

Together AZ

Finding Purpose after Loss

Jeff Johnston never expected his life to be shattered from a phone call, but it was on October 4, 2016. It was the call that is every parent's worst nightmare. He was told his oldest son, Seth, had died from fentanyl poisoning, he was 23 years old.

While Jeff could have taken the road of anger and bitterness after such a devastating loss, he made the choice to dedicate his life as an advocate for bringing awareness to mental health, substance use and addiction in teens and young adults. He began speaking at high schools and community events and joined the board of a local treatment facility where Seth spent time before his death. In 2020, he founded Choices Network, Ltd. a non-profit dedicated to educating kids, parents, teachers, and coaches on the importance of making positive choices. To honor Seth, he wrote his first book, *"This One's For You: An Inspirational Journey Through Addiction, Death and Meaning"* and has organized the Living Undeterred Project (www.livingundeterred.com).

On September 29th, Jeff will be in Phoenix to speak at the annual recovery month event, CARE (Celebrate the Art of Recovery) at Alice Cooper's Solid Rock Teen Center. (RSVP details on page 2 or at www.celebratetheartofrecovery.org).

Living Undeterred Interview

with Jeff Johnston

Looking back, were there indications Seth was using drugs?

It all started, as far as I am concerned, with his prescription for Adderall at age 16 for Attention Deficit "disorder." From there he experimented with alcohol and marijuana. Eventually that escalated to DUI's, breaking and entering, jail stays and eventually prison. We had hoped prison was "rock bottom" but it wasn't. After an early release he met someone who was into heroin and that led to fentanyl poisoning on 10/4/16 at the age of 23. I hate to say this, but I used to tell him, "Seth, the road you are on leads to one of two places, jail or death." Unfortunately I was right on both. This was so predictable yet so preventable at the same time. The ultimate lesson in futility.

Any history or addiction or alcoholism in your family?

Not on my side as far as I know. The issue is, as you go back a few generations, these topics were taboo. It's hard to know for sure if there was an issue within a family — as secrets were kept in the closet. I have to imagine almost every family has some sort of an issue with this. Nonetheless, my focus is on the present and the future and making sure if there is a history, that doesn't mean it needs to be repeated. I can do a lot to prevent that from happening.

The aftermath of this tragedy is difficult to imagine. What was it like for you, your family and community?

Horrific at first, and it still painfully lingers each day. I cry often, yet the weight of the tears aren't the same as they once were. My tears used to be filled with anger, pain and sorrow; however, today they are filled with hope, love and inspiration. I view

these events as less "tragic" and more unnecessary if that makes sense. Tragedy is a baby drowning in a pool or a drunk driver killing your family. This really isn't tragic in my mind. It's unfortunate, unnecessary and unacceptable to me. I aim to prevent this from happening to another family ever again.

The Living Undeterred Project has given your life a powerful purpose in bringing awareness to mental health and addiction. What are the positive changes you have seen in how we address these issues.

For me, I was originally an "angry fentanyl dad" if you know what I mean. This became toxic and made me feel spiteful, vengeful and full of hatred. Over time, through meditation (not medication) and forgoing alcohol myself (six years this Christmas Eve) I pivoted to becoming more focused on the demand side of the issue. Prevention vs. treatment. Don't get me wrong, I am aware we need strong support on both sides of the fence, supply AND demand. I just don't have the bandwidth to do both. My life's passion now is working with young adults and intervening prior to the intervention.

Is the narrative is changing for the better?

Yes and no to be honest. Yes, more attention is being paid to these issues. No, in that the numbers keep getting worse pretty much across the board. Depression, anxiety, and a lack of meaning and purpose have never been this low, especially for Gen Z, ages 13-26. I think a shift from "raising awareness and more to bringing attention to" is how I want to spend my time. By being vulnerable and less "in your face," I think we can lead with love, empathy and compassion and less with fear and scarcity, which is so prevalent today with social media.



Jeff with his son Ian, Ian's fiancée and neighbors.

You have written a book, have a podcast, any additional plans?

My book, *"This One's For You: An Inspirational Journey Through Addiction, Death and Meaning"* was written as a tribute to Seth. I published it a few years prior to my wife, Prudence's passing from alcoholism (in reality it was from grief) at the age of 46. We were married for 21 years. The podcast, *Living Undeterred* was a way for me to engage and meet other people doing amazing things and I am so humbled after speaking with each guest.

Last summer I bought a 34 foot Hurricane Thor RV, loaded up my 2 boys and a documentary team to embark on *The Living Undeterred US Tour*. An epic journey around the country for 95 days advocating and bringing attention to these issues.

Finding Purpose after Loss continued page 5

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member newsletter

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Publisher's Note

Recovery is 365

By Barbara Nicholson-Brown

Each September, National Recovery Month is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) in an effort to “increase awareness and understanding of mental and substance use disorders and **celebrate the people who recover.**” While the calendar gives us 30 days for recovery month, it is one day at a time, every day of the year.

For anyone thinking about taking a step toward sobriety, maybe just getting started, recovery might seem difficult, even unattainable. But it is possible. Being alive means we will face peaks and valleys, and that's why we need a support system. I can't imagine living any other way but sober. Thank you to all who have helped me and led the way.

Barb

CARE - Celebrate the Art of Recovery Event
RSVP suggested. Hosted by Community Bridges Inc. and Alice Cooper's Solid Rock Teen Centers. A valuable opportunity to learn more about addiction recovery and mental health services and the many resources available. **Scan the QR code below**

Location: Alice Cooper's Solid Rock Teen Centers
13625 N 32nd St., Phoenix, AZ 85032

www.celebratetheartofrecovery.org





CARE

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Business Owner
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Jeff Johnston
Founder, CEO Brightn
Guest Speaker


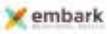



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By Lee Yaiva, CEO Scottsdale Recovery Center

Welcome to Recovery Month! This month brings awareness into focus, advocates for change and celebrates the nation's strong recovery community. It supports the evolution of change and promotes the opportunity for those struggling with alcohol and substances to improve their life. Substance use is not an isolated event, it affects the entire family and communities. Full dimensional wellness is an acquired through accessibility to knowledge and information. The barriers to living out one’s full potential are inhibited by lack of knowledge. By using resources, individuals and families have access to valuable support that is available.

Recovery Month closes the chasm many may have fallen through time and again, due to addiction. Some people may want to navigate the recovery process alone due to burned bridges, shame, or self-determination. Recovery Month elevates the voice of change, so it may echo across the hearts and minds of anyone who needs help.

Recovery provides the opportunity to reclaim our life and recover what has been relinquished from addiction. Rather than be a victim, it offers us empowerment — turning pain into power, tragedy to triumph and victimization to victory. “Loss” is an antiquated thought and allows the individual to remain in victim mode. We were very conscious of what we were doing, and that internal conflict is what brings about guilt and shame. This is why I believe it is called Recovery Month and not Sobriety Month. “Sober” means “not drunk, solemn, somber, sedate or staid” amongst other definitions.

Recovery is change

Recovery prompts an initiative-taking approach to change, elevating the quality of life helping us navigate the recovery process. The very fact these words are being written is a result of Recovery Month, and in direct alignment with its intended purpose.

Scottsdale RECOVERY Center is a huge advocate of recovery because we recognize and understand the distinction. Sobriety is abstinence based; however, we teach an individual how to recover and reclaim their identity, pride, dignity and self-respect, elevating self-worth with every interaction. “We’ll love you until you learn to love yourself” is spoken in a dialect that transcends fear and uncertainty and establishes trust and rapport. We support an individual’s process, not “the” process, as they recover the trust and respect of family, friends, and more importantly, themselves, which is paramount.

What September means for Recovery Month

It's 30 days of consistent messaging and brand recognition. 30 days of awareness. 30 days of an opportunity to enact change. 30 days to embrace the opportunity to recover. 30 days to exercise an individual’s right to reclaim what rightfully belongs to them and create momentum to celebrate the victory that is RECOVERY! Recovery Month is the foundation to celebrate a life free from the behavior associated with substance use. A life free from bondage. A life that should be celebrated, not just during Recovery Month, but a celebration that transcends the 30-day time period and becomes perpetual. An annual cycle of repetition that brings an abundance of joy, happiness, and content. A measured and calculated goal met with consistency and maintenance stemming from a month whose number symbolizes “completion and a fulfilling life’s journey.”

I welcome you to celebrate Recovery Month with myself and the team of Scottsdale Recovery Center at CARE on September 29th.



Lee Yaiva brings a wealth of knowledge and 16 years of experience in behavioral health and addiction treatment to his role as Chief Executive Officer at Scottsdale Recovery Center. He brings a business savvy that prompts tactical risk and strategic solutions to the ever-changing trends in therapeutic interventions and delivery of service. Lee’s passion for people and respect for the recovery process is evident in his distinct style and meticulous order in acquisition of identified objectives. www.scottsdalerecoverycenter.com or call 1-888-NODRUGS



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By Dr. Dina Evan

It's National Recovery Month, but I think every month ought to be named Your Recovery Month!

National Recovery month begins with the awareness that recovery for you, those you love and your community **begins with you.**

Recently I spent an entire session teaching a client the difference between self-love and selfish. Our community, in fact the world, appears very confused about this. One place for getting a bit of enlightenment is to imagine your child self, sitting beside you and you telling him or her "Forgive me kid, but I am going to make your life pretty miserable at times as you grow up — because no one ever taught me what self-love looks like." It's true. We are taught selfishness.

The disease of selfishness has infected our politics, commercialism, health decisions and medical community, our addictions, our consumer-

"Owning our past requires self-love and that means not being cruel, disparaging or unloving to our core self."

ism, and on and on. We even label self-love as selfish, and disrespect our own boundaries, or own bodies and values in order to prevent, or so we tell ourselves, hurting others. If we lived in a family where everyone was/is addicted to something, we no doubt worried about whether we would lose their love, or be judged if we gave up our own addictions.

Sometimes, sadly, we did lose those we love.

Webster's definition of selfish is a person, action, or motive lacking consideration for others; concerned chiefly with one's own personal profit or pleasure. The definition of self-love is regard for one's own well-being and happiness (and my addition, boundaries). It is chiefly considered as a desirable, emotionally healthy... rather than a narcissistic characteristic. The lack of self-love may be the first step toward alcoholism and addiction, and self-love the first step toward recovery. Self-love is not selfish, it's actually the very basis for and key to recovery!

What does self-love consist of?

First of all, it's about the lack of judgment for one's self. That means being mindful about your self-talk and the judgments we have for ourselves. For instance, all the negative stories we tell ourselves and others about who we are or have been. Owning our past requires self-love and that means not being cruel, disparaging or unloving to our core self. The neuro-nets in our brain hang on to those messages and we treat ourselves harshly because of them. They become our reference point for how we see and treat ourselves.

Self-love is about being kind to ourselves

If you would not say the same things to a friend you are saying to yourself, perhaps it's time to check in on yourself-talk and change it.

Self-love is about respecting your own boundaries and others. It's about understanding that you not only have the right to have made mistakes, accept you will make mistakes, in the future. Hopefully not the same mistakes, but mistakes, none the less. You also have the right to forgive yourself and others when it happens.

Self-love is about compassion and the understanding we are all works in progress. Self-love is also about having a sense of our own humanity and the truth that no one is perfect. We are all still evolving in our level of consciousness. In your entire life have you ever met a flawless, perfect human being? Criticism diminishes your spirit, it does not empower it. It's not a helpful tool.

The motivation to continue growth and positive change in your life comes from positive self-talk. So this is a special month. And it's the perfect month for celebrating your recovery. So sit down, imagine your child self right beside you. Notice what he or she is wearing. Get a clear picture and lovingly say to h, "No worries honey. I have your back and mine. Thanks for forgiving me and let's go celebrate National Recovery Month together."

Then just breathe.



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.drdinaevan.com 602-571-8228.

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Purpose after Loss *from page 1*
This is where I met Alice and Sheryl Cooper and was invited to stop at The Alice Cooper Teen Rock Center in Phoenix. We are so excited to return on Sept. 29th for the CARE event. We are hopeful to have the documentary available in 2025.

"Depression, anxiety, a lack of meaning and purpose have never been this low, especially for Gen Z, ages 13-26. I think a shift from "raising awareness and more to bringing attention to" is how I want to spend my time."

A New App

Our biggest initiative yet is the most personal for me. It is the launch of our App, Brighton, the nation's first 1-page mental wellness app aimed specifically at Gen Z. We are showing young adults how to autonomously build their own, personal metal wellness plan. We are focusing on three areas of optimal mental wellness, Health, Wealth and Purpose. So far the feedback and input has been amazing as we have pilot programs being negotiated as we speak.

The challenge is we know it takes approximately 66 days to change behavior or to develop positive routines. This generation doesn't have 66 second attention spans!

How did we come up with the name you may ask? Well, three weeks after Seth died his daughter was born. Her name is Brighton and she brightens my life. That is all I need for motivation. I think we have built something truly different and will change the trajectory of millions of young people.

Check out www.brightnapp.com and www.brightn.app. I look forward to being in Phoenix and meeting some of you at CARE.

For more information www.celebratetheheartofrecovery.org



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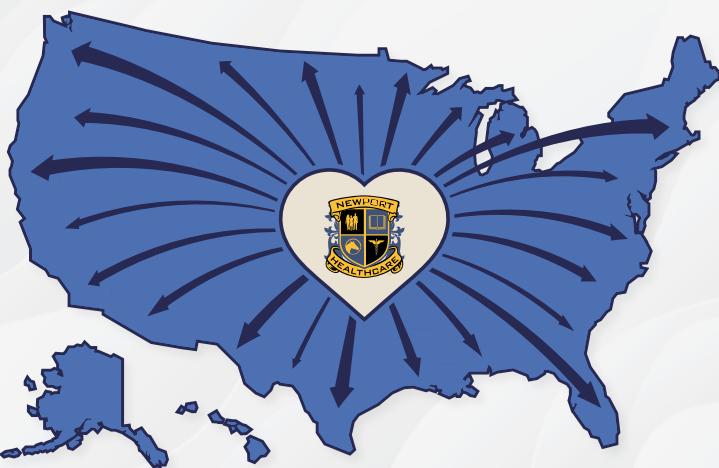


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Navigating the Unexpected in Recovery

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



Recovery is a lot like taking a car trip. Preparation begins even before you get behind the wheel. You pack your bags, map the journey, ensure the car maintenance is up to speed, and get your playlist in order to ensure a pleasant experience. However; best laid plans can encounter bumps in the road (pun intended), and it's how you navigate those unexpected delays, road detours, or car troubles that ultimately define how you navigate the situation to arrive at your destination. Will you surrender to feelings of annoyance and despair, **OR**, accept the delay in stride and persevere with grace to eventually reach your destination in one piece?

Being resilient is the difference between handling the surprises that compound our quest to reach our goals with minimized stress and succumbing to roadblocks that leave us feeling exhausted and dejected. Recovery is fraught with setbacks and surprises. Staying the course requires an underlying fortitude to do whatever it takes and conquer whatever life throws at you to succeed.

Yet, being thrown into the unfamiliar through no choice of our own can sometimes present a challenge to find the silver lining, especially when the situation is unpleasant. Yet, as I found, there is an opportunity in discovering something positive about oneself even in the most unexpected and frightening situations.

I was thrown into the unexpected last fall when I had an accident and fell off a stage that I was supposed to be standing on only hours later to lead the Sierra Tucson Alumni Retreat. Instead of welcoming the individuals who traveled — some thousands of miles — to be together and reconnect at a beautiful resort in the foothills of the Santa Catalina Mountains, I was sitting in a hospital waiting to see what damage the fall had done.

That day cascaded into months of discovering my own resilience. After surgery a few months later, ongoing physical therapy, challenges in finding ways to sleep comfortably each night, and disruptions to my ability to travel and do the things I had grown accustomed to doing, I noticed a photo that was taken of me after returning to the resort where the event was being held. My arm was in a sling, my hair was going every which way, and my shirt was disheveled. But what I couldn't help but notice, as I looked at this photo, was the sincere smile on my face.

Last year's Alumni Retreat theme was *Navigating*. In a photo I am wearing my Retreat name badge, but the word that stands out in the boldest and largest type was not my name, title, or any of the other details. It was the word *Navigating*. I can't help but smile thinking that was exactly what I was doing, and would be doing for months after as I made my way through the maze of the short-term disability procedures, the research and selection of my surgeon, physical therapy, and so much more.

Those of us within the recovery community understand that navigating with resilience requires following three basic guidelines:

- 1. Set realistic expectations.** Even before you begin addressing your substance abuse, debilitating trauma, unbearable mood struggles or chronic pain, realize the road through recovery will be hard. Tell yourself while you will try to remain positive, things likely won't go as planned and you will hit snags, big and small along the way. Know that is okay and to be expected.
- 2. Create paths for success.** Once you accept things may not go as scripted, do everything you can to set yourself up to be successful. In recovery that means surrounding yourself with people who support you, which may result in ending old relationships and creating new ones that are based on your self-care. Minimize setbacks by not hanging out with people who don't have your best interest at heart. Refuse to be put in situations that weaken your resolve.
- 3. Recognizing your shortcomings.** Forgiving yourself. Moving on. Know that you are 100% human. That means you will occasionally trip and fall. You will make a bad choice. There are times when you may ignore everything you learned in recovery and fall back on old habits. The sooner you admit you retreated into old habits or allowed negativity into your recovery journey, the quicker you will be able to navigate to a place of resilience.

Each time you challenge a setback with these guidelines you will strengthen your resolve and build your self-esteem. As a result, you will begin rebuilding your resilience reserves, and while the road will still present unexpected twists and bumps, you'll reach your destination knowing you successfully navigated all that life threw your way.

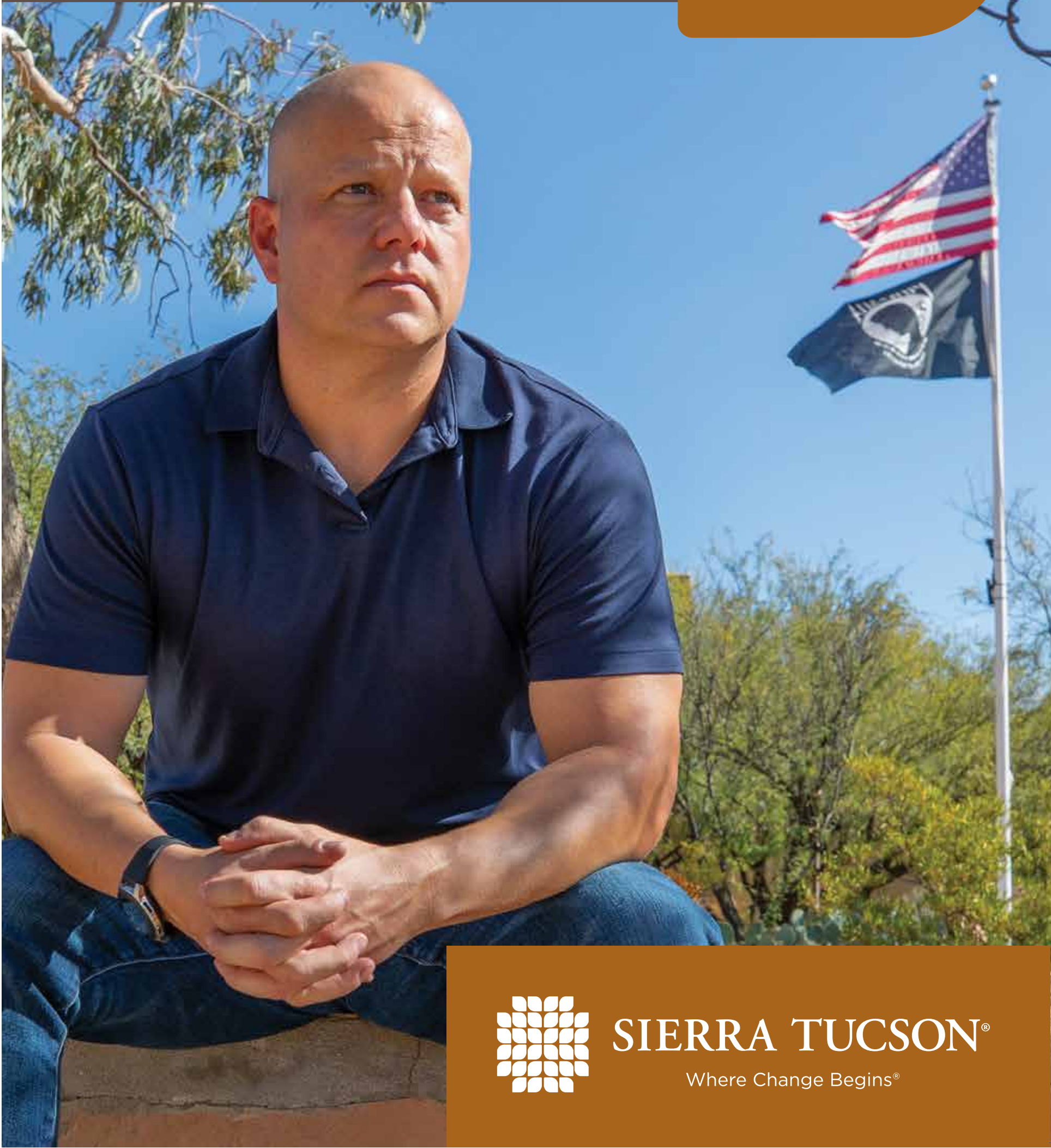
Tim McLeod joined the Sierra Tucson team as Alumni Coordinator in February 2001. Learn more at www.sierratucson.com

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Growing into Life after Suicide Loss

By Michelle Ann Collins

My neighbor has the most beautiful flower garden. On my daily walks, I see him lovingly tending a gorgeous variety of flowers. New blooms come, while older flowers lose their luster and wither away. I delight in the sights and smells of the lilacs, irises, daffodils, roses, and even a tropical hibiscus. I even downloaded a plant identifier to try to keep up with the amazing array. Sometimes I am filled with joy when a new bloom opens with a surprising color, and I'm sad when it withers too soon. Last year we had a record-setting heat wave, and a large swath of his garden was scorched. Surprisingly, some of the garden continued to thrive.

When my husband, Glen, died by suicide in 2016, my life garden was scorched. My world went dark. Beauty and joy were absent. I didn't understand how people could still be going on with their full lives around me while I was flattened with grief.

In my book, *Surviving Spouse or Partner Suicide Loss*, I call it the grief cave. The place where nothing makes sense, everything feels bad, and there is very little hope of finding a pain-free place again.

To survive any loss, especially suicide loss, we must reassure ourselves there is a way out of the darkness, find the support we need, and nurture ourselves as we grow our new life.

Our culture is somewhat grief illiterate

Grievors are expected to move right on a few days of bereavement leave, if we are lucky, and back to work. We are told, "Get back to normal, and you will feel better." The trouble is there is no going back. Our lives are forever altered by our loss, and we need time, space, and energy to grieve.

It is quite possible to create a normal, even joyful life after losing a loved one to suicide, but it takes effort. Just like a garden after a scorching, we can nurture our new life. It will grow into something different, but it will grow. There is life all around, and even though suicide loss is an exceptionally difficult path to walk, I feel I am obligated to live a life full of beauty and joy to honor my late husband.

*There are two things suicide loss survivors need:
To nurture and allow.*

Prepare the soil and plant the seeds of a new life by finding a team of supporters and a place where you can be nurtured. Find groups of people who share your loss. If you don't have a local grief group, try checking out Grief.com. There is a whole online community there. If you lost a spouse or partner, Soaring Spirits International has in-person and online support for partner loss of all types. If you lost someone associated with the military (in any way, retired, discharged, active duty, reserve) check out TAPS, Tragedy Assistance Program for Survivors, as they offer a variety of support including fee-free wellness conferences and your very own peer mentor.

Just like a garden needs good soil, water, and sunlight, our lives need the basics provided consistently to begin to thrive. We need to eat and drink nourishing food, get good sleep, and move our bodies. We need to practice stress management through gardening, meditation and mindfulness, and nature walks. We need people who know how to support us.

Once we have the basics in place, we need to step back and allow healing to grow. Sometimes that means allowing a crying day. (I call these wet days, and I still have them sometimes.) Other times, it means moving through a Grief Yoga® class to release pain and anger. Once the soil of our new lives has been prepared, we can make choices about what to plant and allow beauty to grow.

Time and patience are required, just like when a bone is broken. All the rushing in the world will not speed the healing. We heal through tenderness and care, focusing on nurturing ourselves and allowing space and time to heal and grow into our new lives.



Then there is the weeding. Guilt may be the toughest weed in the garden of our new lives. I grew tired of people telling me Glen's death wasn't my fault, but it took some time to remove it from my garden. After pursuing tools and processes to release guilt—articles, books, online courses, therapy, coaching, movement, writing, and art therapy—the weight of guilt began to dissolve and move. Letting go of guilt is like clearing the nastiest of weeds.

There is life after suicide loss. Survive and thrive by nurturing the life you have now, removing weeds from your life, planting what you choose, and allowing it to grow.



Michelle Ann Collins, author of *Surviving Spouse or Partner Suicide Loss: A Mindful Guide for Your Journey through Grief* and *Supporting a Survivor of Spouse or Partner Suicide Loss: A Mindful Guide for Co-Journeying through Grief*. She is a Grief Coach and Yoga Therapist growing her garden in the Pacific NW.

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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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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



Community Happenings

Parents of Addicted Loved Ones (PAL) will hold family support meetings at the AZ Women’s Recovery Center, to help parents and family members deal with the issues surrounding a loved one struggling with addiction by providing education, fellowship, and most importantly, hope.

Meetings offer an evidence-based curriculum to help parents and family members learn healthy ways to deal with addiction challenges and provide support to exchange ideas and suggestions. The meetings are led by trained volunteer facilitators who have experienced the issues first-hand. The PAL meetings are open to parents, spouses, grandparents, siblings, and close friends, as long as they are 18 and older.

• Thursday evenings, 6:00 p.m. – 7:30 p.m. AZ Women’s Recovery Center, 5827 N. 35th Ave., Phoenix. For details, contact the group facilitator listed below. Learn more at www.palgroup.org Contact: Dr. Khadijia Email: khadijia@palgroup.org



Courageous Survivors, a nonprofit with a mission of supporting adult survivors of sexual trauma, is having their 2nd Annual **“Evening of Hope Gala”** on September 28th from 6-9PM. This event will be an evening of fun, hope, inspiration and connection while the local community learns about what services they offer survivors.

Some of the fun will include a silent auction, inspirational entertainment with 2 featured speakers, and a Mexican Food Buffet. There is no fee for attending but they do ask that you RSVP and register at www.courageoussurvivors.org or by contacting janet@courageoussurvivors.org

Karen Keilt, author of *The Parrot’s Perch* and Jim Corrington, Executive Director of Meadows Outpatient Services at Meadows Behavioral Healthcare will be featured speakers. They will also have short video clips from supporters around the world. The event will take place at Trilogy Verde River Event Center, in a truly stunning setting surrounded by the mountains with stunning views of Four Peaks. The address is: 29005 N Verde River Way E W, Rio Verde, AZ 85263



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.

WELDON HOUSE For women in recovery and their children	SALLY’S PLACE For pregnant women and infants	LEGACY HOUSE Short-term, supportive housing for women in outpatient treatment program	HER HOUSE For women in recovery
TERRY’S PLACE Coparenting women	THELMA’S HOUSE Transitional housing for women and children		

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notMYkid and **Meadows Behavioral Healthcare** announced Dr. Bruce Perry, co-author with Oprah Winfrey, of the #1 NY Times best-selling book *What Happened to You? Conversations on Trauma, Resilience, and Healing* (2021) will be the keynote speaker for their Fall Breakfast on November 16th. Dr. Perry’s innovative research and therapeutic work has had significant global impact on youth mental health and well-being.

Tickets are available for this important dialogue on the youth mental health crisis by one of the leading experts in the field. For more information, visit www.notMYkid.org or register at <https://lnkd.in/daaK979q>





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PRESENTS


FALL
Breakfast
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Thursday • November 16th, 2023 • 9am
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9

Answering Your Child's Tough Questions about Alcohol

As growing children become curious about alcohol and drugs, they may turn to you for answers and advice. Use this opportunity to start an open, honest conversation about drinking and drug use, and to establish or reinforce your rules and the behavior you expect. Because some questions are difficult to answer, it is important to be prepared.

The following are some common questions and answers about underage drinking and other drugs.

"Why is alcohol bad for me?"

Don't try to scare your child about drinking or tell him or her, "You can't handle it." Instead, say that alcohol can be bad for his or her growing brain, interferes with judgment, and can make him or her sick. Underage drinking has severe consequences, including injury or death from accidents; unintended, unwanted, or unprotected sexual activity; academic problems; and drug use. Young people who drink are also more likely to have health issues such as depression and anxiety disorders. Once children hear the facts and your opinions about them, it is easier for you to make rules and enforce them.

"I got invited to a party. Can I go?"

Ask your child if an adult will be present at the party or if they think the kids will be drinking. Remind your child that even being at a party where there is underage drinking can get him or her into trouble. Use this time to reinforce your rules about alcohol and remind your children of the behavior you expect. **Let them know they can say "no"** or text a family member a code word if they're put in a situation that makes them uncomfortable.

"Did you drink when you were a kid?"

Don't let your past stop you from talking to your child about underage drinking. If you drank as a teenager, be honest. Acknowledge that it was risky. Make sure to emphasize that we now know even more about the risks to children who drink underage. Consider telling your children relatable stories about making smart decisions when it comes to alcohol. These could be stories that show the consequences of engaging in risky behavior.



"Why do you drink?"

Make a distinction between alcohol use among children and among adults. Explain to your child your reasons for drinking: whether it is to enhance a meal, share good times with friends, or celebrate a special occasion. Point out that, for adults, drinking in moderation is not always harmful, and if you choose to drink, it is always in moderation. Tell your child that some people should not drink at all, including underage children.

"What if my friends ask me to drink?"

Helping your child say "no" to peer pressure is one of the most important things you can do to keep him or her alcohol-free. Work with your child to think of a way to handle this situation, whether it is simply saying, "No, I don't drink," or "I have a game tomorrow," or "I have to go to work tomorrow."

"You drink alcohol, so why can't I?"

Remind your child that underage drinking is against the law and for good reason. Point out that adults are fully developed mentally and physically, so they can handle drinking. Children's minds and bodies, however, are still growing, so alcohol can have a greater effect on their judgment and health.

For more info <https://www.samhsa.gov/talk-they-hear-you/parent-resources/answering-your-childs-tough-questions>



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Think you or your friend has an alcohol problem?

Don't wait—get help. Talk to a parent, doctor, teacher, or anyone you trust. If you're more comfortable speaking with someone you don't know, call the confidential SAMHSA National Helpline at 800-662-HELP (800-662-4357) (English and Spanish). You can find substance misuse treatment services near you by visiting SAMHSA's Behavioral Health Treatment Services Locator at findtreatment.gov

Learn more about underage drinking at stopalcoholabuse.gov

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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
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
Mens Teen Challenge	520-792-1790	tcnaz.org
Mercy Care	800-631-1314	mercycareaz.org
Mind 24/7	text/call 844-646-3247	mind24-7.com
Newport Healthcare	888-675-1764	newportthealthcare.com
NotMYKid	602-652-0163	notmykid.org
Psychological Counseling Services (PCS)	480-947-5739	pcsintensive.com
Recovery In Motion	844-810-1599	recoveryinmotion.com
Recovery Ways	888-986-7848	recoveryways.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	tcnaz.org

Additional Resources

ACT Counseling & Education	602-569-4328
AZ. Dept. of Health	602-364-2086
Arizona Opioid Assistance Helpline	888-688-4222
AzRHA	602-421-8066
Birches Health	833-483-3838
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 Info 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
Cornerstone Behavioral Health	520-222-8268
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



Resources & Helplines

Suicide crisis call 988	Emergency dial 911
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



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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

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



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