

## Treating the Teen Mental Health Crisis

By Mike Gurr, MS, MA, LPC-S, CDWF  
Executive Director, The Meadows Adolescent Center

Today's teens and even younger children are at a higher risk of mental health disorders than ever before. Research shows that 1 in 6 American youth ages 6-17 experience a mental health disorder each year. Depression and anxiety rates are skyrocketing, while ADD and ADHD are prevalent, too. Suicide is now the second leading cause of death among 10- to 14-year-olds, according to the National Alliance on Mental Illness (NAMI).

The takeaway for parents is that it's important to be on the lookout early, since 50% of all lifetime mental illness begins by age 14, according to the *Archives of General Psychiatry*, and 49.4% of children don't receive the needed treatment or counseling for these disorders, according to the *Journal of the American Medical Association* (JAMA). A variety of factors — from stigma to lack of mental health education and limited treatment options — keep young people from getting the help they need.

### Why Meadows, Why Now?

For years, Meadows Behavioral Healthcare has referred teens to other programs, and we have been asked, "When are you going to offer treatment for adolescents?" "Why isn't Meadows in this space?" With waitlists everywhere and a growing need, we felt it was time.

First, it was important to do our homework. Even though I have nearly three decades of treatment experience, with much of that working with adolescents, we did third-party research, got feedback from others in the treatment industry, and looked to our own experts. Taking that time allowed us to create a program that wasn't just worthy of the Meadows name but can best address the issues teens are facing today.

The new Meadows Adolescent Center (TMAC) in Morristown, Arizona, is like an oasis in the desert for teens 13-17 dealing with trauma, co-occurring mood disorders like anxiety and depression, and behavioral or relational issues. Set high on a mountain, its secluded 120 acres are the perfect place to help teens heal. Through our research, we landed on a 90-day program, believing this timeframe and our unique setting allow us to do deep clinical work. We're starting out with 10 beds and a single gender, treating only teen boys initially. This low staff-to-patient ratio means the amount of individualized work we're able to do is mind-blowing.



**"Today's teens and even younger children are at a higher risk of mental health disorders than ever before."**

One of the reasons I love working with teens is because they're still pliable. When I've worked with adults who have struggled for decades, it can be difficult to undo some of their behaviors in their 30s, 40s, or 50s. But teenagers are still very malleable. There's still a lot of ability for the brain to change, there are things we can undo, things we can teach, habits and patterns we can help create at this young age.

### Keeping This Age Group Engaged

To treat this age group, we needed to rethink everything. It's not just going to be sit-down-and-talk therapy. We know that adolescents really respond to experiential pieces, whether that is hiking, horsemanship, ropes courses, or other activities, and our wide-open spaces give us an amazing opportunity to do a lot of hands-on activities where we can bring therapeutic components into the process. Our grounds also include an infinity pool with a hot tub and waterslide, a huge gym, and acres of horse stalls.

### Experts and Expert Methods

The thought leaders we attract in this space are also key to a successful program. When you take a look at trauma, Meadows Behavioral Healthcare already has Richard Schwartz, PhD. Then, for the brain-body connection there's *The New York Times* bestselling author Dr. Bessel van der Kolk. We also have Dr. Bruce Perry, an expert in neurodevelopment and childhood trauma, as well as Laurence Heller, PhD, the founder of the NeuroAffective Relational Model (NARM).

One of our most exciting differentiators is the ability to do live QEEG brain mapping in our on-site Brain Center. TMAC will offer a comprehensive neurosequential model of therapeutics (NMT) assessment and diagnostic workup utilizing Dr. Perry's model. This will give us a comprehensive road map of treatment protocols that we can use specific to that teen. Patients will then continue to

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# Publisher's Note

By Barbara Nicholson-Brown

## A Powerful Moment

As clear ever I remember the painful but powerful moment admitting **out loud** I needed help, that my drinking had to stop. I was terrified.... but I made a 24-hour commitment to try the 'sober thing', and now on the 17th, I'll celebrate 33 years without alcohol or any other substances.

Being in recovery has taught me so much about life and given me the opportunity to live with real purpose. Along the way I've made many friends who love and support me and I have a connection to a Higher Power who is always available — no matter what time of day or night I reach out. *Alcohol and drugs never did and never will solve any of my problems.* Being sober means I show up for real life whether I like what's happening or not. I'm grateful, humbled and blessed.

A very big thank you to Mike Gurr for our feature, "*Treating the Teen Mental Health Crisis*" and showcasing the new TMAC (**The Meadows Adolescent Center**). I had the opportunity to visit this stunning property, and with the rise of mental health issues so many young people are facing, the timing is perfect for their healing journey to begin in such a beautiful environment.

Special thanks to all our contributors and a big welcome to **Desert Star Addiction Recovery Center** our newest recovery partner! Visit [www.desert-starARC.com](http://www.desert-starARC.com) and learn about Sojourners, their program for young adults in Tucson on page 5.

We're online at [www.togetheraz.com](http://www.togetheraz.com)



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*Barb*

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## Handing Over the Reins

After 18 years leading Arizona's preeminent drug and alcohol rehabilitation organization, Crossroads Executive Director Lee Pioske is retiring. Chief Compliance Officer Chris Riley, will succeed his mentor of 16 years.



"Lee has depended on Chris in helping direct operations and setting strategy for continued growth in fulfilling our critical mission for the people of Arizona. Chris's promotion ensures a smooth and seamless transition," said Adam Miller, Chairman of the Crossroads board. "We accomplished so much during Lee's tenure, and are confident we can broaden our reach and preserve our effectiveness with Chris continuing Lee's work, staying true to the Crossroads mission of returning people battling addiction to productive living."

Under Pioske, Crossroads expanded its capacity acquiring multiple buildings to meet the rapidly growing need for addiction resources. They offers essential services to 5,000 men and women annually across 9 Valley campuses that provide housing, healthy meals and counseling, fellowship, and support as addicts work on recovery and re-entry with a real opportunity for success.

"I have been driven by a desire to help others," said Pioske, in describing his time and explaining how he'll pass on that legacy to the next generation. "I want to make sure Crossroads will be the place where people can get well."

Both Pioske and the Crossroads board believe Riley is the individual best suited to continue and develop the Crossroads heritage for years to come. <https://thecrossroadsinc.org>

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*Treating Teens Mental Health — from page 1*

receive live brain mapping regularly throughout treatment, allowing us to use this data to maximize every single day that a patient spends with us.

**Full Family Treatment**

Teens aren't our only patients. When I've worked with teens before, a lot of times they would say, "Why am I doing all this work? I'm going to go back to that environment that hasn't changed." That's why we also focus on the parents and the family. That means that while their teen is with us, their family is going to be doing work as well. They'll complete some of that work with us on site and some at home. Studies have shown that if you don't have support, it's very easy for everybody to just go back to the way they were. We're creatures of habit; that's why I'm committed to ensuring our program is known for doing amazing family work.

Many parents have also been dealing with high levels of stress and anxiety for an extended period, but through this process they find there's strength in numbers. A lot of times, parents have told me, "I felt like I was on an island. I was the only one dealing with this. So and so is going to Harvard next year, and this other kid has straight A's, and my kid is the only kid in this situation." But when they come to these family workshops and they see other parents and we connect them, they finally realize they are not alone. Now they're surrounded by people who "get it." And that empathy is powerful in helping parents to finally understand, "Hey, maybe it isn't anything that I did. This just happened, and so we're doing something about it." Once they get to that point, the whole family can begin to heal.

**A Call No Parent Wants to Make**

Before healing can happen, someone has to reach out. No parent expects to be calling about treatment for their teen, but I regularly hear from parents who are afraid they can't keep their child safe anymore, or they've lost the ability to parent because their child is literally not allowing them to. It's hard to admit we need help, and when it comes to parenting, that admission can come with added guilt or shame. We all want to parent well, so making that call can feel like acknowledging that we're not doing very well as a parent.

It's only by admitting we need help that change happens, though. I've witnessed it more times than I can count. Hope is there. Relationships can be healed. Tools and skills can be learned. Parents can get their kid back. I've

**"It's not just going to be sit-down-and-talk therapy. We know that adolescents really respond to experiential pieces, whether that is hiking, horsemanship, ropes courses, or other activities, and our wide-open spaces give us an amazing opportunity to do a lot of hands-on activities where we can bring therapeutic components into the process."**



seen it happen. I've had parents tell me, "Mike, I wouldn't wish this on my worst enemy. At the same time, I'm grateful that this happened because I've become a better person through this struggle, and I would have never become this person if it wouldn't have been for making that call."

For more information on adolescent treatment, visit **MeadowsAdolescent.com** or call **866-492-1431**.

*Mike Gurr (MS, MA, LPC-S, CDWF) is the executive director of the new Meadows Adolescent Center in Morristown, Arizona. He holds master's degrees from the University of Utah and from Argosy University Phoenix in professional counseling. Mike also has extensive experience with teens, eating disorders, depression, ADHD, anxiety, low self-esteem, shame, defiance, body image, substance abuse, self-harm, addiction, conflict in relationships, and trauma. He has worked in the mental and behavioral health field since 2001.*




# Life-Changing Residential Treatment for Teen Boys 13-17

Meadows Behavioral Healthcare's history of healing extends more than 45 years, treating various age groups and conditions. The Meadows Adolescent Center takes that proven model and applies it to the unique issues of teen boys in a residential treatment setting.

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# Being Authentic

By Dina Evan, PhD

We live in a world where people tell us what they think we want to hear because they want to avoid discomfort or conflict. We do that to ourselves as well; however, it comes with a great cost to our self-esteem, because the moment we withhold a truth we also are saying we don't trust our core self, our values, or our true beliefs.

We can convince ourselves withholding the truth is better than having a conflict — **but** not being real creates more distance and conflict. Truth also gets withheld when others are trying to appease us to get something they need, as in the case of political elected officials. So much of this permeates our connections that these habits soon become who we are, and we realize we are not even being who we honestly are, or sharing what we honestly think a great deal of the time. The problem is we lose the gift of authentic relationship, truly meaningful, real connections with ourselves and others.

How do we change this to create those truly valuable connections in which we can be our authentic selves?

## First, we look inside

Ask yourself to begin to monitor when you withhold a truth or choose to lie and are not forthcoming and identify your **fear of being real**. Then, ask what you think happens when you're not authentic, because the cost is real. You are depriving yourself of not only being your authentic self, and not showing up in a real way with the people you tell yourself are important in your life, including you!

Be brave and start with a personal inventory to see what fear is creating the withhold and what needs to be changed for you truly be who you are. The truth never has to be delivered with a sledgehammer, it can be delivered with compassion and caring when it's asked for.

Secondly, make sure the truth you are delivering is asked for. Many of us want to change others because their behavior triggers something inside of us that needs healing. For instance, you are mad at your friend because she spends too much money on clothes. Could that be because you do not have the same advantage? Some people hesitate to speak the truth for fear of hurting other people's feelings. The best policy is to always deliver your truth from an "I" space.

Instead of saying, "Sometimes I feel like you tell me what you think I want to hear." Try saying, "I really appreciate it when you are forthcoming and honest with me. It makes me trust you even more." The word "you" can often make people feel defensive. Talking about your feelings instills safety and openness and does not feel accusatory. Take time to evaluate and become aware of what your values are with reference to being authentic, such as truth telling, honesty, helping others, giving support financially to those with less, honoring the privacy of others, gossip, not needing to be like everyone else. Make sure you are living and acting in alignment with what you say your values are. **Don't be hard on yourself.**



We live in a world where people are constantly lying to sell a product, avoid a conflict or get their way. The more authentic you are, the more others will feel like they can be their authentic selves too.

You can have an idea about those things by thinking about your concept of equality and the way you treat others who are different from you. Make a list of the topics you want to explore by thinking of things you wish other people would do to be more ethical and real. Then ask "Am I doing those things myself?" We live in very trying times and it's easy to get exhausted and off track — be kind to yourself.

Just take a moment and a breath and ask yourself my favorite question...which is "Am I doing what I came here to do and being who I came here to be?" That will get you right back on track and *dancing to the music of your soul work!*



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.

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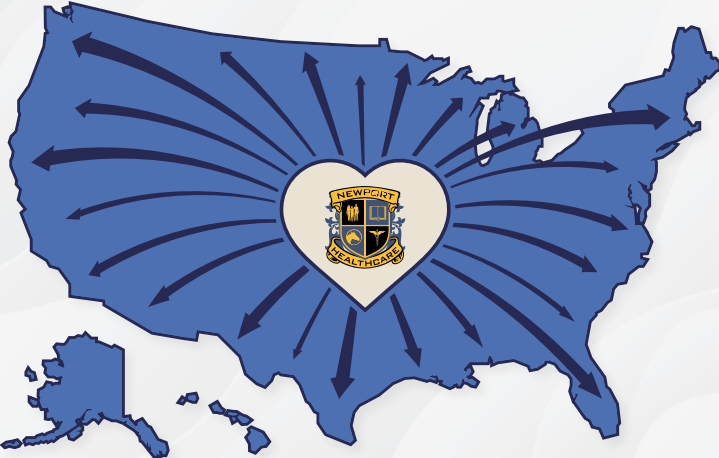


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# Sojourners: A Program for Young Adults Finding Their Way in the World

**#Adulthood is hard.** The COVID-19 pandemic made that more difficult, especially for young people. Young people thrive on and need connection with others. Many young adults lost that sense of connection and belonging in the last three years: they didn't get a true high school and / or college experience.

**Desert Star Addiction Recovery Center** in Tucson, noticed a significant change in the young adult population (ages 18-25) in the first year of the pandemic in our community and throughout the state. Young adults presented with increased symptoms of depression and anxiety, reported feeling lonely and more isolated, and had a smaller circle of friends; some turned to using alcohol, drugs, or gaming to cope with their symptoms. Some reported they didn't know how to apply for college or submit a job application, how to prepare a budget, how to show up for a job interview...**they didn't know how to #adult.**

Because of the feedback we received from young adults and their parents, we developed a program specifically for young adults: **The Sojourners Program**. It is an eight-week mental health and substance use recovery, 12 Step-based intensive outpatient program. It includes both group and individual therapy, psychiatric evaluation and medication management, psychological assessment testing, and a monthly family workshop. It is designed for young people who are struggling to manage life and navigate life transitions.



The program covers a variety of topics, including setting and maintaining boundaries, the importance of self-care, managing life changes like graduating high school and attending college, moving out of their parent's home, and maintaining connections with friends. It teaches life skills: balancing a budget, how to write a check, how to apply for and interview for a job, the importance of personal hygiene and a structured sleep schedule.

The **Sojourners** program is paired with our **Oasis** or **Mental Health Matters** programs to create a four to five day a week intensive outpatient program. The Oasis program is our alcohol and drug recovery program. The Mental Health Mental Health Matters program is our program for primary mental health (depression, anxiety, trauma) recovery. The blended program option allows Desert Star to create a program that fits the needs of each young adult that enrolls in treatment.

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Since launching this program in July 2021, we have seen young adults thrive with the recovery tools they are given in groups. Many have returned to college, found jobs, and moved out on their own. One of the most important pieces of feedback we received is the young adults are enjoying the connection and engagement with others their age. They have a space to call their own, share and process their thoughts and feelings, and learn valuable life skills to successfully launch into adulthood.

If you are a young adult, or know a young adult, who needs some extra support during this challenging time, Desert Star is here to help! We offer a free consultation and insurance benefit check. We can structure a program that is the best fit for the needs of each client. Visit our website at **www.desertstararc.com** or call **520-638-6000** for more information.





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# RISE Awards

On May 11, 2023, Mercy Care recognized more than 200 community advocates and health care leaders at Mercy Honors. The RISE (RISE stands for Resilience, Innovation, Service and Empowerment.) awards celebrate individuals and organizations in our community who are working to make the lives of others better. The awards honor individuals and organizations in the three areas of Compassion, Innovation, and Advocacy and Collaboration. The RISE Lifetime Achievement Award honors the outstanding contributions of an individual that affects community health and wellness. And our ReMEMBER Kate Aurelius Award honors an employee that has made outstanding contributions to our members. Mercy Honors is a celebration that combines Mercy Care's signature recognition events — the community RISE Awards and the employee ReMEMBER Kate Aurelius Award. Nominees and honorees are people who lead the way to promote health and wellness in our Arizona community.



## Tara Sundem, Hushabye Nursery

"Tara is a neonatal nurse practitioner who, in the midst of the opioid crisis, noticed an increase in the number of babies being born substance-exposed. She also noticed that the clinician caring for the baby and the environment they fostered made a difference in the way the baby progressed through their withdrawals (meaning that babies who were in a calm/quiet environment where they were in the presence of their par-

ents did better). This sparked Tara to seek out a different way to care for these babies and their families. Hushabye Nursery is the result—a dually licensed facility in Phoenix that focuses on getting the entire family healthy through outpatient behavioral health programs and an inpatient program. They have a 12-bed freestanding nursery that detoxes babies who have neonatal abstinence syndrome, where the parents can room in 24/7 and assist in caring for their baby. This program is the only one like it in the country. It has served over 450 babies in two years with amazing outcomes for both the babies and the parents and is gaining national recognition for the work Tara is doing."

## 55th Annual Southwestern School for Behavioral Health Studies

The 55th Annual Southwestern School for Behavioral Health Studies Conference will be held **August 13th - 17th, 2023** at the JW Marriott Starr Pass Resort & Spa in Tucson, Arizona. This year's theme is *"Building Momentum for Excellent Care"*.

La Frontera Arizona EMPACT-Suicide Prevention Center is hosting this event with the support of valued Sponsors and Exhibitors. The agenda will include a dynamic group of speakers on topics significant to mental health, addiction, cultural diversity, and ethics. This year's event offers a pre-conference on Sunday, August 13th, 2023. In addition, there will be numerous breakout sessions as well as four keynote sessions beginning Monday, August 14th, 2023. Earn up to 30 hours of continuing education for your attendance! There will also be networking opportunities to share ideas with professionals from across the state of Arizona.

Visit [www.azsws.org](http://www.azsws.org) for more details and to register (after June 5th) for this educational event!



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## PTSD & Trauma



# Understanding Post-traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) presents numerous challenges that are unique to each person living with it. At times, its symptoms may be taxing for you and your loved one to navigate, but social support can be a valuable resource for managing PTSD. Reading up on ways to support a loved one with PTSD shows you are committed and willing to lend a hand, even amid potential discomfort and confusion. Research suggests that healthy, positive relationships can help lay a foundation for healing.

At Sierra Tucson, we recognize that the debilitating symptoms of post-traumatic stress disorder and the inner turmoil caused by traumatic experiences in one's childhood or during adulthood can hinder an individual's functioning. We understand you or your loved one may feel on edge or hopeless and have difficulty concentrating. You are not alone! Our team of full-time, on-site doctors and clinicians focus on providing world-class treatment.

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Did you know that the "summer slide" can cause a decline in students' reading skills during their summer break? It's a real concern for literacy development in young children. But here's the great news: **Kids Need to Read** tackles this issue head-on and ensure that children maintain their reading proficiency.

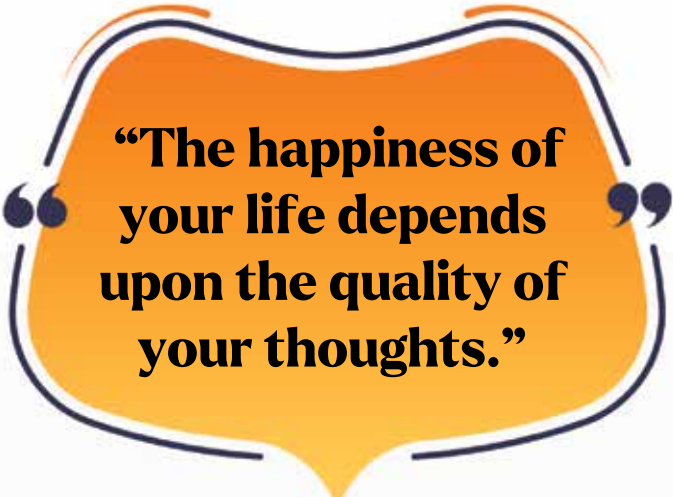
Kids Need to Read works closely with summer reading programs in schools and libraries in Arizona and across the country. We understand the importance of preventing the summer slide and with your help are making sure that children from underserved communities have access to books and reading opportunities.

Through book donations, partnerships with libraries, and book drives, Kids Need to Read ensures that children have a wide variety of books to choose from during the summer. This way, they can continue to practice and improve their reading skills while having fun.


Not only that, Kids Need to Read also supports and collaborates with various literacy programs designed to engage children in reading during the summer break. From summer reading challenges to book clubs and exciting Storybook Adventures, they create opportunities for kids to fall in love with reading and let their imagination soar.

You can be a part of this incredible mission by supporting Kids Need to Read. Whether it's through financial contributions, volunteering your time and skills, or spreading awareness about the importance of summer reading, every little bit counts. Your support will make a real difference in the lives of children, empowering them with the incredible gift of literacy.

Together, we can ensure that every child has the chance to thrive and succeed in their reading journey. **Learn more at [kidsneedtoread.org](http://kidsneedtoread.org)**



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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.

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- Professional Development
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The Unvape Generation

Vaping is an addiction many teens struggle with. But for every person who does vape, there's a talented, funny, unique, interesting person who doesn't. The **Unvape Generation** wants to inspire a new generation of teens that puts an end to nicotine forever.

Did you know?


E-cigarette aerosol is not harmless water vapor. It can contain harmful and potentially harmful substances such as, nicotine, cancer-causing chemicals, and heavy metals such as nickel, tin, and lead.

Most e-cigarettes contain nicotine and other harmful chemicals that can harm youth and young adult brain development and cause harm to the lungs.

Since 2014, e-cigarettes have been the most commonly used tobacco product among U.S. youths. In 2021, 11.3% of high school students (1.72 million) and 2.8% (320,000) of middle school students reported e-cigarette use.

- *Among current youth e-cigarette users overall, 84.7% used flavored e-cigarettes, including 85.8% of high school users and 79.2% of middle school users.*
- *Among all current flavored e-cigarette users, the most commonly used flavor types among both middle and high school students were fruit, followed by candy, desserts, or other sweets; mint;*
- *Among middle school current users, 30.3% reported that their usual brand was Puff Bar, and 12.5% reported JUUL.*

Source: <https://www.azdhs.gov/prevention/tobacco-chronic-disease/unvape/index.php>



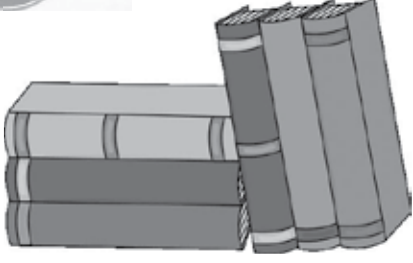
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# The Elephant's Memory and Its Implications for Us

*“Nature's great masterpiece, an elephant; the only harmless great thing.” — John Donne*

I just returned from a month in India where I saw some beautiful elephants, an animal that’s revered in that ancient country. It’s said that these pachyderms have steel-trap memories. None of the senior moments that have been plaguing far too many non-seniors in our hyper fast-paced lifestyle that requires us to process more information at greater speeds than the human brain was built for. And elephants live nearly as long as human beings, with 70 years not at all uncommon for African bush elephants and African forest ones, as well. That’s pretty remarkable considering the fact that the former carries some 13,000 pounds.

Among the people of India the elephant is a sacred animal. The Hindu god Ganesh, who’s worshipped as the remover of obstacles, is depicted as an elephant. It’s also the state animal of Kerala, one of India’s western states. Speaking of India, when Alexander the Great conquered its King Porus, the former used the elephant as a symbol of imperial power. Closer to home, the Republican Party has used it as its logo.

But aside from their grace and power, elephants are most noted for their memories. Neurologists have determined that the brains of elephants have as many cortical neurons as the brains of human beings. What’s more, these beautiful creatures have larger pyramidal neurons than we do; these cells are believed to exert a significant role in cognitive skills. This suggests that the memory and learning skills of the elephant are actually superior to ours.

Unlike elephants, human beings have created such technological achievements as the computer, which contains extraordinary memory. It’s possible that as we rely on computer RAM (Random Access Memory) our own memories have gotten less efficient. Far too many humans are known to walk into a room and ask themselves, “Now why did I come here?” Senior moments are growing way too fast in our post-industrial world.

Yet despite this devolution, it’s important to understand that we as a species have an untapped memory skill that has been documented in the spiritual literature of Yoga. I sat in on a talk given by the great guru Maharishi Mahesh Yogi who spoke of a state of consciousness known as Ritam Bhara Pragya, which he defined as “that intelligence which knows only the truth.” When a person’s awareness has been permanently established in pure consciousness—in other words, Enlightenment—it’s possible to enliven this Ritam state. In other words, one can remember whatever has happened in one’s life if Ritam is lively.

The metaphysical systems of Theosophy and Anthroposophy talk about the Akashic Records, which is said to contain everything that has ever happened, been spoken, thought, or felt in the Universe. They maintain that such records exist on a non-physical level called the mental plane. The word Akashic is derived from the Sanskrit word akasha, which means ether, sky, or atmosphere.

So at a time of declining human memory, the elephant reminds us that memories can be sharper. And that if we slow down a little—perhaps moving with the dignity and patience of this great creature—we might awaken our own pure consciousness, enliven Ritam Bhara Pragya and read from the Akashic Records.



**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.

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# Say NO the Easy Way

By Alan Cohen

Since Darla went through a painful divorce a few years ago, she has put on considerable weight, and has not been able to not take it off. Darla has tried diets, exercise, and affirmations, but the scale has continued to show the same numbers. In coaching, she admitted, “I just don’t know what to do next.”

I asked her a poignant question: “Is there any way you believe that the extra weight might be serving you?”

She thought for a moment and answered, “After my divorce, I don’t really want to be involved with a man. Maybe on some level I believe that the weight is making me less attractive and I won’t have to deal with a relationship.”

I thanked Darla for her honesty, and asked her, “Would you be willing to say no to men without needing your weight to say no for you?”

That question was an eye-opener for her. We began to discuss how she could empower herself and all of her relationships by finding the confidence to communicate directly. While the weight issue seemed to be a physical problem, it was more fundamentally an invitation for Darla to take charge of her life and claim the power of her true choices.

Many of us use our bodies or various physical situations to speak truth that we have not been speaking with our words. A veterinarian told me, “Years ago I hurt myself lifting a heavy suitcase, and I lost use of my arm for a while. But that was probably good timing, because I wanted to quit doing surgery, which I have not done since that incident.”

There are easier ways to say no or make desired changes without needing an illness or accident to make a course correction for us. While we believe that the universe is sending us a message when a dramatic incident occurs, we are really making a statement to ourselves and the universe. If we can make the statement directly, we can avoid a painful wake-up call.

Sometimes we stay in unhappy or unhealthy situations because change seems scarier than staying. I was coaching a man who had been fired from five accounting positions. He wanted me to help him find another accounting job. “Do you really want to be an accountant?” was the obvious question to ask.

“Not at all,” he told me. “What would you like to do instead?”

“I would love to do photography.” Now we were onto something! As we began to explore how he could make a career out of his photography hobby, he lit up, in sharp contrast to his dull and beleaguered countenance he displayed when he considered continuing to trudge through a career he hated.

*A Course in Miracles* asks us to remember, **“God’s will for me is perfect happiness.” God does not want us to stay in painful, unhappy, or debilitating situations. Life wants us to prosper, shine, and live to our highest potential.**

We can use dramatic or chronic situations to create a course correction, and we can also choose to make them in gentler, easier lighter ways.

## Life always wants the best for us

When we find the courage and confidence to claim the best for ourselves, the universe will get behind us in wonderful, miraculous ways.



Alan Cohen, M.A., is the author of 28 popular inspirational books, learn more at [www.alancohen.com](http://www.alancohen.com)

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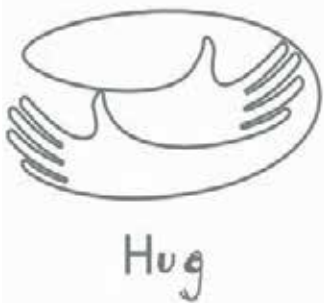
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# The POWER of Hugs

There's no denying the power of a hug. If you've ever said you've felt starved for touch, you're actually not far off. The same areas of our brain satisfied by eating are also satisfied by human touch, including hugs.

A hug helps us bond with others and experience a sense of safety, comfort, empathy, and calm, qualities many deeply craved during a time of uncertainty.



## What is the Power of a Hug?

Hugs served an evolutionary purpose to help us know who and who wasn't safe. While most of us aren't being chased by lions, tigers or bears, we experience plenty of day-to-day stress. It can be therapeutic, helpful, and healing to have safe people to turn to for hugs, comfort, and care.

## Improved Immunity

Hugging may keep you healthy! In one study, those who received more hugs generally got sick less often, and, when they did, it was less severe.

## Better Cardiovascular Health

Hugging is good for your heart and physical health. One 20-second hug had the effect of lowering participants' blood pressure in the moment, including after their partner had left the room.

*Give hugs, get hugs.*

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

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Reach us 602-684-1136 Email: barb@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
Copper Springs	480-418-4367	coppersprings.com
Desert Star Addiction Recovery Center	520-638-6000	desertstarARC.com
Dr. Dina Evan	602-571-8228	drdinaevan.com
Dr. Marlo Archer	480-705-5007	downtoearthneterprises.com
Eric’s House	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 Adolescent	866-492-1431	MeadowsAdolescent.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
Mind 24/7	text/call 844-646-3247	mind24-7.com
Newport Healthcare	888-675-1764	newporthealthcare.com
NotMYKid	602-652-0163	notmykid.org
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

<b>TUCSON</b>	
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

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# SUPPORT

## Resources & Helplines

<b>Suicide crisis call 988</b>	<b>Emergency dial 911</b>
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

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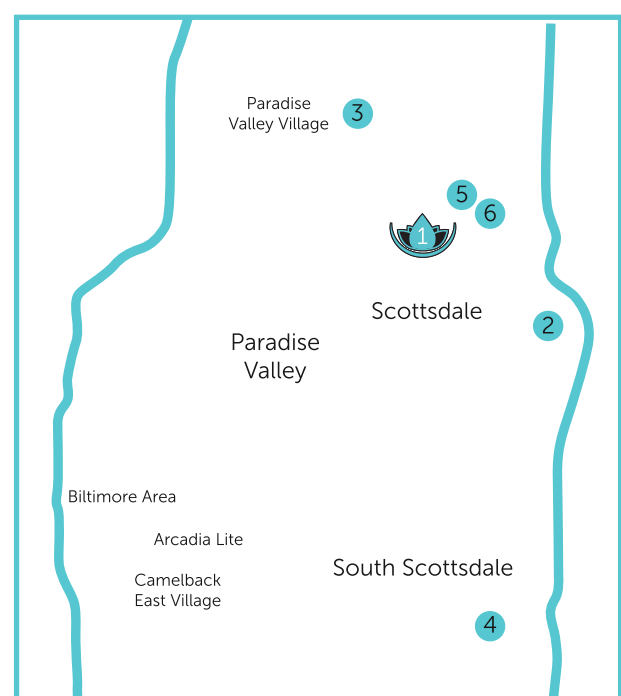
### Family Workshops

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

### Alumni Program (Scottsdale Recovery Continued)

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## 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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