

Together AZ

MAY 2023

Inspiring Success on the Road to Recovery

MIND 24-7 Provides Walk-in Urgent Mental Health Care Around the Clock

Heightened awareness of mental health illnesses, increased media coverage and the pandemic's impact have helped create a more open public dialogue about mental health. At the same time, we've seen an increased need for accessible mental health care—a challenge that MIND 24-7 is working to solve.

The state of mental health in America

In a survey about the impact of the pandemic on mental health in the U.S. by the American Psychological Association, 79% of psychologists reported an increase in anxiety disorders among patients, 66% saw an increase in demand for treatment for depression and 47% reported an increase in demand for substance use treatment in 2022. In addition, Mental Health America's report on the state of mental health in the U.S. found that more than 10% of youth are experiencing depression that severely impairs their ability to function at school, at work, at home, with family or in their social life.

More than half of adults with a mental illness (54.7%) don't receive treatment. Arizona ranks 46th (out of the 50 states and Washington, D.C.) for access to mental health care services. That fact, coupled with an ongoing mental health provider shortage, inadequate insurance coverage for mental health care and the societal stigma around mental illness, is leaving 28 million people in the U.S. untreated for anxiety, depression and other mental illnesses.

The need for urgent mental health care

Given the state of mental health care in the U.S., where patients wait up to six weeks to see a mental health provider, MIND 24-7 fills a critical gap between long waits and going to the emergency department for mental health care.

"What we kept hearing was that people weren't getting the mental health care they needed because they couldn't find a provider who could see them in a timely manner, and they couldn't afford to spend hours in a hospital emergency department either," says MIND 24-7 Senior Vice President of Marketing and Communications Jessica Dixon. "Often-times, emergency departments don't have mental health providers on staff, which means patients end up having to wait even longer for psychiatric staff to be called in. Not to mention, it can be costly."

As an alternative to the hospital emergency department, MIND 24-7 is open all hours of the



day and night for walk-in care. Patients see a mental health professional within 20 minutes of arrival, and most will be on their way again in about an hour and a half.

Who needs urgent mental health care?

When someone has a high fever or a sprained ankle, it's pretty clear they need to go to an urgent care center. But when is mental urgent health care the right choice? Those with mental health conditions such as depression, anxiety, bipolar disorder,

addiction or substance use disorder, paranoia, post-traumatic stress disorder, schizophrenia, suicidal ideation and more, and need immediate access to a mental health care provider, can walk into any MIND 24-7 location for immediate care. But even people who just feel down, not themselves or simply have the need to talk with a mental health professional can benefit from a visit to MIND 24-7 too.

MIND 24-7 patients can expect services including:

- Mental health triage and assessment
- Talking with a therapist or psychiatrist
- Medication prescriptions or refills
- Development of a personalized treatment plan
- Ongoing counseling until patients can transition to a long-term provider
- Referrals to a long-term mental health provider or inpatient care if warranted
- Assistance with personal challenges such as housing, nutrition, safety, employment and addiction

MIND 24-7 mental health services

MIND 24-7 provides three levels of urgent mental health care to adults and youth:

- **Express Care**, which is perfect for patients who want to see a certified mental health profes-

Mind 24-7 — page 3

A Journey Well Traveled Ralph Earle Retires

The time was June 18, 1974, Ralph just resigned as the Executive Director of Ecumenical Counseling Services to create, along with his wife Glenda, Psychological Counseling Services (PCS). Glenda managed the office and Ralph set to work building his private practice. As you may know, Ralph loves to network and around two months later three additional therapists joined him: Dallas and Nancy Demmit and Bill Retts. Thus began the PCS group of therapists.

At his core, Ralph has always been a minister, a career he enjoyed prior to becoming a therapist. A passion for his work to reflect ministry was matched by his desire for inclusion. Maintaining an eye on diversity is reflected in becoming one of the initial sex therapists in the Valley, viewing spirituality as a critical dimension in therapy, teaching a course at one of the reservations, and sensitivity to social justice issues. Ralph has long been viewed as a visionary leader. This has included a time as president of the American Association for Marriage



Ralph Earle — page 2





Publisher's Note

By Barbara Nicholson-Brown

Be the Light

Like I've said many times — finding recovery saved my life. I was scared and confused and slowly destroying myself. Shame and fear blocked my ability to ask for help. And, mental health problems and addictions weren't talked about as openly as they are today. When I finally reached out for help, I called on the right person who offered solutions, a glimmer of hope and a ray of light.

Our world is different now. We are more accepting, realizing no one is a perfect being. Admitting we have a mental health or addiction challenge is a courageous step. We are fortunate to have numerous behavioral health, treatment facilities and agencies right here in our state. Calling the right one at the right time can often be life saving.

As we recognize May as mental health month, this is our perfect opportunity to welcome **Mind 24/7** to the Valley and *Together AZ*.

Since no one ever knows when a crisis will happen, it is in those critical moments to have trusted and reliable resources at your fingertips. See our resources on page 11.



www.facebook.com/tgazrecovery

Ralph Earle from page 1

and Family Therapy in the late 80's, time spent training with Virginia Satir, Milton Erickson, Reinhold Niebuhr, Paul Tillich and developing the New Hope Educational Foundation (which helps make the ITP process accessible to those who could not typically afford it).

The most pivotal time frame in PCS's history was the development of what is now known as the PCS Intensive Treatment Program (ITP). The ITP program has its roots in earlier trainings with Marilyn Murray in 1988, the year Marcus Earle joined the practice. What Ralph now describes as being "Marilynized" led to his referring clients to her for trauma work. Marilyn's therapeutic process at the time was to meet with one client for 20 hours a week, for three continuous weeks. Marilyn, realizing PCS offered services she did not, primarily working with sex addiction (Ralph wrote the second book on the topic with Dr. Greg Crow), began referring her clients to PCS. Soon Marilyn started joining her client's journey to PCS, this combined with Ralph's already developed team treatment approach, led to the development of the ITP process. Since those early years, Ralph, Marcus, PCS therapists, and clients have helped to form the current eight-day format.

Now 53 years into his career as a Family Psychologist, Ralph has decided to move on and is formally retiring on April 26, 2023. He and Glenda plan to enjoy living more simply in Portland, Maine, as they enjoy living near the ocean and watching the seasons change four times unlike Arizona's two seasons.

Thank you to Barbara Brown for Together AZ. This includes gratitude for her deceased husband, Bill, who was very influential in the addiction recovery world. Barbara has carried on that tradition in her creative, compassionate, and competent way of helping all of us in Arizona to appreciate that recovery is achievable.

Learn more about PCS at www.pcsintensive.com

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The More You Know

John Lee is the best-selling author of *The Flying Boy: Healing the Wounded Man* and 24 other titles. He now offers 50-minute and 1- and 2-day Intensives in-person, video, and phone sessions in Austin and Pensacola.

Learn more about John by visiting johnleebooks.com

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Mind 24-7 from page 1

- sional and be on their way again quickly. Most Express Care patients are in and out in less than two hours.
- **Crisis Care**, which is for people who may be a danger to themselves or others. Our mental health professionals work to stabilize patients so they can go home or move to inpatient care. They may be observed in the clinic for up to a day for treatment to help them through their current crisis. MIND 24-7's Crisis Care provides a compassionate and cost-effective alternative to an ED visit.
 - **Progressions**, which is our ongoing individual and group counseling program, is designed to provide outpatient support for patients for up to 90 days while we help them find a provider in the community.

MIND 24-7 is here


Since opening the doors of its first walk-in clinic in September 2021, MIND 24-7 has served more than 25,000 patients at its locations in Mesa, Central Phoenix and near Metrocenter. In April, a fourth location on West Camelback Road near the Arizona Cardinals' State Farm Stadium opened, expanding access to even more people in need.

"With the opening of our newest location in West Phoenix, we are excited to bring our innovative model for urgent mental health care to even more people in the Valley," says Adrienne Opalka, MIND 24-7's Chief Administrative Officer and Co-Founder. "Mental health issues don't take time off, and neither do we. The mental health specialists at MIND 24-7 are available 24 hours a day, 365 days a year for adults and children. With this latest expansion, we can provide you and your loved ones with the right mental health care, right when—and where—it's needed."

Contact MIND 24-7 today


If you or someone you know is struggling with a mental health issue, you don't have to go through it alone. Visit a MIND 24-7 clinic location near you, visit MIND24-7.com, or call or text 1-844-MIND247 (844-646-3247).

"More than half of adults with a mental illness (54.7%) don't receive treatment. Arizona ranks 46th (out of the 50 states and Washington, D.C.) for access to mental health care services."



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It's OK to Talk about Mental Health

By Ericka Irvin, Executive Director, MHAA

Francine Sumner's life took a new path on June 13, 2017. It was the day her son, Zachary, took his life at the age of 16. "I think I knew right after he died. I think in those next few days I knew something had to be done," Sumner said. "This was my son. He was a great person, and he died of mental illness."

Sumner founded **Kid in the Corner**, an organization devoted to raising awareness of mental illness in children. Her passion for education and advocacy is boundless, and her voice is invaluable as a board member for **Mental Health America of Arizona**.

In my role as the executive director of the MHA Arizona chapter, Francine's voice is a constant reminder of why this work is so important.

Mental illness is a silent epidemic

It's an uncomfortable, sometimes painful conversation to have. Yet, it affects a staggering number of people from every conceivable walk of life.

Nearly 50 million American adults experience a mental illness every year. That's one in five people over the age of 18. In children, more than 10 percent have severe major depression. (These numbers are from 2019, prior to the COVID-19 pandemic, which had a devastating impact on mental health in youth.)

Most forms of mental illness are treatable, often allowing those receiving consistent care to lead vibrant and fulfilling lives. Unfortunately, far too many people receive inadequate care, if they receive any care at all. More than half of adults with mental illness — 27 million people — receive no treatment.

Who is MHAA?

Mental Health America of Arizona is dedicated to helping de-stigmatize the process of seeking help, connecting those in need with resources.



A visitor to our website, **MHAArizona.org** will find a free, online mental health screening tools. It's a simple, interactive series of questions allowing anyone to privately take the first step toward evaluating their own well-being, and find treatment. The website includes information on how to obtain a professional evaluation, and we sometimes work directly with families seeking a referral.

But our work doesn't end there. Our chapter has developed a workplace training program to raise awareness of mental health issues and provide a pathway for businesses and public entities to follow. Since establishing the program less than a year ago, we've conducted multiple training sessions with private businesses, local governments,

and school districts. Our goal is to make mental health a part of the conversation, just as we talk about other healthy workplace practices. Many businesses already understand a healthy workplace is a productive workplace, and focusing on mental health is a vital part of that effort.

MHA acts as a voice in the mental health community, working with state and local decision-makers to craft better public policy at the grassroots level. Our work is challenging. Arizona ranked 49th out of 51 states (*and the District of Columbia*) in a national assessment of 15 measures, including adults and youth with mental illness, and access and affordability of care. We believe we can do better.

MHA Arizona also presents the annual SEEDS conference, a gathering of providers, advocates, educators, and public and private administrators from across the state. Each year, we focus on ways to improve access to care and find new, innovative ways to share resources.

This year, our conference kicked off Mental Health Awareness Month in May. It's an opportunity to make mental health part of a broader public conversation. While we certainly need more resources and more avenues for quality care, we also face the challenge of de-stigmatizing the very subject of mental illness. Too often, those with mental illness suffer in silence — unaware of their own illness, or too embarrassed or ashamed to seek help. **That has to change.**

Each day, I'm inspired by courageous people like Francine Sumner, who choose to share the most painful moments of their life to further a greater cause. Behind all the numbers, there are real people facing monumental challenges, and we can make a difference for the better. MHA always welcomes your support. Visit **MHAArizona.org** to learn more.



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Warning Signs of a Mental Health Crisis and Strategies for De-Escalation

Between 32% and 50% of people will suffer from a mental health disorder at some point in their lifetime. Common stressors can end up triggering mental health problems in children and adults. If a mental health crisis occurs, there are a few things loved ones can do to help.



What is a Mental Health Crisis?

A mental health crisis is a situation where someone’s behavior poses a risk to themselves or others. This term may also refer to times when the person’s behavior prevents them from being a functioning member of the community. They may also be unable to properly care for themselves.

There are many conditions and situations that can lead to mental health crisis symptoms. For example, the individual may suffer from trauma, suicidal thoughts, or depression. They may also be dealing with self-harm, alcohol abuse, eating disorders, or substance abuse.

Signs of a Mental Health Crisis

If you think your loved one is having mental health problems, there are a few mental health crisis symptoms you should watch out for. When in doubt, — always reach out to a mental health professional for more help. The following symptoms are signs someone may be dealing with a mental health crisis:

- Isolation from loved ones
- Sudden mood swings or changes in energy levels
- Inability to take care of daily tasks and grooming activities
- Agitation and violent behavior
- Destruction of property and violent threats
- Self-harm behaviors or abusive behaviors towards self and other people
- Pacing or problems sitting still
- Paranoia
- Psychosis and a sense of being out of touch with reality
- Hearing voices and seeing things that aren’t there

What to do when there is a Mental Health Crisis

If your loved one is going through a mental health crisis, there are a few things you can do to de-escalate the situation.

Stay Calm: The most important thing is to always stay calm. You should express support and concern without overreacting. Otherwise, you can end up making a difficult situation worse.

Listen: Sometimes, the best way to help someone who is going through a difficult time is by listening to them. Ask them what you can do to help, and be patient.

Avoid Overstimulation: During a mental health crisis, you want to avoid overstimulating the person in any way. Don’t touch them unless you have permission, don’t make continuous eye contact, and move slowly. You should give them plenty of space, so they don’t feel like they are trapped.

Give Them Options: Instead of telling the individual what to do, provide them with options. This gives them a sense of control. If you need to take action, announce what you are doing before you do it.

Don’t Argue: If you want to de-escalate the situation, don’t try to argue with the person. You should also avoid judgmental comments. Emotions and feelings are often not logical, so don’t try to reason with them.

Call ‘988’ Mental Health Crisis Hotline for Help: During a mental health crisis, dial 988 on your phone, and you can instantly talk to a mental health professional. This mental health crisis hotline provides 24/7 support for people who are experiencing emotional distress or a suicidal crisis.

Additional Mental Health Support

Aurora Behavioral Health offers a range of programs to help people who are struggling with mental health issues, such as depression, anxiety, substance abuse problems, and more. If you are concerned about yourself or a loved one, Aurora Behavioral Health can help. To learn more about our programs and get support 24/7, contact us today at 877.870.7012 or visit us online at AuroraArizona.com. Help is only a phone call away.

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Mental Health Month:

Coping with anti-trans sentiment

Transgender people come from every region of the U.S. and around the world, from every racial and ethnic background, and from every faith community. There are about 1.4 million transgender adults in the U.S. alone — and millions more around the world, according to The National Center for Transgender Equality.

Across the U.S., segments of society continue amping up hateful rhetoric against the transgender community. Lawmakers are proposing – and passing — laws to restrict transgender people’s access to gender-affirming health care, public accommodations, like public restrooms and locker rooms, and restrict their participation in school activities, like athletics. They also work to curtail trans individuals’ rights to express themselves by pushing for bans on transgender books or to censor performances, like drag shows.

In April, the ACLU (American Civil Liberties Union) reported that it is tracking 467 anti-LGBTQ bills in the U.S.

“In the last few years, states have advanced a record number of bills that attack LGBTQ rights, especially transgender youth,” the organization dedicated to defending the right of all individuals stated on its website. “The ACLU is tracking these attacks and working with our national network of affiliates to support LGBTQ people everywhere.”

And the constant bombardment of anti-trans sentiment can have a devastating effect on the mental health of members of the trans community.

“Members of the trans community frequently have experienced lifelong trauma, and this can thus retraumatize them and kindle depression, anxiety and PTSD,” said Dr. Gagan Singh, Chief Medical Officer for Mercy Care, a local not-for-profit health plan offering integrated care to children, adults and seniors eligible for AHCCCS benefits. “Think about this as someone who cannot get away from a highly traumatic situation because someone keeps on coming an attacking and abusing them. That is highly disruptive psychologically.”

And it isn’t just a person’s mental health that suffers.

Dr. Singh notes that depression, anxiety and PTSD directly affect our physical health.

“People with these conditions have worse physical health outcomes than the general population,” he said. “The increased risk of developing depression, anxiety or PTSD is likely what drives this risk. In addition, for a subset of the population the repeated trauma might increase substance use risk which can also worsen physical health conditions.”

He offers some ways that members of the trans community can keep their minds and bodies healthy under such circumstances:

- Turn off the TV/social media feed to limit repeated exposure
- Find a community of support
- Eat right, sleep, exercise and stay away from drugs and alcohol
- Find meaning whether through advocacy or anything else that gives you joy and meaning in life
 - Get help when things are getting out of hand



Did you know?

Transgender people are people whose gender identity is different from the gender they were thought to be at birth. “Trans” is often used as shorthand for transgender

What’s the difference between sexual orientation and gender identity?

Gender identity refers to your internal knowledge of your own gender—for example, your knowledge that you’re a man, a woman, or another gender. Sexual orientation has to do with whom you’re attracted to.

Why don’t transgender people get counseling to accept the gender they were assigned at birth?

Counseling aimed at changing someone’s gender identity, sometimes known as conversion therapy, doesn’t work and can be extremely harmful. It runs counter to the overwhelming consensus in the medical community. It can lead to lasting depression, substance abuse, self-hatred and even suicide.

What is gender dysphoria?

The medical diagnosis for someone who experiences serious emotional distress over the difference between the gender they are thought to be at birth and the gender they know themselves to be.

Why is transgender equality important?

Transgender people should be treated with the same dignity and respect as anyone else and be able to live, and be respected, according to their gender identity. But transgender people often face serious discrimination and mistreatment at work, school, and in their families and communities.

Did you know that transgender people are more likely to:

- Be fired or denied a job
- Face harassment and bullying at school
- Become homeless or live in extreme poverty
- Be evicted or denied housing or access to a shelter
- Be denied access to critical medical care
- Be incarcerated or targeted by law enforcement
- Face abuse and violence

Source: National Center for Transgender Equality (www.transequality.org)


Stigma stymies health care

1 in 4 Reported issues with health insurance coverage, including the denial of medically necessary gender-affirming services, such as hormone therapy or transition-related surgeries.

1/3 Reported having at least one negative experience with a health care provider related to being transgender, such as verbal harassment or being refused treatment

1 in 5 Reported they did not see a doctor when they needed to because of fear of being mistreated as a transgender person.

Source: 2015 survey of adult transgender community members in the U.S. by National Center for Transgender Equality (www.transequality.org)



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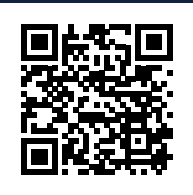
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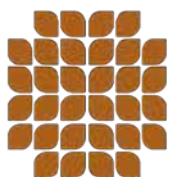
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MENTAL HEALTH

AWARENESS MONTH



Mental Health Awareness Month

Throughout Mental Health Awareness Month we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives. Not sure where to start? Head over to our website and read articles and testimonials from staff members and previous residents. Follow us on social media and watch along as our leading experts in behavioral health and alumni share personal experiences as well as knowledge on what it's like to get holistic treatment at our beautiful 160 acre desert campus. Advocate for yourselves and your loved ones who may be struggling today!

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Waking Up

By Dina Evan, PhD

What is this crazy, unpredictable time here to teach us? Consider it's teaching us who we really are. It's teaching us we cannot just expect any elected official, corporate head or employer of a major company or even the heads of our families to be responsible for our personal growth or happiness. We are in charge creating and being who we came here to be. So how do we do that?

I believe it's all about waking up

And sometimes it's a bit jarring because we don't always realize how asleep we have been.

The first step is to ask *"Do I even know who I came here to be or what I came here to do?"* Trust me, I am living in an 81 year-old body and it's never too late to continue learning; because you get to start out your next life with all the tools and realizations you've gained from this life, worth the effort. To help a bit, I put together some suggestions that might be helpful along the way.

Think about the people you most respect, admire and wish you were more like. That is your spirit speaking asking you to step into your power and begin developing those wonderful traits for yourself — you can do it.

When or if, you start doubting yourself you can simply, say to yourself **"Cancel, cancel"** and that tells your brain to not store the last thought in your brain as a permanent belief. For all of you *Doubting Thomases* that I love to surprise with some of my far-out but incredibly effective beliefs, just lookup **cancel, cancel**, and see the science on it. While you are there look up **108 for 108 days**. That will tell you how to instruct your brain to accept and retain positive thoughts that soon become your automatic responses.

Ideas to start with now

Watch what you do and say and make sure it is in alignment with who you came here to be. Catch yourself and correct yourself when possible.

Always tell the truth, from an "I" space and in a kind way — always be truthful. People may not always like hearing your truth, but they will respect you for telling it in a kind way, and will appreciate you for respecting them enough to be honest.

Keep a record of your progress and your "works in progress" Start a journal or a *"Pushing My Soul Forward"* book. It will become your personal growth journal.

Insist on doing what is right, not just what is easy. Growth is not always

comfortable at first, but it gets easier with every good choice.

Never abandon yourself, your truth, or values for someone else. The more you stand up for what is right the easier it becomes for others to do the same.

Grow emotionally, consciously, and intellectually every day no matter your age.


Understand there is only one of us and we are all a part of that one. No matter your color, language, heritage, gender, politics, spiritual beliefs, or the number of times you have fallen down and had to get back up, **THERE IS ONLY ONE HUMANKIND** and we, each of us, has got to decide what we want that to be and do our personal part stopping the prejudice, separation, pain, and injustice we are now living with. **YOU** are incredibly important to that process!

Persist in changing your personal world, and the whole world for the better, one simple decision and act at a time. Remember, you did not come here to shop on the online or at Trader Joe's. You came here to make a difference. Step into your purpose — that is where your joy is waiting.

Please know I am here to help when you get stuck. I am always willing to have short conversations between clients for free to help anyone get unstuck. After all, that's what I came here to do, and it is part of my purpose. So let's change the world together.



Dr. Evan is a marriage, family, child therapist and consciousness counselor. She has presented nationwide seminars and workshops, written several books and created meditation CDs for couples, individual and mental health professionals. Visit drdinaevan.com or call 602-571-8228.



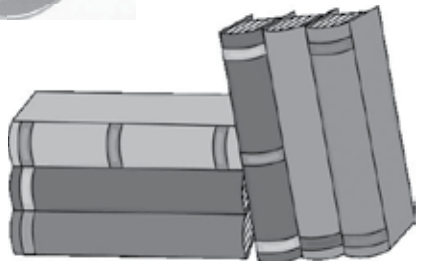
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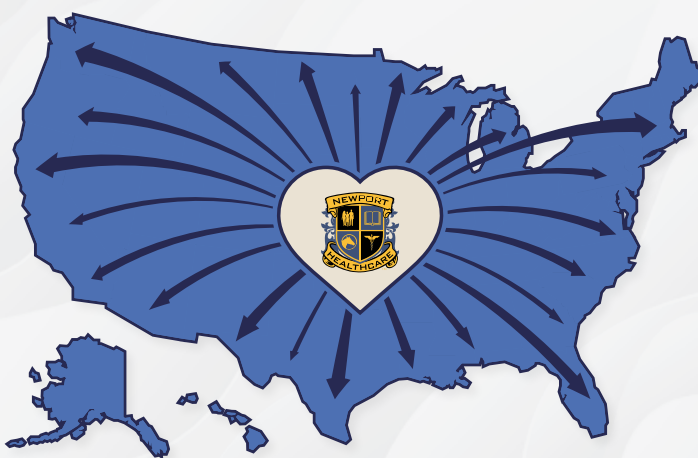


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Let Go of Control and Enjoy Life

Feeling the need to be in control is natural. It's something we all want, and we feel best when we know exactly what is going on in all areas of our lives. It's important to realize, we can never control everything. Trying to do that leads to many different negative emotions when things don't go exactly the way we try to force them. There are many ways to increase our happiness, but one of the most simple and tangible ones is by **letting go of control**.

Why Do We Feel the Need to Control?

The desire to be able to control our surroundings and circumstances is ingrained in us. This is because the more we know about our world, the safer we feel, the less we know, the more scared we may be. The need to control is directly rooted in fear—specifically, the fear of what might happen outside our control.

Increased Stress And Anxiety

People who try to control everything may experience more stress and anxiety. The simple act of feeling out of control when it feels necessary to have it can make a person's blood pressure rise.

Less Satisfaction

Feeling the need to be in control and not having it can make us feel dissatisfied. One study found that "subjects scoring high on a measure of general desire for control reported higher levels of discomfort and perceived the room as more crowded than did subjects scoring low on the desire for control at both levels of density."

The very act of feeling a need for control led to a less pleasant situation for people for whom that was a priority versus those for which it wasn't. The need for control can impact our lives, it should be no surprise that there is much to be gained from giving it up. Giving up the need for control is often referred to as surrendering.

How to Let Go Of Control

Suppose you've decided you'd rather be at peace and well connected to others, rather than stressed and critical. In that case, you're probably interested in learning about how exactly you can go about giving up the need for control. The below tips will help you get started on this relaxing path, but there are many other ways you can accomplish it, too.

Anything you can do that helps you feel more OK with not being in control is excellent. It can be large or small, practiced often or only in moments of need. We encourage you to try one of the following to guide you on this new journey.

Discern What You Can and Can't Control

There's no way to give up control until you know where in life it's needed. Take stock of what you have going on. Think through the areas of life that are in your control and those that aren't.

Once you've established which fall into each category, commit to treating the situations where you don't or won't have control differently than you have been. This includes disconnecting yourself from outcomes and treating other people differently when they don't behave exactly as you want.

It may be helpful to think through the situations you can't control to feel less anxiety about the different possible outcomes. Do your best to feel settled with each one as you think of it, knowing it is outside your control, you're safe, and you'll be OK however things work out.

Practice Mindfulness

Mindfulness is all about being present. Being in the moment and appreciating everything good as it happens can help you accomplish the feeling of surrender. It enables you to regulate your emotions, which is especially helpful if you struggle with feeling the need for control. It also reduces stress, which increases with the need for control.

If someone in your life already has given up control and experienced the peace that comes with it, lean on them for support. Ask for tips, share about your experience, and learn from what they've accomplished.

MAY IS MENTAL HEALTH MONTH

LOOK AROUND, LOOK WITHIN

MANY FACTORS COME INTO PLAY WHEN IT COMES TO MENTAL HEALTH.

TAKE SOME TIME TO LOOK AROUND AND MAKE NOTE OF YOUR SURROUNDINGS, AND LOOK WITHIN TO SEE HOW THEY MIGHT BE AFFECTING YOU.



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9

The power of our community is evident at Arizona Women's Recovery Center

By Dr. Beverly Wohlert

Connection is a critical part of the recovery journey, even more so for women. Now imagine you are a child of a mom seeking recovery and get the chance to have your mom back while living in a loving environment with other children with similar experiences for almost two years. A safety net forms, lifelong friendships form, and love grows in these spaces. That is what happens through the programs of the Arizona Women's Recovery Center (AWRC). However, at some point everyone achieves the ultimate goals of sobriety, health, and self-sufficiency and moves on with their families and their lives to their own homes.

The staff and Alumni of the AWRC programs formed a committee to create a space to honor one another and their achievements, reconnect with their recovery circles, and bring their kiddos back for a day of fun together.

On Saturday, April 8, AWRC held its Inaugural Alumni Picnic at the Trinity United Methodist Church. Nearly 300 board members, staff, alumni and their families attended this incredible event. The event included food trucks, bounce houses, cornhole, and a petting zoo.



A sobriety countdown was held where the woman of over 20 years of recovery wrapped her arms and blessings around a woman who is celebrating her first day of sobriety. This was an empowering experience. A photo walk was built to memorialize the alumni and staff members who we have lost over the years. Stakeholders, such as Crystal Meth Anonymous and Sisters Ministries brought resources to share. AWRC founders and previous CEO, Thelma Ross were honored, as well as the first Alumni Champion Award and trophy was awarded to Christina Valery, Career Services Program manager of AWRC.

Raffle prizes and incentives were awarded to alumni willing to complete a short survey to begin collecting longitudinal data on the success of the program.

The entire event was full of laughs and tears of joys and celebrations of success, but most importantly women supporting and empowering other women. The bond created and shared amongst this incredibly strong and resilient community was evident during this celebration and AWRC cannot wait to make it an annual event. The video of this event can be found on Youtube and the agencies website at www.azwomensrecoverycenter.org

Overcoming the stigma of mental illness

Stigma is when you are viewed in a negative way because you have a distinguishing characteristic or personal trait that's thought to be, or actually is, a disadvantage (a negative stereotype). Unfortunately, negative attitudes and beliefs toward people who have a mental health condition are common.

Stigma can lead to discrimination

Discrimination may be obvious and direct, such as someone making a negative remark about your mental illness or your treatment. Or it may be unintentional or subtle, such as someone avoiding you because the person assumes you could be unstable, violent or dangerous due to your mental illness. You may even judge yourself.

Harmful effects of stigma can include:

- Reluctance to seek help or treatment

- Lack of understanding by family, friends, co-workers or others
- Fewer opportunities for work, school or social activities or trouble finding housing
- Bullying, physical violence or harassment
- Health insurance that doesn't adequately cover your mental illness treatment
- The belief you'll never succeed at certain challenges or that you can't improve your situation

Ways to cope with stigma:

Get treatment. You may be reluctant to admit you need treatment. Don't let the fear of being labeled with a mental illness prevent you from seeking help. Treatment can provide relief by identifying what's wrong and reducing symptoms that interfere with your life.

Don't let stigma create self-doubt and shame. Stigma doesn't just come from others. You may mistakenly

believe that your condition is a sign of personal weakness. Seek counseling, educate yourself about your condition and connect with others who have mental illness can help you gain self-esteem and overcome destructive self-judgment.

Don't isolate yourself. You may be reluctant to tell anyone about it. Family, friends, clergy can offer you support if they know. Reach out to people you trust for the compassion, support and understanding.

Don't equate yourself with your illness. You are not an illness. So instead of saying "I'm bipolar," say "I have bipolar disorder."

"False beliefs about mental illness can cause significant problems."

Join a support group. Some local and national groups, such as the National Alliance on Mental Illness (NAMI), offer local programs and internet resources that help reduce stigma by educating people who have mental illness, their families and the general public.

Speak out against stigma. Consider expressing your opinions at events, in letters to the editor or on the internet. It can help instill courage in others facing similar challenges and educate the public about mental illness.



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Our Recovery Partners and Contributors

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Aurora Behavioral Health	877-870-7012	auroraarizona.com
CBI, Inc.	480-831-7566	communitybridgesaz.org
CBI Access to Care	877-931-9142	communitybridgesaz.org
Cohn Media	866-578-4947	cohnmedia.com
Copper Springs	480-418-4367	coppersprings.com
Dr. Dina Evan	602-571-8228	drdinaevan.com
Dr. Marlo Archer	480-705-5007	downtoearthneterprises.com
Eric’s House	1-855-894-5658	ericshouse.org
Gallus Medical Detox	888-306-3122	gallusdetox.com
Gifts Anon	480-483-6006	
Hushabye Nursery	480-628-7500	hushabyenursery.org
I Am Teen Strong	480-396-2409	iamTeenStrong.com
The Meadows	800-632-3697	meadowsBH.com
Meadows Ranch	866-390-5100	meadowsranch.com
Mens Teen Challenge	520-792-1790	tcaz.org
Mercy Care	800-631-1314	602-222-9444 mercycareaz.org
Mind 24/7	text/call	844-646-3247 mind24-7.com
Newport Healthcare	888-675-1764	newporthealthcare.com
NotMYKid	602-652-0163	notmykid.org
Phoenix Life Coach Services	602-245-9600	PhoenixLifeCoachServices.com
Psychological Counseling Services (PCS)	480-947-5739	pcsintensive.com
Recovery In Motion	844-810-1599	recoveryinmotion.com
Scottsdale Recovery Center	888-663-7847	scottsdalerecovery.com
Sierra Tucson	800-842-4487	sierratucson.com
Sierra at Scottsdale	844-749-1567	sierrascottsdale.com
Brough Stewart, MC, LPC, NCC	602-316-3197	
Valley Hospital	602-952-3939	valleyhospital-phoenix.com
Teen Challenge AZ	602-708-9475	tcaz.org
Willow House	877-421-6414	willowhouseforwomen.com

Additional Resources

AZ. Dept. of Health	602-364-2086
Arizona Opioid Assistance Helpline	888-688-4222
AzRHA	602-421-8066
The Crossroads	602-279-2585
Problem Gaming	800-NEXTSTEP
Desert Drug Dog	602-908-2042
Hunkapi Programs	480-393-0870
EMPACT/La Frontera	800-273-8255
TERROS Health	602-685-6000
TUCSON	
ACA	aca-arizona.org
AA	520-624-4183
Al-Anon Infor Service	520-323-2229
Anger Management	520-887-7079
Behavioral Awareness Center	520 629 9126
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Recovery in Motion	520-975-2141
Sex Addicts Anonymous	520-745-0775
Suicide Prevention	520-323-9372
The Mark Youth and Family Care	520-326-6182

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Resources & Helplines

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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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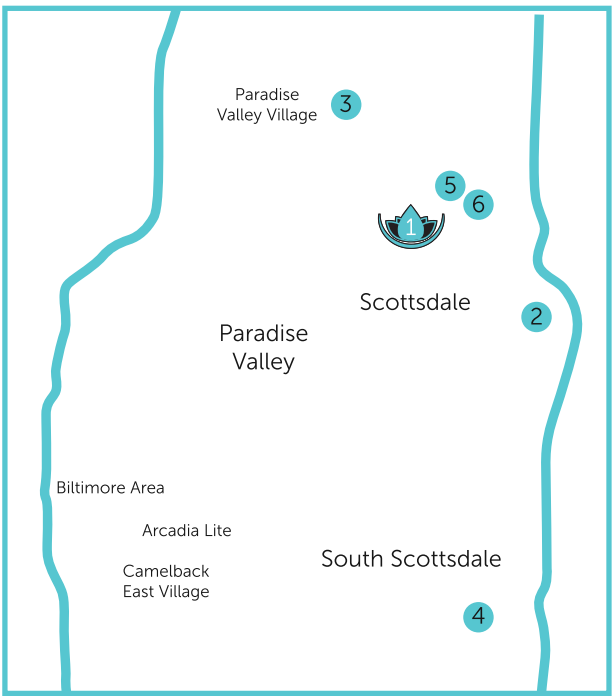
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- 1. Scottsdale Recovery and Detox Center**
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8149 N 87th Pl, Scottsdale, AZ 85258
- 3. The Sweetwater Center**
- 4. The Trullies**
- 5. The Miller Center**
- 6. The Starfire Center**



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