

# Together AZ

## Is it Time to Learn How to Thrive?

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

**P**lay it safe. Don't rock the boat. Stay in your lane. If this is what you tell yourself most often then just by continuing to read this article you may be weaving way out of your lane and rocking the boat. But I challenge you to read on—that is if you care to challenge your thrive habits.

### What are thrive habits?

They are new habits we insert into our lives to positively shake up the status quo. Many of us have our daily routines we are quite comfortable with, and stepping out of them and trying something new may not typically pop up on our radar. Instead, what happens is we typically stay right where we are and do what we normally do instead of "risking it" and doing something out of the ordinary. To often we avoid opportunities to live fully — to thrive. In that spirit, I'll share one of the times I (begrudgingly) stepped out of my comfort zone — despite what my internal tape recorder was playing over and over in my mind.

### My Yellow Vase

Years ago, some of my peers in my 12-step meeting group thought it would be fun to make pottery together. Everyone was enthusiastic about the idea, except me. While I didn't voice my hesitation aloud, I told myself I wasn't going to go. I couldn't picture spending a Saturday afternoon in a pottery studio painting a mug or a statue and then firing it in the kiln to bring home later. I was convinced I would look silly sitting there, paintbrush in hand.

Yet, somehow, I ended up going. I enjoyed the camaraderie with this group of folks that I really liked, and to this day, when I look at the bright yellow vase I made (which is still proudly displayed on a shelf in my house), it makes me smile. It reminds me of the laughter and connection we all enjoyed that day. It remains for me a good memory of a fun afternoon. I also gained the extra satisfaction of knowing I did something I normally wouldn't have done.

How many times do we convince ourselves that taking part in something that is outside of what we typically do isn't for us, or that it won't be a fun activity and worthy of our time and effort? I've been there plenty of times. In my mind I say things like, "I'm not going to like that. I'm going to look dumb doing that. I don't know anyone there. What will people think of me?"

The old saying, don't knock it before you try it is applicable here and, in any circumstance, where we are determined to find all the reasons why we



***"Developing habits that confront the status quo might be exactly what your recovery needs"***

don't want to do something. Those of us in recovery have spent a lot of our lives just surviving and making excuses. Thriving isn't even in the realm of possibility within our minds. We are used to a life of just imagining and dreaming.

We want what others have, but too many times we are hesitant to seek it out for ourselves. We revert to that default setting of staying home and sticking with our familiar routines. That is why thriving takes a conscious attempt.

### Learning How to Thrive

I once tried something called "leisure mapping." The therapist who was a proponent of this idea would ask his clients to do a little research each week and find something that looked fun to do for the upcoming weekend and then venture out and do it. Go to an art museum. Try a sport you've been meaning to learn. The idea of leisure mapping is to supplement your ordinary leisure activities with something you wouldn't normally think to do. If you want to try leisure mapping to launch into developing your own thrive habits, consider these three tips:

- **Be accountable to someone.** Make your leisure activity plan known. Tell your therapist what activity you are committing to. Or ask a friend to join you. By telling someone what activity you are planning to do, or by

inviting someone along with you, it is more likely you will follow through.

- **Own your choices.** If you decide not go through with your plan admit it to yourself and/or someone else and explore the reason you didn't go through with it. What was the

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# Publisher's Note

## Freedom and Independence

By Barbara Nicholson-Brown

Stepping into sobriety did not feel like freedom or independence in the beginning weeks and months. Somehow I felt trapped, my mind was playing tricks, the fog had not lifted and this **dis-ease** I have really wanted me back in its grips. That is not freedom.

Like many in early recovery I was confused, scared and had tons of questions. What would life be like sober? Would I ever have fun again? Will not drinking and using be boring? My years in recovery have been anything but boring. Yes there is fun and laughter, and there are ups and downs, but overall it is a more fulfilling and meaningful life.....because this is living life in full.

I was never free "out there". I was bound to the bottle, the last drop, and last line. I was not independent either. More like dependent on the drug dealer, bartenders, and few friends who would associate with me. It was a sad existence. Surrendering is freedom, and being independent does not mean I'm an island. Because I cannot do this alone. I'm so grateful to all who lead the way.

Thanks to Tim McLeod for our cover story on thriving in recovery. Of course it's easier to stay in our comfort zone rather than step out and try new experiences. But life in recovery is about enjoying and connecting. Think of something you've wanted to try, do it and have fun.

A very special thank you to our supporters and contributors to *Together AZ*. We continue our mission of providing our community — YOU—the most trusted resources and we hope we are an inspiration on your recovery journey.

Have a safe July!

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reason you chose to renege? By examining the reason, you may learn to overcome your fears and insecurities.

- **Know that trying is good enough.** Did you decide to sign up for a tennis lesson and discovered your serve was off every time or your backhand landed the ball over the fence? Give yourself permission to be a novice. I always say you have to learn to crawl before you can walk. Tell yourself you are seizing the opportunity to learn and that is better than sitting at home wondering what it would be like to be a tennis player or whatever activity you choose.

Author, Neale Donald Walsch who wrote a series of books, *Conversations with God*, is famous for his quote —

***“Life begins at the end of your comfort zone.”***

Many of us in recovery understand the experience of walking into our first 12-step meeting. It's not easy. All eyes are on you. It takes courage. You are the new person in the room. It is certainly the end of many people's comfort zones, yet for many, it is often when a new life of thriving begins.

My yellow ceramic vase became my symbol that when I put my mind to it, I can find my way past fear, shame, self-doubt, and all the obstacles that prohibit a life of possibilities. Is it time for you to create yours?

If you want to learn how to start your path of recovery to find your own miracle, contact me at [tim.mcleod@sierratucson.com](mailto:tim.mcleod@sierratucson.com). For more on Sierra Tucson visit [www.sierratucson.com](http://www.sierratucson.com)

### About the author

Tim McLeod joined the Sierra Tucson team as Alumni Coordinator in February 2001 and was named Director of Alumni Relations & Connect365 in May 2018.

He offers encouragement to others in recovery through follow-up phone calls, facilitating workshops, assistance with local Alumni Support & Continuing Care Groups, and the Alumni eNews, "Beyond the Miracle."



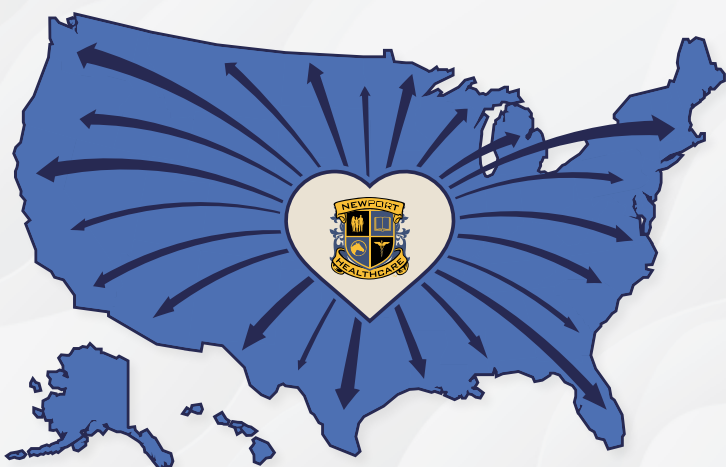


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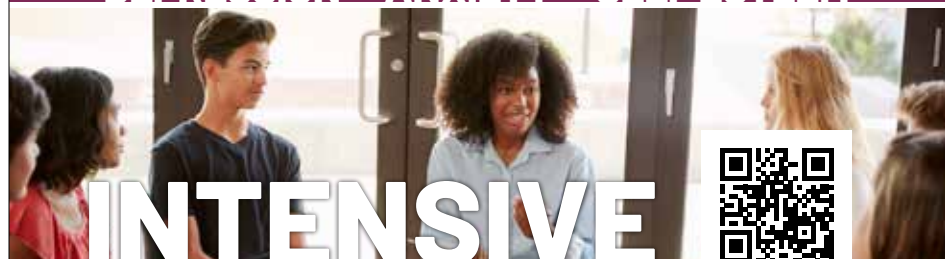
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## Community Bridges, Inc. (CBI) Stands with Veterans

Community Bridges, Inc. (CBI) Veterans Program provides outreach, navigation, and housing support for both service-connected and non-service-connected veterans. The CBI Veterans Team link Veterans to the State Veterans Administration to determine eligibility of services to support ongoing wellness. Our goal is to improve housing and income stability, along with making meaningful connections and engaging in community activities. This permanently sets the path for long-term vibrancy in the community.

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Peer Navigators provide outreach services to engage Veterans experiencing homelessness and work with them to connect to available services such as Emergency Shelter and Supportive Services for Veteran Families Rapid Rehousing. Veterans may volunteer to transition to temporary and then permanent housing, via the Bridge system.

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### CBI Supportive Services for Veteran Families (SSVF) Program

The CBI Supportive Services for Veteran Families (SSVF) is an initiative of the United States Department of Veterans Affairs (VA) to promote housing stability among very low-income Veteran families who reside in, or are transitioning to, permanent housing. The VA partners with Community Bridges, Inc. and other community-based organizations and local non-profit agencies across the United States to provide rapid rehousing, rapid resolution, and homeless prevention services through evidence-based practices and case management strategies to achieve housing stability.

The CBI SSVF is a Housing First program and is a part of our commitment to provide resources that support the stability and advancement of all Veterans. Through our array of services, we hope to enrich our communities by providing solutions to homelessness, unemployment, and mental health crisis.

**For further CBI Veterans assistance, please call: 602-268-4775.**



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William B. Brown, Jr.

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The world is rapidly changing, and changing us in the process. It's time to wake up and step into asking the right questions, to being different, and independently decide who we are and what we want our world to look like.

**This is our home**

It's time for us to stop buying into the slick advertising, carefully crafted sound bites and enticing promises that never come to fruition. The ones that promise you ultimate happiness if you buy this car or that house, or say this little white lie.

This means we can no longer afford to give our power away to elected officials, heads of corporations or any person we perceive to have greater power than we have. The only reason could be true is if we gave our power over to them.

Do we teach children to follow rather than lead? Do we teach boys they are stronger or more powerful than girls? Do we tell women they have to be submissive, or they will scare people? The answer to that might be in the gender PayScale. The difference between the earnings of women and men has shrunk but only by an infinitesimal amount each year. So, in 2023, for every \$1 that men make, women earn \$0.83.

Do we turn the responsibility for running our country over to people we know nothing about, but who shouts the loudest? The answer to each one of these questions is YES, WE DO and that's exactly how we got to where we are today. We are influenced by people, leaders, and those we often look up to, who are the people who shout the loudest and will say anything to get what they want.

**Becoming our authentic selves**

We must stop looking outward and begin looking inside of ourselves for our own truth strength and integrity. Most of us know when we are being lied to. We can feel in between the cover-up or over-explaining, the story, or the excuse. Often, we shake our head thinking it would have been simpler if we, or that person, had just told the truth and we wonder why people lie so often. It's because we have become accustomed to doing it. It's become an art. We don't think twice about it or how it damages our character and self-respect.



By Dina Evan, PhD

If we really want independence, we must clean up our own integrity first. That means we find a way to tell our truth straight up with kindness and caring, but we tell the truth, no matter how different and unfamiliar that might be. We risk it because that's our soul work, pushing us forward to do what we came here to do and be who we came here to be. The same soul work of every meeting and every sponsor moment. Independence requires authenticity. It requires courage. It requires being an example, truth telling, and it requires showing up and even being the odd person out at times.

**Independence requires compassion, without judgment**

The examples we have now, are neither independent nor authentic. Major corporations lie about their products and prices. Elected officials lie about nearly everything to get their own agenda and sadly our parents probably lied, because they were lied to about what is important in life. Not because they wanted to, they simply didn't know better. So, we gratefully give them a "A" for effort for all they did give us, and we love them for it.

Being independent requires truth telling, showing up authentically and compassion for ourselves and others. It requires staying on the path even when it's uncomfortable. It requires humility and a willingness to grow. But then, you get to go to a Dairy Queen or have a burger or pizza and enjoy your friends who are also on the path. It's where you get into bed at night and quietly say to yourself, today, I did what I came here to do. I am independent and becoming exactly who I came here to be and so are those people I love.

This July 4th give yourself the gift of being exactly who you are and sitting with someone you love who is doing the same. Then commit to it every day and wait for the joy and celebrations to arrive.



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. [www.dr dinaevan.com](http://www.dr dinaevan.com) 602-571-8228.



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# Setting Teens Up for Success



Here are a few tips to help parents support teens or children to get back on track socially, emotionally, and academically, so they can succeed in school, have fulfilling relationships, and maintain good mental health.

### Challenge as a springboard to growth

Teens need to understand stress can actually lead to growth, and navigating hard times can make them stronger. Because the adolescent brain is in a process of changing and maturing, it's more flexible and resilient. As long as teens have the support they need—including caring, authentic connections with parents, caregivers and, at least one peer—they can and will recover from distressing experiences. A therapist, school counselor, or mental health program can provide additional support. If parents, caregivers, and teachers can shift the narrative to focus on teens' strengths and ability to adapt and change, young people are more likely to feel empowered.

### Strengthen social skills

For teens with social anxiety, getting through a school day can be extremely difficult. Even if they don't have social anxiety, today's adolescents struggle more in relationships with family members or friends because they're so accustomed to communicating via their devices. The self-consciousness many teens experience in social situations is heightened by their constant focus on online interactions. A few ways to support kids who experience anxiety around social interactions are:

- Help them learn coping strategies for dealing with anxiety in the moment, such as mindful breathing exercises and compassionate self-talk
- Encourage them to get together with small groups of people they feel comfortable with, rather than larger gatherings
- Ask what interactions they're most worried about, and role-play these situations in advance
- Explore in-person summer programming that brings teens together in a supportive environment to gain comfort in social situations and strengthen relationships skills

### Academic support

Between the everyday stressors distracting teens and the high rates of mental health concerns, academic engagement and achievement are both down among high school students. The mental health challenges impacting students' learning are even more critical to address than the academic achievement gaps.

### Prioritize these two powerful factors proven to enhance teen well-being.

Evidence points to two powerful benefits for teen mental health: *family connection and getting enough sleep*. Research shows when families feel close and connected—including strong parent-child communication, bonding time with siblings, and regular family mealtimes, teens are less likely to experience depression. Allow for more family togetherness.

Sleep plays a critical role. Adolescents who regularly sleep seven or more hours per night are about 50 percent less likely to be depressed. We all know how busy a child can be with their social lives, school responsibilities, and extracurricular activities. One good tip: Have everyone plug their phones and tablets into a charger in the living room before bed.

### Address mental health issues now rather than hoping they'll go away on their own

As a result of the global mental health crisis, the stigma surrounding mental health disorders has finally begun to break down. However, that doesn't mean that teens' symptoms can be ignored, or that they will go



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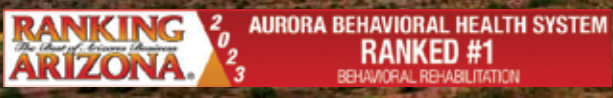
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# Phoenix Mercury Partners with Mind 24-7 to Raise Awareness about Mental Health

In May, the Phoenix Mercury announced a new partnership with MIND 24-7, a company focused on changing the landscape of accessible mental health care by offering walk-in mental health services whenever patients need it, 24 hours a day, 365 days a year.

MIND 24-7 was founded in 2021 to help address the country’s mental health care crisis. The average person in the U.S. has to wait four to six weeks to see a mental health provider, which can make a mental health issue worse.

“MIND 24-7 is making an incredible impact in the Valley by offering affordable and accessible mental health services. We’re proud to partner with them to help remove the stigma around mental health,” said Phoenix Mercury President Vince Kozar. “Mental health is just as important as an athlete’s physical health and fitness, and this partnership demonstrates the Mercury’s commitment to supporting our team, our staff and our community.”

MIND 24-7 delivers accessible, evidence-based mental health care services for all. With four locations throughout the Valley, each MIND 24-7 location provides express care, crisis care and a “progressions” program that offers continued care to patients for up to 90 days in order

to give patients the tools and skills to cope with future challenges. Since opening its first location in Phoenix, MIND 24-7 has helped more than 28,000 patients.

“People experiencing a mental health issue shouldn’t have to wait days or weeks for help,” said MIND 24-7 CEO Jeff Spight. “We should treat mental health needs as urgently as we do physical health needs, and we need to ensure that those seeking care know that it’s ok to ask for help — and that they know where to find that help. At MIND 24-7, a specially designed mental urgent health care clinic is a better option than a hospital emergent room. And it’s our goal to give as many people as possible access to this level of specialized care.”

### About MIND 24-7

MIND 24-7 is changing the landscape of accessible behavioral health by offering walk-in urgent mental health and substance abuse services such as Express Care, Crisis Care and Progressions (ongoing treatment and therapy). MIND 24-7 fills the gap for those seeking help by being available right when they need it – 24 hours a day, 365 days a year. MIND 24-7 not only enhances quality patient care, but lessens pressure on the system, reducing costly emergency room visits, in-patient treatment and readmissions for crisis care.

Visit [www.mind24-7.com](http://www.mind24-7.com) to learn more.

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When anxiety flares, take a time-out and think about what is making you feel nervous. Anxiety is typically experienced as worrying about a future or past event.

You may be worried something bad is going to happen in the future or feel upset over an event that has already occurred. Regardless of what it is, a big part of the problem not being mindful of the present moment.

Anxiety loses its grip when we take focus off of worry and bring awareness to the present.

The next time anxiety starts to take you out of the present, regain control by sitting down and taking a few deep breaths. Taking a moment to stop and breathe can help restore a sense of personal balance and bring you back to the present moment. Breathing exercises are powerful relaxation techniques that can help ease your body and mind of anxiety while turning your attention towards the present.







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# The Self-Attachment Model (SAM)

By: Stevie Mae Douglas, PsyD.

Humans rely on their primary caretakers longer than any other mammal. This is due to the time it takes for the human brain to fully develop, including emotionally and socially. In those earlier years, we were most vulnerable. Without caregivers, we would have died. Instinctively, we knew this. Good, bad or ugly, we needed them. Most of us learned early on that to share our inner world was too dangerous because it displeased our caregiver, our lifeline. We kept a close watch for clues about what their likes and dislikes were, what they responded to, and how they communicated. We learned what was safe to share and what was too threatening to our survival. We learned to become who we had to become to get our needs met. In doing so, we abandoned ourselves.

## Adults don't need caregivers

Most of us just kept walking away from those unresolved childhood experiences (i.e., big feelings, negative beliefs, and unmet needs). We want nothing to do with our childhood if it means rehashing all that happened and actively recalling in our bodies the subsequent emotions that feel impossible to hold in real time.

However, when we, as adults, push our feelings and needs aside, we push our inner child aside and demand *they carry the pain alone*. As adults, we become the ones who neglect that inner child. We become the ones who continue to abandon ourselves and leave this wounded part behind while we escape with various methods. We move farther from ourselves until we wake up with this incredible divide between our adult Self and inner child Self. This great void cannot be filled by any number of accomplishments or external adoration, and our addictions tend to do us more harm than good.

## Within ourselves is our creativity and spirituality

Unfortunately, many of us do not know ourselves. We often do not know what we really want or need. We are disconnected from ourselves — all

because of the primal need for survival in an environment that did not support emotional intelligence. We grew up in a larger environment that likely reinforced our most negative beliefs about ourselves. Our nervous systems developed to become sensitive to the biggest threat in the room (i.e., *traumatic events or attachment wounds*).

Many of us have spent much of our adult lives hypervigilant toward the potential of these events or wounds re-occurring in our present lives — and do whatever is necessary to keep this part of ourselves away from our consciousness.

## Our healing journey

If we are to have a strong, positive self-esteem (a valuing of ourselves) and peace within ourselves (trust), we must learn to take responsibility for our own healing journey and nurture a relationship with ourselves. This nurturing from our adult Self to our inner child Self can create the internal environment of feeling grounded and empowered.

When we have a secure attachment to Self, we look less into our external environment for validation. Suddenly, we go internally for our worth, answers, and deepest connection. This sort of relationship with Self can improve all the other relationships in our lives. When we know ourselves, we can use this knowledge to become more effective lovers, partners, parents, employees, colleagues, friends, whatever. When we prioritize the relationship with Self, we are prioritizing our creativity, spirituality, and our connection with others.

We practice with ourselves how to empathize rather than fix, stay curious rather than placing judgment, and how to choose connection rather than fear. We have practiced with ourselves how to express our needs and how to set and hold healthy boundaries. We feel our worth. We have created self-attachment. We no longer desperately need accolades or the attention and validation from

others. We can still enjoy those experiences; however, our self-worth does not depend on it. It is our responsibility as adults to fulfill the unmet needs we experienced as children and to challenge negative beliefs that were forced upon us as children that say, “I’m not good enough. I’m inadequate. I have to do more if I want to be valued and Loved.”

The self-attachment model (SAM) is based in humanistic psychology and the theory of attachment. It is a way of conceptualizing the therapeutic journey and a way of developing an intimate relationship with yourself that can increase your overall quality of life — by increasing your feeling of self-worth and self-trust. The model invites one to invest in



this journey of self-awareness, self-healing, and self-connection, creating an inner environment that promotes the ability to thrive and self-actualize.

More than a way of conceptualizing, SAM offers a workbook for individual use that contains practical exercises to enhance self-attachment. The exercises start with curiosity about your childhood experiences and the subsequent feelings and beliefs you developed about yourself and the world. It then moves into a curiosity about your adult Self that can lead to an alignment with your values and goals. SAM offers a road map to building a healthy relationship with yourself that can become the foundation for all other relationships in your life.

SAM is more than just self-care, although self-care is a part of the journey. SAM turns what one does for self-care into investments to the relationship between your adult Self and your inner child. Anything on your self-care list becomes things you either do *with or for* your inner child.


When you work out, do it for your inner child because it makes their body feel good and they are set for the day. When you go for a walk, take your inner child with you and take in nature together. These are investments into the relationship. Figuratively, sometimes you are able to invest \$100s into the relationship and sometimes you are able to invest \$1000s into the relationship, and when you are only able to invest two quarters because life is coming at you harder at that moment, then invest two quarters. I call that a “50 cent deposit” and it turns out our inner children love quarters because two quarters still means showing up.

It is the showing up to the relationship that matters most. This is building trust from your inner child. This is your adult Self saying to your inner child, “Even when it gets tough, I am going to show up for you. I may not always know what to do next, however, I know I am not going to abandon you again.” This is value. This is trust. This is self-attachment.

Carl Jung called it “shadow work.” Muriel James calls it “self-reparenting.” Richard Schwartz calls it “parts work.” Thema Bryant calls it a “homecoming.” The concept of returning to yourself is not a new one. Whether you use SAM or another tool, I hope you will find the language that works for you and create attachment with yourself, the magic kind of attachment: the secure kind.



As a Post-Doctoral Resident, Stevie Mae is currently under the supervision of Marcus Earle, Ph.D., LMFT, CSAT, S-PSB. For more information-  
pcsintensive.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



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# Conversations Goals

## Talking with Teens about Alcohol and Drugs

It's never too late to start talking about the risks of underage drinking and other substance use. As teens get older, they make more decisions on their own, and face more temptation and peer pressure. Though it may not seem like it, teens really do hear your concerns.

“Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink or not.”

Don't assume they know how you feel about drinking and substance use. Send a strong message you disapprove of underage drinking and use or misuse of other drugs.

Young people are more likely to listen when they know you're on their side. Reinforce why you want them to be happy and safe. The conversation will go a lot better if you're open and show your concern for their well-being.

You want your teen to make informed decisions with reliable information about its dangers. You don't want them to learn about alcohol and other drugs from unreliable sources.

Establish yourself as a trustworthy source of information.

Young people are more likely to drink or use other drugs if they think no one will notice. Show you're aware of what your teen is up to, but do this in a subtle way and try not to pry.

[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)



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](http://valleyhospital-phoenix.com)

3350 E. Pinchot Ave. Phoenix, AZ 85018



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

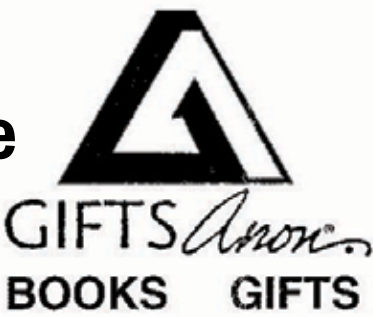
Treatment | Housing | Education

602-264-6214 [arizonawomensrecoverycenter.org](http://arizonawomensrecoverycenter.org)

## DID YOU KNOW?

- Each day about 28 people in America die in drunk-driving car crashes, according to the National Highway Traffic Safety Administration (NHTSA).
- Over the 10-year period from 2010 to 2019, more than 10,000 people died each year in drunk driving car accidents, says NHTSA.
- The yearly cost of alcohol-related car crashes is more than \$44 billion, according to the Centers for Disease Control and Prevention (CDC).

## Arizona's Original 12 Step Bookstore



480-483-6006

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

Open Monday through Saturday

10427 N. Scottsdale Road (SE corner of Shea & Scottsdale Rd)





HUNKAPI

# OPEN YOUR HEART

## GALA

**October 21, 2023**

**JOIN HUNKAPI PROGRAMS FOR A WILD EVENING SUPPORTING YOUR FAVORITE THERAPEUTIC FARM**

**Sponsorships & Tickets Available at [Hunkapi.org](https://hunkapi.org)**

### WHAT CAN YOU DO TO PREVENT OPIOID MISUSE?



**TALK ABOUT IT.**  
Opioids can be addictive and dangerous. We all should have a conversation about preventing drug misuse and overdose.



**BE SAFE.**  
Only take opioid medications as prescribed. Always store in a secure place. Dispose of unused medication properly.



**UNDERSTAND PAIN.**  
Treatments other than opioids are effective in managing pain and may have less risk for harm. Talk with your healthcare provider about an individualized plan that is right for your pain.



**KNOW ADDICTION.**  
Addiction is a chronic disease that changes the brain and alters decision-making. With the right treatment and supports, people do recover. There is hope.



**BE PREPARED.**  
Many opioid overdose deaths occur at home. Having naloxone, an opioid overdose reversing drug, could mean saving a life. Know where to get it and how to use it.



For help, resources, and information:  
<https://www.hhs.gov/opioids/>  
1-800-662-HELP (4357)



## Know the Facts

**In some way, we've all been touched by substance use and mental health recovery.**

### 23.5M

**23.5M Americans (age 18+) are in substance use disorder recovery—that's 10% of the U.S. population (NAATP)**

### 7.7M

**7.7 million adults have co-occurring mental health and substance use disorders (NIH)**

### 400%

**Every dollar spent on substance use disorder treatment has a 400% return on investment in health care cost savings (Surgeon General's Report on Alcohol, Drugs, and Health)**

### 700%

**Every dollar spent on substance use disorder treatment has a 700% return on investment in savings on criminal justice costs (Surgeon General's Report on Alcohol, Drugs, and Health)**



**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



[TCAZ.ORG](https://tcaz.org)

**Brough Stewart, MC, LPC, NCC**  
15455 N. Greenway Hayden Loop  
Suite C-9  
Scottsdale, AZ 85260  
602-316-3197  
[brough@broughstewart.com](mailto:brough@broughstewart.com)  
[www.broughstewart.com](https://www.broughstewart.com)



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

## What you CAN do to support recovery

**Parents, talk to your children about alcohol and drugs.**  
Become informed about substances your children may encounter and the risks they face. Talking openly to your children is crucial.

**Reach out, if you think you or someone you know has a problem.**  
Talk to family members, friends, or a health care professional. The earlier treatment begins, the better the outcomes are likely to be.

**Be supportive (not judgmental) if a loved one has a problem.**  
Recognize that a substance use disorder is a medical condition, not a moral failing. Be supportive and compassionate.

**Show support towards people in recovery.**  
Acknowledge and celebrate their achievements. Encourage them to maintain their recovery program and supports.

**Advocate for the changes needed in your community.**  
Address substance misuse and substance use disorders with a public health approach. Everyone can play an important role in advocating for their needs, the needs of their loved ones, and the needs of their community.





Reach us 602-684-1136 Email: [barb@togetheraz.com](mailto:barb@togetheraz.com)

## Our Recovery Partners and Contributors

AZ Women’s Recovery Center	602-264-6214	<a href="http://arizonawomensrecoverycenter.org">arizonawomensrecoverycenter.org</a>
Aurora Behavioral Health	877-870-7012	<a href="http://auroraarizona.com">auroraarizona.com</a>
CBI, Inc.	480-831-7566	<a href="http://communitybridgesaz.org">communitybridgesaz.org</a>
CBI Access to Care	877-931-9142	<a href="http://communitybridgesaz.org">communitybridgesaz.org</a>
Copper Springs	480-418-4367	<a href="http://coppersprings.com">coppersprings.com</a>
Desert Star Addiction Recovery Center	520-638-6000	<a href="http://desertstarARC.com">desertstarARC.com</a>
Dr. Dina Evan	602-571-8228	<a href="http://drdinaevan.com">drdinaevan.com</a>
Dr. Marlo Archer	480-705-5007	<a href="http://downtoearthneterprises.com">downtoearthneterprises.com</a>
Eric’s House	855-894-5658	<a href="http://ericshouse.org">ericshouse.org</a>
Gifts Anon	480-483-6006	
Hushabye Nursery	480-628-7500	<a href="http://hushabyenursery.org">hushabyenursery.org</a>
I Am Teen Strong	480-396-2409	<a href="http://IamTeenStrong.com">IamTeenStrong.com</a>
The Meadows	800-632-3697	<a href="http://meadowsBH.com">meadowsBH.com</a>
Meadows Adolescent	866-492-1431	<a href="http://MeadowsAdolescent.com">MeadowsAdolescent.com</a>
Mens Teen Challenge	520-792-1790	<a href="http://tcaz.org">tcaz.org</a>
Mercy Care	800-631-1314	<a href="http://mercycaarez.org">mercycaarez.org</a>
Mind 24/7	text/call 844-646-3247	<a href="http://mind24-7.com">mind24-7.com</a>
Newport Healthcare	888-675-1764	<a href="http://newporthealthcare.com">newporthealthcare.com</a>
NotMYKid	602-652-0163	<a href="http://notmykid.org">notmykid.org</a>
Psychological Counseling Services (PCS)	480-947-5739	<a href="http://pcsintensive.com">pcsintensive.com</a>
Recovery In Motion	844-810-1599	<a href="http://recoveryinmotion.com">recoveryinmotion.com</a>
Scottsdale Recovery Center	888-663-7847	<a href="http://scottsdalerecovery.com">scottsdalerecovery.com</a>
Sierra Tucson	800-842-4487	<a href="http://sierratucson.com">sierratucson.com</a>
Sierra at Scottsdale	844-749-1567	<a href="http://sierrascottsdale.com">sierrascottsdale.com</a>
Brough Stewart, MC, LPC, NCC	602-316-3197	
Valley Hospital	602-952-3939	<a href="http://valleyhospital-phoenix.com">valleyhospital-phoenix.com</a>
Teen Challenge AZ	602-708-9475	<a href="http://tcaz.org">tcaz.org</a>

## 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	<a href="http://aca-arizona.org">aca-arizona.org</a>
AA	520-624-4183
Al-Anon Infor Service	520-323-2229
Anger Management	520-887-7079
Behavioral Awareness Center	520 629 9126
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Recovery in Motion	520-975-2141
Sex Addicts Anonymous	520-745-0775
Suicide Prevention	520-323-9372
The Mark Youth and Family Care	520-326-6182
Workaholics Anonymous	520-403-3559

**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

# SUPPORT

## Resources & Helplines

**Suicide crisis call 988**

- Alcoholics Anonymous (AA)
- Al-Anon
- Tucson Al-Anon Information
- Adult Children of Alcoholics (ACA)
- AZ Women’s Recovery Center
- Bipolar Wellness
- Child Abuse Hotline – Support & Information
- Cocaine Anonymous
- Co-Anon
- CoDA
- COSA
- Copper Springs
- Crisis Help Line – For Any Kind of Crisis
- Crisis Response Network
- Crisis Text Line
- Crystal Meth Anonymous
- Debtors Anonymous
- Domestic Violence
- Families Anonymous
- Gamblers Anonymous
- Grief Recovery
- Heroin Anonymous
- Marijuana Anonymous
- NDMDA Depression Hotline – Support Group
- Narcotics Anonymous/Phoenix
- Narcotics Anonymous/Casa Grande
- Narcotics Anonymous/Flagstaff
- Narcotics Anonymous/Prescott
- Narcotics Anonymous/Tucson
- Nar-Anon Family Groups
- National Youth Crisis Hotline
- Overeaters Anonymous
- PAL (Parents of Addicted Loved Ones)
- Parents Anonymous
- Phoenix Metro SAA
- RAINN (Rape, Abuse, Incest National Network)
- Rape Hotline (CASA)
- Sexaholics Anonymous
- Sexual Assault Hotline (24/7 English & Spanish)
- Sex/Love Addicts
- Sex/Love Addicts Tucson
- Sex Addicts Anonymous
- S-ANON
- Sober Living AZ
- Suicide Hotline
- HELP
- Suicide Prevention Lifeline
- Teen Challenge
- Teen Life Line

**Emergency dial 911**

- 602-264-1341
- 602-249-1257
- 520-323-2229
- [aca-arizona.org](http://aca-arizona.org)
- 602-264-6214
- 602-274-0068
- 800-422-4453
- 602-279-3838
- 602-697-9550
- 602-277-7991
- 480-385-8454
- 480-418-4367
- 800-233-4357
- 602-222-9444

**Text HOME to 741741**

- 602-235-0955
- (800) 421-2383
- 800-799-SAFE
- 602-647-5800
- 602-266-9784
- 800-334-7606
- 602-870-3665
- 800-766-6779
- 800-826-3632
- 480-897-4636
- 520-426-0121
- 928-255-4655
- 928-458-7488
- 520-881-8381
- (800) 477-6291
- 800-448-4663
- 602-234-1195
- 602-248-0428
- 602-735-1681
- RAINN.ORG
- 602-241-9010
- 602-439-3000
- 800-223-5001
- 602-337-7117
- 520-792-6450
- 602-735-1681
- 480-545-0520
- 602-737-2458
- 800-254-
- 988
- 888-352-4940
- 800-248-8336

### Pregnant and Struggling with Substance Use?

### Hushabye Nursery®

Let us help you today!

[HushabyeNursery.org](http://HushabyeNursery.org) 480-628-7500





SCOTTSDALE RECOVERY®  
RECONNECT • REBUILD • RECOVER

1-888-NO DRUGS or 602-806-1305

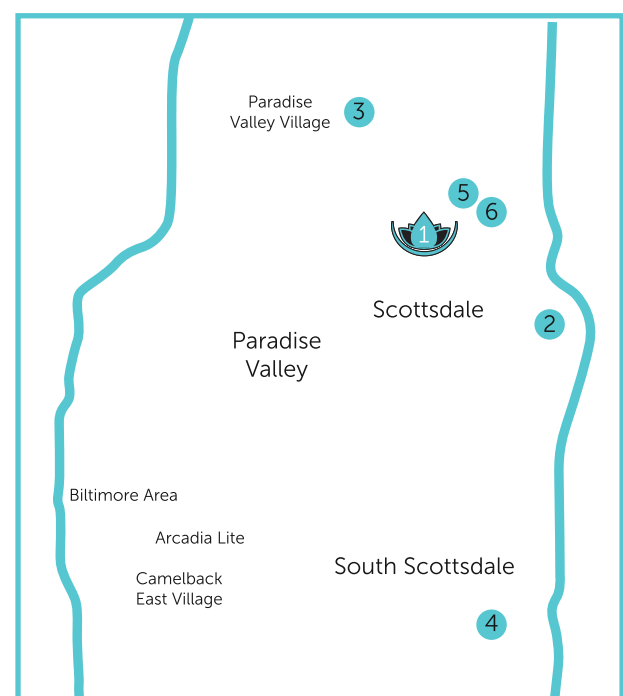
info@scottsdalerecovery.com  
ScottsdaleRecovery.com



## 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

## SAME DAY ADMISSIONS



## WHY WE ARE DIFFERENT

### Longevity

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

### Certified in Addiction

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

### Collaboration

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

### Family Workshops

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

### Alumni Program (Scottsdale Recovery Continued)

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

### 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



SCAN THE QR CODE  
TO VISIT THE WEBSITE

SAME DAY  
ADMISSIONS  
1-888- NO DRUGS



WWW.SCOTTSDALERECOVERY.COM

EMAIL [INFO@SCOTTSDALERECOVERY.COM](mailto:info@scottsdalerecovery.com)