

# Together AZ

OCTOBER 2023

Inspiring Success on the Road to Recovery

## Compassion Fatigue and Provider Resilience

By Jaime Vinck MC, LPC, NCC  
CEO, *Recovery Ways*

I became a student of Compassion Fatigue in 2016, while supervising therapists both administratively and clinically. It was baffling to me how talented professionals could become jaded and irritable, and in the worst cases, completely blow up their lives with poor decisions. My studies took me to the International Trauma Institute, where I received a certification in Compassion Fatigue.

### Game on!

We implemented the tools learned through the training in our clinical department and throughout the organization with an immediate positive impact. I had the privilege of sharing training and tools throughout the U.S. and in the United Kingdom. The staff overseas was hungry for this support, and our work together on vicarious trauma was a game changer for their team. As life happens, I passed the Compassion Fatigue Training baton to one of my trusted colleagues and went on to study and speak on Suicide Prevention.

### Then COVID hit us....

It was March of 2020 and the world shut down. I knew that it was time to start talking about Compassion Fatigue again and support the therapists who, as we already knew, were essential workers. Some therapists were virtual, some were still going into treatment centers and hospitals across the country every day. In April of 2020 we hosted a virtual event, and to our delight and surprise, 2,000 folks signed up and 1,500 actually signed on! The therapists that were on the Zoom (before it was a household name) were participating from their bathrooms, bedrooms, and cars. Between partners telecommuting and kids being home schooled, any place that they could get some privacy became fair game in hopes of gaining a tool or two to get them through.

We used a lot of words like 'unprecedented', 'now more than ever', 'abundance of caution', etc. you remember. I was so moved by this need to support our own, that I offered virtual Compassion Fatigue Training to any small group that was interested. Our content was modified as time went on and words such as new normal, virtual IOP, vaccines were the talk of the hour, however, the stress was no better and building.



**“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”**

— Naomi Rachel Remen, *Kitchen Table Wisdom*

In the two years from March 2020 to December 2022, more than 1,000 therapists spent time with us talking about their Compassion Fatigue. A beautiful thing, but not enough. In 2023, with the reality of staffing shortages, increased patient acuity and new variants, things have become even more intense. Many of our own are struggling with depression, substance use disorder, and yes, compassion fatigue.

### Time to Talk Freely

In 2023 a colleague and I conducted a three-hour training on Compassion Fatigue in Washington State, and for the first time, I included Dr. Thomas Joiner's Interpersonal Theory of Suicide. We spend a great time of time discussing *Suicide Risk Factors, Warning Signs and Protective Factors*. This information; however, was not intended for our clients, and was shared with the hopes of attendees reflecting on the information for themselves.

We have lost several behavioral health professionals to overdoses and suicide in 2023. It's time for us to talk freely about the stressors involved in our day-to-day life, and to look at Compassion Fatigue and beyond, through the lens of 2023. The disclosure of our feelings of depression, anxiety and stress can be overwhelming, especially with the fear of the truth impacting our licenses.

Believe me, I get that one. There are ways, however, that we can support one another and create places of employment where folks feel safe to share their struggles.

This becomes more difficult when a therapist is working fully virtually, and you can expect to see something from the Recovery Ways Women's Leadership Group to support clinician's working virtually in Q1 2024.

This article will review the basic components of Compassion Fatigue, Suicide Risk Factors and

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## Publisher's Note

By Barbara Nicholson-Brown

# Pay Hope Forward

Hope — one of my favorite words. It reminds me to believe and trust something greater than myself has the divine plan. Without hope I would be doomed.

As an active addict, hope meant nothing more than “hoping to get out of a jam; get away with my lies; hope I don’t lose my job.” For all the hoping I did — life was dark and disconnected. Family and friends were tired of my empty promises and most lost hope I would change.

Some of us make it in recovery and others don’t — it's a harsh reality. Being shackled to the bottle, drugs or any other addiction are tough chains to break — but it is possible.

At the start of my journey, the most I could hope for a was a glimmer of something better. I was offered hope by people who were on the path ahead of me and for once I paid attention to what others said. Being clean and sober was unfamiliar territory and I was scared.

It’s up to me how I approach challenges, and up to me to ask for help. It’s up to me, along with your support to never give up hope and be there to offer it to someone else. **Pay Hope Forward.**



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## Community Happenings

**Parents of Addicted Loved Ones (PAL)** is hosting their first annual one-day **Power of Hope** conference on November 2.

PAL wants to bring together people from various communities with a personal and/or professional connection to substance use disorder (SUD). We can highlight the importance of restoration of our loved ones and their families affected by this disease by engaging the spectrum of recovery and being change agents around this issue. Through best practice methods, we are confident we can foster change and build a network of like-minded individuals and organizations.

Those who attend will be a part of a daylong event designed to attract individuals, parents, business leaders, counselors, treatment centers, social workers, public health leaders and religious communities—anyone who has a loved one or knows someone who has battled with substance use disorder.

This year’s feature speakers include Dr. Kevin Leman, internationally known Christian psychologist, award-winning author and *New York Times* bestselling author; Dr. Holly Geyer, Associate Professor of Medicine and consultant in the Division of Hospital Internal Medicine at Mayo Clinic; Dr. Nora Volkow, director of the National Institute on Drug Abuse at the National Institutes of Health (world’s largest funder of research on the health aspects of drug use and addiction) and Dr. Don Middleton, Board-certified Family Physician who is currently at the internationally renowned Meadows Behavioral Health

In addition to the feature speakers, the conference will feature breakout sessions, interactive activities, evidence-based research, and educational and networking opportunities. Together we can impact the substance use crisis through hope and education by unifying the community to be change agents, to transform lives, and to take a well-rounded approach to recovery.

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# Hope Through Therapy

*Bringing Mental Health and Healing within Reach*

In a world that often seems to be spinning faster than ever before, mental health and substance use challenges have become increasingly prevalent. The weight of these issues can be overwhelming, leaving individuals and families searching for a lifeline. However, a harsh reality persists — the cost of seeking professional help in these critical areas can sometimes be a barrier too steep to overcome. This is where *"Hope Through Therapy"* steps in, with a mission to eliminate financial barriers to mental health and substance use services.

## Extending a helping hand

After dedicating nearly a decade in the behavioral health field, the founder of *Hope Through Therapy* recognized a growing crisis. The demand for mental health and substance use services was on the rise, but so were the costs. It is heartbreaking to witness individuals muster the courage to seek help, only to be met with the realization they cannot afford the services they desperately need. The objective is clear: to extend a helping hand to those individuals who seek services but are burdened by the financial cost. HTT works tirelessly to cover deductibles, co-pays, and co-insurance fees, ensuring the cost of care never stands between someone and their path to recovery.

## The journey towards healing

The beneficiaries of this noble cause are individuals with insurance policies who are on a journey towards better mental health and healing.

So how does it work? Individuals seeking assistance can submit an application on the HTT website. Once an application is approved, funds are disbursed directly to the providers of the mental health or substance use services in amounts matching what insurance has assigned as the patient responsibility on the explanation of benefits. This method ensures assistance can be provided in a way that does not interfere with already scheduled services and the providers are reimbursed in a manner that is timely and efficient.

In addition to their financial support efforts, Hope Through Therapy is actively working on valuable resources to aid individuals on their path to healing. A recovery journal is in development, providing a valuable tool for individuals to document their journey and reflect on their progress.



***Everyday people who, like all of us, face life's challenges and sometimes require professional assistance to navigate them.***

The organization also has a beautiful collection of digital art for sale, created by a talented local artist. Every purchase contributes to the cause, making it a unique way for the community to support mental health initiatives.

Hope Through Therapy represents more than just a non-profit organization; it embodies the spirit of community support and compassion. It is a testament to the power of individuals coming together to address a critical need in our society. The founder's commitment and passion have laid the foundation for a movement aimed at breaking down the walls that stand between people and the help they seek. Now, more than ever, we must come together to ensure that no one is left behind in their journey toward better mental health.

## How can you get involved?

It's simple. Share the message of Hope Through Therapy with your friends and family. Consider making a donation to support their cause. Engage with their resources and art collection, and visit their website: <https://hopethroughtherapy.org/> Email: [Admin@hopethroughtherapy.org](mailto:Admin@hopethroughtherapy.org)



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# The Only Way is Up

By Dr. Dina Evan

The world is rapidly changing and many of us are discovering, perhaps for the first time, we must now decide exactly what we believe, who we believe, and who we truly are in any given moment.

We see people in other countries and our own who have lost their homes, livelihood and family members. Around the world people are fleeing abusive governments and leaders and looking to us for support. In our own families, the plans we made and saved up for years may be changing for various reasons. As with all events in our lives...we must ask ourselves... What is this here to teach us? I think the answers are profound!

## A better world, just for today

Do we really understand there is only one humanity, and it is ALL of us? Are we willing to postpone or give up that next luxury item we planned to buy to make sure another person has food, clothing, a place to live? In other words, who are we really at our core and what do we really believe in?

I am 81 and look back at my life with tremendous gratitude. I grew up in the middle of the Yuma desert, in an Army trailer with an alcoholic mom and abusive father—and I learned to run. I remember running as fast as a five-year-old can, trying hard not to touch the ground. I ran across the desert to get to the road and school bus. And I ran to get to our out-house before a rattlesnake, or scorpion could get me. Eventually we moved to Phoenix, and I left home at 13, went to work passing as an eighteen-year-old, at Doris Heyman Furniture store. I thought I was in heaven.

From there, life was hard but at least the direction was up. Like too many other women, I survived a rape, abuse, raised four kids alone, without support or financial help. The gift my life showed me is who I truly am. I am a strong spiritual woman who didn't need anyone else to make my decisions for me or take care of me or my children, I found myself! I found me. Here's a little quiz to help you discover your true self and perhaps, the reasons you are here in this life you created. It may help you stop hiding behind your mask and if you have one, pitch it into the trash.

## This is Who I Am

Take time to explore these questions and write as much as you can about each one. Don't be shy. If you feel you have a quality, write it down. If you feel you have it, but it could be better, put an asterisk beside it. No one needs to see this but you.

- **This is who I am emotionally.** (Do I share my feelings openly; can I hold a space for others to share their feelings? Am I able to or am I working on healing the feelings that no longer serve me?)
- **This is who I am intellectually.** (Not about I.Q. About am I curious, open to new thoughts, and taking time to learn new things)
- **This is who am I spiritually.** (Not about dogma, doctrine or religion but rather about do I care about the earth, am I able to love without prejudice, do I have a sense of oneness with all living things) Am I committed to my sobriety?
- **This is who am I physically.** (Not about being size 2 or muscular and buff, but rather, do you take care of your body, do you love it and understand it is where your spirit resides.)
- **Make a list** of all the awards, commendations, certificates, sobriety chips and honors you have received in your life. (Not for boasting but rather for giving yourself some credit.)
- **Make a list** of all the compliments and good things your family, friends or co-workers have told you about yourself if you believe them to be true.
- **List the areas you want to focus on improving.**

And the buckle up for a great new day, knowing yourself better and being more positive!



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](http://www.drdinaevan.com) 602-571-8228.

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### Compassion Fatigue from page 1

Warning Signs, and provide suggestions for new tools for support.

## Compassion Fatigue and Provider Resilience

Compassion Fatigue is the combination of secondary traumatic stress and burnout that creates profound emotional and physical exhaustion and depletes us of our hope and empathy. Compassion fatigue can impact our personal lives, physical health and emotional wellbeing. (Figley, 1995)

## Basic definitions

Secondary traumatic stress is the emotional duress that results when an individual hears about the firsthand trauma experiences of another. Its symptoms mimic those of post-traumatic stress disorder (PTSD). They include being afraid, having difficulty sleeping, having images of stressful event, and avoidance. These are rapid onset.

- **Vicarious Trauma** is the emotional residue of exposure that counselors have from working with people as they are hearing their stories and become witnesses to the pain, fear, and terror that trauma survivors have endured. The difference between secondary trauma and vicarious trauma is that secondary trauma can happen suddenly, in one session, while vicarious trauma is a response to an accumulation of exposure to the pain of others (Figley, 1995). Over time, VT creates covert cognitive changes that can impact your world view.
- **Burnout** is a psychological syndrome of emotional exhaustion, depersonalization and reduced personal accomplishment. It is the chronic condition of perceived demands outweighing perceived resources. Burnout leaves us feeling exhausted, depleted, negative, and cynical.

These terms are similar but different/complementary and often used interchangeably and incorrectly. They can exist in several combinations depending on your history. For instance, I may be traumatized and disturbed by what I heard, and I may not want to watch TV, go to a park, etc. (VC) I may still be able to be supportive to a friend and may not feel completely depleted by work colleagues. Alternatively, I may be incredibly drained by my work, not able to give any more at home or at work, yet my world view is intact and I'm not having flashbacks.

These differences matter because we need to know what tools to use. Are we treating symptoms (maladaptive coping strategies) or the construct of the being ("I no longer trust").

It is also important that we are familiar with the risk factors, warning signs and protective factors for suicide prevention. Dr. Joiners research revealed that risk factors to be aware of are feeling like a burden, failure to belong, primal humiliation and relationship disruption, as well as family history, substance abuse and childhood trauma. — *Continued next page*



—from previous page

**Warning signs** — and where we need to take immediate action are talking about wanting to die, giving away items, and false sense of recovery — or acting like things are OK with no change in circumstance. Protective factors, on the other hand, are things we can actually impact in the workplace. Being employed, a sense of purpose and community, as well as problem solving can all serve as protective factors. So, while our work is stressful, there is also great joy and compassion satisfaction derived from our clients, and each other.

As mentioned, the challenges of 2023 require new and different tools. At Recovery Ways, through the use of Sensory Integration and our Occupational Therapy Team, we utilize all 5 senses in regulating our nervous systems. Simple sensory tools such as fidgets, spinners, warheads, blue lights and essential oils can bring immediate calming. I keep a small sensory kit in my desk and briefcase for those encounters where a bit of regulation is needed in real time!

Below are two new resources that are also beneficial.

### Resource #1

In 2022, the US Surgeon General published a General Framework for workplace **Mental Health & Well Being**. ([www.hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html](http://www.hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html)) This document reinforced what we learned during the Pandemic, that work can indeed be a place to belong and have positive impacts on one's life. Workplaces that show employees they matter, and that the work matters, will create more resilient employees and create compassion and satisfaction. **The Workplace Mental Health & Well Being** report the five essentials for workplace well-being. Each essential is rooted in two human needs that are shared below:

1. **Protection from harm**
  - a. **Safety and Security**
2. **Connection and Community**
  - a. **Social Support and Belonging**
3. **Work/Life Harmony**
  - a. **Autonomy and Flexibility**
4. **Mattering at Work**
  - a. **Dignity and Meaning**
5. **Opportunity for Growth**
  - a. **Accomplishment and Learning**

Creating a plan to implement these essentials will reduce compassion fatigue in an organization and build compassion satisfaction. This framework did not exist two years ago and is a cause for great optimism.

### Resource # 2 Resilience

Provider resilience has long been a tool to battle compassion fatigue. There are so many different approaches from modeling one's resilience role model to practicing self-confrontation and self-soothing simultaneously. All great stuff. The book, *Unraveled to Unrivaled* written by Jerry Lerner, MD, is a new and essential tool in building provider resilience. Dr. Lerner encourages us to embrace the Four Dimensions of Resilience and they are as follows:

1. **Create Resilient Biology**
2. **Establish a Resilient Emotional Tone**
3. **Develop Resilient Thinking**
4. **Engender Resilient Connections**

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Working through his book with the **“Take a Moment”** activities is highly recommended in preventing and addressing compassion fatigue.

Treating ourselves with grace and kindness has never been more important. **Remember, you don't have to set yourself on fire to keep someone else warm.** Take Good Care.

Jaime Vinck, MC, LPC, NCC is the CEO of **Recovery Ways**. Jaime provides leadership to the operations in Salt Lake City Utah, as well as oversee the expansion and integration of the Recovery Way's “Family of Programs” into Texas, Washington, and Idaho. An industry advocate, she speaks nationally and internationally.

She holds a bachelor's degree in employee relations from Michigan State University and a master's degree in professional counseling from Ottawa University. Learn more at [www.recoveryways.com](http://www.recoveryways.com)



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# Starting a Conversation about Mental Health with Your Teen

Today's teens face a wide range of mental health issues. Attention Deficit Hyperactivity Disorder (ADHD), depression, anxiety, eating disorders, and substance use disorders to name a few. Some teens struggle with suicidal thoughts or even make a suicide attempt. While initiating conversations about mental health isn't easy, now more than ever it is essential.

Try these conversation starters:  
**"What's the hardest thing about being you at the moment?"**

This is a powerful, open-ended question. While teens may not have tremendous life experience yet, but they are experts on their lives. This question honors that expertise and allows them to share whatever they'd like. It's an excellent launch question that can lead to more detailed mental health conversations depending on how they respond.

**"I've noticed you're sleeping more/spending more time alone/more fidgety than usual. I'm feeling concerned and would like to discuss it at a good time."**

When initiating a conversation about a teen's mental health, it's important to make statements of fact rather than voice opinions. Talk about behaviors you've observed. If your teen brushes you off, don't give up right away. Bring up the topic again later. When you do find a time to talk, avoid judgment. Don't jump into problem-solving mode. Stay connected. Listen closely. Try to understand your teen's life and see where the conversation leads rather than attempting to steer it in one direction or another.

**"I've felt anxious and depressed myself at times. What would it be like to talk to me or a counselor about how you're feeling?"**

Revealing your own vulnerability shows you've struggled with mental health challenges, but have found appropriate ways to manage them. How much you share depends on how old your teen is and the level of self-disclosure that feels right to you. Don't assume your experience is the same as your teen's. Everyone's journey is different.

**"When life gets too hard or stressful, some people wish they weren't here anymore. They think about death because they just want their pain to be over. I'm wondering if you've ever had thoughts like that."**

If you sense your teen may be having suicidal thoughts, it's crucial to address the issue. Do so with great sensitivity. Find a time when your teen appears calm. Spend time doing something together before diving into such deep waters. Don't trivialize their feelings. Empathize. Make sure they understand you don't think they're "crazy" or there's "something wrong with them." Emphasize how much you love them and that you'll do whatever is necessary to help.

## What to Do If Your Teen Expresses Suicidal Thoughts

If your teen admits to experiencing suicidal ideation, don't panic. Take some deep breaths and try to remain calm. Don't make the conversation about your worry or upset. Rather, keep your focus on your child. Let them know how much you love them. Tell them you feel for how much pain they're in and that you're going to get them the help they need.

If they express resistance, explain seeking help for mental health issues isn't a sign of weakness. Tell them that, on the contrary, it takes a lot of courage to acknowledge you're struggling and could benefit from outside help. If your child is in immediate danger, call 911 or go to the nearest emergency department. Otherwise, seek out mental health counselors in your area or consider an accredited treatment program.

## Teen Treatment at Newport Academy

At Newport Academy, we're support teenagers and parents to navigate the tumultuous territory of adolescence. Two of our core values are compassion and love. No matter what your child is going through, our experienced professionals can help increase your teen's self-awareness, confidence, and self-esteem. Strengthening family connections is also central to our treatment model. With the help of Attachment-Based Family Therapy, teens and their parents find healthier ways to communicate, restoring harmony to the family unit. We involve parents in their child's treatment every step of the way.

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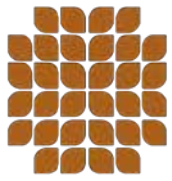
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# From Your Truly Great iPhone to Your Truly Great I

The great library of ancient Alexandria is contained in your pocket. Steve Jobs made it his job to see to that. The Library of Congress can be found with a click or two of your android. A wonderful college education can transfer a lot of that knowledge from your phone to your mind. These days we call it downloading.

There's an old saying that goes *"A little bit of knowledge is a dangerous thing."* That may be. But a lot of knowledge can lead to successful actions (right action, as the Buddha put it). And successful actions lead to terrific achievements. One achievement after another leads to fulfillment. Looked at this way you can see the important role knowledge plays in developing fulfillment — the thing you're most looking for in life. But what's the basis of knowledge? The answer to this critical question brings relevance to college educations, and happiness to graduates. The basis of knowledge is consciousness.

## Consciousness 1.0, 2.0, & 3.0

To understand truly what consciousness is in its pure form, you must first understand what consciousness is in its less than pure forms. You need to understand, in other words, the nature of the three states of consciousness that you go through every single day of your life.

**Consciousness 1.0** is what you experience about a third of your life—namely, sleep. That deeply restful repose that you're told you need about eight hours of each night is the pause that refreshes you from your day's activities that tire you out come 10, 11—or 12, 1, or 2 for the late nighters.

*next page*




# COMMUNITY BRIDGES





## Who We Are

Community Bridges, Inc. is the premiere fully integrated healthcare provider of behavioral health services in Arizona.



## Values

We Value Human Life, the Sustaining of Human Life & the Recovery of Human Life



## Purpose

To be an Agent of Positive Change in our Communities



## Mission

To Maintain the Dignity of Human Life

CommunityBridgesAZ.org

|

@communitybridgesaz



*Because the Issues  
Live in Our Tissues*

**Yoga 12 Step Recovery Meeting (Y12SR)**

**Sundays 9:30 am – 11:00 am**  
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Register: **immersivecleansing.com**

Open 12 step meeting & easy gentle yoga class  
no prior yoga experience necessary ~ donation basis

**Consciousness 2.0** is the sometimes surrealistic landscapes you traverse in irrational ways behind your rapidly moving eyes. The Freudian dreamscapes with their variety of psychoanalytic interpretations helps clear out additional stress and at times points us to some deep insights.

**Consciousness 3.0** is what you know after you wake up in the morning when your alarm rings, your child sings, or the rooster crows—for those who live in more rural areas. It’s what you know as the waking state. Coupled with deep sleep and dreaming, this constitutes the changing three states of consciousness.

**Consciousness 4.0**

Consciousness 4.0 is the beginning of awakening from the sleep that ignores or overlooks your true nature. It’s an experience of your true I, not your limited ego, but your unlimited Self. It’s a glimpse into the Self-Realization that all the great wise men and women throughout the ages have written, taught, and preached about. It’s the higher Self that the Bhagavad Gita (translated as “The Song of God”) has sung about. It’s what the Upanishads of the Vedas of India have chanted about.

Consciousness 4.0 is a state of stillness, a state of silence, a state of Being. Unlike the other three states which involve some degree of physical or mental activity, this state is one of no activity—when the conscious mind becomes consciousness, when the thinker arrives at the source of thought. It’s analogous to when the deep-sea scuba diver stops his diving and settles in at the bottom of the ocean and gazes in all directions at the infinite peace of the silent ocean floor.

When you find yourself in this state you enjoy peace and bliss, the ultimate goal of all knowledge in the first place. And as you get more and more familiar with this place, the best way I know to do that —as a long-time teacher of first, Transcendental Meditation and, since 2010, Higher Self Healing Meditation—is meditation. With it, you begin to expand the container of knowledge.

The mind is the container in which all knowledge is stored. And as you tap into Consciousness 4.0, you expand that container. Think of juice, for example. You can pour your morning dose of vitamin C into a 4-ounce glass, or an 8-ounce of glass. Or you can supersize it into a 16-ounce glass. The latter can contain more liquid.

Familiarizing yourself with Consciousness 4.0 supersizes your mind, so that more knowledge can be contained in it. And knowledge, you saw, leads to action, achievement, and fulfillment.

My only parting question is, “Would you like fries with that supersized mind?”



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FDA **Remove  
the  
RISK**



**Community Bridges, Inc. (CBI) Shelters and Outreach Makes Positive Impact**

The Community Bridges, Inc. Shelters program services many communities throughout Arizona. Our program provides temporary emergency shelter services for individuals experiencing homelessness, ensuring clients have access to safe and secure shelter, basic needs, and access to services.


We have a highly skilled outreach team who are often the first point of contact in the community. CBI's homeless outreach navigators provide intensive, targeted intervention to adults and families experiencing homelessness. Navigators identify and engage with adults and families while they are experiencing unsheltered homelessness living on the streets or in other public spaces, and work to link them to the support needed to end their homelessness and sustain their housing.

Here are a few of the services individuals can expect to receive once accepted into our shelter:

- **Provides placement into shelters, halfway houses, or transitional living homes that have been approved by CBI**
- **Assistance with Identification Documents (ID, SSC, BC), SOAR referrals, PCMH referrals**
- **Entry points throughout Maricopa County to provide individuals experiencing homelessness access to housing resources**
- **Diversion assistance to reconnect individuals with friends/family**


The minimum requirement for entry is everyone must perform their activities of daily living or activities relating to personal care (ADLs)

**For more information about Community Bridges Shelters and Outreach contact us at 24/7 Access to Care: 877-931-9142**

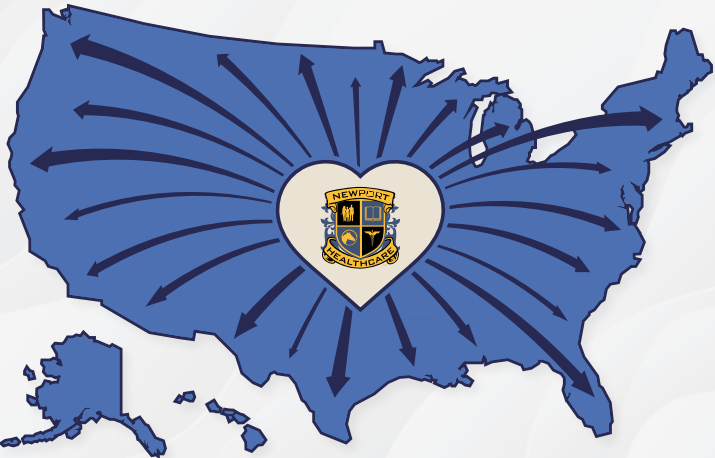


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Newport Healthcare provides the highest-quality mental health treatment to young people struggling with depression, anxiety, trauma, and co-occurring disorders.

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Phoenix, AZ 85037



# How long can a mental health crisis last?



By The MIND 24-7 Team

A mental health crisis is an overwhelming experience, typically an acute and temporary event, not a chronic condition. Many people experience mental health crises during their lifetime, and it is important to understand what to expect and how to get help. This guide discusses the average length and stages, how to de-escalate a mental health crisis and mental health services that can help someone get back to their life.

## What is the average duration of a mental health crisis?

There is no standard length of time for a mental health crisis. The duration varies from person to person and experience to experience. For some people, on some occasions, it may last just a few hours; for others, or at other times, it may last a few days or weeks.

A few different factors contribute to the length of a mental health crisis. The underlying causes as well as the person's condition, environment, coping skills, support system and access to treatment all contribute to the symptoms and duration of a mental health crisis. Both protective and risk factors influence the course of the crisis and healing.

For example, a mental health crisis might be relatively short if it is prompted by a traumatic event and the person has immediate access to support and treatment to process and begin to cope. If someone lacks access to care, doesn't have a support network, or is living with a severe and persistent mental illness, the mental health crisis may last longer.

No matter how long or short a mental health crisis lasts, it's essential to remember that crises are usually time-limited and can be addressed effectively with the proper treatment and support.

## What are the stages of a mental health crisis?

Understanding the stages of a mental health crisis can help people know what to expect and remember that recovery is possible. There are typically four stages to a mental health crisis.

- **Pre-Crisis**

The pre-crisis stage is the first indication of symptoms. The pre-crisis stage is commonly sparked by a trigger that reminds someone of a past trauma or incredibly stressful experience. The early signs might be observable by a friend or family member or they may be internal and invisible to others.

- **Crisis**

The crisis stage is when it is clear that intervention is needed. The way individuals experience crises varies from person to person. Typically, during a crisis, it is difficult for a person to function or conduct regular activities because they are overwhelmed by symptoms and stress.

- **3. Response**

The response stage is when action is taken while someone is experiencing a crisis. The response to a crisis varies from person to person. It may look like talking to a friend or family member or visiting an urgent psychiatric care center.

- **4. Recovery**

The recovery stage is when someone receives treatment and support and begins to heal. This stage varies widely depending upon the crisis and person.

*"Understanding the stages of a mental health crisis can help people know what to expect and remember that recovery is possible."*

It is typically a time of resting, building upon strengths and connecting with resources.

## How to de-escalate a mental health crisis

**Here are five ways to de-escalate a mental health crisis:**

1. Respect personal space, maintain a safe distance and avoid touching the person in distress.
2. Listen by providing complete, undivided attention. Nod, ask follow-up questions, summarize to verify understanding, and do not interrupt or change the subject.
3. Empathize by showing genuine concern and desire to understand without judgment.
4. Communicate calmly and respectfully through tone and body language. Speak in a nonthreatening tone, keep body language neutral, and be mindful of hand movements and facial expressions.
5. Use silence to allow the person in crisis time to think and process before speaking. Do not rush to say something just to fill the void.

## Remember, it's okay not to be okay.

Knowing you're not alone is essential when experiencing a mental health crisis. It's also important to get treatment as quickly as possible. We support people who are a threat to themselves or others, regardless of their ability to pay. We work to assess and stabilize patients so they can either go home or move to inpatient care—usually in less than 24 hours.

Whether someone needs a friendly ear or doesn't want to be alone, it's important that they tell people what they need. And if more support is required, they should contact a mental health provider. We have locations across the valley open around the clock with licensed mental health clinicians who can see patients immediately.

**Learn more by calling 1-844-MIND247 or visit [www.mind24-7.com](http://www.mind24-7.com)**  
(Reprinted with permission - Mind 24/7)



# October is Depression Awareness Month

*Depression can affect one in five adults and one in six youth aged 6 -17 each year. October is National Depression and Mental Health Screening Month and, as such, it is a good time to increase your understanding of the signs and symptoms of mental health issues. Support is available and seeking help is a sign of hope and strength.*

## Why is depression awareness month important?

Depression Awareness Month helps to increase the general population’s knowledge and understanding of depression and some other mental health conditions. During the month, different organizations host live and online events, use social media tags, and promote awareness.

Depression is a common mental health concern in America and throughout the world. Far more than just “feeling sad,” depression negatively impacts how a person feels, thinks, and acts. It can cause disruption to school, work, and personal interests.

Misconceptions and misunderstandings of depression contribute to continuing stigmas about people living with the condition, the reasons it occurs, and their willingness to seek care.

Not everyone experiences depression in the same way, but it can affect anyone at any time. So, it is important to take that next step and seek out professional help and be screened if you or someone you care about feels they may be depressed. If you have been experiencing some of the following signs and symptoms most of the day, nearly every day, for at least two weeks, you may be suffering from depression:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism,
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue, Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems

Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms while others may experience many. Speak with your doctor or mental health professional for help and support. See list of resources on page 11.

**Source: The National Institute of Mental Health | Depression, <https://www.nimh.nih.gov/health/topics/depression/index.shtml> | public domain**



## 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)**


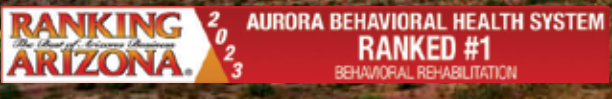


# AURORA

## BEHAVIORAL HEALTH

- Inpatient Services for Adults and Adolescents
- Intensive Outpatient Programs (IOP) for adults and adolescents
- Partial Hospitalization Program (PHP)
- Electroconvulsive Therapy (ECT)
- Equine Therapy
- Chaplain Services Program
- Special Needs Unit (SNU) Tempe Hospital only





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*"Success is not final;  
failure is not fatal:  
It is the courage to  
continue that counts."*



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- ✓ 3 hour treatment group per day  
3-5 days per week
- ✓ Case Management Services
- ✓ Yoga, meditation, and/or physical activity  
3-4 times per week.
- ✓ Support services from our Psychiatric Nurse
- ✓ Practitioner and Medical Doctor



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# How Many Miracles Do You Get?

by Alan Cohen

“We prayed for a long time to get pregnant, and I thought I never would,” Sara told me. “Then I finally conceived and gave birth to a beautiful baby boy. Now, several years later, we would like to have another baby, and again we are having a hard time. Do you think we used up our miracles?”

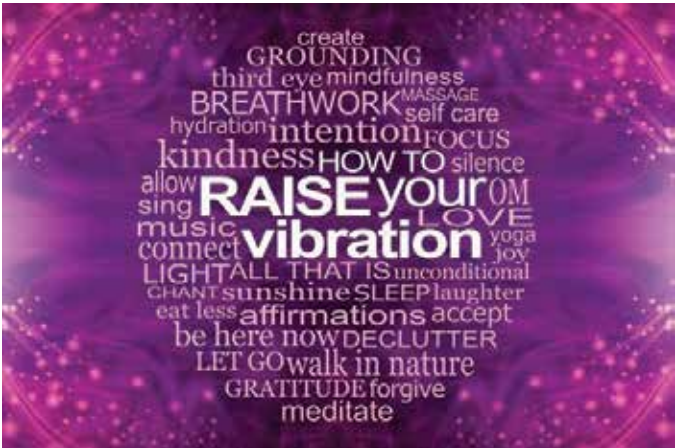
I told Sara, “You can’t use up your miracles. The idea that you get just so many miracles is a human limitation we project onto God. God offers an infinite number of miracles. We get as many miracles as we are willing to receive.”

## The Universe is not Stingy

When you believe the universe is withholding some good from you, that’s the perfect time to check in to see if you are withholding from yourself. We are not dealing with a stingy universe. We are dealing with stingy beliefs.

I see this phenomenon when I coach people who are looking for a life partner, but can’t seem to find one. They offer lots of reasons why their relationship(s) didn’t work out. I ask them, “Is there a part of you that fears or resists getting into a relationship?” When we go deeper, there is always an internal choice. When we shine light on the fear and pump up the client’s vision of how wonderful a relationship could be, quite often they meet someone they click with. The internal click precedes the external manifestation.

I used to visit a retreat center that offered massages. I would usually stay for four days and get one massage. One day when I arrived I checked the massage schedule where people had signed up for massages, and I noticed that one fellow had signed up for four massages in four days. Suddenly I realized that I was allowed to do the same. My “one massage” belief was my own limited idea. “One massage per day” was the universe’s bigger idea.



## There is no upper limit to love

If you believe just so much love is available, you have made up the story you are living in. You are free to make up a new story.

If you are a parent, and you helped something wonderful happen for your child, and later your child came to you and asked you to help something else wonderful happen, you would gladly do it. You would stream continuous blessings to your child if you could arrange it. Likewise, the love that forms the foundation of the universe holds nothing back.

If we, with our flawed human personalities, are eager to give everything we can to our children, how much more does God want us to have everything good?

Life does not have a fixed inventory of miracles for individuals or everyone. Receiving a miracle does not diminish your ability to have more. It actually amplifies your ability to have more. Whatever you focus on increases in your experience.

**You will never use up your miracles. You are just getting started.**



Visit [www.alancohen.com](http://www.alancohen.com)



# Hushabye Nursery Celebrates Baby Number 600!



*6,000 little toes that have been cared for and supported at Hushabye!*

Hushabye Nursery’s mission is to embrace substance exposed babies and their families with compassionate, evidence-based care that positively changes the course of their entire lives. The team at Hushabye are honored to have served these babies and their families, and the new ones we embrace every day.

Ways you can help: Consider donating to Hushabye." We could not continue to deliver the innovative level of care we provide babies with Neonatal Abstinence Syndrome and their families without your support." Visit <https://www.hushabyenursery.org/donate>.

### In Kind Donations

- Hushabye Nursery is accepting the following donations:
- Diapers (Sizes NB-5)
  - Wipes
  - New Bottles/pacifiers
  - Unopened Diaper Ointment
  - Unopened Baby Soap and Lotion

## 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)**



## Together AZ

Inspiring success on the road to recovery

Become a Partner of the Month and resource on our digital platform and print publication. Great rates!



Contact Barbara Brown at 602-684-1136  
E: [barb@togetheraz.com](mailto:barb@togetheraz.com)  
**[www.togetheraz.com](http://www.togetheraz.com)**



**[www.EricsHouse.org](http://www.EricsHouse.org)**  
Healing After Suicide, Substance or Sudden Loss

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

Our 988 Lifeline counselors are trained to assist everyone in co-creating a safety plan, regardless of location.

**988** SUICIDE & CRISIS LIFELINE



## Teen Challenge of Arizona

Helping Youth, Adults & Families

HOME OF HOPE	PHOENIX MEN'S CENTER	SPRINGBOARD
Women & Women with Children	Men 18 +	Home for Girls (12-17)
520-252-3523	602-708-9475	520-730-4269



**TCAZ.ORG**





# Stay Connected

Reach us 602-684-1136

barb@togetheraz.com

## Our Recovery Partners and Contributors

AZ Women’s Recovery Center	602-264-6214	arizonawomensrecoverycenter.org
Aurora Behavioral Health	877-870-7012	auroraarizona.com
CBI, Inc.	480-831-7566	communitybridgesaz.org
CBI Access to Care	877-931-9142	communitybridgesaz.org
Copper Springs	480-418-4367	coppersprings.com
Desert Star Addiction Recovery Center	520-638-6000	desertstarARC.com
Dr. Dina Evan	602-571-8228	drdinaevan.com
Dr. Marlo Archer	480-705-5007	downtoearthneterprises.com
Eric’s House	855-894-5658	ericshouse.org
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	newporthealthcare.com
NotMYKid	602-652-0163	notmykid.org
Psychological Counseling Services (PCS)	480-947-5739	pcsintensive.com
Recovery In Motion	844-810-1599	recoveryinmotion.com
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
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

<b>Suicide crisis call 988</b>	<b>Emergency dial 911</b>
Alcoholics Anonymous (AA)	602-264-1341
Al-Anon	602-249-1257
Tucson Al-Anon Information	520-323-2229
Adult Children of Alcoholics (ACA)	aca-arizona.org
AZ Women’s Recovery Center	602-264-6214
Bipolar Wellness	602-274-0068
Child Abuse Hotline – Support & Information	800-422-4453
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-385-8454
Copper Springs	480-418-4367
Crisis Help Line – For Any Kind of Crisis	800-233-4357
Crisis Response Network	602-222-9444
Crisis Text Line	Text HOME to 741741
Crystal Meth Anonymous	602-235-0955
Debtors Anonymous	(800) 421-2383
Domestic Violence	800-799-SAFE
Families Anonymous	602-647-5800
Gamblers Anonymous	602-266-9784
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Marijuana Anonymous	800-766-6779
NDMDA Depression Hotline – Support Group	800-826-3632
Narcotics Anonymous/Phoenix	480-897-4636
Narcotics Anonymous/Casa Grande	520-426-0121
Narcotics Anonymous/Flagstaff	928-255-4655
Narcotics Anonymous/Prescott	928-458-7488
Narcotics Anonymous/Tucson	520-881-8381
Nar-Anon Family Groups	(800) 477-6291
National Youth Crisis Hotline	800-448-4663
Overeaters Anonymous	602-234-1195
PAL (Parents of Addicted Loved Ones)	480-300-4712
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
Sexual Assault Hotline (24/7 English & Spanish)	800-223-5001
Sex/Love Addicts	602-337-7117
Sex/Love Addicts Tucson	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Sober Living AZ	602-737-2458
Suicide Hotline	800-254-
HELP	
Suicide Prevention Lifeline	988
Teen Challenge	888-352-4940
Teen Life Line	800-248-8336



## Pregnant and Struggling with Substance Use?



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HushabyeNursery.org 480-628-7500





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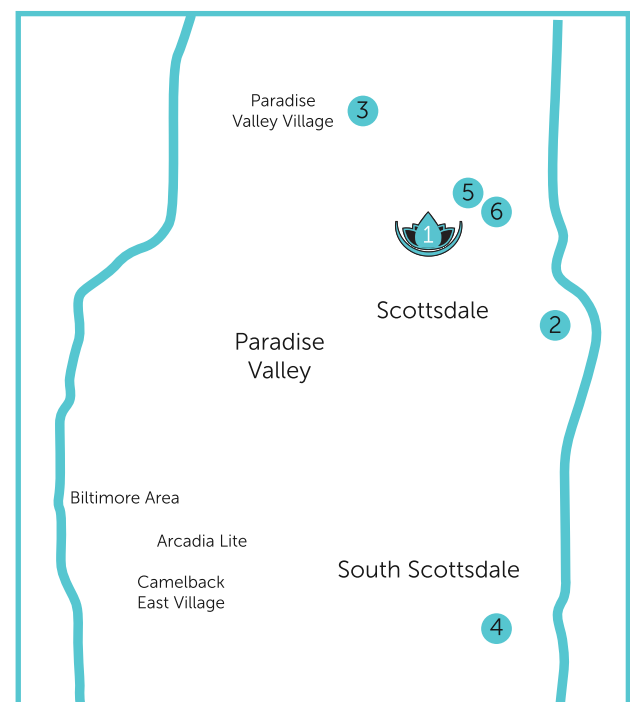
info@scottsdalerecovery.com  
ScottsdaleRecovery.com



## 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



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SAME DAY  
ADMISSIONS  
1-888- NO DRUGS



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