



# When the Problem is Gambling

Since gambling's popularity has increased with mobile phone wagering and web-based gambling sites, placing a bet has never been easier. We can legally wager on sports on apps in an instant, play a favorite casino game from a laptop and never leave the couch. Leading up to Super Bowl Sunday, TV viewers were inundated with enticing ads for "free money" by placing bets.

Whether its a weekly poker game, betting on horses, playing the lottery, a weekend at a casino, many people enjoy these activities without suffering financial or emotional harm. When gambling becomes a problem, it can lead to more than financial stress. From relationship and/or work conflicts, emotional or psychological distress and physical health issues, to lies, deceit and broken promises, even suicide ideation.

"The recent Super Bowl was a difficult time for many people and definitely triggering, just like March Madness, or other sporting events we have throughout the year in Arizona," said Elise Mikkelsen with the Division of Problem Gambling. She added, "For the first time, the Super Bowl was played in a state where sports' betting is legal."

## Not everyone who bets comes out a winner

Not everyone who places bets has the money to lose. "If gambling is interfering with your life in a negative manner, whether financially, emotionally, or in relationships. Or if your significant other is mentioning they are not okay with your behavior and the choices you're making, that could be a warning sign." Mikkelsen said.

In Arizona, the access to sports betting since September 2021 has increased significantly. According to a news story on ABC15, "Arizonans wagered



**"If gambling is interfering with your life in a negative manner, whether financially, emotionally, or in relationships, this could be a warning sign."**

more than \$563 million in January alone." (<https://www.abc15.com/sports/arizona-sees-gambling-addiction-surge-after-sports-betting-is-legalized>).

Maureen Michael, Executive Director of Compass Recovery Center in Prescott said, "Working with patients who suffer from gambling disorder, several have reported an increase in the volume of betting since legalization in Arizona. One patient recently said he could stay home and bet all night with all of the different apps available, and it almost ruined his marriage. Most patients report they are able to go to any of the sports betting apps and open an account easily, often with promises of free money. If they lose, they will just download a different app.

As a licensed professional in the mental health field, it is difficult to watch the predatory advertising that is allowed for sports betting. Since 2013, Gambling Disorder has been listed in the DSM-5 as a substance use disorder. There is no other substance use disorder that is allowed to advertise free

*Gambling continued page 7*

## Behavioral Addictions in Young Adults

Over the past decade, internet addiction has become one of the most common behavioral addictions among young adults. There are other types of behavioral addictions in young adults, include exercise, sex, food, and even work addiction.

It's not a coincidence younger people are more likely than older ones to develop addictions as the adolescent and young adult brain is still in development. According to the *American Psychiatric Association*, the brain of a person with gaming disorder, for example, reacts to gaming in the same way a person with a substance use disorder reacts to a drug.

### Internet Addiction

The early months of the pandemic led to significant increases in internet addiction around the world, which has continued repercussions today. This category breaks down into a number of different internet behaviors that can be addictive:

- **Gaming disorder** (video game addiction), recognized by the World



Health Organization as a mental health condition

- **Smartphone addiction**
- **Social media addiction**

*Behavior continued page 2*



## INSIDE

**Publisher's Note**  
*Teachable, Humble & Accountable*

**A Hand on My Shoulder**  
Tim McLeod, NCRC-II

**What is this here to teach us?** Dr. Dina Evan

**Cultivate Your Happiness**

**Resources/Hotlines**





# Publisher's Note

By Barbara Nicholson-Brown



## Teachable | Humble | Accountable

There is always something new to discover about staying on the recovery road. On this journey, the goal is not to get from point A to point B in a short amount of time, it is about taking life a day at a time.

Sobriety can be overwhelming and frightening at times, especially when we're new. I was told to fasten my seat belt — to get ready for a wild ride. When I heard that it scared me, and I thought, what am I in for?

Curiosity about how this sober way of living worked puzzled me too. Everyone I met in recovery suggested I become teachable, humble, accountable and willing to learn a new way of living.

If I truly wanted a better way of life without substances of any kind, I needed to be willing to change, and learn how to listen.

We are all “works in progress” on this road — I'm grateful my Higher Power saw a reason to keep me alive. I have my health, friends, family, and colleagues that mean the world to me. Thank you for trudging this amazing, sometimes scary road with me.



facebook.com/Together-AZ-Newspaper

Recovery is for everyone. Share your experience hope and strength with our readers. If you are interested in being a guest writer email me at [barb@togetheraz.com](mailto:barb@togetheraz.com)

DEPRESSION • ANXIETY • SELF ESTEEM



INTENSIVE  
outpatient services

Schedule an  
assessment now

An early action treatment program that teaches valuable skills for teens struggling with mental health challenges & life obstacles.

PROGRAM COMPONENTS

12 Week Rotating Curriculum

3 Days of Group Per Week / 3 Hours per Group

Individual Counseling, Family Counseling  
& Peer Support Services

Technology Assisted Treatment Services (Optional)

Insurance & Private Pay Options Available

Masters Level Clinicians

ADMISSIONS CRITERIA

- 13-17 years old
- Complete a comprehensive assessment  
& have a primary mental health diagnosis

notMYkid®

Educate • Inspire • Grow

(i)nspired

WELLBEING CAMPUS

5310 East Shea Blvd | Scottsdale | Arizona | 85254  
602.652.0163 | [notmykid.org](http://notmykid.org)

### Behavior from page 1

- **Pornography addiction**
- **Cyber-relational addiction**—friendships or romantic relationships with people online, via chat rooms, forums, or social networks
- **Online shopping addiction**
- **Gambling addiction**, the only behavioral addiction recognized by the Diagnostic and Statistical Manual of Mental Disorders

For instance social media is the first thing many young people do when they wake up, and the last thing they do at night. Research shows 16- to 24-year-olds spend an average of three hours a day using social media. By some estimates, between 5 and 10 percent of social media users are addicted.

### Video Gaming and Gambling Addiction in Young Adults

In 2018, gaming disorder was classified as a mental health condition by the World Health Organization (WHO).

Like gaming, gambling is easily accessible online and has the same addictive elements of chance, skill, and intermittent reward. Research shows gambling participation typically increases during adolescence and peaks in young adulthood. This is also the time when the risk of developing problematic gambling behaviors is highest. Video game makers have also added gambling elements to games, like roulette and slot machines. This increases exposure to gambling for young people. Gambling while drinking or using drugs magnifies the potential financial and psychological risk for young adults which boosts the likelihood young adults will gamble while using substances.

(Source: Newport Healthcare - [www.newporthealthcare.com](http://www.newporthealthcare.com))

Affordable Drug and Alcohol Treatment

RECOVERY IS POSSIBLE

Love Your Life Again

If you or a loved one is suffering from addiction to drugs or alcohol please contact Recovery in Motion Treatment Center.

Call our free 24/7 confidential help line to find out more about our services

(844) 810.1599



3655 E. Second Ave 85716. Tucson, AZ 85716

Info@recoveryinmotion.com



Recovery Together Enterprises, LLC

10105 E. Via Linda, Suite A103-#387

Scottsdale, AZ 85258

FOUNDER

In gratitude and in memory of

William B. Brown, Jr.

Publisher/Editor/Sales

Barbara Nicholson-Brown

Advisors

Rick Baney

Dr. Dina Evan

George J. Nicholson

Stephanie Siete

Michelle Smith

Website: WISDIX



Together AZ

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

602-684-1136

Email: [barb@togetheraz.com](mailto:barb@togetheraz.com)

Published Monthly Since 1991

Arizona's Addiction Recovery Newspaper

Inspiring Success on the Road to Recovery

2 MARCH 2023 Togetheraz.com



# A Hand on My Shoulder

By Tim McLeod, NCRC-II  
Director of Alumni Relations & Connect365, Sierra Tucson

Lately, it seems we’ve all heard the aggravation associated with airline travel. Hearing those stories reminded me of my own unpleasant experiences from several years ago. I was traveling home from Tucson to Kansas City and changing planes in Dallas. Due to weather delays, my flight that was supposed to get me home by 9:45 p.m. was now going to arrive at 12:45 a.m. Was I frustrated? You bet. Yet, at that time, I had no idea that the most memorable part of my day’s adventure was about to begin and, ultimately through my own choice, I would be getting home even later than expected.

When we finally got to Dallas, after waiting out bad weather and landing in San Antonio to refuel, I boarded the plane and sat in my usual window seat on the left side of the aircraft so I could lean to the right and get some sleep. As I was creating my sleep space with those nasty airline blankets and adjusting my head rest just right to avoid a tweaked neck for the next five days, I noticed the gate agent was assisting a blind man down the aisle. He ended up being seated right next to me. His first words when he sat down were “I will not travel through Dallas again for a long time. I have been trying to get home to Kansas City since yesterday!”

He shared that his trip home had started off the day before in Atlanta where he was spending time with his family. After more small talk, we both ended up shutting our eyes and slept until we got to Kansas City.

When we landed, I asked him how he was getting home from the airport. He said, “I was planning on taking the shuttle because I do not want to wake my wife. She works at a hospital and must be at work at 4:00 a.m.” I shared with him I did not think the shuttle runs after midnight and that if he needed help, I would be willing to give him a ride home. So, we agreed to meet in the baggage claim area.

After gathering my bag and the gate agent had helped him get his, I walked over to him and reiterated my offer to take him home. I then asked him his name. He said “Don.” I said “Don, my name is Tim. I am going to get my car and I will be right back to pick you up.”



*"Recovery requires us to find the courage, reach up in the dark, and trust that shoulder in front of us."*

As I bounced along on the parking lot shuttle bus, I was thinking about the trust level this man has. I am someone he just met, cannot see, and yet, he is trusting ME to give him a ride home. Wow!

As I drove up to passenger pickup area Don was there waiting with his bag. I got out of my car and headed over to him and said, “Your ride is here!” He said, “Tim, if you will take my bag and I will place my hand on your shoulder and follow you to your car.”

Inside the car as we started driving to Don’s apartment, a litany of thoughts raced through my mind. How is he going to show me where to go if I get lost? How does he know I am even going the right way? Is he afraid I may rob him or harm him?

As we talked during the ride, he shared how being stranded in an airport all day would not be that bad if one was not blind. He said he had to ask someone to guide him to go to the bathroom and to get something to eat.

*Hand on Shoulder continued page 6*



SCOTTSDALE RECOVERY AND DETOX CENTER®  
RECONNECT • REBUILD • RECOVER



TODAY OUR TEAM CELEBRATES



SCAN THE QR CODE  
TO VISIT THE WEBSITE

YEARS  
139

MONTHS  
1669

DAYS  
50,752

MINUTES  
73,082,880

— OVER A CENTURY OF SOBRIETY —



SAME DAY ADMISSIONS 1-888-NO DRUGS

WWW.SCOTTSDALERECOVERY.COM

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





**The PCS Intensive Treatment Program** offers a unique and powerful solution to those individuals, couples and families trying to break through the barriers holding them back from fully enjoying their lives. Clients who seek our program are generally experiencing crises in their lives, feel stuck in their current therapy, desire to move more quickly through their issues, or are simply unfulfilled with one or two hours a week of therapy.

- One week, 69 hour multidisciplinary treatment program, including
- 34 hours of individual, couples and/or family therapy
  - 25 hours of group therapy to acquire vital tools for healing
  - 10 hours of workshop

480.947.5739

[www.pcsintensive.com](http://www.pcsintensive.com) – [info@pcsintensive.com](mailto:info@pcsintensive.com)

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

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



Email: [info@togetheraz.com](mailto:info@togetheraz.com) or [barb@togetheraz.com](mailto:barb@togetheraz.com)



notMYkid is **HIRING**  
**AmeriCorps Members**

Are you a young adult who has overcome challenges in life related to substance use or mental health? You can become a **Certified Peer Support AmeriCorps Member** who inspires youth to have hope, develop self-advocacy skills, and build healthy relationships.

Or perhaps you want to empower parents by helping them to navigate the mental/behavioral healthcare system. Become a **Family Navigator AmeriCorps Member** and impact their lives to support healthier futures for their families.

**NOTMYKID & AMERICORPS NEEDS YOU TO HELP US SERVE OUR COMMUNITY AND TOGETHER, WE ARE GETTING THINGS DONE.**

**MEMBER AND ALUMNI BENEFITS**

- Living Allowance
- Money for College & Trade School
- Loan Deferment & Interest Forbearance
- Professional Development
- Alumni Network



# What is this here to teach us?

By Dina Evan, PhD

*Not sure what your purpose is exactly? Ask yourself these questions.*



I am asking and myself, as are my clients— **"What is all this strife here to teach us?"** We have elected officials refusing to reach across the aisle and act in a way that serves the common good. We have courts making laws removing our rights to decide what we can and cannot do with our own bodies. We have major corporations, like the oil companies who hiked gas prices up so high during the pandemic — making billions in profits while we went broke buying gas. We have so many people invested in fraud, our bank accounts and credit cards are showing up with outrageous charges that are not ours. So, if this planet is a school and every challenge is a lesson, what is this here to teach us?

Sometimes, when challenges arrive it's about looking back at all the other times in life when we have overcome adversity and found a way through. It's about reminding us of our own resiliency.

It's asking us to look at our thoughts and what we hold voraciously onto, instead of being willing to compromise for the greater good. We often mistake rigidity for power and openness, and flexibility for weakness when the opposite is true. Tolerance and open-mindedness are evidence of confidence and strength which is beneficial in all walks of life. Personal growth is about challenging your existing beliefs and considering new ideas which can give you fresh insights into the world and teach you new things. Think about all the things we now enjoy we previously we may have thought improbable or impossible years ago.

The time is here to teach us we need each other. We need to be reminded we have like-minded people in our lives with similar values. Show appreciation for them and give them time and a place of value in our daily experiences. Sometimes, we just want to close the door and shut the world out, but doing that, changes nothing including us.

## Shutting the door deprives us of fulfilling our purpose

It's no accident you are here in this time. You came here with a purpose to fulfill, and you don't want to miss this opportunity. Whether it's stopping by to tell the elderly lady down the street you are happy to pick up something from the store for her, or run for the senate seat in your district, you have a purpose. Whether it's being a friend, a sponsor or something of service on an even larger scale. Whether it's about publishing a paper like this one, writing a column, or a letter to a friend who feels forgotten, or something big you have always dreamed of doing, YOU are here for a reason, and the question is are you fulfilling your purpose?

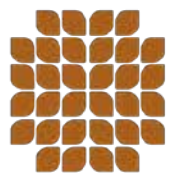
Get involved in either of those two situations and you cannot help but fulfill your purpose. It's not so much about doing something grand as it is about doing something you came here to do, and only you can do best. It can be about helping many people or one person. It's about making a deliberate choice not to get caught up in the separatism, prejudice, judgment, divisiveness, and hostility of this moment and remembering to be love. It's about remembering you can make a difference by healing that separation and acting with non-judgment and acceptance.

Fulfilling your purpose may be as simple as being your authentic self and knowing there is value in you to be shared. It may be as simple as speaking your truth and encouraging others to be truthful with theirs as well. Now is the time to step into that purpose. We need each other, we need you, and we need to change what's going on here. No one else is going to do that for us. Not our elected officials. Not our corporate officers. No one else. It's up to you and me...and isn't that exactly what we came here to do? Let's get to it.



*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.*





**SIERRA TUCSON®**

Where Change Begins®

Contact our  
Admissions  
team for more  
information



## How do you talk to a loved one about treatment?

This is a conversation that no one wants to have. But when someone you love is struggling with a behavioral or mental health disorder that requires residential care, you're well aware that one difficult conversation is a price worth paying. The good news is that with proper preparation, the talk may go much more smoothly than you anticipate – and the result may change (or save) your loved one's life.

Never lose sight of the fact that your loved one is in pain – because of this disease, your loved one has literally lost control of their behavior and cannot make the types of healthy decisions that seem so obvious to you. Make it clear to your loved one that you know that they have been struggling, and that friends and loved ones have been hurt as well. Behavioral and mental health struggles can lead to strained relationships, legal trouble, financial problems, and a host of other issues. The time for ignoring these problems is over. You need to continue to remind yourself (and your loved one) that the fight isn't between you and them. This is you, your loved one, and the rest of their support network coming together to defeat a disease.

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

800-842-4487



SierraTucsonTreatmentCenter



Sierra\_Tucson



SierraTucson



Sierra-Tucson



*Hand on my Shoulder from page 3*

He said some people would tell him they would be right back and then never show up again!

While his retelling of his ordeal painted a picture of his experience, it was actually HOW he shared it that really struck me! Mentioning that people would say one thing and do another, there was no sign of resentment in his voice. He just took it as that is the way it is sometimes.

Since he was being so open with me, I mustered enough courage to ask him how he lost his sight. Don shared that he went to a bank to cash his paycheck and on his way out he was shot in the head. He said, “The person who shot me did not even rob me. They just shot me and drove off.” Again, not one ounce of resentment in his voice. He quietly said that he was glad to still be alive.

Don said that while he lost 94% of his sight, he could still see shadows. He then shared about his wonderful job, his marriage, and all the friends he had.

When we arrived at his apartment, I helped him out and got his bag for him. He said, “Tim thank you so much, I know how to get from here into my place. Please feel free to stop by anytime and just ask for Don; everyone knows who I am.” I stood back and watched Don as he walked up the sidewalk, turned left up the stairs, and right into his door.

Suddenly the weather delays, the interminable waiting throughout the day, the fatigue that was kicking in, and the frustration of getting home much later than planned, no longer mattered. Here I was in downtown Kansas City in a part of town unfamiliar to me at 2:00 a.m. sitting in my car dumbstruck. What had just taken place?

I could not keep from thinking about the trust and faith this man had in me and other complete strangers. I thought to myself “why am I not willing to place my hand on a shoulder for guidance – whether it is my sponsor’s, my therapist’s, or God’s to trust them to guide me?”

Then the song, “Amazing Grace” came to mind. The words I heard were, “I once was lost, but now am found, was blind, but now I see.” I thought about this for a moment. Then I came to this conclusion. Don was blind but could see a whole lot better than me.

**Isn’t going through recovery a lot like Don’s journey?**

Surrendering our baggage, sometimes being disappointed by people we counted on, and ultimately having no choice but to be vulnerable and admit that we need to be guided. Recovery requires us to find the courage, reach up in the dark, and trust that shoulder in front of us.

**Ask yourself – are you willing to place your hand on someone’s shoulder who is willing to help guide you?**

If you want to learn how to start your path of recovery to find your own miracle, contact **tim.mcleod@sierratucson.com**. For more on Sierra Tucson visit **www.sierratucson.com**

**Brough Stewart, MC, LPC, NCC**  
15455 N. Greenway Hayden Loop  
Suite C-9  
Scottsdale, AZ 85260  
602-316-3197  
brough@broughstewart.com  
www.broughstewart.com



**Stewart Counseling Services**  
HELPING YOU REACH YOUR POTENTIAL





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

AZWRC is a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address family sustainability. All programs focus on providing the tools and resources to assist women in living financially independent, drug and alcohol-free lives.

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

**Treatment | Housing | Education**  
**602-264-6214** [arizonawomensrecoverycenter.org](http://arizonawomensrecoverycenter.org)



**Arizona's Original 12 Step Bookstore**

The Valley's largest collection of gifts, medallions and vast selection of books to enhance your recovery journey.

10427 N. Scottsdale Road  
(SE corner of Shea & Scottsdale Road)  
**480-483-6006**

**Our new Phoenix location coming soon!**



[facebook.com/GiftsAnon/](https://facebook.com/GiftsAnon/)



product the way that sports betting apps have been allowed to. We don't see alcohol commercials advertising a free six pack to try their beer. Yet, anyone can get anywhere from \$50 up to \$300 or more for signing up and depositing as little as \$5 to try a sports betting app.

## Get Help — Recovery is Possible

The Division of Problem Gambling offers resources and information for all Arizonans who could potentially be impacted by problem gambling. The goal is to increase community awareness about the effects of problem gambling, and increase awareness that problem gambling is a preventable and treatable public health issue.

**<https://problemgambling.az.gov/resources>**

**TEXT NEXT-STEP to 53342**

- **Compass Recovery Centers —1-800-216-1840**
- **Gamblers Anonymous — [www.gaphoenix.org](http://www.gaphoenix.org)**
- **ACT Counseling & Education— 602-569-4328**
- **AZ Council Compulsive Gambling— 1-800-777-7207**
- **National Gambling Hotline —1-800-522-4700**



# AURORA

BEHAVIORAL HEALTH

*Inpatient Services:*

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

*Outpatient Services:*

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

**AURORA EAST**

6350 S. MAPLE AVE  
TEMPE, AZ 85283

480.345.5400

**AURORA WEST**

6015 W. PEORIA AVE  
GLENDALE, AZ 85302

623.344.4400

24/7  
ADMISSION  
LINE

877  
870  
7012

Adolescence is a time for young people to have a healthy start in life. The number of adolescents reporting poor mental health is increasing. Building strong bonds and connecting to youth can protect their mental health. Schools and parents can create these protective relationships with students and help them grow into healthy adulthood.

- In 2021, more than 4 in 10 (42%) students felt persistently sad or hopeless and nearly one-third (29%) experienced poor mental health.
- In 2021, more than 1 in 5 (22%) students seriously considered attempting suicide and 1 in 10 (10%) attempted suicide.

Poor mental health in adolescence is more than feeling blue. It can impact many areas of a teen's life. Youth with poor mental health may struggle with school and grades, decision making, and their health.

Mental health problems in youth often go hand-in-hand with other health and behavioral risks like increased risk of drug use, experiencing violence, and higher risk sexual behaviors, and unintended pregnancy. Because many health behaviors and habits are established in adolescence that will carry over into adult years, it is very important to help youth develop good mental health.

The pandemic disrupted many school-based services, increasing the burden on parents, increasing stress on families, and potentially affecting long-term health outcomes for parents and children alike, especially among families already at risk for negative health outcomes from social and environmental factors. Support is needed to mitigate these negative outcomes and lessen educational and health disparities. Critical supports and services need to be comprehensive and community wide and should include:

- Helping schools provide safe and supportive environments—whether in person or virtually—is critical to students’ wellbeing.
- Link students to mental health services.
- Integrating social emotional learning.
- Training staff.
- Supporting staff mental health.
- Reviewing discipline policies to ensure equity.
- Building safe and supportive environments.

- Communicate openly and honestly.
- Supervise their adolescent to facilitate healthy decision-making.
- Spend time with their adolescent enjoying shared activities.
- Become engaged in school activities and help with homework.
- Volunteer at their adolescent's school.
- Communicate regularly with teachers and administrators.

<https://www.cdc.gov/healthyyouth/mental-health/>

**Pregnant and Struggling  
with Substance Use?**



*Hushabye  
Nursery®*



Let us help  
you today!



**HushabyeNursery.org 480-628-7500**





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

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



Call 602-952-3939 valleyhospital-phoenix.com

3350 E. Pinchot Ave. Phoenix, AZ 85018



Happiness is something that people seek to find, yet what defines happiness can vary from one person to the next.

When most people talk about the true meaning of happiness, they might be talking about how they feel in the present moment or referring to a more general sense of how they feel about life overall.

Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction.

Because happiness tends to be such a broadly defined term, psychologists and other social scientists typically use the term 'subjective well-being' when they talk about this emotional state. Just as it sounds, subjective well-being tends to focus on an individual's overall personal feelings about their life in the present.

**Key components:**

*The balance of emotions:*

Everyone experiences both positive and negative emotions, feelings, and moods. Happiness is generally linked to experiencing more positive feelings than negative ones.

**Life satisfaction:** This relates to how satisfied you feel with different areas of your life including relationships, work, achievements, and other things that you consider important.

Happiness, involves finding a balance between deficiency and excess.

**Signs of happiness:**

- Feel like you're living the life you want
- Going with the flow, willingness to take life as it comes
- Feel the conditions of your life are good
- Enjoy positive, healthy relationships with other people
- Feel you have accomplished (or will) what you want in life
- Feel satisfied with your life
- Feel positive more than negative
- Being open to new ideas and experiences
- Practicing self-care and treating yourself with kindness and compassion
- Experiencing gratitude
- Feel you are living life with a sense of meaning and purpose
- Want to share your happiness and joy with others

Happy people still feel the whole range of human emotions—anger, frustration, boredom, loneliness, and even sadness—from time to time. But even when faced with discomfort, they have an underlying sense of optimism that things will get better!

# How Do I Say I Love You When I Feel Like Running Away

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

Addictive behavior always involves betrayal. You say you will do one thing, but your good intent is torpedoed with destructive acting out behavior. There is a pall of gloom that hovers around those counting on you to be true to your word. Everyone is disappointed including you.

Your partner no longer believes a word you say. H/she is triggered by a number of experiences and then goes into ranting and railing about how you hurt them. Often, the rant is demeaning, condescending and devastating. The hard work you put in to correcting the course of wrong doing seems for naught. You swear your partner discounts your efforts with a litany of complaint and accusations. You really do love your partner and want to heal the relationship but you feel like running away. Here is a list of considerations that can help you not run away, but instead lean into the difficulty with an “I love you” statement.

**When you have betrayed your partner, give them what they want.**

What partners want is to be validated. This means to agree that you gaslighted—you took advantage of your deceit of them to act out in the way you did. Validation means you underscore that you did break their heart and that it makes sense that they would not trust you. This validation is not only verbal but includes you going out of your way to inform about your whereabouts, your plans for managing high risks, sacrificing events and trips that you normally would engage because you are working to rebuild the trust that has been broken.

**When attacked, don’t just do something, stand there!**

It is the hardest thing to not personalize an attack from a betrayed partner. It requires the “wise-mind” adult within to be in charge. Work with not personalizing. Be an observer. Separate your behavior from who you are. Place the shame on the destructive behavior not on your sense of self. It will cultivate compassion for you and your partner. Inwardly, cocoon yourself with solid affirmations about your being. Be present. Defensiveness is something you do that does not work. When you blow it, admit it and ask for a restart.

**Don’t dominate with control and condescension toward your partner but don’t be voiceless.**

Healthy assertion requires courage to be vulnerable. Aggressive communication only utilizes the strongest/loudest voice. There is no redeeming value in harshness that loving firmness would not be better. Harshness simply shuts down your partner and blocks relational healing. Practice deep listening to the needs of your betrayed partner. Don’t adopt a “walking on eggshells” mentality. Speak your truth with vulnerability. Admit your failure often. Open your heart by expressing your feelings about your pain and remorse for them. Be real about your feelings about how you hurt them.

**Don’t duck and dive from your pain and fear of abandonment.**

Often recovering addicts try to control everything so that their partner is not triggered to go to a bad space that makes it difficult to coexist. This fosters a “go along to get along” environment and is dishonest. When other people in recovery disappoint, relapse or demonstrate disappointing behavior, an addict is triggered to embrace the thought that what happened in others’ lives will be the cause of disruption in your own life. Directly confronting the issue of fear can draw two people closer by reaffirming commitments to continue doing the hard work required for healthy recovery and deepening love for each other.

**Rather than complain — make a request.**

Learn to quietly celebrate incremental progress. When your partner opens their heart and is willing to be vulnerable by holding your hand, put their head on your shoulder, etc., quietly express gratitude for the improvement versus complaining about you not getting what you once had.



Read more insights about the importance of embracing every day experiences in recovery from Ken’s book *“Dare to Be Average- Finding Brilliance in the Commonplace”* - published by Daily House Publishing and currently on sale through Amazon.com.



# Only with the Heart Can One See Right



By Alan Cohen

Are you wondering what company to work for? Who to hire to improve your house? Who to marry? Which friends to associate with? Which product to buy? Every day we have to make decisions about who we will work, play, and connect with, and which people and organizations we will support.

Dee and I have recently discovered an impeccable way to make such choices. We are very attracted to work with people who have a good heart.

We were trying to decide which contractor to choose to do some remodeling on our house. After we interviewed several contractors, we looked up their reviews on Yelp. One contractor had a review by a fellow who had hired the contractor while he was dealing with cancer. The contractor had built him a new deck, and then didn't charge him a penny because the homeowner was going through a rough time. We knew this was a sign to hire this contractor, because that kind of caring energy is the kind we want in our home.

While I was trying out a new dentist, the hygienist and I got to talking about dogs (a subject I get to with just about everyone ). She told me that she and her husband have an older dog who was traumatized by the intense construction going on around their house for a long time. They decided to break their lease and move to a quieter town. "Breaking the lease cost us \$10,000, but now our dog is much happier and healthier, so it was worth it." I took this act of kindness as an indication of the quality of the dental practice, for a dentist to have such a kind person on his staff.

We found a dog groomer who left the shop she was working at because her values didn't match the owner's. She took a leap of faith to establish her own grooming business out of her house. When we went to drop off our dogs for grooming, we found that she is a single woman who takes in lots of rescues, rehabilitates them, and finds them good homes, all at her own expense. We knew this is the groomer for us and we are happy to support her new business.

In his classic book *The Little Prince*, Antoine de St. Exupéry said,

*“It is only with the heart that one can see rightly; what is essential is invisible to the eye.”*

We are living at a time when lots of things are changing, we have huge new choices to make, many people are steeped in fear, and our path can be confusing. At such a time we need to find a way to make healthy choices that will serve us and the people we touch. This is a powerful opportunity to practice choosing from the heart rather than the head.

I often quote Jewish theologian Abraham Joshua Heschel, who said, “When I was young I admired clever people. Now that I am old I admire kind people.” If you are going to choose someone to hire, a company to work with, a friend, or a relationship partner, you will do well to put kindness at the top of your priority list. If you are going to support someone, support someone who is bringing light and healing to the world by their loving attitude.

The world needs miracle workers. Anyone who chooses compassion over judgment is performing a miracle. May we make that noble choice.

Learn more about Alan Cohen at [www.alancohen.com](http://www.alancohen.com)



## Gallus Medical Detox Centers

Medical Inpatient Detox for Drugs & Alcohol

Denver | Scottsdale | Dallas | Las Vegas | San Antonio

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



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


### Our Services

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

### What We Offer


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

[www.gallusdetox.com](http://www.gallusdetox.com) | Admissions: 888.306.3122

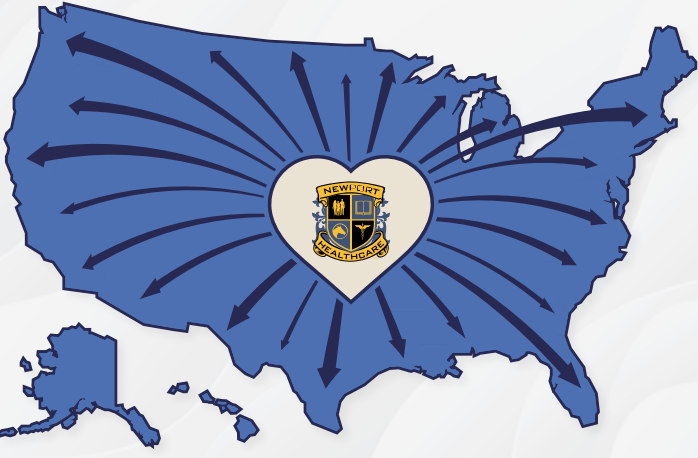


## NEWPORT HEALTHCARE

### Leading Provider of Mental Health Treatment for Teens and Young Adults



OFFERING TREATMENT NATIONWIDE



Newport Healthcare provides the highest-quality mental health treatment to young people struggling with depression, anxiety, trauma, and co-occurring disorders.

Visit [newporthealthcare.com](http://newporthealthcare.com) to learn more about our programs and how we can work with you.

MENTAL HEALTH | TRAUMA | CO-OCCURRING DISORDERS

Insurance Accepted | Third-Party Validated



SAVE THE DATE

DREAM BIG

Inspired to grow

GALA

Friday, April 14, 2023

notMYkid

Educate • Inspire • Grow

# 10 Signs of Addictions in Young Adults

Recognizing the signs helps young people get treatment for process addictions as soon as possible. Young adults can ask themselves the following questions about their potentially problematic behavior.

1. **How much time do I spend on the behavior in comparison to other activities?**
2. **Is my performance in school and/or the workplace suffering as a result of the time spent on this activity?**
3. **Do I use the behavior as a way to cope with or avoid difficult emotions?**
4. **Do I spend most of my time either engaging in the behavior or thinking and talking about it?**
5. **What impact does the behavior have on my relationships with friends, romantic partners, and family members?**
6. **Does the behavior have a negative effect on my mood and/or physical well-being?**
7. **Am I hiding from others the extent of my involvement in the behavior?**
8. **Have I tried and failed to cut back on the time spent on this activity?**
9. **Am I constantly trying them to stop the behavior or trying to set boundaries around it, without success?**
10. **When I'm unable to engage in the activity, do I experience symptoms of withdrawal, such as depression or irritability?**

If young adults answer yes to some or all of these questions, they should consider scheduling an assessment with a mental health professional. Trying to go cold turkey or limit the behavior without professional support may backfire, causing a resurgence of the addiction. A mental health professional or treatment program can help young people address the underlying issues prompting this form of self-medication.  
(Source: Newport Healthcare - [www.newporthealthcare.com](http://www.newporthealthcare.com))

WHY TERMINOLOGY MATTERS

"Addicted"

- Part of the definition of addicted it "to seek out drugs," something that a baby cannot do.
- The word "addiction" has a negative connotation associated with drug use.

"Substance Exposed"

- Shifts the focus away from the behavioral aspect of the effects of drug use, to the physical complications associated.
- Accurately describes the process in which NAS babies are affected by substances through exposure.

Source: National Institute of Drug Abuse

Proper use of terminology is an often overlooked aspect of the treatment and awareness surrounding addiction. The distinction between the labels "addicted" and "substance-exposed" is essential to reduce stigma and negative bias in a treatment setting, especially for babies!

At Hushabye Nursery, we strive to ensure that we create a safe, compassionate space for everyone.

Learn more: [www.hushabyenursery.org/](http://www.hushabyenursery.org/)

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

umom

NEW DAY CENTERS

umom.org/walk

Walk for Families

Experiencing Homelessness

Founded by the Women's Auxiliary

Presented by

CIRCLE K

SAVE the DATE

Join us for UMOM New Day Centers' 14<sup>th</sup> Annual WALK TO END HOMELESSNESS!

A family-friendly event aimed at ending family homelessness in our community by restoring hope, rebuilding lives.

MAY 6, 2023

6-9AM • THE PHOENIX ZOO

Includes FREE Day Pass to the Zoo

Visit [umom.org/walk](http://umom.org/walk) to learn more

Did you know that you don't have to disclose personal information to receive immediate support from a crisis center?

Our 988 Lifeline counselors are trained to assist everyone in co-creating a safety plan, regardless of location.

988

SUICIDE & CRISIS LIFELINE





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              | downtoeearthneterprises.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    |
| Workaholics Anonymous       | 520-403-3559    |

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

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   |







# SCOTTSDALE RECOVERY IS EXCITED TO ANNOUNCE THE NEW SRC TEAM SHOP! 🎉

Visit [SRCTeamShop.com](https://SRCTeamShop.com) to  
order your SWAG today!



## DON'T MISS OUT!

Download the Scottsdale Recovery app today

NEW APP NEW APP NEW APP  
NEW APP NEW APP NEW APP  
NEW APP NEW APP NEW APP