

# TogetherAZ

DECEMBER 2022

Inspiring Success on the Road to Recovery

## Starting Off Life on the Right Foot

By Hushabye Nursery Staff

“When I first heard about Hushabye I was still using, very pregnant and scared about becoming a first-time mom. But then I found Hushabye. I had this overwhelming sense of relief. I finally found a place where I wasn’t judged, connected with people I related to and saw people who wanted to help me.”

— Actual Hushabye Mom

Babies exposed to opioids in the womb are at high-risk for NAS (Neonatal Abstinence Syndrome) which is painful withdrawal from these opioids soon after birth. If you are pregnant and struggling with Opioid or Substance Use Disorder (OUD/SUD), Hushabye can help you.

### Care, Support and Compassion

Hushabye Nursery was founded by Tara Sundem, a neonatal nurse practitioner who witnessed firsthand the challenges of newborns exposed prenatally to opioids and the families struggling with OUD/SUD who were trying to care for them. Its mission is to ‘embrace substance exposed babies and their caregivers with compassionate, evidence-based care that changes the course of their entire lives.’

Hushabye works to reduce disparities in access to health services to improve the health and well-being of newborns who are suffering from opioid withdrawal and their families who are suffering from OUD/SUD. Family engagement and health equity are its two guiding principles.

In November 2020, Hushabye Nursery opened its 12-bed residential NAS detoxification nursery in Phoenix with state-of-the-art, evidence-based NAS care and wraparound family support services. It is the first-of-its-kind NAS nursery in the US to integrate health care and social services based on keeping children safely with their families instead of from their families. It is a safe and inclusive space where the parent(s) and baby can room-in and experience a gentle, non-stimulating environment that was supportive of bonding and breastfeeding. Hushabye Nursery treats these parents with the care, support, compassion and dignity that they need and deserve.

“I was pregnant and in recovery for opioids and getting Methadone. I wasn't feeling great knowing I was pregnant and my baby was going

*"Every baby deserves a chance for a healthy start. In its two years, Hushabye Nursery has served almost 400 Arizona babies and their families."*



have to be put on Morphine. Hushabye gave me education on my rights and all the different ways you can help a baby in withdrawal without medication." — Actual Hushabye Mom

Every baby deserves a chance for a healthy start. In its two years, Hushabye Nursery has served almost 400 Arizona babies and their families.



*"Without Hushabye, I wouldn't have been able to be a momma to my baby, the way that I am now."*

Hushabye’s outcome improvements continue to exceed existing models of care:

- An average 5% of babies received their 1st Morphine dose at Hushabye Nursery compared to the national average 98% in the hospital NICU.
- Average length of stay was 7 days at HN compared to the national average length of stay of 22 days in the hospital NICU.
- An average 77% of mothers prenatally involved with HN safely maintained custody of their infants and an average 50% of mothers who were not prenatally involved with HN safely maintained custody of their infants.

Inpatient, while caring for babies with NAS, and outpatient, after baby’s discharge, Hushabye Nursery offers parent(s) extensive, trauma-informed programs and services such as psychological evaluations and treatment recommendations; rigorous case management; relapse prevention and recovery support; parenting (includes NAS care) and life skills education; Department of Child Safety (DCS) navigation; individual and small recovery groups; development of coping and self-regulation skills; social connections activities; and housing referrals.

*Hushabye — continued page 7*

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# Publisher's Note

By Barbara Nicholson-Brown

## Stay the Course this Season

Addiction never takes a holiday from wanting to destroy a life. While this time of year is joyful — for many it's a time of sadness, loneliness, and isolation — that is a danger zone for me.

I did not grow up with many Hallmark Card moments, holidays at my house were anything but peaceful.

There were family outbursts and tears because of my mom's alcoholism and I dreaded Christmas Eve the most. The drinking started about noon followed by BS excuses for her absence. I vowed to never ever follow in her footsteps — little did I know I'd surpass her with my drinking. She found sobriety in 1978, me in 1990, and only then were we able to develop a beautiful mother/daughter relationship until she passed in 2013.

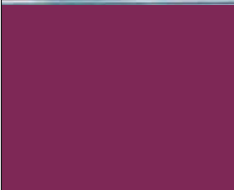
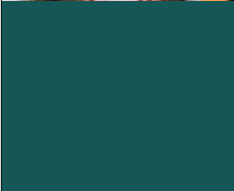
In my sobriety she encouraged me, as did my dad and siblings. I heard a lot of wisdom from them; and the one saying most important to me in early recovery was to *'take it a day at a time'*. Those words might seem frivolous, light and airy, but they **were**, and **continue** to be some of the most important words I've ever heard.

*Stay on the sober course! Reach out and never be ashamed to ask for help.*

My wish is we all are blessed with another sober day.



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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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## Maintaining Sobriety during the Holidays

Whether you're in long term or early to recovery, the holidays might seem a difficult time to stay sober. Below are tips to protect you from any uncomfortable situations you might face.

### Plan to protect your sobriety

Plan ahead. Parties and family gatherings can be soaked in alcohol, and hosts offer drinks. Before heading out consider these tips:

- Attend a 12 step meeting beforehand, or invite a sober friend to tag along to your event
- Plan to meet with your sponsor or chat with them on the phone before heading out
- Use your own transportation, or ride with someone in your support system
- Limit your time around stressful situations or difficult people
- Prepare to politely say No
- Leave early if you feel uncomfortable

### Rewriting your holiday story

Talk with a sober friend or sponsor about the emotions and expectations you have wrapped up in the holidays — especially if you feel resentful, or replay in your mind childhood experiences and memories. Investigate and challenge the internal monologue about what you are owed and what you are lacking — some of which might be a carryover from the past. Break down the defensive walls and forgive others, then you can approach the holiday season with a stronger sense of gratitude.

The disease of addiction is as powerful the day after a holiday as it is the day of and the day before. Recovery is a one-day-at-a-time endeavor, no matter the season.



### Stay sober, be helpful

Find opportunities to be of service. Look for ways to volunteer, reach out to a newcomer at a meeting, spend time with an elderly loved one or neighbor. There are many ways to give back, pay it forward and be of service. Each opportunity guides you further away from resentment, self-pity and fear.

### What are you drinking—and what are you thinking?

At gatherings and social events, tote around your favorite non-alcoholic drink. People won't feel so inclined to offer you a drink, and they won't get the chance to pester you about your sobriety. Hang on to your glass! No explanations are required.

### Triggers and traps are optional

If you know a family member might grill you about your recovery or why you aren't joining in, avoid them. If someone offers you a drink, stay away. If the office party is really all about drinking or other drug use, make a brief appearance or don't attend. It's unrealistic in all of these scenarios to say, "I can soldier through it."

### Try not to isolate

Celebrate the holiday season and the fullness of your sober life by taking time for yourself. Proper nutrition, exercise and restorative sleep can do wonders for your well-being. The better you feel physically, the stronger you will be emotionally. Nourish your spirit, through personal reflection and connection with those you love. Find some quiet time each day for relaxation and meditation — if only for a few minutes, no matter how busy you are. Remember isolation is an enemy to those in recovery. Reach out, be accountable and check in on your support systems.



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# Christmas is Sharing

By Dina Evan, PhD

When we think of Christmas, we think of Christmas trees, hung stockings, red, gold and green decorations, and the sweet sounds of Christmas carols wafting through the air. Some think of church and Christ's birth because they have been taught Jesus was born in December. Whatever you believe, it is also a time of gift giving and LOTS of shopping. Some TV networks are running ads, one a minute at a time for five minutes between segments and you can't fast forward through them. Other shows like the View, and GMA, both favorites of mine, are running ads with Oprah's most expensive products for Christmas in lieu of the Host's conversations about meaningful things that are current. If you count them you can see at least eight 30-second spots between shows on some networks.

Lots of people are worried about money and what's happening to the economy and most of us just want to turn off the radio and TV or plug our ears and get away from it all. If it isn't about someone running for office it is about the next best gift to buy. It's sensory overload.

## What might Christmas look like if gifts that could not be purchased were given?

Hmmmm?

What might it feel like to get a gift in a tiny box with a pretty red bow with a message inside that says, "My gift to you is once a month we are taking time together to go where ever you want to go for the afternoon to just be together" or "I am writing you a note each month of the coming year just to tell you all the things I respect or admire about you."

Or how a homemade certificate that says "I am doing your grocery shopping once a month for the next year." Or, "I am coming over once a month to do chores or make needed repairs for the next year." Or "I am going to call you every week to just say I love you next year." Or "I am going to take your trash cans out to the curb each week, or write something wonderful you did for me as a child to remind you, or remind you of a lesson/skill you taught me that I still use as an adult... and on and on. You get the idea and no doubt will have wonderful ones of your own.

We are living in an era when everyone is out for something, be it power, money or fame. We are fearful and wanting comfort and safety, but the things that could provide that are not the things we think of giving. And most importantly we give these things out of fear. Fear of not being enough, fear of not being loved or appreciated, fear of failing in some way.

We have been taught to reach outside of ourselves for comfort and assurance when the gifts are all inside. Start with the most important and powerful gift — the gift you give yourself by recognizing all the wonderful qualities in you. Look at all the work you have done on yourself, who you have become and all you have overcome...and then decide which of those you want to share.

- **Share a lesson** you have learned on your journey, a new tool you put in your toolbox, a gift of knowledge someone gave you and share time.
- **Share compassion**, forgiveness and understanding.
- **Share by simply showing up**, staying and believing in another person's ability to heal.

## Christmas is about love.

- There are a million ways we can show love by being a great friend, a caring family member, a great sponsor or sponsee, a great leader, or simply a great person who just speaks and acts from the heart, without spending a dime.
- Give a compliment.
- Give time.
- Give the truth.
- Give meaningful connection and conversation
- Give hope, give comfort
- Give love
- Give of yourself and if you do, you will have made this Christmas the best ever.

Happy holidays and love to you all!  
Dina



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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## Keep your Sobriety during the Holiday Season

From mid-November through the New Year, our schedules are suddenly jam-packed with office parties, brunches, family holiday dinners and so much more. While many people look forward to this time of year to celebrate in all the merriment & festivities, people who are in recovery tend to find the holidays the most stressful on their sobriety. There are many ways you can mentally and emotionally prepare yourself for the challenge staying sober.

Our Connect365: Continuing Care program helps bridge the gap between residential treatment and life in recovery. We offer our Alum participants the tools they need to enjoy a strong recovery program and live the life they deserve. Each participant gains access to an effective and user-friendly app that keeps the individual connected and engaged, one day at a time.

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# Coping with Holiday Depression



Social demands, financial pressure, and a push to be festive can bring a variety of stress — including symptoms of depression. But support is available to help you cope. The holidays are portrayed as a positive time of year. The joy and happiness of others may motivate us to attend celebrations and exchange gifts of gratitude. But behind the scenes, the holiday season can be extremely stressful. You may have to battle crowds for minor shopping tasks; juggle additional responsibilities; maybe money isn’t as available this year. Whatever the reasons, the holidays can be a challenging time for many people. And it’s not uncommon to experience symptoms of depression despite all the holiday cheer.

## Self-care

Self-care is the act of treating yourself with kindness, forgiveness, and consideration — like you would a loved one. Dr. Crecenra Flim Boyd, a board certified licensed professional counselor from Menlo Park, California, says taking care of yourself can be important during the holidays and recommends:

- *acknowledging your feelings*
- *resting when needed*
- *eating healthy foods*
- *staying active and maintaining a support network*

## Deep breathing

Practice calming the mind and body is through deep breathing. While there are many ways you can practice breath-oriented calming, Barsotti says it can be as simple as focusing on making your exhale longer than your inhale.

## Light therapy

If your holiday depression is related to less sunlight or major depressive disorder with a seasonal pattern, once known as seasonal affective disorder (SAD), using light therapy may help. Lightboxes allow you to gain concentrated light exposure without the harmful UV rays, though they may not be suitable for everyone.

## Boundaries

Too many things going on at once? It’s okay to say no — or yes — with your best interests in mind. “Boundaries are not just about saying no to things that drain your energy but also saying yes to things that lift you up and energize you,” says Sarah Rolins, a licensed social worker from Southfield, Michigan.

## Common causes of holiday depression can include:

- *financial strain*
- *family conflict*
- *social demands*
- *cramped schedules*
- *excessive drinking*
- *inability to be with loved ones*
- *reminders of grief*
- *decreased sunlight/outdoor exposure*
- *colder weather*

Mental health conditions, like major depressive disorder with a seasonal pattern, can also play a role in why symptoms of depression coincide with the holidays.

If you or someone you know needs help.

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“Be kind whenever possible. It is always possible.” —The 14th Dalai Lama

## 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.

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Hushabye — from page 1

Hushabye’s Lived Experience Peer Supports have been pregnant and/or parenting with OUD/SUD and know first-hand the unique challenges and struggles, fears and anxieties. They meet parents where they are in their recovery journey with what they need in a non-judgmental and compassionate way.



Hushabye provides a calm, serene environment for mom and baby

**Hushabye Dads** group is led by one of our peer mentors who went through the Hushabye program when his son was born substance-exposed. After becoming a certified peer mentor, Joey joined the Hushabye team and leads outreach to all of Hushabye dads. During these weekly groups, dads have a safe place to share concerns, ask questions, and get the support they need to be the best parents they can be. Topics discussed include *Understanding NAS*, *What to Expect in Pregnancy*, and *Understanding DCS*.

**Inpatient Services**

- Care for babies as they go through the withdrawal process
- Families may room-in with their babies
- Connect families with onsite behavioral health services
- DCS Support
- Family education
- Counseling
- Family coaching
- Lactation support
- Medication management of NAS symptoms if necessary
- Gavage feedings if necessary
- Phototherapy

**Outpatient Services**

- Transportation, food and housing support
- NAS education-diagnosis, treatment and follow-up care
- Infant CPR
- Car seat education
- Safe sleep education
- Baby supplies and resources
- Care coordination
- Evidence based Triple P Parenting class
- Baby soothing education
- Social connections
- SMART Recovery
- Peer support
- Outpatient behavioral health services
- Family coaching
- Trauma and family counseling
- Doula services

“My daughter is home now and my CPS case is ending. I am truly thankful for being referred to Hushabye nursery. They helped me make a drastic change in my life and I know day or night I can always count on them if I need help.”

—Actual Hushabye Mom

If you need help or know someone who does, call/text 480-628-7500 or email [Info@HushabyeNursery.org](mailto:Info@HushabyeNursery.org).

This holiday season I would to ask for a gift. I would like you to watch an extraordinarily inspiring movie, *Mission: Joy – Finding Happiness in Troubled Times*.

This brilliant documentary chronicles the lives of The Dalai Lama and Archbishop Desmond Tutu, both Nobel Peace Prize laureates. The movie demonstrates how these spiritual giants have overcome tremendous adversity and retained their sense of joy and open hearts. If you would like to stay in a high vibration no matter what is going on around you, this film will surely help you do it. (Currently available on Amazon Prime, Apple TV, and Vudu channels).

I thought this film might be another talking-heads documentary, it is far more. The Dalai Lama and Tutu in conversation are grand models of celebratory living. They laugh copiously, touch each other affectionately, tease each other, and when considering suffering, they drop into deep compassion. These teachers of love prove without a doubt the spiritual path does not have to be a serious, arduous task. Lightheartedness, you will see, is the great transformer.

I found it especially fascinating to watch the Dalai Lama relate to Archbishop Tutu as a peer. I imagine there are not many people who relate to His Holiness as a friend. As spiritual leader of hundreds of millions of people, most people look up to the Dalai Lama and worship him. This can be a lonely position. Plato said, “True friendship can occur only among equals.” The love between these two great souls is palpable.

At age seventeen, the Dalai Lama had to defend Tibet against invasion by China. He has been exiled from his beloved country since 1959. Desmond Tutu experienced the horrific treat-

# Wisdom From the Heart

By Alan Cohen

ment of South African blacks during Apartheid, and was instrumental in ending that oppressive regime. If those two men can retain positive, loving attitudes under such trying conditions, you and I can do the same under far less severe circumstances.

I am calling your watching the film a gift to me because all minds are joined. As you elevate your experience to greater joy, I receive the benefit, and so does the entire planet. Your happiness is your most powerful gift to the world, and enjoying this film will be an important step in that direction.

I am grateful for you and all the blessings you bring to my life. Let us together be grateful that there are enlightened beings among us who point the way home by their example.

*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? Learn more at [alancohen.com](http://alancohen.com)*

## Pregnant and Struggling with Substance Use?



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# The Ebb and Flow of Grief during Holidays

## Healing for the Holidays

EricHouse strives to educate families about the complexities of their grief and to support them regardless of race, creed, or financial ability. We offer one-on-one grief companioning, multiple support groups, and special events throughout the year so that everyone has access to support to help them heal.

People experience grief from many different life events. Mourning losses allows us to express our grief and as the holidays approach, we want to share some helpful grief awareness tips.

## Acceptance

After a loss, celebrating the holidays is different. Acceptance gives us permission to change our normal traditions so new traditions can unfold. When we give ourselves the freedom to experience our grief, we learn that even in the most difficult of times, joy and grief can co-exist.

## Don't Be Hard on Yourself

Grief takes an immense toll on the body, mind, and soul. Give yourself some grace as you navigate the peaks and valleys of grief. Explore

what self-care might mean for you and be sure to do only those things that give you comfort.

## Tough Questions

Social settings might bring up questions. It is fine to honestly answer. You might simply say "Thank you for asking". "Perhaps we can talk about it at another time" or, "Now is not a good time to talk".

## Make a Plan

Plan A includes things you would normally do during the holidays, but with modifications. Perhaps instead of planning a big meal, go out or rely on other family members and friends to prepare the meal. Plan B is your fall back plan — for difficult days when you are feeling overwhelmed, anxious, or triggered.

## No Guilt

You are allowed to feel all of your feelings, set boundaries, and do what feels right to you.

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## Practice Gratitude

Try your best to feel gratitude in the simplest of ways. If you are able to remain open to happiness, happiness will find you.

## Do Not Numb the Pain

Avoid anything that might be harmful including over-eating, over-drinking, or using substances. Commit to remaining healthy through the holidays.

## Help Others in Need

Giving back to others can help fill your heart when you are feeling low. Perhaps helping the homeless, or supporting a family in need.

## Rely on Your Faith


Whatever faith means to you, lean into it.

## Share Memories

Talking about your loved one and all of the fond memories is a beautiful way to honor them.


If you know of anyone who could use support during the upcoming holiday season, EricHouse is here to help. Call **855-894-5658** or visit **www.ericshouse.org**

The EricHouse team shares *12 Grief Awareness Tips* about surviving the holidays, honoring loved ones, and healing. Follow on social media to watch the videos (instagram.com/ericshouse88/, www.facebook.com/EricsHouse88, linkedin.com/company/ericshouse).

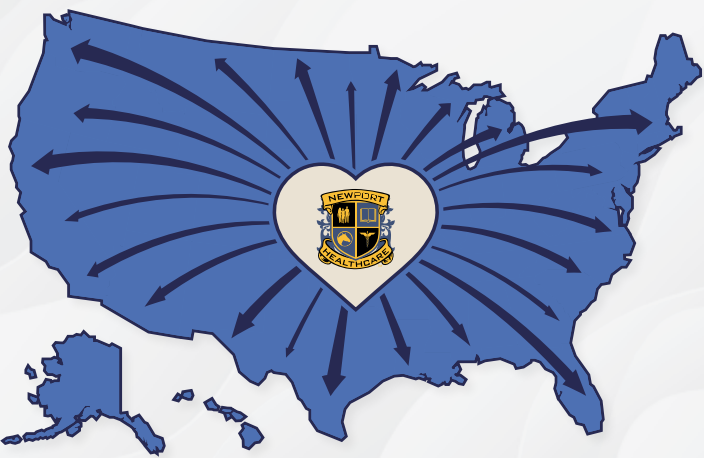


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On October 8th, EricHouse hosted their 3rd annual virtual fundraiser, *Hope & Healing*, in honor of World Mental Health Month. The online live event was a huge success thanks to many of you who have generously supported our mission. EricHouse supports families bereaved by alcohol, drugs, or suicide, and provide hope, healing, and new beginnings for those living in the aftermath of these devastating losses. We were joined by amazing speakers and contributors, including Barbara Nicholson Brown from *Together AZ*. Thank you to all of the supporters, donors, speakers, and special guests! If you missed our event visit [youtu.be/avsjs3\\_MTeQ](https://youtu.be/avsjs3_MTeQ)

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# Self-Care for Healthy Teens

By Sherry Eklund

As a parent or guardian, the most important, impactful job, with little recognition, is raising your child. You want them to excel, be happy, confident individuals in a world filled with challenges and conflicts. Every day you are impacting your child's choices, memories and have the power, opportunity, and the responsibility to make a positive difference in their lives.

During these years, they are going through many physical and emotional changes, and it is during this time they are most vulnerable and at higher risk for emotional health issues such as depression, anxiety, panic attacks, drug use, eating disorders, etc. This is a critical time for parents to be involved and supportive.

Helping teens make smart, healthy choices can be a result of collaboratively creating a self-care plan designed specifically for their needs and personality.

Self-care is the intentional practice of taking care of oneself...emotionally, mentally, physically, and spiritually. Although self-care may look different to each of us, the importance of taking care of ourselves cannot be understated.

Through regular practice the benefits are enormous and can be life changing — maybe lifesaving. Visualize your teen as a self-confident, more relaxed/less anxious, happier individual with a higher level of coping skills, and healthy relationships. One that isn't afraid of life's consequences but embraces their authentic self. Powerful, right?



feeling, hence the risk of turning to a less desirable or dangerous alternative to cope.

You may want to take your teen shopping for a personal journal of their choice. Creating a gratitude journal encourages anyone to appreciate all things, big and small, plus promotes happiness. Just as you might leave your partner a love note, or a note of encouragement, why not leave one for your child? Celebrate their successes!


Help them set boundaries and develop friendships that are supportive, and watch for any signs of disruption in those friendships. They need to know they have a safe place to be angry, sad or hurt.

Mental self-care provides the opportunity to reduce stress, but is so closely intertwined with Emotional Self-Care. The two truly feed one another. Expressing one's emotions creatively with art or writing can free our mental state from self-destructive thoughts. Caution here, if your teen is experiencing self-destructive thoughts or exhibiting self-destructive behavior, it is critical to get professional help.

Allow time for reading beyond homework, listening to music, and catching up with friends. Why not pick a puzzle to work on together that allows

## Ideas for teens

Emotional self-care is about creating self-compassion and attaining emotional well-being by getting in touch with our emotions. This is more difficult and challenging than it sounds. Afterall, teens are all about emotions! They may struggle to articulate what they are feeling or may not understand what they are



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*"Visualize your teen as a self-confident, more relaxed/less anxious, happier individual with a higher level of coping skills, and healthy relationships."*

quality time together. Creating memories with your teens last a lifetime. Physical self-care incorporates activities that improve physical health. Studies have shown that active individuals are able to cope better when conflict arises. Simple things like taking the dog for a walk or playing with the cat can add the opportunity for self-reflection. Developing new hobbies or skills are great ways to boost self-confidence.

You'll want to ensure your teen is eating properly, staying hydrated and getting the appropriate amount of sleep. Teens need 9 to 9 ½ hours of sleep per night.

Spiritual self-care is about nurturing our spirit and connecting with our higher self. It can also include thinking bigger and broader than ourselves. Spirituality is such a personal experience that could be dictated by family, friends or one's own personal experiences. They may desire quiet time for prayer, meditation, or self-reflection. It could be quite rewarding to help at a place of worship function or summer camp. Volunteering at a senior center or even at an animal shelter can help create a path of empathy and dedication.

Creating a self-care plan, in collaboration with your teen, helps ensure they understand that self-care is not selfish. It's having a safe place to land when life tosses you a curve ball. It's about taking better care of themselves so they can become the best version of themselves, which will in turn allow them to be make healthy choices. Self-care truly is empowerment.



Sherry Eklund is the founder of Teen Strong, LLC. She holds a Bachelor of Science degree in Child Development and a Master of Science in Educational Computing. Visit [www.IamTeenStrong.com](http://www.IamTeenStrong.com), or email [seklund@iamteenstrong.com](mailto:seklund@iamteenstrong.com)



# Easy Ways to Decompress

Taking stress levels down a notch is easier said than done when you're overwhelmed. While stress may seem like a fact of adult life, it's not something that we need to just accept or ignore.

Sky-high stress levels can harm our mental and physical health over the long term, leading to high blood pressure, lack of sleep, and heightened anxiety. It can interfere with our productivity and relationships. While it's not realistic to eliminate all sources of stress, you can learn to find a balance between taking stressors off your plate and accomplishing what needs to get done.

## Short-term ways to reduce stress

### Perform deep breathing exercises

Deep breathing, or diaphragmatic breathing, is a common and effective stress relief technique. This type of breathing requires you to use your diaphragm to take deep breaths. It allows your lungs to function fully, which doesn't occur when you simply breathe normally. Your belly, rather than chest, will expand to engage your diaphragm.

### Meditate

There are many types of mediation, but the simplest form involves sitting comfortably, closing your eyes, and focusing on your breath — gently pushing away intrusive thoughts if they arise. If you're a beginner, know that distractions abound, but meditating gets easier every time you practice.

Meditation apps like **Calm** and **Headspace** can help you get started and make meditation a habit.

## Long-term ways to reduce stress

### Move your body

There's no getting around the fact that getting regular exercise is important for overall health and well-being. Trusted Source. It can promote a positive outlook and help to reduce symptoms of anxiety. The Centers for Disease Control and Protection (CDC) recommends 150 minutes of physical activity a week for adults, which may seem like a lot, but when divided by 5 or 7 days, it breaks down to only 30 or 20 minutes per day, respectively.

Consider making a morning walk around your neighborhood a daily habit.

## Have a Pet? Bond!

Studies show that spending even a short time with a pet can significantly decrease anxiety levels



by decreasing cortisol levels. They also help people get outside — perhaps on that morning walk — and feel happier overall. If you don't have a pet, you might consider volunteering at an animal shelter once a week or walking a neighbor's dog to get in your cortisol-lowering cuddle time.

## Set boundaries and stick to them

One of the most common culprits of high stress is over-committing. One way to start prioritizing your mental health is to set boundaries. You might make it a point to leave work at work and sign off completely for the night so that you can be present when it's time to switch your focus to personal time.

Try not to be afraid to say no to helping out friends and family if it interferes with your plans or you don't have the capacity for it.

## Get enough sleep

It's not a coincidence that a not-so-great day turns into a terrible day if you haven't gotten a good night's sleep. Sleep deprivation is associated with an increased risk of depression and stress. The National Sleep Foundation recommends getting 7-9 hours of sleep at night. Go to bed at the same time every night, avoid scrolling on your phone in bed— leave devices in another room.

## Recap

It's natural to experience high-stress levels at various points in adolescent and adult life. But that doesn't mean you have to just accept the overwhelming feelings of tension or anxiety it may bring. By taking control of your mental health and prioritizing your overall well-being, you can find a renewed sense of inner peace and balance. If you're still finding it difficult to manage stress levels, consider finding a good therapist to support you. (Source: Psych Central)

# The More You Know

Copper Springs offers in-person and virtual outpatient programs at both their Gilbert and Avondale locations. Outpatient programs are covered by most insurances including commercial, Medicare and AHCCCS.

Programs provided:

- **Partial Hospitalization** or PHP is the highest level of outpatient care available. PHP provides 4 hours of treatment, 5 days a week. PHP is the next best step for someone transitioning out of an acute care or residential treatment setting. PHP is also helpful for preventing hospitalization for patients at risk for psychiatric and/or addictive disease symptom relapse.
- **Accelerated Intensive Outpatient** or AIOP provides 3 hours of treatment, 5 days a week. It allows patients to complete an IOP in a shorter amount of time.
- **Intensive Outpatient** or IOP provides 3 hours of treatment, 3 days a week. IOP is beneficial for patients needing more than 1 hour of therapy per week.

Contact either location to determine specific eligibility. Copper Springs Avondale call 480-565-3035, Copper Springs East 480-667-5500.



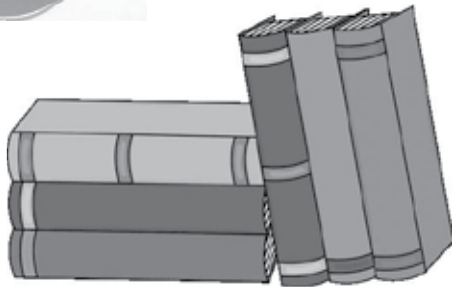
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 **Values**

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

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# SUPPORT

## Resources & Helplines

Suicide crisis call 988

Alcoholics Anonymous

Al-Anon

Tucson Al-Anon Information

Adult Children of Alcoholics

Arizona Addiction

AZ Women’s Recovery Center

Bipolar Wellness

Child Abuse Hotline – Support & Information

Cocaine Anonymous

Co-Anon

CoDA

COSA

Copper Springs

Crisis Help Line – For Any Kind of Crisis

Crisis Response Network

Crisis Text Line

Crystal Meth Anonymous

Debtors Anonymous

Domestic Violence

Families Anonymous

Gamblers Anonymous

Grief Recovery

Heroin Anonymous

Marijuana Anonymous

NDMDA Depression Hotline – Support Group

Narcotics Anonymous/Phoenix

Narcotics Anonymous/Casa Grande

Narcotics Anonymous/Flagstaff

Narcotics Anonymous/Prescott

Narcotics Anonymous/Tucson

Nar-Anon Family Groups

National Youth Crisis Hotline

Overeaters Anonymous

PAL (Parents of Addicted Loved Ones)

Parents Anonymous

Phoenix Metro SAA

RAINN (Rape, Abuse, Incest National Network)

Rape Hotline (CASA)

Sexaholics Anonymous

Sexual Assault Hotline (24/7 English & Spanish)

Sex/Love Addicts

Sex/Love Addicts Tucson

Sex Addicts Anonymous

S-ANON

Sober Living AZ

Suicide Hotline

Suicide Prevention Lifeline

Teen Challenge

Teen Life Line

In an Emergency dial 911

602-264-1341

602-249-1257

520-323-2229

aca-arizona.org

602-737-1619

602-264-6214

602-274-0068

800-422-4453

602-279-3838

602-697-9550

602-277-7991

480-385-8454

480-418-4367

800-233-4357

602-222-9444

Text HOME to 741741

602-235-0955

(800) 421-2383

800-799-SAFE

602-647-5800

602-266-9784

800-334-7606

602-870-3665

800-766-6779

800-826-3632

480-897-4636

520-426-0121

928-255-4655

928-458-7488

520-881-8381

(800) 477-6291

800-448-4663

602-234-1195

480-300-4712

602-248-0428

602-735-1681

RAINN.ORG

602-241-9010

602-439-3000

800-223-5001

602-337-7117

520-792-6450

602-735-1681

480-545-0520

602-737-2458

800-254-HELP

988

888-352-4940

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



## Stay connected



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# Together AZ

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	drdinaevan.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	
Hushabye Nursery	480-628-7500	hushabyenursery.org
I Am Teen Strong	480-396-2409	iamTeenStrong.com
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	mercycareaz.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
Arizona Opioid Assistance Helpline	888-688-4222
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
Alcoholics Anonymous	520-403-3559

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