

Bringing Awareness to Trafficking

By Nate Boulter
AATN Program Officer and Board Member

Human trafficking is the use of force, fraud, or coercion to obtain or commit labor or a commercial sex act. A commercial sex act is any sexual act on the commercial or open market. It can take place in person on the street, in strip clubs (private or public), on the internet, in the form of pornography or web camming, through prostitution deals and any other sexually explicit activity. Human trafficking is exploitation-based, and many victims don't realize they are being trafficked until they are well into "the life". Some don't realize it until they are out of "the life" and look back on their past.

In Arizona, there is a common misconception human trafficking involves human smuggling. Human smuggling is a completely different crime. The crime of human trafficking does not require any movement whatsoever. Survivors can be recruited and trafficked in their own hometowns, even their own homes.

In 2022, the United States Department of Justice released a statistic showing 83% of trafficking victims are U.S. citizens. The youth and young adults who are being trafficked in Arizona are from neighborhoods and homes, right here in our own communities.



The mission of Arizona Anti-Trafficking Network (AATN) is to eliminate human trafficking in Arizona by raising awareness, reducing demand and fostering prevention efforts with youth.

When people are asked what images come to mind when thinking about human trafficking, most describe a white paneled van kidnapping a child, or images of individuals (usually young girls) chained to beds with duct tape over their mouths. This is an indicator the human trafficking movement has not done a good enough job educating our communities about what human trafficking really looks like.

The Grooming Process

The process of grooming victims relies heavily upon social media and influencing potential victims through compliments, kindness, "likes," and exploiting any vulnerability in their self-esteem or family dynamic. Traffickers will spend weeks and months to gain the trust and affection of their victims, effectively building walls around their victims and isolating them from their friends and family in plain sight. Once this level of trust and affection is built, a trafficker can sell their victim right inside their own home.

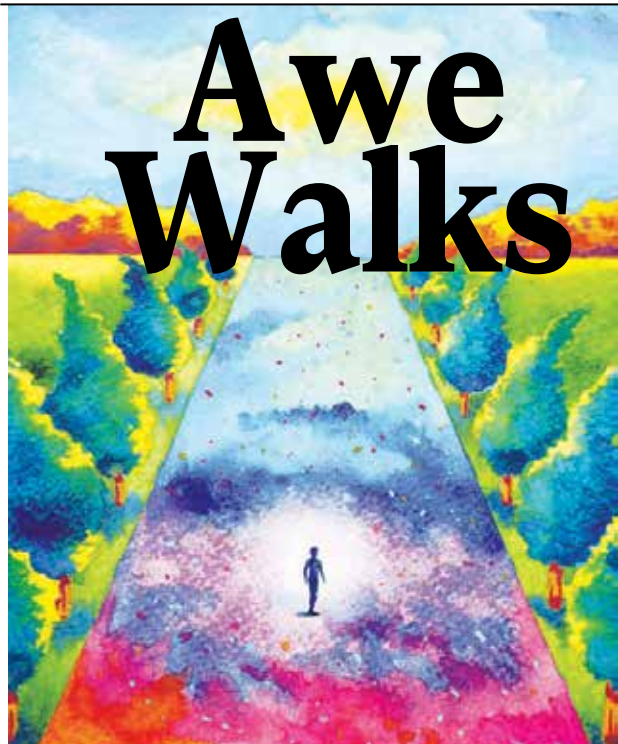
Unfortunately, most trafficking victims believe they are in love with their trafficker. Although the relationship is built upon deceit and desire for money, the victim develops a bond with their trafficker akin to the relationships which domestic violence victims share with their abusers. It is very difficult to break this bond and get trafficking victims

out of this "life."

Coercion

This is used to keep victims in line and to perform the duties required by their traffickers. This can be emotional and mental coercion through

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By Lisa Merrin

It's been a long, hot summer here in the greater Phoenix area as well as so many other places in our world. I miss my morning walks, which I needed to pause when the low temperatures rose into the upper 80's to low 90's. Recently, I traveled out of town to a cooler area for a few days, and I was so grateful to get to move comfortably around the outdoors again, and to focus on things not only outdoors, but outside myself.

Early in the pandemic, I learned about "awe walks." Maybe you have heard of them as well?

An awe walk is a simple, convenient, no-cost yet powerful way to care for yourself not only physically, but mentally. It's a walk where you mindfully shift your focus to what is going on outside of you and all around you.

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Publisher's Note

By Barbara Nicholson-Brown



While November is gratitude month, Thanksgiving and the official start of holiday time, I wondered — "is this a good time to talk about human trafficking?" The answer had to be yes, because it's one step *Together AZ* can make toward bringing awareness to this horrible crime against human beings.



I met with Nate Boutler of the Arizona Anti-Trafficking Network to learn more about the educational services and trainings they provide, and to gain a better of understanding of human trafficking.

It is vitally important we hear from the experts who are working on the front lines to combat human trafficking and support the victims. Thank you Nate for sharing your insight, it is an eye opener.

Together AZ will continue to bring updates and keep the conversation going.



- Please visit <https://aatn.org/> to learn more.
Other helpful resources:
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Sober Tailgating? Sober Sections at NFL Games? You betcha!

By Amy Tilley, Clinical Director, Desert Star Addiction Recovery Center

It's **Football Season!** For the next few months, football is being played five days a week and the tradition of tailgate season is in full effect before all the games. Most people equate drinking alcohol with tailgating, but that does not have to be the case. **Sober tailgating is just as enjoyable.** Maintaining your sobriety and recovery while enjoying a game is possible, whether one is tailgating or inside a stadium.



Follow some of these simple steps:

- **Invite sober friends and friends in recovery.** It is more fun when you and your friends are supporting each other and recovery journeys.
- **Ask friends to bring food, and tell them alcohol is not permitted.** Potluck style is always a fun idea, and there will be a variety of food options to go around.
- **Play games before the game!** Bring your favorite cornhole board, card game, or easy boardgames to set up.
- **Bring your own non-alcoholic beverage.** This helps reduce the temptation of purchasing an alcoholic beverage, and if you already have a your beverage in hand, others are less likely to ask you if you want something.
- **If you get triggered, ask for help from the sober support you invited along.** Take a few deep breaths, step away from the environment for a few minutes. Call your sponsor and talk through the situation with them.

Once inside the stadium, remember the tips that helped you navigate the tailgate. If you are going to a college or NFL game, did you know many stadiums have created sober sections? These are designated sections where recovery and sobriety are respected and alcohol is not permitted. Recognizing the triggers that a football game can create, the NFL created these sections several years ago to provide support for people in recovery, and for people who are curious about being sober.

Many of these sections have a volunteer table, where people in the recovery community hand out literature about local 12 Step meetings, local treatment programs, and stickers ("one game at a time"). Currently, 13 NFL stadiums have sober sections, with the goal of all the stadiums participating. The stadium hosting the Super Bowl also has a sober section each year.

Watching football is a fun activity but it can be triggering if you are not prepared in advance. Follow these tips for a fun afternoon of friendship and fellowship—and your recovery will be touchdown worthy at the end of the game!

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A Dose of Inspiration

Whether you're navigating the challenges of life on life's terms, aging, parenthood, leveling up in life, or simply in need of a dose of inspiration and gratitude, the Real God Shots 365 podcast is for YOU!

What is Real God Shots?

RGS365 is a playful, and love filled weekly conversation podcast. The subtitle of the podcast is "inspiration for loving action." In there lies the mission statement.

Sharing the A-HA Moments

A weekly guest shares their own AH-HA moments, how they have turned breakdowns into breakthroughs, and the different tools and practices they use on a daily basis to inspire themselves and others.

The podcast is creating loving action towards one's self, with others, and within our communities. Ultimately, each episode moves, touches, and inspires the listener.

The podcast is hosted by Tim Broderick; a longtime member of the Arizona recovery community. The creation of the podcast itself was the result of an inspirational ah-ha moment early one morning before dawn.

As Tim journeyed through his diminishing eyesight chal-

lenges and was out walking one morning, out of nowhere he heard the word "PODCAST". He had never listened to a podcast, and didn't really know much of what a podcast was exactly.

He knew the thought/sound/voice that delivered the word "PODCAST" was not of his own design or making. He was familiar from years of practice with the principle of aligning with Source and seeking the ability to accept and carry out direction from Source.

The journey to learn all about podcasting began that day, as well as goals and plans set in place for the creation of Real God Shots 365.

The Real God Shots 365 podcast project has evolved into a community of people taking part in one another's lives via in person events and gatherings, championing the greatness of each of us. People from all walks of life and all backgrounds are coming together via the website, social media, and more.

A recent listener emailed saying, "Thank you for this work. I recently had an emotional outburst that I was taking out on my friend. The next morning I heard your guest talking about if an emotional reaction is greater than a four on a ten point scale, then it probably has something to do with one's history and not the present. I had a moment of clarity and realized most everything that was said to my friend had nothing to do with the moment and everything to do with some stuff from my past. I'm currently revisiting some work in that area....."

The team that makes Real God Shots 365 possible is passionate and have an unwavering commitment to making the world a better place.



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People from all walks of life are invited to be guest on the podcast as well as taking part in other RGS365 groups and events with the intention of creating a positive and uplifting space.

You may recognize some previous guests; Patricia Anderson episode #6, Joel Whiteside episode #8, and Ken Richardson episode #11.

As RGS365 approaches episode #40 there is the hope and intention to have Barbara Brown; the matriarch of *Together AZ*, as a guest very soon. If you know of someone that would benefit from being a guest and/or will inspire others with their way of being please alert the team so arrangements can be made.

New episodes air each Sunday on most all podcast platforms. The RGS365 community is also available via the website, realgodshots365.com, Facebook, and Instagram.

Listen, enjoy, and most of all be an inspiration for loving action.

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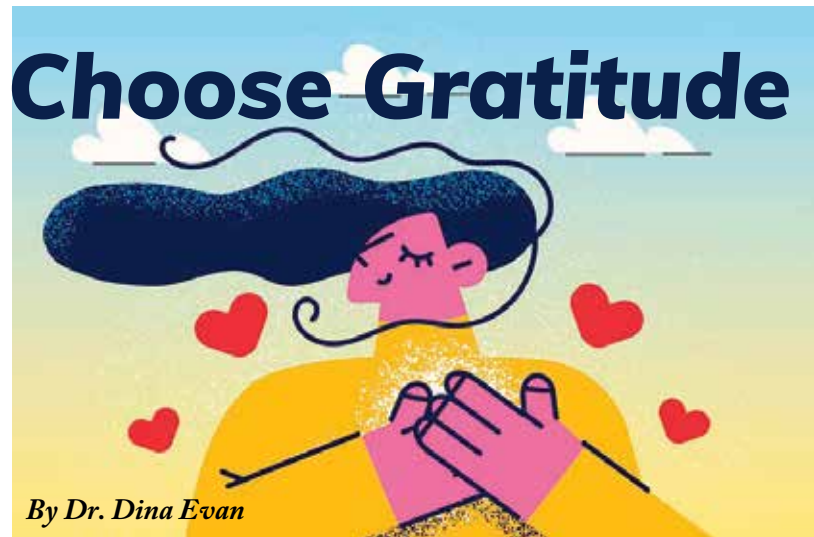
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This time of year we are reminded to be enormously grateful. However we may be looking like deer in headlights, wondering what is coming next. Is it more financial insecurity, fewer jobs, more violence, more illness, shootings, crime, fraud or lies? We have a potpourri of what feels like worries and looming catastrophes to choose from. Is there any surprise we are worried, exhausted and on sensory overload?

Many feel as if our families are missing in action because they are overwhelmed and can't take on another single thing. This adds to their feelings of overload and guilt for not showing up, avoiding contact and not being able clear what is on their plate. What are we to do? In many of my columns you have read my favorite most powerful question... "What is this here to teach me?"

No healing can begin without the bravery to ask that question.

The answer is not so difficult

We have to get real and honest with ourselves. We have to be thankful we have a voice with which to speak up, and a brain with which to select candidates who are truthful and unwilling to compromise our human inalienable rights. We need to get thankful we have values and compassion, consciousness and truth to speak up, stand up and do something, even if it is something small — because a hundred small somethings create something big. We can talk about our values and beliefs and share awareness with those who seek to know and learn.

Many people have difficulty feeling metaphysical beliefs have any value. But did you know science has proven how powerful they are and how powerfully they work?

Every time you have a negative thought or belief come up in your mind if you repeat aloud or silently any one of these three words, three times, it tells your mind/brain not to retain that thought or feeling and it stops empowering it with energy. **The words are delete/delete, or erase/erase, or cancel/cancel.** Choose any one of these words and start using it. You will discover that negative thought arises less — if at all. In doing so you stop adding to the fear out there and inside of your own brain.

Instead, start adding energy to what you want with statements like:

- **Abundance and prosperity flow to me freely**
- **My body is experiencing only health and wellness**
- **Only loving energy can have any effect on me in any way**
- **Only peace thrives on this planet**
- **My family is safe and connected in compassion**

Every fear you neutralize, and with every good feeling you empower, you are healing yourself, those around you and the planet. Right now we are stuck in fear, but the thing we can be most grateful for this Thanksgiving is that we don't have to be. We can take our power back and begin creating what we want without giving the responsibility to someone else, regardless of who they are, or what position they hold.

What might happen if we decided to be so grateful that for us, ethnicity, gender, color, sexual choices, or any difference simply does not matter at all and we will show love and acceptance to everyone. No one, elected or not, could control us regardless of who they are. We would be more energized and we could stop being afraid to feel. We could walk barefoot in our grass and be grateful for the lawn. We can be grateful that by every smile and hand up, every value you share that you are walking and living on purpose and doing what you came here to do. That is a lot to be grateful for!



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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Root Yourself in Recovery with Yoga

A Yoga 12 Step Recovery Meeting (Y12SR) is so much more than just a yoga class. Y12SR is an international recovery movement that connects the dots between the somatic approach of yoga, the latest research in neuroscience and trauma healing and the cognitive approach of recovery models including the 12 steps, harm reduction, and cognitive behavioral therapy.

"Learning to breathe while in yoga postures is a powerful tool for recovery."



The ancient wisdom of yoga is woven together with the practical tools of the 12 steps. It is open to anyone dealing with their own or another's addictive behavior. Y12SR combines a 12 step recovery meeting with a beginner's yoga class. No prior yoga experience is necessary. Every session includes mindful practices such as breath work and meditation, in addition to simple yoga postures, that teach you how to root and ground in the present moment. Learning to breathe while in yoga postures is a powerful tool for people's recovery.

As the breath moves through the body it helps reset the nervous system, releasing the stress response of fight, flight, freeze or fawn. As the stress response is releasing, the parasympathetic nervous system starts to calm the body down. All of this boils down to a tangible feeling of relaxation or wbliss within the body.

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physical threats against family members, blackmail and sextortion. Also because the majority of trafficking victims are female, control of children is a commonly used tactic. Some traffickers will intentionally impregnate their victims, and if they don't meet their quotas and behave appropriately, they may not get visitation or will receive threats of violence against their children.

Force

This tactic is used later in the process to keep victims performing and under the trafficker's control. Even though the process of grooming involves actions that are portrayed as love, once a victim of trafficking has had enough, force can be used as a reminder they are property and not allowed to make their own decisions. This is when holding someone against their will (kidnapping), physical violence, drugging, torture and more can happen to victims.

Trafficking comes down to greed for money. Every victim involved is given a daily quota to meet. This is the amount of money a trafficker requires the victim to earn each day and be turned over to them. It doesn't matter if it's obtained through sex acts or other means; the victim knows they must meet the quota or there will be physical consequences such as withholding food or drink, sleep deprivation and more. In the world of trafficking, there are no weekends or holidays, business is performed 24 hours a day, 7 days a week.

Human beings who are trafficking victims are considered property and assets used to make money.

The trafficking landscape

According to *ASU's Office of Sex Trafficking Intervention Research*, the average age a child is forced into sex trafficking in Arizona is 14.5 to 14.8 years of age. The national average is around 14.2 years of age. What's interesting to note about this number is even though the age of entering trafficking is 14.5 to 14.8 years of age, grooming typically starts around 12 to 14 years of age, the age most kids are gaining access to smart phones and social media platforms. It is vital for parents to monitor online activities and have age-appropriate discussions of what is acceptable online activity and conversations.

One of the biggest things parents can do is **not allow young kids to have phones in their rooms at night or have access to phones and computers behind closed doors.** Many parents and youth don't understand the capabilities and capacities of most apps on the market, which provide access to anyone, anywhere in the world. As a result, it is almost impossible to shield our youth from predators.

At the 2022 **Shared Hope “JuST” (Juvenile Sex Trafficking) Conference**, an updated statistic of young boys and teenagers was presented. Current statistics show young boys and male teenagers now make up 12% to 14% of the trafficking market. What is shocking about this number is that in 2020, young boys and male teenagers only made up 6% to 7% of the market.

As more research is being conducted and resources offered, more trafficked males are being found. Currently it is thought that the highest paid commodity in the sex trafficking market is a young boy.

Trafficking— a game of numbers

Where large groups of men and large amounts of money are found, traffickers will be as well. One study that surveyed over 8,800 men respondents found most men in society won't buy sex, but approximately 6% of men will buy sex if the conditions were "right." When looking at major events (from car shows, golf tournaments to the Super Bowl) it is primarily men who attend these events. Studies have shown the contributing factors that make the conditions for buying sex "right" are when large groups of men get together, away from their homes or towns, without the company of their spouses or significant others.

During events earlier this year, 33 local and federal law enforcement agencies and non-governmental organizations teamed up to work operations for three straight weeks. Law enforcement made over 350 arrests for those involved in attempts to buy sex. Just over 50 of these arrests were the apprehensions of suspects who were specifically trying to buy sex with underage youth in our community. Overall, these operations were a large success. Every year law enforcement hosts operations to surround events like the Super Bowl, but the Super Bowl only comes to Arizona every 7 years or so. There are many other events that draw larger atten-

dance every year in the Valley making the conditions “right” for sex buying.

How to recognize a trafficking situation

There are numerous indicators to identify trafficking, and each person might see them differently. For example, Arizona has a robust hospitality and tourism industry. Hoteliers will see this issue differently than the construction crew working on the side of a road. Because of the differences in scenarios, the Arizona Anti-Trafficking Network (AATN) provides a multi-faceted human trafficking training approach.

SAFE Action Project

For our partners in the hospitality and tourism industry, AATN offers training through the SAFE Action Project, a collaboration between AATN, the Arizona Attorney General's Office and Homeland Security Investigations. The training ensures members of this industry are not unknowingly facilitating trafficking at their hotels and businesses. It's

a tragic fact that almost 80% of our trafficking victims will be trafficked at a hotel during their trafficking ordeal. The front desk will see signs in a different way than the housekeeping staff; the concierge and valets will notice even different signs; even food and beverage employees will have a different perspective. This makes it imperative all employees are trained to notice the signs that might be present in each of their respective roles.

CEASE (Cities Empowered Against Sexual Exploitation)

AATN offers training for cities, counties and tribal governments through CEASE. This program works to train at least 75% of a city or county's workforce on the signs of human trafficking and teaches specific indicators that groups such as police, fire, park rangers, and other city staff might see during the course of their work. Cities employ large numbers of staff and through this training all employees are taught how to recognize trafficking and how to report it.

The TRUST (Training and Resources United to Stop Trafficking)

This program works to educate the community about what human traf-

—*Trafficking continued next page*



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— *Trafficking from page 5*

ficking and sex trafficking looks like. We train community groups, medical and hospital personnel, school districts, faith-based organizations, businesses and any interested group(s) in the community how to recognize and report trafficking situations. In 2023, TRUST began the TRUSTED Businesses Program to recognize businesses who have taken a proactive stance in training 75% or more of their staff to recognize trafficking and report potential trafficking situations.

What are common indicators of trafficking?

- Individuals without access to their own ID, passport, or money (a common control tactic). Without an ID, victims can't get on a plane or even a bus to escape their trafficker.
- Demonstrates a sudden change in attire, personal hygiene, relationships, or material possessions (*i.e., expensive jewelry, purses, shoes, manicured nails, even eyelash extensions*). Many of these indicators really stand out, particularly with youth who are being groomed and potentially forced into trafficking. Traffickers will fill any need or vulnerability of their victim. If parents take a phone away, a trafficker will buy a replacement. If the victim has low self-esteem, the trafficker will do what they can to increase their appearance and popularity, showing the victim the trafficker is the "only person who cares about them." Even though this is a lie, the victim's perception of being cared for and treated kindly convinces them they are important.
- Abundance of hotel room key cards. Many young victims like to keep mementos of travel and new places. This has been a big indicator of trafficking. Unless a family is traveling a lot, it should raise red flags when a youth has hotel room key cards.
- Numerous inconsistencies in his/her story, or answers seem coached.
- Dressed inappropriately for their age; has lower quality of clothing than companions; wearing clothing inappropriate for current weather conditions or surroundings. Most victims can fit all of their personal belongings in a bag the size of a common plastic grocery bag.
- Presence of an overly controlling boyfriend. It is a sad statistic a majority of trafficking victims are trafficked by someone they know. Traffickers will be patient to build trust and strong relationships with the victim, their family and even friends.
- Averts eyes or does not make eye contact with the trafficker or other men. In our society, we are taught that making eye contact is a sign of respect. However, trafficking victims are taught they are property of the trafficker. If they make eye contact with their trafficker, especially in a public location, they are essentially saying they are an "equal" with them. This behavior is likely to be punished. **To reiterate, this is about money, not love, and trafficking victims are "property."**
- Language and references include sex trafficking terminology such as: blade, trick, in-call or out-call, track, wifey, etc. These are not terms usually used in normal conversation or vernacular unless you are in the trafficking world.

These are but a few trafficking, and it is important to understand even if you see one of these indicators, it may not be trafficking. However, if you see three or more, consider taking action by calling your local law enforcement, the Arizona Tipline (**877-4AZ-TIPS**) or the **National Human Trafficking Hotline (888-373-7888)**.

Many times, people will see something that just doesn't look right, but they don't want to get involved. When it comes to trafficking, **if we don't get involved, this cycle of violence won't stop.**

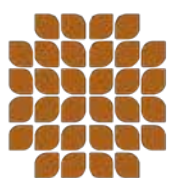
No one reading this article should ever take direct action that would physically put them in harm's way. Violence in this world is very real. If you see signs of trafficking, keep your distance and let law enforcement take the appropriate steps. This is not just a school problem, a tourism problem, or a law enforcement problem. Trafficking is everyone's problem. We must work together to create an Arizona where no one is bought, sold or exploited.

It's crucial to remember that rescue is not the final step to freedom for survivors, it is the beginning of a lifelong process of healing.

More about AATN

The Arizona Anti-Trafficking Network is a collaboration of programs fighting the multi-dimensions of Human Trafficking. Programs cover a wide spectrum that address community education, public awareness, prevention, demand reduction, male engagement on the issue and the tourism and hospitality sector. It is through these activities that we hope to eliminate Human Trafficking in Arizona by raising awareness, reducing demand and fostering prevention efforts with youth.

For further information visit www.aatn.org



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Keep your Sobriety during the Holiday Season

From mid-November through the New Year, our schedules are suddenly jam-packed with office parties, brunches, family holiday dinners and so much more. While many people look forward to this time of year to celebrate in all the merriment & festivities, people who are in recovery tend to find the holidays the most stressful on their sobriety. There are many ways you can mentally and emotionally prepare yourself for the challenge staying sober.

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Can You Talk to Your Teenager about Anything?

Parents have been trying to figure this out for a long time. Talking to teens isn't always easy, but it's a huge part of building a great relationship with your child. An ongoing, meaningful connection between kids and parents is one of the most powerful factors in supporting teen mental and physical health. That includes open communication so teens feel safe talking with parents about what they're thinking and feeling.



A Few Do's and Don'ts

Sometimes the toughest part of communicating is figuring out how to get your teen talking. Whether you want to address something significant or have a friendly chat, breaking the ice can be tough.

What Not to Do

Don't ask "Is everything fine?" When you ask your teen if everything is fine, you're giving them the message that you want everything to be fine. And questions that are too general, like "How was your day?" as they often produce one or two words that don't give you any information about your teen's life or what your child is really feeling.

What to Do

Ask open-ended questions like, "How was your get-together with so-and-so?" or "How did the test go?" Give your kids the sense that you're open to anything they have to say, whether positive or not. And try to avoid offering unsolicited advice. Choose moments when your teen seems relaxed and open, rather than trying to push them to open up when they seem stressed or irritable and don't want to talk.

Communicating with Your Teenager

1. Talk about trivial things. Not every conversation has to be about the important stuff. Watch a movie or TV show together and discuss it. Read the same book and compare your views. Talk about the latest celebrity news or sports. Anything that engages your teen—without being overly negative or critical.
2. Build in regular family time. Spending time together specifically to talk and catch up can nip potential conflicts in the bud.
3. Play a sharing game at the dinner table. Go around the table and play the game known as "Rose, Thorn, and Bud." Each person shares their rose (the best moment of the day), thorn (the most challenging moment of the day) and bud (something they're excited or hopeful about). This can be a great way to start a longer conversation or just keep communication open.
4. Find places for communication in your daily routine. Driving in the car, walking, shopping, or saying goodnight to your teen are all opportunities for low-pressure conversations. Sometimes it's easier for a teen to open up when they're not in face-to-face contact.
5. Write to your teen. If talking is a bit tough for you and/or your child, try using texts or e-mails to communicate occasionally. The written word is sometimes easier to absorb for teens—whether it's an explanation of why you've set a limit, or simply an expression of love and appreciation.

How to Talk to Teenagers About Discipline and Limits

These years can be rocky as teens struggle to build autonomy and independence — while also dealing with raging hormones and tumultuous emotions. It's important to let them be their own person and have their own life. However, establishing limits for an adolescent is often necessary. Set boundaries around issues like technology use, going out on school nights, chores, using the car, or staying over at a friend's house.

Try these steps for communicating limits to your child.

1. **Start with love, and listen closely.** Always begin the conversation with an attitude of loving acceptance. Before you talk, let your teen say their piece, and don't interrupt. Listen patiently and show with your facial expression and with a nod that you care about what they have to say.

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2. **Acknowledge how they feel and what they want.** It's critical for adolescents to feel understood and validated. Once they've presented their case, make it clear that you believe their request or complaint is important and worth addressing. Make sure they know that you're not angry with them because of their request. You might even bounce ideas off each other for how to find a satisfying compromise.
 3. **Explain why you don't think it's the right thing.** Tell your teen, "I understand why you want to do this, and here's why I don't think it's a good idea." (Using the word "and" rather than "but" is a good way to honor their feelings.) Then list the reasons. But don't go into too much detail: The pre-frontal cortex—the reasonable, responsible part of the brain—is still developing in adolescents, so trying to appeal to their common sense doesn't usually work.
 4. **If you're able to regulate your own emotions during a charged discussion, chances are your teen will do better, too and the conversation will go better for both of you.**
- Young people are developing their own lives, identity, and their own opinion. And part of that is disagreeing with and pushing back against what they perceive as parental control.

Remind Yourself That You Are a Role Model

The way you conduct yourself in a conversation shows your child how productive—or how messy—communication can be. Remind yourself how important it is for you to serve as a positive example during the teenage years. And let this be an incentive to avoid yelling, getting overly emotional, or blaming your teen.

(Source: Newport Academy blog, and for more information visit <https://www.newportacademy.com/>)

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AWE WALKS *from page 1*

On an awe walk you can invite yourself to listen, see, smell, feel (and sometimes even taste) the world around you. In my neighborhood, I like to walk along the canal and see what kind of birds are there. Is this the season for new ducklings? Is that a turtle I see resting on that rock? Oooh, what’s that smell? My neighbor must be grilling dinner. Aaah, I love the feel of the breeze on my skin. I like the sound my steps make on the gravel, and the plop I hear from the fish when they briefly jump out of the water. I always hear those fish way more than I get to actually see them.

Mini Escapes

Awe walks allow us to escape from our houses and take some time away from the mail, the chores, and the other routines that await us. They allow us to stretch our legs and get our blood flowing. They also allow us time to escape our inner world of worrying and planning — the exhausting way we can focus so much on the past and the future. An awe walk invites us to be in the present, even if it’s just a 15 minute stroll around the block. A research study from a few years ago showed that awe walks increased feelings such as compassion and gratitude. This makes sense because getting outside of ourselves more makes us more able to connect with others and appreciate the world around us.

There are many ways to exercise mindfulness, and to quiet my busy mind. I have tried other healthy practices during this sweltering summer, but I can’t wait for the temperatures to drop a few more degrees so that I can get back to my morning awe walks — even if I have to get up a little earlier to fit them in. Are you with me? In the meantime, stay cool and be well!

About the Author

Lisa has a PhD in Clinical — Developmental Psychology and MA in Human Development. She is an Arizona Licensed Psychologist, Arizona Certified School Psychologist, Certified Clinical Trauma Professional, Internal Family Systems Informed Therapist.



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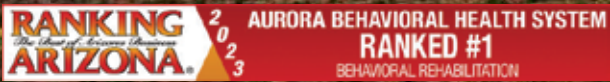


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Yoga from page 4

Each class contains an intentional, themed yoga practice, guided by breath to release the “issues that live in our tissues”.

Issues in our tissues, you ask?

Yes! It’s as if there is a trap door that keeps past experiences locked within. We may not be aware our responses to today’s challenges are often rooted in past traumas, yet it’s a common reaction for people with addictions. In Y12SR, we believe this trap door is one of the reasons people relapse. We use yoga and breath work to open the door and release what is stuck. We are then able to respond to life in the “here and now”.

Y12SR is a relapse prevention tool

The class gets even sweeter at the end with a sound bath to help open the energy system that circulates our vital life force, known as chi or prana. We clean out the “pipes” that move the chi with the musical vibrations of gongs, crystal bowls, chimes and drums.

The Y12SR meeting held at **Immersive Cleansing Meditation Studio, 7100 E. Cave Creek Rd.**, is split between a 45 minute meeting and a 45 minute yoga set every Sunday starting at 9:30 am. The gathering space is a safe place for all to step fully into their authentic self. We are an open and inclusive group.

The studio is surrounded by the beauty of Cave Creek. If you don’t live in the neighborhood, you may enjoy making a day of it and visiting this beautiful area. A common reaction when entering Immersive Cleansing is to feel a deep sense of ease. It is a beautiful healing space that offers a variety of meditative experiences, classes, recovery groups and a Himalayan salt room.

Their full range of offerings may be viewed on their website at **immersivecleansing.com**. Registration for the Y12SR meeting is on their website. Y12SR is donation based. There is a suggested donation and in the current market, yoga classes range from \$10.00 to \$20.00/class, and an alternative sliding scale is available. Y12SR is many wonderful things, yet it is not a substitute for one’s regular recovery meetings, working with a sponsor or working the steps.

The yoga instructor, Leslie G. is certified as a Y12SR guide, a Kundalini Yoga Teacher, Body Awake Yoga Teacher (Vinyasa Flow) & Yoga Bootstrap Stress Specialist (yoga for military with PTSD).

For further information on Y12SR check out their website at **y12sr.com** or contact Leslie at **lesliey12srclassesphoenix@gmail.com**. See you at class!



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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
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	tcaz.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	tcaz.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
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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) 480-300-4712
- | 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

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- 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

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- 602-266-9784
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- 602-439-3000
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- 602-337-7117
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