. The number of DEA-seized counterfeit pills with fentanyl has jumped nearly 430 percent since 2019. DEA lab testing reveals 2 out of every 5 pills with fentanyl contain a potentially lethal dose.

According to the CDC, an estimated 107,622 people in the US died of drug overdoses and poisonings in 2021, with 67 percent of those deaths involving synthetic opioids like fentanyl. Only two milligrams of fentanyl are a potentially lethal dose. Two milligrams are equivalent a few grains of salt.

Overdose deaths are the leading cause of death for Americans 18-45 years old. Fentanyl is involved in killing more Americans than any other cause of death including cancer, heart disease, and accidents. It is alarming that Fentanyl is responsible for more deaths in American youth than heroin, meth, cocaine, benzos, and prescription drugs. Our youth, ages 14 to 23 have the fastest rate of fentanyl-related deaths.

Drug traffickers are mixing fentanyl with other illicit drugs—in powder and pill form—to drive addiction and create repeat customers, many people who are overdosing and dying don't now they are taking fentanyl. A few grains of this drug are being mixed with common recreational drugs often used by teenagers and young adults. Fake pills have been found in all 50 states and are being sold on-line, and they look identical to the real pill.

Because the drug cartels are flooding the market with fentanyl, Fentanyl's ultra-high potency makes it among the most addictive drugs. Fentanyl is cleared from the body rapidly, and withdrawal symptoms come on fast and intense, not long after the last dose. This makes the drug even more addictive because users will seek the next dose soon after their last dose to stop the withdrawal, thus establishing the addiction cycle early on.

## What Can We Do?

**Talk Openly About Drugs:** Talking openly with your family, especially your children, about using illicit drugs should be a priority. Educate them on fentanyl and how it is used to addict people. Let them know that you cannot always be certain that a drug has been laced with a few grains of fentanyl because it is hard to tell the difference by sight, taste, smell, color or feel. There are many fentanyl test kits that test powders, crystals, granules, flakes, pills, tablets, or liquids. If you suspect someone you love is using fentanyl, encourage them to use a test kit so they can be sure that they will be safe.

## Recognize the Signs of Addiction

Different people become addicted at different rates. Some addicts try to prevent addiction by letting time pass between usages of strong opiates and others feel compelled to use the drug continuously once they start, which walks them straight into addiction. As with any opiate, the main symptoms of fentanyl abuse are euphoria, drowsiness, lethargy, and mellowness.

If you suspect someone you care about is abusing opioids that may include fentanyl, get them help right away. There are many organizations with expertise to help people shed themselves of an addiction using a variety of medical treatments and holistic therapies.

Become Part of Education Campaigns. There are many advocacy groups that create campaigns to help raise awareness around the Fentanyl crisis. **"One Pill Can Kill"** campaign led the DEA. The Fentanyl Awareness Day organization ([www.fentanylawarenessday.org](http://www.fentanylawarenessday.org)). You can also find many groups in social media that are working hard to raise awareness.

At Eric'sHouse, a nonprofit that works with families bereaved by alcohol, drugs, or suicide losses, we are seeing

more fentanyl loss than ever. Not only do we see people who are struggling with addiction die from fentanyl overdoses, but we see people who innocently take a drug not knowing it contained fentanyl who pass away. Even more alarming is the fact fentanyl is being used the drug of choice for suicide.

If you have been impacted by a loss, consider getting involved in awareness efforts in your community. Getting involved helps spread the word. Take advantage of local and national resources to guide you to support someone in re-

covery. If you are bereaved by someone who died by Fentanyl, visit Eric'sHouse at [www.ericshouse.org](http://www.ericshouse.org).



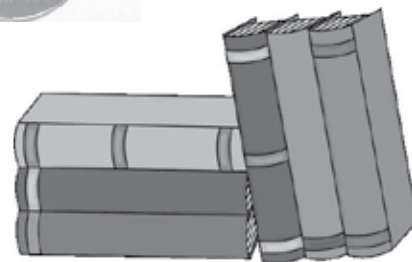
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[www.broughstewart.com](http://www.broughstewart.com)



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## Teen Challenge of Arizona

Helping Youth, Adults & Families

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Women & Women with Children  
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### PHOENIX MEN'S CENTER

Men 18 +  
602-708-9475

### SPRINGBOARD

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





# SUPPORT

## Resources & Helplines

Suicide crisis call 988

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
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 Tucson	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	988
Teen Challenge	888-352-4940
Teen Life Line	800-248-8336

### ARIZONA CRISIS HOTLINES/ Suicide and Crisis Hotlines by County

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



Reach us 602-684-1136 Email: [info@togetheraz.com](mailto:info@togetheraz.com)

### Our Recovery Partners and Contributors

AZ Women's Recovery Center	602-264-6214	<a href="http://arizonawomensrecoverycenter.org">arizonawomensrecoverycenter.org</a>
Aurora Behavioral Health	877-870-7012	<a href="http://auroraarizona.com">auroraarizona.com</a>
CBI, Inc.	480-831-7566	<a href="http://communitybridgesaz.org">communitybridgesaz.org</a>
CBI Access to Care	877-931-9142	<a href="http://communitybridgesaz.org">communitybridgesaz.org</a>
Cohn Media	866-578-4947	<a href="http://cohnmedia.com">cohnmedia.com</a>
Copper Springs	480-418-4367	<a href="http://coppersprings.com">coppersprings.com</a>
Dr. Dina Evan	602-571-8228	<a href="http://dinaevan.com">dinaevan.com</a>
Dr. Marlo Archer	480-705-5007	<a href="http://downtoearthneterprises.com">downtoearthneterprises.com</a>
Eric's House	1-855-894-5658	<a href="http://ericshouse.org">ericshouse.org</a>
Gallus Medical Detox	888-306-3122	<a href="http://gallusdetox.com">gallusdetox.com</a>
Gifts Anon	480-483-6006	
The Meadows	800-632-3697	<a href="http://meadowsBH.com">meadowsBH.com</a>
Meadows Ranch	866-390-5100	<a href="http://meadowsranch.com">meadowsranch.com</a>
Mens Teen Challenge	520-792-1790	<a href="http://tcaz.org">tcaz.org</a>
Mercy Care	800-631-1314 602-222-9444	<a href="http://mercycaresaz.org">mercycaresaz.org</a>
Newport Healthcare	888-675-1764	<a href="http://newporthealthcare.com">newporthealthcare.com</a>
NotMYKid	602-652-0163	<a href="http://notmykid.org">notmykid.org</a>
Psychological Counseling Services (PCS)	480-947-5739	<a href="http://pcsintensive.com">pcsintensive.com</a>
Scottsdale Recovery Center	888-663-7847	<a href="http://scottsdalerecovery.com">scottsdalerecovery.com</a>
Sierra Tucson	800-842-4487	<a href="http://sierratucson.com">sierratucson.com</a>
Sierra at Scottsdale	844-749-1567	<a href="http://sierrascottsdale.com">sierrascottsdale.com</a>
Brough Stewart, MC, LPC, NCC	602-316-3197	
Valley Hospital	602-952-3939	<a href="http://valleyhospital-phoenix.com">valleyhospital-phoenix.com</a>
Teen Challenge AZ	602-708-9475	<a href="http://tcaz.org">tcaz.org</a>
Willow House	877-421-6414	<a href="http://willowhouseforwomen.com">willowhouseforwomen.com</a>

### Additional Resources

AZ. Dept. of Health	602-364-2086
AzRHA	602-421-8066
The Crossroads	602-279-2585
Problem Gaming	800-NEXTSTEP
Desert Drug Dog	602-908-2042
Hunkapi Programs	480-393-0870
EMPACT/La Frontera	800-273-8255
TERRS Health	602-685-6000

#### TUCSON

ACA	<a href="http://aca-arizona.org">aca-arizona.org</a>
AA	520-624-4183
Al-Anon Infor Service	520-323-2229
Anger Management	520-887-7079
Behavioral Awareness Center	520 629 9126
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Recovery in Motion	520-975-2141
Sex Addicts Anonymous	520-745-0775
Suicide Prevention	520-323-9372
Workaholics Anonymous	520-403-3559

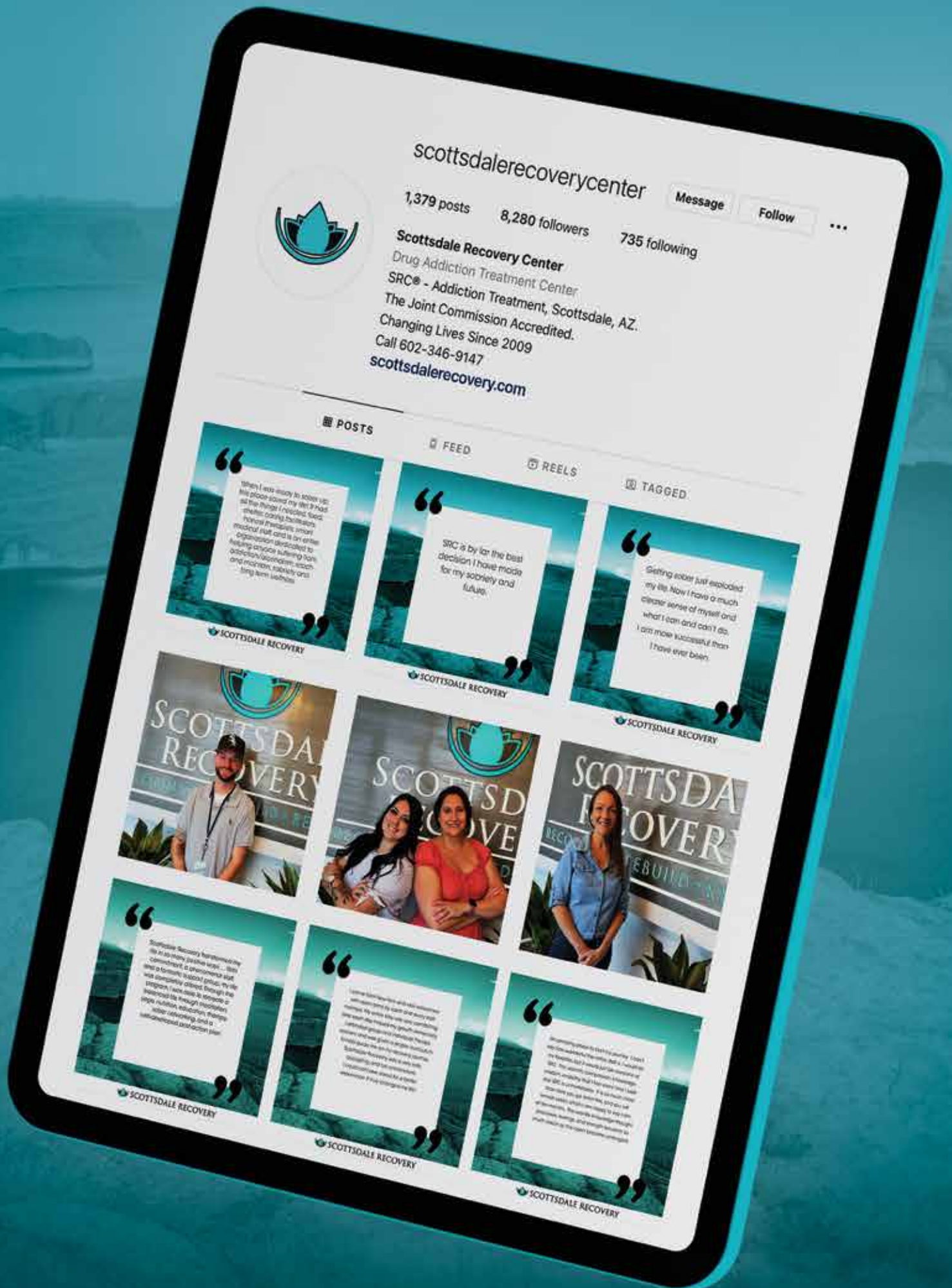
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