



October 2022

Inspiring Success on the Road to Recovery

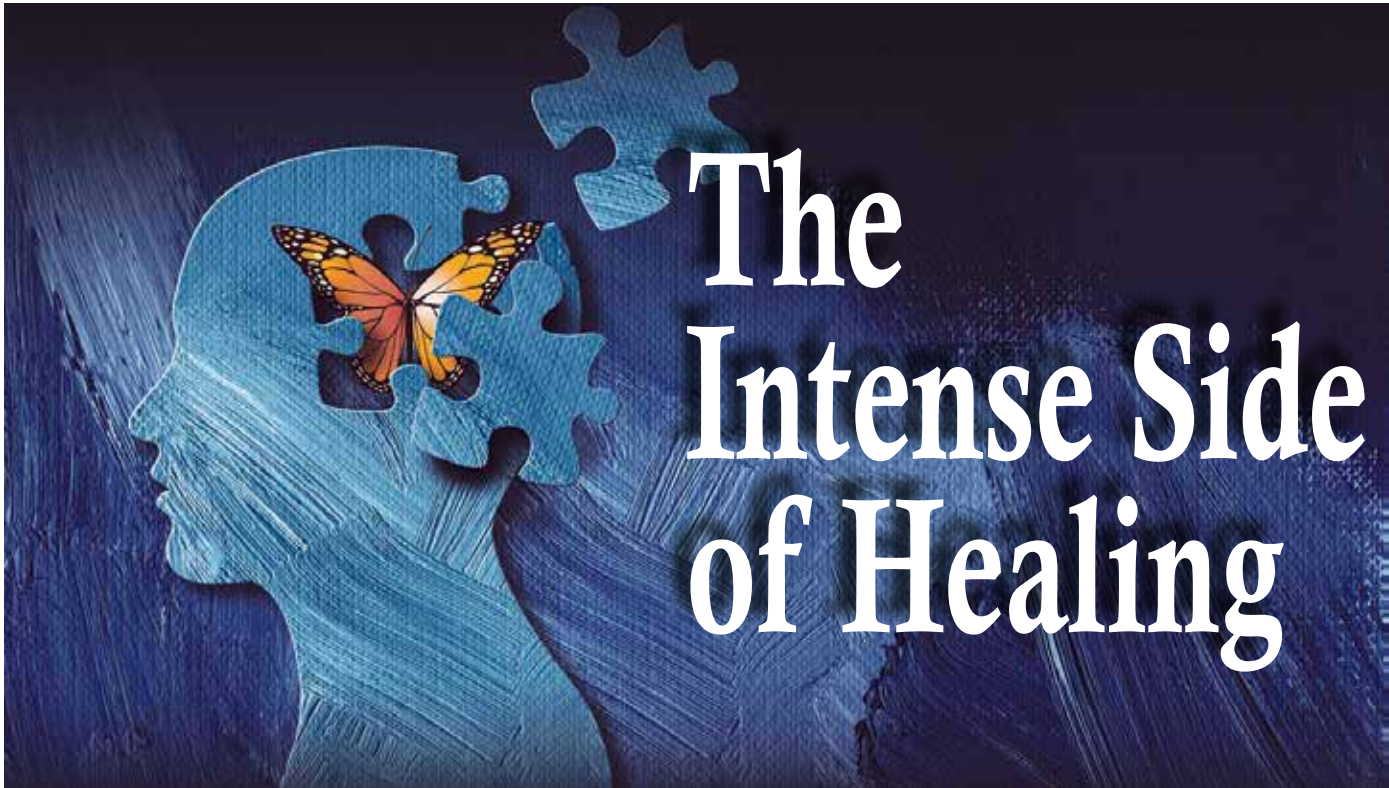


Photo: iStock.com

By Cristine Toel, LPC

I have been at Psychological Counseling Services (PCS) since 2012. One of the most difficult parts of being a therapist is meeting a client in their current crisis and as you join and get to know them better, you realize there is a treasure-trove of historical harms that desperately need attention and may even be exacerbating the issue at hand. In a weekly or bi-weekly therapy model, however, there may be little time to excavate and address the root of the matter.

I'll give you an example: A client enters therapy for their significant other's betrayal, and they struggle to find strength and obtain positive traction. Underneath this recent trauma lies the fact they lost a parent in a car accident when they were twelve and maybe they were also severely bullied in high school, or their parents fought constantly and eventually divorced.

It's not that they cannot heal in weekly therapy, they can; it will just take much longer. Not only because there may be a complex history of trauma, but also because "real life" just has the advantage. We are all familiar with the scientific word "homeostasis", or as my beloved colleague, Marilyn Murray (PCS Trauma Consultant and author of *"The Murray Method"*) would say, "the baseline for normal". It means we have formed a certain muscle memory around how things tend to be, and we become comfortable in that space and often resist change or the unknown. Therefore, it is common for a client to grab important insights within the confines of the one to two hours a week in a therapy

office, but then outside the office the pull towards the "old baseline" wins out. They want to make changes but need a space and time to build traction and momentum in a different direction. It is then that intensive therapy becomes an appealing suggestion and opportunity.

The PCS Intensive Program

The PCS Intensive is a weekly offering built around "The Murray Method," developed by Marilyn Murray in the early 1980's. Clients begin the process on a Saturday, with Marilyn's workshop and explore "The Scindo (Latin for "split") Syndrome," looking at how adverse childhood events cause "survivor" parts to develop, who try to cope and manage their powerless and painful circumstances, the Circles of Intimacy, helping to organize a hierarchy of healthy intimate connections, and lastly, the Trauma Egg, a document the client creates that chronicles difficult traumatic life events, so the client can understand patterns in negative internalized messages and coping styles.

From there, the client begins the weekly process of over 30 individual therapy hours, which include Family Systems, CBT, DBT, Emotionally-Focused Therapy, Art Therapy, EMDR, and other experiential therapies. Additionally, there are 25 group hours, that includes Equine Therapy, Psychodrama, Anger and Forgiveness, Compulsivity, Codependency, Emotional Regulation, Communication, Mindfulness, Boundaries, Courageous Living, and the Power of Positivity and Play.

The days are roughly 7AM to 7:30PM with a few short breaks in the middle, and the individual

work ends Friday at 5PM. The intensive then concludes with a follow-up to Marilyn's Workshop on Saturday morning (9AM to 12PM).

The groups are mixed-gender and incorporate individual and couple's clients who are dealing with a broad scope of issues, including substance and process addictions, complex trauma, relational trauma and issues, betrayal, divorce, blended family concerns, grief, career concerns, and severe life crises.

No matter what modality is used, all the therapists speak the same language in terms of helping clients grieve what they needed and deserved, but did not receive. Client2s are helped to grow a wise-minded, healthy, balanced Adult Self who can "parent" the parts of self that get activated in grief/sadness, over-functioning or over-caretaking, defensiveness, anger, rebellion,

or deception.

A PCS Intensive works for those who are:

- Highly motivated and want to jump-start their therapeutic process and utilize a program where sessions build off one another, creating a greater possibility of transformational change.
- "Stuck" and desire a safe place to face their fear of what change will mean in their life, fear of the unknown.

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Publisher's Note

By Barbara Nicholson-Brown

It's not Halloween candy

There is an increase in the number of young children eating marijuana-laced candy, according to figures from poison control centers across the country and in Arizona. The 'edibles' come in all shapes and colors — appearing to be candies, brownies, gum-mies and even cereal. But the edibles, when in young hands, are causing some serious problems.



"These are addictive, poisonous substances," said Stephanie Siete, Public Information Officer for Community Bridges. Stephanie educates children and parents about the dangers of drugs and vapes and other drugs flooding our neighborhoods. "Marijuana's evolution from the 'joint' in the 1960's to the pot-infused gummy bears today has been especially dangerous to young children. One kid might just think it's candy, Siete said. "A little toddler might pick it up, or the family pet might grab it and chew on it."

While recreational marijuana use became legal in Arizona at the end of 2020, the number of child exposures has increased ever since. And unlike other prescription drugs, edibles do not usually come in child-resistant packaging.

Siete said more needs to be done to control the product getting into the wrong, little hands. "I think the big word is poison," she said. "We 100 percent need more regulations." Call (800) 222-1222 for the local poison control center.




The Drug Enforcement Administration is advising the public of an alarming emerging trend of colorful fentanyl available across the US. In August 2022, DEA and our law enforcement partners seized

brightly-colored fentanyl and fentanyl pills in 18 states. Dubbed "rainbow fentanyl" in the media, this trend appears to be a new method used by drug cartels to sell highly addictive and potentially deadly fentanyl made to look like candy to children and young people. Every color, shape, and size of fentanyl should be considered extremely dangerous.

Stay vigilant this Halloween, inspect all the candy your children bring home and talk to them honestly about the dangers of these "candy" like looking substances.

Barb


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Project Rewind

An Early Intervention Solution for Adolescents

Project Rewind is a peer-to-peer prevention and early intervention program for teens experiencing mild to moderate problems associated with alcohol and/or other drug use. We believe in strengthening family connection, communication and setting appropriate boundaries to protect and support our youth in making positive life choices. Parent involvement is a requirement of the program to achieve the best outcomes possible for participating families.

notMYkid takes a proactive approach to early intervention when dealing with problematic issues teens face as a result of substance abuse. The overarching goal of the program is to deter experimenters from becoming regular users.

notMYkid has developed a dynamic and engaging platform, utilizing our peer-to-peer model, to address the impact of substance abuse on the individual teen, academics, friendships, employment, and relations with family and loved ones. All drugs of abuse addressed include: alcohol; smoking/vaping; marijuana; prescription pill misuse/abuse; club drugs/synthetics; and illicit street drugs. A portion of the curriculum is also dedicated to cyber safety and online digital behavior.

Participants explore risk factors associated with substance abuse, engaging teens in internalizing consequences of use, overcoming peer pressure, assessing and motivating change, practicing positive coping skills, effective communication, and looking ahead to a positive and healthy future.

Upon completion of the program, families complete a comprehensive prevention plan, receive free drug testing kits and have the opportunity to connect with the notMYkid Resource Director for additional resources or support, as needed.

A brief screening and registration is required to participate in the program.

Eligibility: Participants are carefully screened to ensure families fit within the scope of services we provide through education. Parent involvement is required.

Fee: \$250.

Financial aid is available for families needing assistance.

Grant funding may be available based on the school your child attends.

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[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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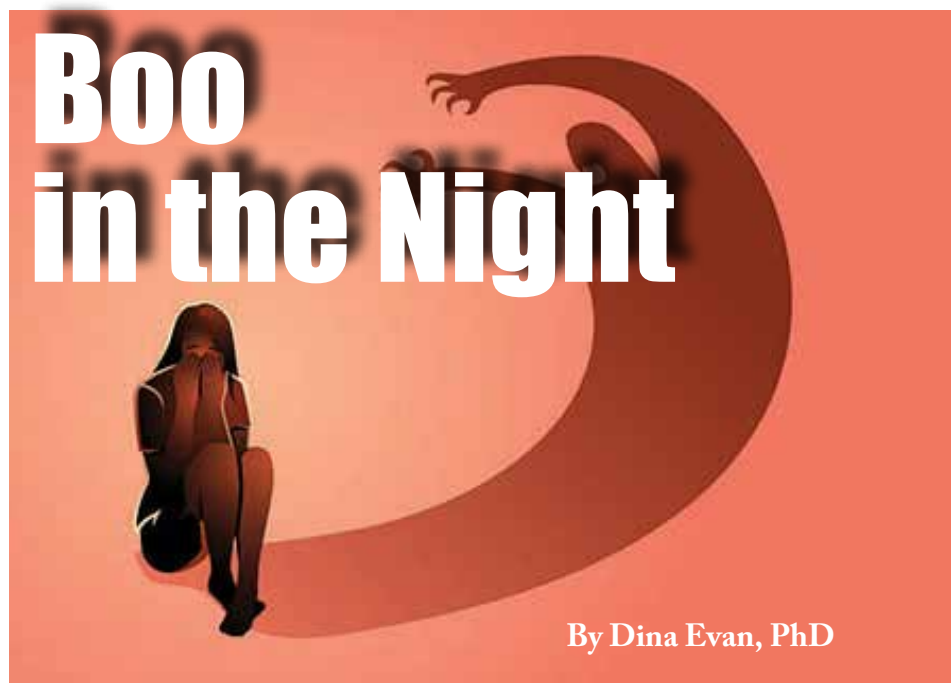


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It seems as if it's Halloween every day lately, there's always the next thing to be worried and scared about. Whether it's interest rates, housing prices, crime, unethical elected officials, COVID strains, new virus's or global warming, there's always something scary on the horizon. So, here's my favorite question. What is this here to teach me...us?

The first thing I think of is some personal responsibility. We, YES, YOU AND ME, WE, created all of this by believing there was a they, that would take care of all of it and us — and we got addicted to believing it wasn't our job. Now we are discovering the they is US! We need to make sure we are doing what is necessary to keep the planet clean, stay healthy and sober, elect ethical politicians and other officials, and create term limits for those who are not. We also need to begin to address the belief we are all separate from each other. There's only one of us...**one human family on this planet**, and we are making it very scary to live here. So what do we do?

I think we start small by connecting with at least one person with kindness every day. We get serious about reducing the use of plastic and containers that are not recyclable. We do the research on those running for office or being elected and not just by sitting in front of the TV and watching the ads, which are seldom accurate and often created by the opponent. We need to pull up our choices of candidates and see their voting history and make sure what they are advertising isn't just to get a vote, but is instead, *a value they live by*.

That goes for us as well. We need to make sure we are living our own values and we are on purpose. I think one of the reasons this is happening is to wake us up and we start living our purpose. That means it's time to ask what is it you came here to do and if you are not doing it, when do you intend to start?

What does living on purpose really mean?

It means you are standing in your integrity, even when it's hard. It means you tell the truth. It means you feel compassion for others. It means you step up with courage and speak up when you need to right a wrong. It means you slow down and listen to your inner wisdom and stop doubting yourself. It means you express humility and humanity regardless of the person's color, belief system, nationality, sexual identity, or anything else that is different from you. It means you allow yourself joy and kindness and love, and you share it as well.

Okay, okay, I know his sounds like a big order, right? Well, look at it this way. There are 7.97 billion people in the world at this moment. If even ½ of one percent of us started with one conscious action every day, i.e., one act of kindness, one trip grocery shopping with no plastic in the cart, one smile at the person we decided wasn't worth our time and energy, one half hour to research our candidates, buying one less thing we don't really need...one conscious act...we could change the world forever. And the next day maybe we could do two things and slowly add to our list until being awake becomes our way, my way, your way of life. It's really not that hard!

Together we can make this world less scary

Together we change the trajectory and leave a home for our children's children. We can change the energy from this low frequency of self-absorption and selfishness to one of unity and hope. No it's not a pipe dream. It's a necessity, right now for you and for me. Join me and let me know how it's going. I am here to support you in any way I can. Let's turn this scary time and place into sacred time and place together with what we do best...one day at a time and a lot of love.



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.



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Sobriety Snippets

"Unemployable, beaten, powerless, lost, a liability"

All those words described me before I began my sobriety journey, even in begining stages of it. Substances were my way of dealing with life. I thought everyone drank and drugged the way I did. An addict in my brain was the guy standing at the freeway exit holding a sign asking for money. I was not that person. With a career, cars and a house I definitely was not that person... yet. I soon became that person who had let substances consume me and turn me into someone nobody recognized. In 2019 I came to treatment for the very first time at Scottsdale Recovery Center. It was at SRC where I received the education I needed in regards to my addiction. After a relapse, I continued my path of destruction until August 19, 2020, a date that I will forever be grateful for.

In 2021, I was given a job opportunity at SRC. I get to wake up every morning and come to a place where my life experience stories are not looked at with eyes wide open but with faces that truly get it. I share my experience, strength, and hope with the clients that came after me who have walked in the same shoes as me and that is what I truly believe is the purpose that I get to serve today. **#wedorecover #addictionrecovery #onedayatatime #08192020**

Sunny Tahir
Sobriety Date: 08/19/2020

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Facts about Aging and Alcohol

Katie always enjoyed a glass of wine to unwind a few times per week. In recent months, one glass became two or more, sometimes a whole bottle. She told herself she was just releasing the pressure of balancing work and helping to care for her grandkids. But she's finding it harder to get going in the morning and occasionally feels cravings for a drink during stressful times in the workday. Her friends and family have noticed a change but are not sure how to talk to her about it.

Many people enjoy an alcoholic beverage or two on occasion with friends or family, but alcohol can be addictive. As we age, alcohol consumption can also make existing health problems worse and have dangerous interactions with some medications. Anyone... at any age can develop an unhealthy reliance on alcohol. Sometimes, families, friends, and health care workers may overlook the concerns about older people drinking. This can be because the side effects of drinking in older adults are sometimes mistaken for other conditions related to aging, for example, a problem with balance.

How the body handles alcohol changes with age

As you grow older, health problems or prescribed medicines may require you drink less alcohol or avoid it completely. You may notice that your



body's reaction to alcohol is different than before. Some older people feel the effects of alcohol more strongly without increasing the amount they drink. This can make them more likely to have accidents such as falls, fractures, even car wrecks. And, older women are more sensitive than men to the effects of alcohol.

Some people develop a harmful reliance on alcohol later in life as a result of major life changes, like the death of a spouse or loved one, moving to a new home, and failing health. These types of changes can cause loneliness, boredom, anxiety, or depression. In fact, depression in older adults often aligns with drinking too much.

Does drinking damage the body?

Drinking too much at one time or on any given day, or having too many drinks over the course of a week, increases the risk of harmful consequences, including injuries and health problems. People who consistently misuse alcohol over time are at greater risk of developing alcohol use disorder.

Drinking too much alcohol over a long time can:

- Lead to some kinds of cancer, liver damage, immune system disorders, and brain damage.
- Worsen some health conditions such as osteoporosis, diabetes, high blood pressure, stroke, ulcers, memory loss, and mood disorders.
- Make some medical conditions difficult for doctors to accurately diagnose and treat. Alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of a heart attack.
- Causes some to be forgetful and confused — symptoms that could be mistaken for signs of Alzheimer's disease or a related dementia.

Alcohol and medicines

Many medicines — prescription, over the counter, or herbal remedies — can be dangerous or even deadly when mixed with alcohol. Many older people take medications every day, making this a particular concern.

- If you take aspirin and drink, your risk of stomach or intestinal bleeding increases.
- When combined with alcohol, cold and allergy medicines (antihistamines) may make you feel very sleepy.
- Alcohol used with large doses of acetaminophen, a common painkiller, may cause liver damage.
- Alcohol used with some sleeping pills, pain pills, or anxiety/anti-depression medicine can be deadly.
- Most importantly remember there is no shame in asking for professional help.

(Source: <https://www.nia.nih.gov/health/facts-about-aging-and-alcohol>)



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Intense side of healing from page 1

- Making some progress in weekly or bi-weekly therapy, but not the broader changes they are looking for.
- Busy with work and home and find it difficult to keep consistent weekly or bi-weekly appointments and would prefer a shorter, but more intensive span of time to create movement.
- Experiencing an intense current crisis and struggle to manage daily living, needing a space to stabilize and strengthen in grounding and coping skills.
- Making some gains in recovery, but still experience relapses due to their need to process the deeper causal roots to their problematic or addictive behaviors.

A PCS Intensive does NOT work for those who are:

- Signing up because someone else in their life is making them do it, and they otherwise would stay home.
- Pointing the finger in defensiveness and blame, struggling to face what makes them difficult to those around them.
- Using the intensive as a checklist, and uninterested in making genuine changes.
- Resist transparency and are not ready to tell the truth.
- Experiencing severe mental illness, including auditory hallucinations, extreme paranoia or delusional thoughts.
- Actively suicidal or homicidal.
- Continuing to act out or use substances.

The Process

The work I get to do with intensive clients is a unique and fulfilling aspect to my job, because I typically get to help heal deep, difficult life experiences and I get to do that work as part of a therapeutic team. Each intensive has a Case Manager and a team of 4-5 additional therapist who are assigned different areas of focus, such as a genogram, a trauma egg, setting up targets and processing with EMDR (Eye Movement Desensitization and Reprocessing), somatic experiencing, experiential work, addiction and relapse prevention work, relational processing, understanding offensive behaviors and patterns, healthy intimacy, boundary-work, and health and wellness work.

Typically, clients arrive guarded, unsure and at times, overwhelmed. Still, the process begins very quickly by excavating their history and significant life experiences, in order to understand patterns and themes that have impacted their lives. As clients gradually begin to open-up, they start to positively affect each other and instigate change. The bonding begins early with Equine Therapy on Sunday evening and intensifies as they experience their first Psychodrama Group process, where they help a volunteer from the group put a piece of their story in action with the goal of experiencing catharsis and resolution. By Tuesday morning, they typically are ready to share in a meaningful way in their first processing group. The more clients talk about what is uncomfortable to share, the more they inspire others in the group to do the same. The sharing is spiritually powerful and moving, because clients are allowing themselves to be vulnerable and experience real connection; a connection they are encouraged to replicate with the important and healthy people in their lives.

Many clients will express how much they “get it” in an intellectual way. However, what frustrates them is how much they do not feel it. The most satisfying aspect of my job typically happens closer to the end of the week when I witness a client fundamentally shift what was once intellectual, into a “felt” experience; they no longer know they are lovable, deserving, worthy, good-enough, empowered or trust-worthy, they feel it.

At the end of my first week at PCS, I saw a client from the East Coast who completed a 2-week process, smiling, whistling and practically skipping to his car. He jumped in and was headed to the airport – back home, back to his family. I don’t think his journey ended that day, in fact, he was really at the end of the beginning, but it was awesome to see how good he felt!



About the Author

Cristine is a Licensed Professional Counselor (LPC) in the State of Arizona, She is also a Clinical Supervisor at PCS, an EMDRIA Approved EMDR Consultant and EMDR Certified therapist, and Psychodramatist. She additionally has advanced training in Problematic Sexual Behavior from the Society for the Advancement of Sexual Health (SASH).

Cristine has worked with clients who have survived childhood abuse, adult children of alcoholics, those who struggle with addiction, and their effected family members. She has experience working with clients who encounter divorce, career change, remarriage, blended family concerns, parenting, and step-parenting. She currently offers one or two-day EMDR Intensives.

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Addiction often goes hand-in-hand with other mental illnesses. Both must be addressed

By Dr. Nora Volkow

Natalie struggled with a methamphetamine use disorder for more than 9 years. She was one of the fortunate few to receive treatment to address her addiction, yet that help felt incomplete. Like many people trying to heal from substance use disorders, she eventually began taking meth again.

Eventually, she was diagnosed with attention-deficit/hyperactivity disorder, one of the most common mental disorders in youth. She started ADHD treatment in addition to treatment for her meth addiction, and it made her long-term recovery a reality.

"The addition of Adderall really changed my life," she said. "Looking back, it makes sense I was self-medicating ADHD that was undiagnosed. I found it discouraging a lot of people got their lives in order while I struggled to function with everyday tasks. In part, that is what led to my relapse."

Recovering from drug addiction is difficult

Setbacks are common. Too often, a critical element is overlooked: **co-occurring mental health conditions**. Treating mental illnesses like depression, anxiety, post-traumatic stress disorder, ADHD, and others with medications or other therapies is crucial to address the addiction and overdose crisis that now claims over 100,000 lives annually.

Substance use disorders often accompany other mental illnesses. Individuals who experience a substance use disorder (SUD) during their lives may also experience another co-occurring mental disorder and vice versa.

For many people, drug and alcohol problems begin as self-medication: using substances to cope with temporary stress or to manage symptoms of chronic mental health problems they may not even know they have. Alcohol can be a socially accepted way of dealing with negative emotions.

Surveys show alcohol use rose during the COVID-19 pandemic, including increased use by stressed parents. Research has tied problem alcohol use in college students to self-treatment of social anxiety.

People with untreated depression might discover that opioids or stimulants temporarily boost their mood and use them for that purpose.

Fragmented and hard-to-access mental health care means these conditions and addiction often go untreated. In some communities, it is easier to get illicit drugs than adequate medical mental health care, making co-occurring addiction and other mental illness more likely.

But using substances to treat mental illness can begin a difficult cycle. Substance use to manage mental illness can lead to addiction in turn worsen the original mental illness. Regularly taking drugs or alcohol causes the brain to adapt to that substance—known as dependence. Effectively, the brain dials down its own neurotransmitter systems upon which the drugs act. A person trying to relieve anxiety through substances will feel worse anxiety most of the time, because their brain now depends on the drug for relief.

Racism and other forms of discrimination, isolation, childhood trauma, poverty and lack of access to education and healthcare can all play a role in increasing risk of developing mental illness and substance use disorders. The stigma that attaches to both substance use disorders and mental illness exacerbates these factors—making the person with mental illness and addiction even more isolated and vulnerable, and less likely to seek treatment.

The entanglement of mental illness and substance use disorders requires urgent action. Efforts to reverse the addiction and overdose crisis need to be multifaceted, taking mental illness into

account. We have powerful, proven treatment tools for addiction, especially for opioid use disorder. Expanded screening and care for mental illnesses including depression, anxiety, PTSD, and others must be a component to successfully address the current addiction and overdose crises.

Prevention is possible if investments are made. Screening for mental health conditions needs to become part of standard practice along with screening for substance use and substance use disorders to personalize interventions to treat patients' unique needs and increase the likelihood of recovery.

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Inpatient Services:

- Inpatient Mental Health
- Addiction Rehab
- Inpatient Specialized Autism Unit
- Medical Detox

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- Partial-Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Electroconvulsive Therapy (ECT)

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6350 S. MAPLE AVE
TEMPE, AZ 85283

480.345.5400

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People are searching for the essential key to happiness and abundance to thrive in today’s ever-changing world and Phoenix Life Coach Services has developed successful, winning solutions.

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Phoenix Life Coach Services creates massive change for anyone seeking to improve their relationships, health, family, and life skills. Phoenix Life Coach Services teaches you to overcome any obstacles by helping you break down the walls standing between you and your destiny by releasing your hidden potential to defeat and conquer your fears.

Phoenix Life Coach Services also offers corporate coaching for businesses, executives, and community leaders to improve growth and advancement helping you uncover and address the issues that prevent you or your organization from reaching its full potential. Phoenix Life Coach Services will positively transform and help professionals develop an effective leadership style to propel their business to the next level.

Dr. Arthur T. Phoenix, known simply as “Phoenix” professionally received his Ph.D. in Philosophy, and is a Board-Certified Life Coach, an acclaimed author, and motivational speaker. Phoenix has worked for over thirty years in the entertainment industry as a performer, producer, publicist, and artist manager for numerous renowned celebrities. Phoenix has been interviewed by the media in news outlets around the world regarding his professional commentary and expertise on working with various famous personalities.

Phoenix’s life calling came to him and the path of his career changed when he started studying the principles of philosophy. He has traveled the world giving speeches and seminars in Egypt, London, Canada, Barbados and various cities throughout the United States.

By studying psychology and mind treatment and having a strong belief and understanding of its principles, Phoenix dedicated his work using spiritual healing and mind treatment to help others overcome their weaknesses and

fears. This was the foundation for Dr. Phoenix creating Phoenix Life Coach Services.

Life coaching is a distinct discipline with a different science behind it. Phoenix Life Coach Services focuses on the present and on co-creating the future. Why pay a psychotherapist because you are paying to bare your soul and there is no interconnection back. Psychotherapists encompass a theoretical approach and focus primarily on the past, possess guarded attitudes, offer little or no self-disclosure, perform mechanically not humanly, base their therapies on tests and textbooks, lack empathy, and treat you like a case study and not as a human.

If you are experiencing hurt, pain, stress, or depression you’ll be amazed at the clarity, insight, and mindfulness you will gain from working through your obstacles in a coaching session. Phoenix Life Coach Services brings families together, bridging the gap, creating unity, and forming a foundation. Whether you’re being coached directly during a one-on-one or family session, our professional therapists will help you experience victorious, life-changing breakthroughs. In order to free yourself, one must free their mind. Phoenix Life Coach Services offers strategies that work and advice you can rely on.

Phoenix’s mission and life purpose is to spread consciousness and awareness to people of all ages and nationalities by enlightening and educating the public with his superb words of encouragement and inspiration, helping and changing lives one day at a time.

For more information, contact Phoenix Life Coach Services at 602-245-9600. PhoenixLifeCoachServices.com, Email: phoenixlifecoachservices@gmail.com



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Who We Are

Community Bridges, Inc. is the premiere fully integrated healthcare provider of behavioral health services in Arizona.

Values

We Value Human Life, the Sustaining of Human Life & the Recovery of Human Life

Purpose

To be an Agent of Positive Change in our Communities

Mission

To Maintain the Dignity of Human Life

CommunityBridgesAZ.org | @communitybridgesaz

Wisdom from the Heart

By Alan Cohen

As summer closes, we think about going back to work or school. When I was in high school I used to get depressed on Sunday evenings, anticipating sitting in a schoolroom the next morning. Is there some other way to think about going to work or school that brings us life rather than depletes us?

My mentor used to say, *"Take what you have and make what you want."* I learned that lesson one night after I arrived at Chicago's O'Hare airport and my sponsor was driving me to my accommodation. At the airport parking lot toll booth we encountered a handsome Italian man who sang us a few rousing verses from the opera *"La Traviata."* He was having so much fun, so passionate—and not a bad singer—that all of us in the car applauded wildly. Although we were tired, we came back to life. That man made our night.

I later read a sociological survey asked, "What do you think is the most boring job in the world?" The most common answer was "toll collector." Yet this toll collector turned "the most boring job" into an ecstatic experience for him and the people he encountered.

Your experience of work or school is not a fixed condition thrust upon

you. It is what you make of it. How can you make your work day more fun? How can you think about it so it is empowering? What is your highest potential in that position?

Investment of heart


A seminar participant asked, "How can I let in more love from my girlfriend?" I told him, "You don't have to let in more love from your girlfriend. You have to let more love out from yourself." *A Course in Miracles* tells us in any situation in which you perceive that something is missing, what is missing is what you are not giving. While we may struggle to manipulate people or control situations, we gain far more by manipulating our attitude. What hurts is not what you are not getting. What hurts is what you are not giving.

My friend Claudia didn't like her corporate job. She wanted to do something more creative and aligned with her values to help people. When she was offered a night shift, she took it to have more quiet time.

During her shift she went to the ladies' room and noticed when the custodians replaced rolls of toilet tissue, they were discarding the old half-full rolls to replace with full ones. Claudia thought this was a waste of a good resource, so she took the half-full rolls to a local homeless shelter.

There Claudia developed a relationship with the staff and residents, and she was offered a part-time job, which led to a full-time job as a supervisor, then director. Claudia loved her work so much and she was so good at it that she won a national award for service organizations, and she went to Washington D.C. for a luncheon hosted by the nation's First Lady. All because she had a bright idea about a very commonplace object.

In my new book *The Mystical Messiah*, I quote Jesus saying, "You have been faithful over a few things, and I will make you ruler over many things." When you make the most of where you are, you open the door to where you would like to be.



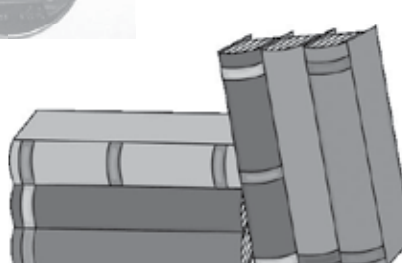
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The Governor's Office of Youth, Faith and Family (GOYFF) is committed to supporting services for victims and families that have experienced domestic and/or sexual violence.

Together, we can enhance education, prevention, and intervention efforts around domestic and/or sexual violence, and support organizations and individuals who provide advocacy efforts, services, and assistance to victims.

During Domestic Violence Awareness Month recognized in October, GOYFF prioritizes the safety and security of all Arizonans and helps to bring awareness to this important issue. October 2022 marks the 8th Annual Lighting Arizona Purple campaign. The campaign provides an opportunity to support victims and connect families and communities with essential resources. Everyone deserves to be safe at home.

Together, we can #EndDVinAZ

**Teen Challenge of Arizona**
Helping Youth, Adults & Families

HOME OF HOPE
Women & Women with Children
520-252-3523

PHOENIX MEN'S CENTER
Men 18 +
602-708-9475

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



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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.



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

Our Recovery Partners and Contributors

AZ Women’s Recovery Center	602-264-6214	arizonawomensrecoverycenter.org
Aurora Behavioral Health	877-870-7012	auroraarizona.com
CBI, Inc.	480-831-7566	communitybridgesaz.org
CBI Access to Care	877-931-9142	communitybridgesaz.org
Cohn Media	866-578-4947	cohnmedia.com
Copper Springs	480-418-4367	coppersprings.com
Dr. Dina Evan	602-571-8228	dinaevan.com
Dr. Marlo Archer	480-705-5007	downtoearthneterprises.com
Eric’s House	1-855-894-5658	ericshouse.org
Gallus Medical Detox	888-306-3122	gallusdetox.com
Gifts Anon	480-483-6006	
The Meadows	800-632-3697	meadowsBH.com
Meadows Ranch	866-390-5100	meadowsranch.com
Mens Teen Challenge	520-792-1790	tcaz.org
Mercy Care	800-631-1314 602-222-9444	mercycaresaz.org
Newport Healthcare	888-675-1764	newporthealthcare.com
NotMYKid	602-652-0163	notmykid.org
Phoenix Life Coach Services	602-245-9600	PhoenixLifeCoachServices.com
Psychological Counseling Services (PCS)	480-947-5739	pcsintensive.com
Scottsdale Recovery Center	888-663-7847	scottsdalerecovery.com
Sierra Tucson	800-842-4487	sierratucson.com
Sierra at Scottsdale	844-749-1567	sierrascottsdale.com
Brough Stewart, MC, LPC, NCC	602-316-3197	
Valley Hospital	602-952-3939	valleyhospital-phoenix.com
Teen Challenge AZ	602-708-9475	tcaz.org
Willow House	877-421-6414	willowhouseforwomen.com

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
TERROS Health	602-685-6000

TUCSON

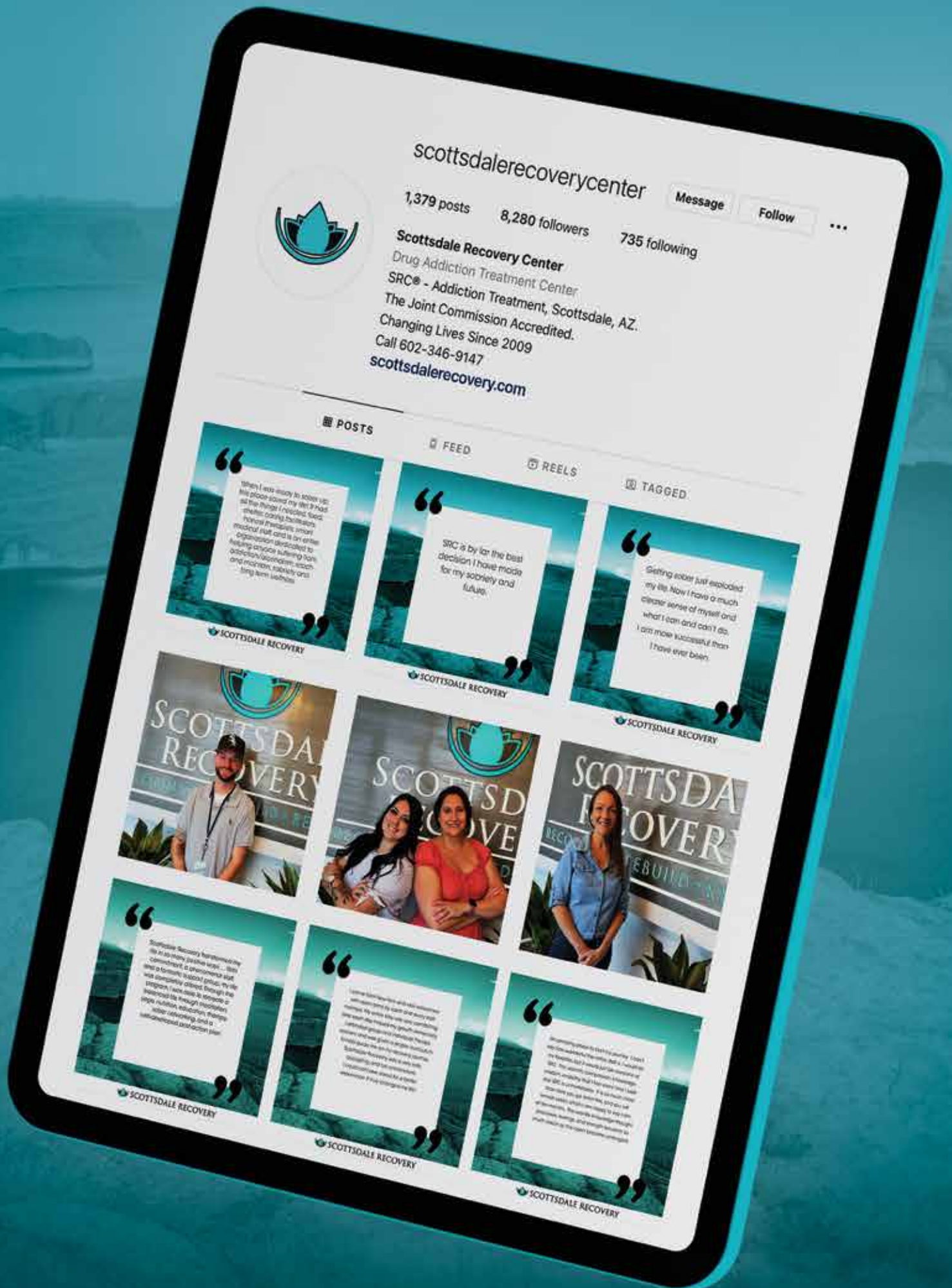
ACA	aca-arizona.org
AA	520-624-4183
Al-Anon Infor Service	520-323-2229
Anger Management	520-887-7079
Behavioral Awareness Center	520 629 9126
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Narcotics Anonymous	520-881-8381
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

Become a resource online and in print! For details Email: barb@togetheraz.com or call 602-684-1136



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