

Alcohol Awareness for Healing and Hope

By Lee Yaiva, CEO, Scottsdale Recovery Center

The seeds planted by the National Council on Alcohol and Drug Dependence on **Alcohol Awareness Month** in 1987 continue to bear fruit. We are cultivating and inspiring change through dialog and challenging the industry standard to elevate and evolve. Public awareness, reducing stigma and creating open lines of communication about the misuse and abuse of alcohol is vitally important. We are transcending preconceived beliefs and ideas about alcoholism, helping to eliminate the excuses, rationalization, and justification of the overconsumption of alcohol.

Increased Awareness

Through the years this effort has gained momentum and expanded with information to accommodate the needs of individuals struggling with addiction and behavioral issues. Alcohol Awareness month has become a national movement drawing attention to the causes and effects of alcoholism, offering ways to help families and our communities.

There was a time when Alcoholics Anonymous was the only platform available to address these concerns. Now we have a multitude of ways to meet the ever-changing trends in therapeutic interventions and needs of an ever-changing population.

This has bridged the gap and serves as mediator between the person who needs help and family members, to adequately support an individual in crisis. The family dynamic is impacted by alcoholism making this a collective issue, rather than an individualized one — prompting the entire family to change and evolve. Even with awareness at the forefront, the stigma and shame surrounding this disease still exists.

The value of family support is immeasurable and quantifies the potential for successful recovery. In most cases, the family loves, supports and advocates for change, but they may not know how to navigate the recovery process with certainty and confidence.

I've often heard gems such as "Why don't you just try walking away?" or "Why can't you just say no?" An earth shattering revelation that could potentially alter the lives of every alcoholic, *if it were that simple!*

Increased awareness encourages anyone to gain the insight and understanding needed on how recovery works. And, because of that not only is the alcoholic getting better, so are families and communities. Together — we are healing.

The evolution of recovery modalities offers us the opportunity to acquire new knowledge and apply it. I refer to it as being information rich.



Alcohol Awareness month was born out of a desire to address the problem, while eliminating stigma from the equation.

Incorporating what we have learned has proved to be a powerful tool and it has increased our abilities as treatment providers to help others. Today, if someone is looking for an alternative to 12 step programs, there is a platform for that. Looking for further support to bridge the gap? Medication assisted treatment might be an option. This evolution has made accessibility to recovery easier to address the individualized needs of anyone struggling with substance use. All of this brought about by an awareness campaign from 36 years ago.

Alcohol and the body

Alcoholism takes a toll on the body, mind, and spirit. The body's natural response to toxicity is secretion and emission. Regurgitation is the sign and symptom alcohol consumption has reached a threshold the liver can no longer handle and acet-aldehyde levels have become too high. This results in vomit to remove the excess alcohol. These are but a few red flags proving our body is not intended to abuse or over consume alcohol.

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Publisher's Note

By Barbara Nicholson-Brown



NO Shame Here

As April is recognized as Alcohol Awareness month, I am proud and amazed how far we have come in our open and honest dialog about addiction, alcoholism and mental health issues. I am not ashamed to be a recovering alcoholic, I'll tell anyone who will listen.

I grew up in an alcoholic environment, yet no one talked about it and that silence fueled the shame about this disease, at least in our home.

Alcoholism, from my perspective was considered shameful and something to be hidden, especially if the person suffering was female. My mom had the disease and I witnessed what it can do to a family. Thankfully she found sobriety — ironically around the time she put down the bottle, I picked it up.

I had a 24 year battle being in the grips of alcoholism. I knew there was a big problem but was too scared to admit it, too full of shame and fear to ask for help. I was slowly dying, if not physically, spiritually for sure, I was an empty shell of a person.

Life in sobriety and recovery is not a straight line, and even with all the zigs and zags, gains and losses, sadness, pain, joy and laughter—I'm grateful every day to wake up sober, count my blessings. I need to remain open to learn, trust and continue to share my experiences and perhaps be a beam of hope.

Happy spring!
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Alcohol Awareness

Denial in alcoholism is a real disease
Most who suffer from substance use or alcoholism deny it. They underestimate their ability to control the craving or to quit, the amount of alcohol they drink, and the impact it has had on their life. Denial is a common trait of any addiction, no one wants to readily admit they have a problem.

Alcoholism claims thousands of lives each year
Alcoholism is the third-leading preventable cause of death in the United States, claiming the lives of more than 90,000 people every year.

Have conversations
Speak openly and honestly with friends and trusted family members about alcohol awareness month.

Together we can make a difference

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FOUNDER
In gratitude and in memory of
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- **Physical:** Physical self-care involves taking care of your body by ensuring adequate rest, nutrition, and exercise.
- **Emotional:** Emotionally speaking, self-care could look like setting boundaries with people in your life to protect yourself. It can also mean shutting down negative self-talk.
- **Social:** Spending time with loved ones is an important part of self-care. Social self-care can also involve cutting out people or social activities that don't fulfill you.
- **Intellectual:** Intellectual self-care can involve reading more books you enjoy, doing the crossword every day, or making time for a new hobby.
- **Spiritual:** Spiritual self-care can involve meditation, being mindful of the present moment, listening to music, or practicing the religion you believe in.
- **Personal:** This form of self-care involves doing things you enjoy, such as walking in nature, drawing yourself a relaxing bath, or cooking a meal you like.

If peace of mind constantly eludes you and you often feel stressed, anxious, or worried, it may be helpful to visit a mental healthcare provider for support.



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Who is Your Family?

By Dina Evan, PhD

According to Webster, a family is a group of one or more parents and their children living together as a unit or a group, made up of all the descendants of a common ancestor: That has never been my experience. I left home at 13 after fighting with my consistently inebriated mother and chasing her rapist all over Phoenix. I knew if I stayed at home, I would watch her die. That was the day I grew up. I put on a big girl dress, got a job, went to work, quit school and years later after raising my own family and making huge mistakes because of my empty tool bag, I graduated college with a Master's degree and couple of PhD's. My family then, was several uppity women friend activists who kept telling me I could do it, and my kids who made me want to. Those days and years were not easy on any of us.

Today's families are different

Every elderly person I know is bereft and alone including me. I didn't know how alone I was until this past week, the day I turned 81 and never heard a single word from a grandchild or great grandchild. To be fair, one of my children, who I love dearly, and who for a couple of years, clearly hates me for reasons not explained, decided to spend some time with me and brought a wonderful partner as well. Over a great lunch we had a genuinely good time. Clearly, this child is a master teacher, teaching me how to love in the face of hostility and silence. And herein lies where we are in life...basically on our own, except for now and then.

On our own, isn't necessarily a bad thing. My life is filled with joy and purpose every time I sit in Spirit and on purpose with a client who is healing, or a friend who calls from Chandler, Phoenix, New York, or Hollywood, California, to tell me happy birthday, I am loved, and they miss me. I think perhaps it's just about priorities changing. So many of us are overwhelmed just waiting for the next shoe to drop, as we stand alert and unprepared for the next war, crisis, flood, or fire. At this point I simply tell myself this is our new norm, our new way of life.

How do we create family now?

We create it by choosing to be with those we can help, those who can help us, those we can love and forgive and with whom we can communicate truthfully without fear or resentment.



"We have family the minute we get over ourselves and begin to see past color, nationality, sexual preference, gender, age, language, economics, borders, and all the other differences we imagine and use to separate ourselves from each other."

That for me is the new family and I cherish it.

Maybe it's no longer about who gives birth to whom...but rather it's about who gives life to us, energizes us, speaks truth to us and reminds us that we are valued, not for who we are not, but for who we are. Put your arms around those souls because they are your family, your lifelines, your inspirations, your beloved fellow travelers and change makers who actually see the real you, past the places at which you are still growing and without judgment they value you for simply being in their lives.



The color of our blood is the same

We have family the minute we get over ourselves and begin to see past color, nationality, sexual preference, gender, age, language, economics, borders, and all the other differences we imagine and use to separate ourselves from each other. *The color of our blood is the same.* The depth of our sense of sorrow and separation is the same. The depth of our sadness and joy is the same. The need for connection is the same. So, smile at the child in line at the grocery store regardless of his or her color, and at person whose clothes appear worn and dirty outside sitting on the curb, and the new person at the meeting for the first time, as well as the person who is there for the hundredth time. Reach out to your family, young and old and make a genuine connection that shows your love.

What I know is that there are many tissue thin people in this world, but if you are reading this paper, you are not one of them. So, let's all get on purpose and just lovingly and gently do exactly what we came here to do...love without limits.



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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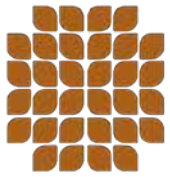
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Alcohol Awareness Month

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. For many, denial is a common trait among those struggling with alcoholism or alcohol abuse. They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to control their drinking or to quit. Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation.

With this in mind, Alcohol Awareness Month gives public health bodies, community centers, and treatment facilities the chance to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption. At Sierra Tucson, we recognize that chemical dependency often results in losing control of your life. We understand that addiction can be overwhelming and cause you to lose all hope. You don't need to suffer alone. Our team of full-time, on-staff doctors and clinicians focuses on providing world-class treatment to all our residents so that they can live healthy, productive and sober lives.

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What about blackouts, lapses in time, losing interest in activities? Neglecting hygiene, and behaviors such as irritability, isolation, mood swings and continuing to drink despite family, financial, occupational and health concerns. Cravings, high risk behavior, drinking secretly and the inability to control drinking are constant reminders of a problem. Add to that shame, guilt and remorse.

Loss of Control

It is ironic most alcoholics like to be in control, but when alcohol is introduced to our bodies, we relinquish all control and become the perpetrator and victim simultaneously. The way we behave is no longer conducive to the way we were raised, and begins to create an internal conflict, the first of many bouts that we lose to self. Today's awareness provides us with quizzes and questionnaires to self-evaluate and potentially "diagnose" a problem. If you Google "Am I an Alcoholic?" chances are you know there is a problem or a potential one — and you're in search of confirmation. Our truth is linear and one dimensional. "Should I be drinking this way, yes, or no?" We all know the answer to that, especially with the way the question is framed. Under any other circumstance, that question would not be asked, especially of oneself.

Keep the conversation going

It is our role as recovery advocates to initiate the conversation others may not be willing to talk about. Speak with your friends and families about it. As parents and caregivers, we need to teach our children about alcohol misuse and help them build coping skills for a healthy future. Alcoholism is not a shameful topic, it is a disease and those who struggle with it are not flawed individuals. More than 140,000 people die from excessive alcohol use in the U.S. each year. (www.cdc.gov/alcohol). The great news is an estimated 23 million people — live in recovery from substance use disorders.

Everyone has a vision

I miss the days of 35mm film processing. You immersed yourself in a vision capturing moments to create memories of life experiences. We would drop off the roll of film in an envelope and eagerly wait until we could pick

up our treasured photos. Like many great things, our vision and what we imagine was created is being produced in pure darkness.

When we saw the developed prints, we scanned through the images and our emotional response was dictated by what the lens captured. The film was negative when dropped off and positive upon pick up. Like the processing of film, if we allow access to light to soon, the image of our self becomes distorted. Sobriety and recovery do not happen in an instant — it is a process.

Awareness has nurtured the foundation in the way we address alcoholism, revolutionized the industry, challenged the norms, and elevated our standards. As treatment providers we are presented with signs and symptoms associated with self-destructive behavior every day, that leads to being asked questions like, "Do you think I have a problem?"

My response? If you picked up the phone and dialed my office it might be an indicator there is a problem, that you're in pursuit of help and finding a solution for life on the road to recovery.

While we are the answer to our own problems, usually the solution must be drawn out of us with help, we cannot do this alone.

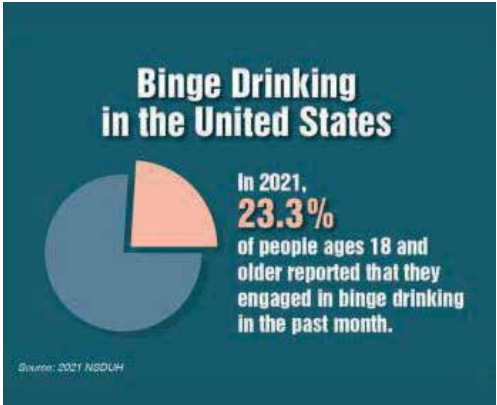
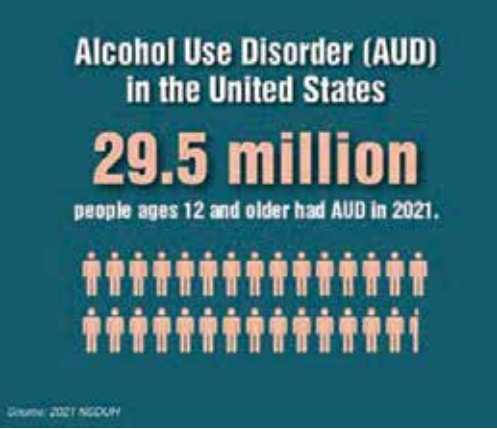
We recover

Recovery is a verb, an action, a lifestyle. The acceptance of recovery can be seen on T-shirts branded with SoberAF, or Sober Never Looked This Good, but it cannot just be on you, it has to be in you.

The prefix Re, means again and again, to indicate repetition. What you choose to do will either dictate your relapse, or your recovery. Through awareness campaigns like this, the message is loud and clear and we hear you. Come take back what rightfully belongs to you: your place, pride, dignity, identity and self-respect. Self-love, self-forgiveness and self-worth await. The image of your true self has yet to be developed, and the experience will be remarkable. The period of darkness will be exchanged for a light that radiates from within and the image of your true self will be exposed.

Scottsdale Recovery Center has a team of highly qualified and passionate staff to take your periods of darkness and expose you to your own light, when you are ready. We help you become the whole person you are meant to be. Come to where the magic happens and where everyone knows your name. Because of awareness campaigns such as Alcohol Awareness Month, resources like Scottsdale Recovery Center and many others like it are plentiful, here and ready to help.

Lee Yaiva brings a wealth of knowledge and 16 years of experience in behavioral health and addiction treatment to his role as Chief Executive Officer at Scottsdale Recovery Center. He brings a business savvy that prompts tactical risk and strategic solutions to the ever-changing trends in therapeutic interventions and delivery of service. Mr. Yaiva has served as the tribal liaison for numerous campaigns targeting culturally specific endeavors, incorporating a holistic approach to health and healing that is innate. Lee's passion for people and respect for the recovery process is evident in his distinct style and meticulous order in acquisition of identified objectives. www.scottsdalerecoverycenter.com or call 1-888-NODRUGS





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Borg Drinking, the Latest TikTok Trend

The world of TikTok can be mystifying and bizarre. Trends sweep through the social media app like wildfire. Some trends—like dance challenges and lip sync videos—are cute and funny. But many like the recent borg trend, dangerous. The borg trend is potentially fatal. In this challenge, young adults—mostly college students—mix homemade cocktails in a gallon jug. While borg drinking may sound new, it's actually a thinly disguised way of engaging in binge drinking.

What Is a BORG?

Borg is an acronym that stands for “blackout rage gallon.” As the name implies, it's an alcoholic mixture in a gallon jug. The concoction typically includes a cocktail of part water, part alcohol (often vodka), part powdered or liquid flavor enhancer, and part electrolytes. The mixture is tailored to the maker's taste and is meant to reduce hangovers. Gen Zers are using borgs at mixers, tailgate parties, and outdoor parties.

The Risks of Borg Drinking

Many borg drinkers may look at their homemade BORG and assume they're being responsible by adding water and electrolytes to balance out some of the damage of liquor. The fact is borg drinking is very dangerous. Borgs can be consumed too quickly, or compromised by someone else. And the drinker can add more alcohol at any time if they decide it's not strong enough.

Borg drinkers may assume the presence of water and electrolytes in their gallon cocktail makes them less dangerous. But they're wrong. Hospitals and ERs are seeing an increased number of patients who've been admitted as a result of borg drinking. BORG drinking can lead to:

- **Alcohol poisoning**
- **Vomiting**
- **Loss of memory**
- **Unconsciousness**
- **Increased risk of violence or assault** (as both perpetrator and victim)

Young adults have a lot on their plate. They are facing generational and societal traumas like gun violence, systemic racism, increased sexual assaults, isolation and pandemic-related stresses, financial worries, and climate change. Society, however, is slow to respond to the growing need for additional mental health resources for young people.

More and more, young people turn to drinking to cope with the stresses of their lives. As mental health concerns get worse, so does alcohol abuse. In order to improve young adult mental health and decrease substance abuse, college students and other Gen Z need healthy coping mechanisms and strategies to express and process their experiences.

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Teens & drinking

Is it time to have the talk?



Bringing up the subject of alcohol to teens isn't easy, they may try to dodge the discussion, or you feel unsure about how to proceed. To make the most of your conversation, take time to think about issues you want to discuss. Consider how your child might react, and ways you might respond to their questions and feelings. Then choose a time when you and your child have some “down time” and are feeling relaxed.

Don't cover every topic at once

You're likely to have a greater impact on your child's decisions with on-going conversations, never a lecture. Begin by finding out what your child thinks about alcohol and drinking.

Your child's views about alcohol

Ask your teen what they know about alcohol and teen drinking and why they think kids drink. Listen carefully without interrupting. This approach help your child feel heard and respected, and can serve as a natural “lead-in” to discussing alcohol topics.

Important facts

- Alcohol is a powerful drug that slows down the body and mind. It impairs coordination; vision, clear thinking, judgment and slows reaction time.

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- Beer and wine are not “safer” than gin, rum, tequila, vodka, whiskey, etc.
- On average, it takes 2 to 3 hours for a single drink to leave a person's system. Nothing will speed up this process, including drinking coffee, taking a cold shower, or “walking it off.”
- People tend to be bad at judging how seriously alcohol has affected them. Many individuals who drive after drinking think they can control a car—but actually cannot.
- Anyone can develop a serious alcohol problem, including teens.

Good reasons not to drink

Stay away from scare tactics but discuss the consequences of alcohol use without overstating the case.

- You want your child to avoid alcohol. Clearly state your own expectations about your child's drinking. Your values and attitudes count with your child, even though he or she may not always show it.
- To maintain self-respect. Teens say the best way to persuade them to avoid alcohol is to appeal to their self-respect—let them know they have too much going for them to need alcohol.
- Teens are likely to pay attention to examples of how alcohol might lead to embarrassing situations or events—things that might damage their self-respect or alter important relationships.
- Alcohol use under the age of 21 is illegal, getting caught may mean trouble with the authorities. Even if getting caught doesn't lead to police action, the parents of your child's friends may no longer permit them to associate with your child.
- Drinking can be dangerous. One leading cause of teen deaths is motor vehicle crashes involving alcohol.
- A family history of alcoholism. If one or more members of your family has suffered from alcoholism, your child may be somewhat more vulnerable to developing a drinking problem.
- Alcohol affects young people differently than adults. Drinking while the brain is still maturing may lead to long-lasting intellectual effects and may even increase the likelihood of developing alcohol dependence later in life.

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BE AN ACTIVE SUPPORTER FOR RECOVERY



While there is no one-size-fits-all solution for helping a family member who is drinking too much, using drugs, or dealing with a mental illness, research shows that family support can play a major role in helping a loved one with mental and substance use disorders.

When a family member is experiencing a mental or substance use disorder, it can affect more than just the person in need of recovery. Evidence has shown that some people have a genetic predisposition for developing mental and substance use disorders, and may be at greater risk based on environmental factors such as having grown up in a home affected by a family member's mental health or history of substance use. Families should be open to the options of support groups or family therapy and counseling, which can improve treatment effectiveness by supporting the whole family.

It is also important to remember that the unique challenges that come from helping a loved one with a mental or substance use disorder can be taxing, so caregivers should take steps to prioritize their own health as well.

Family members may be more likely to notice when their loved ones are experiencing changes in mood or behavior. Being able to offer support, family members can connect those in need with treatment, resources, and services to begin and stay on their recovery journey.

(Source: Samsha.gov)



MAKE REGULAR CONVERSATIONS PART OF THE ROUTINE.

Know the risks of underage drinking and be prepared to talk about them.

Establishing yourself as a trustworthy source of information on alcohol will make your child more inclined to ask questions and look to you for support and guidance. For tips on how—and when—to begin the conversation, visit

www.underagedrinking.samhsa.gov

#TalkTheyHearYou

PEP20-03-01-026



Yes you can have fun in sobriety

Being sober doesn't have to mean giving up your social life, or having fun. This new way of living will be a bit of a challenge in the beginning and having concerns about going out after quitting drinking.

- Can I have fun without drinking?
- How will my friends react?
- Will I feel self-conscious without a little liquid courage?
- Can I say "no" and stick to it?

If you're in early recovery, you'll want to stay away from any situation where alcohol or drugs are involved for some time. These environments can trigger cravings and put you at risk of relapse. Being prepared and having a plan can help as well as phone numbers of sober friends you enjoy going out after you've quit drinking.

Have an Honest Talk with Your Friends

It's up to you to decide how much information to share and who to share it with. You don't have to justify your decision. Some people drink, and some people don't. Everyone has their own choice to make, and no explanation is needed.

If you have good friends who support your efforts, you might decide to have a direct and honest conversation with them. Let them know what they can do to help. Perhaps you'd appreciate a sober buddy, or someone else staying sober with you when you go out or helping you resist the temptation to drink. Or maybe you'd still like to hang out together, but not in bars. You might even still like to do the same things—such as playing cards or watching movies together—but without alcohol.

Be Prepared for People's Reactions

While some of your friends will be totally supportive of your decision, others may seem indifferent or respond in a negative way. Your sobriety might serve as a reminder to your "drinking buddies" that they're consuming unhealthy amounts of alcohol, or stir up a bit of anxiety if they feel uncomfortable socializing sober. A change in your friendship dynamics doesn't have to be a bad thing. You might find the shift welcoming. There's always a chance you'll enjoy conversations with your friends more when you're sober. And you may even find they appreciate you more or respect your decisions. If friendships change in a way that you don't like, don't despair. You might be able to create a new circle of friends, or simply decide to hang out with your old pals in different locations and times when alcohol isn't the main focus.

Go Places that Don't Serve Alcohol

One of the easiest things you can do to avoid drinking—and to avoid having to explain yourself—is to go to places that don't serve alcohol.

Coffee shops, movie theaters, museums, libraries, and fast-food restaurants are just a few places that aren't likely to serve alcoholic beverages. Look for places that are alcohol free—from farmer's markets to local theaters, you'll likely find plenty of spots that don't serve alcohol.

You might go out alone as you start this new chapter of your life. Or, you might invite your friends to join you in these places as a way to encourage sober activities.

Think Fun

When you walk into a situation believing that you can't have fun sober, this is likely to be a self-fulfilling prophecy. You might even isolate yourself or hold back from having a good time—which will then reinforce your belief (and others) that being sober makes fun impossible.



Tell your story.
Shout it. Write it.
Whisper it if you have to.
But tell it.
Some won't understand it.
Some will outright reject it.
But many will
thank you for it.
And then the most
magical thing will happen.
One by one, voices will start
whispering, 'Me, too.'
And your tribe will gather.
And you will never
feel alone again."

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HELPING YOU REACH YOUR POTENTIAL



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
Recovery In Motion	844-810-1599	recoveryinmotion.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
The Mark Youth and Family Care	520-326-6182
Workaholics Anonymous	520-403-3559

BECOME A
RESOURCE ONLINE
AND IN PRINT!
FOR DETAILS
Email:
barb@togetheraz.com
aztogether@yahoo.com
or call
602-684-1136

SUPPORT

Resources & Helplines

Suicide crisis call 988

Alcoholics Anonymous (AA) 602-264-1341

Al-Anon 602-249-1257

Tucson Al-Anon Information 520-323-2229

Adult Children of Alcoholics (ACA) aca-arizona.org

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 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 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

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PROGRAMS

- Detox
- Residential Program
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Evening Intensive Outpatient Program (E-IOP)
- Medication Assisted Treatment (MAT)
- Family Workshops
- Specialized Treatment Programs
- Trauma Therapy
- Aftercare & Alumni

WHY WE ARE DIFFERENT

Longevity

One of the longest standing treatment centers in Scottsdale, serving the community since 2009.

Certified in Addiction

Medical Director is a licensed MD and certified as an Addictionologist by the American Board of Preventive Medicine.

Collaboration

Medical, Psychiatric and Clinical teams collaborate to provide individualized treatment plans addressing the 8 dimensions of wellness as well as psychiatric, emotional, mental, and physical well-being.

Family Workshops

Provide education and engage family members, spouses, and extended family in all aspects of the recovery process.

Alumni Program (Scottsdale Recovery Continued)

Focuses on life after treatment and builds a community of sobriety and a place to always call home.

SAME DAY ADMISSIONS



1. Scottsdale Recovery and Detox Center

10227 N Scottsdale Rd Scottsdale, AZ 85253

2. Outpatient Center

8149 N 87th Pl, Scottsdale, AZ 85258

3. The Sweetwater Center

4. The Trullies

5. The Miller Center

6. The Starfire Center



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