

December 2023

Inspiring Success on the Road to Recovery

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An ADHD Client's Story

Why Try Neurofeedback ?

Brain mapping, neuroscience research, as well as other forms of “brain imaging” were showing us more about this organ we work with every day but can’t actually see — the brain. After the 1990’s was declared the “decade of the brain”, many of us expected neuroscience was going to yield great advances and revolutionize mental health, but it seems like as a field we are still only scratching the surface.

How We Came to Find This Approach

The Mental Health Mosaic

By Karlyn Pleasants, PsyD

In 2019, I visited the Sagrada Familia in Barcelona, the awe-inspiring basilica designed by Antoni Gaudi, and decidedly the most visually stunning experience of my life. The montage of vibrant colors, swirling shapes, and intricate details of this grand masterpiece were sometimes overwhelming, and when I looked up to take in the light streaming through the vast mosaic stained-glass windows, it literally took my breath away.

Mosaics as an artform can be magnificent in their complexity while their almost unfathomable brilliance when the light strikes just right delivers an extraordinary gift. Close up, the broken pieces and mismatched shards seem randomly strewn about, a disordered collection of clashing and unrelated chips and fragments. Yet, when we step back to take a wider view, the discordant pieces began to take shape, blending and organizing themselves into a harmonious composition that ultimately reveals a distinct picture, one nearly impossible to perceive when we only see the individual pieces.

If I've learned one thing in all my years of clinical practice and guiding treatment programs designed for individuals and families with complex mental health experiences, it's this: The acute symptoms and their reported contexts—snapshots taken in a moment of crisis, at the emergency room, while under the

Mosaic continued page 9

the “this is the best thing for all people” approach, it became clear to us that there was still so much missing.

What happens in the brain when we are depressed? Are there happy and moody parts of the brain? What exactly are some of the mechanisms of ADHD, and why can't anyone focus anymore? These were always reasons people sought help, but there was little we could say about any individual's symptoms specifically. That's how we really came to meet neuroscience. A certain amount of "treatment resistant" disorders hung around and couldn't be explained. We wanted to look deeper at the causes of these disorders, so we learned about brain training.

How Does it Work?

To break it down, the brain produces brain waves, electrical currents that represent activity. These waves can be seen—delta, theta, alpha, beta, and gamma, and like a car shifting gears, these waves indicate different levels of activity. Brain waves can be detected, and fed back in the form

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Publisher's Note

By Barbara Nicholson-Brown

Inspiring Success on the Road to Recovery

We hope you find this month's feature article by Kim and George Miller on neurofeedback to be informative and insightful. It's encouraging to learn how their work is making a such positive impact in people's lives.

As this year closes, I would like take a moment to express my sincere gratitude to all of our recovery partners. Without their dedication and support this publication would not be possible. They are the heart and soul of our recovery community.

Together AZ's commitment to providing high-quality information on topics related to behavioral health, addiction recovery, prevention and awareness is our only mission. I encourage you to share our publication with your friends, family and colleagues.

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Welcome EMBARK Behavioral Health. Embark is a leading nationwide network of outpatient centers and residential programs offering premier mental health treatment for preteens, teens, and young adults. Learn more about them at embarkbh.com

Happy Holidays and thank you for reading!



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Holidays and Family Stress: It's Not All About You

By Amy Tilley, PsyD, Desert Star Addiction Recovery Center

In the hustle and bustle of the holiday season, we can all get more stressed out than usual. There is eustress (*the good kind of stress that can have long lasting effects on your physical, mental, and emotional well-being*). There is also distress (*the type of stress that has us feeling overwhelmed and anxious*). As we gear up for a full calendar of holiday get togethers, work functions, and to-do lists, making sure we monitor our stress levels and noting our support system during the end-of-the-year festivities is important.

One source of distress could come from our family and/or support system(s). They may cause us to feel distressed, especially if we feel obligated to attend every single event that is planned from now until January 1, 2024. It is important to remember it is not always about us. Family members and friends are also under stress and may not know how to express their thoughts or feelings in a helpful manner. We may not know what they are facing on any given day, and they may not have the coping skills that we have to navigate this jam-packed time of year.

Holiday gatherings can be a great way to use recovery skills to keep our sobriety on track, and our stress level to a minimum. If there are people invited to the same event that don't necessarily get along, remember that we don't have to get caught in the middle. If we are hosting the event, set a boundary:

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Hushabye Nursery Raises \$100,000 at "Twinkle, Twinkle Little Star" Event

More than 150 supporters gathered for an elegant party under the stars in October in support of Hushabye Nursery and babies most impacted by the opioid crisis. The fundraiser generated over \$100,000 to be used to help babies suffering from Neonatal Abstinence Syndrome (NAS).



A Safe Haven

In 2017, Hushabye Nursery opened its 12-bed residential detoxification nursery in Phoenix for newborns painfully withdrawing from opioids they were exposed to in the womb, and their

families struggling with opioid use disorder. It is the first-of-its-kind NAS nursery in the US to provide state-of-the-art, evidence-based NAS care with wraparound family support services. Hushabye provides a safe and inclusive space for mothers, family members and babies.

"Hushabye is exceeding existing models of care in improved health outcomes, cost efficiencies, and social determinants of health including less use of pharmacological treatments such as Morphine, shorter lengths of stay, less expensive care costs, and increased family reunification," said Tara Sundem, Co-Founder and Executive Director of Hushabye Nursery. She added, "Hushabye has served more than 600 babies. These funds will help serve more families in need. We are so grateful for the community's support."

"Infants are cared for in a quiet, loving, therapeutic environment while they recover from intense withdrawal symptoms."

Hushabye Nursery is committed to providing families with the support they need to successfully navigate the road of recovery.

To learn more or how to get involved visit www.hushabyenursery.org

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—Ryan Zimmerman, LPC, CSAT
Director of Outpatient Services-Adolescent

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of visual and auditory feedback so individuals can learn to break unhealthy patterns of activity and, learn new ones.

We can record activity for clients, study it, and map it to identify markers for symptoms. Brains are remarkably efficient. Whatever they do, they just get better at doing it. This is good news if you are healthy, but bad news if you are experiencing symptoms like depression, anxiety, attention deficit, or other concerns because the brain will continue to perform just like it did yesterday. Studies show that 80-90% of the thoughts you have today will be the thoughts you experience tomorrow. It seems people are hungry for something new.

Who Could It Help?

Clients continued to ask us for an option instead of, or to supplement their regular therapy or medications; and this is how brain training became so vital to our work. We saw a slew of children with Autism and ADHD and they reported improvements. Trauma, memory disorders, OCD, sleep disorders, followed by anxiety, stress, depression, reactive attachment disorders followed. Understanding these issues from a brain health perspective allows us to train people to function more efficiently. Brains are constantly learning, anticipating future events so you can respond effectively. We harness this power to teach the brain healthier patterns of activity.

Our First Client Stories

As an example, I would like to share the story of our first client who had autism. He would bite his schoolmates every day. After trying all the other measures, we trained with him for several months, and he enjoyed not having to talk. He continued at school and was encouraged to keep up his other therapies. By the end of the month, he had not one behavioral complaint and the teachers were asking questions about us. That’s when we knew something was there. His family was so grateful. We continue to see how autism is a problem with how brain areas communicate and training helps resolve this.

Another client who came to us during the pandemic had trauma from childhood and anxious behavior. She was encouraged to come see us and we consulted with her team. She had drastic improvements leading her to feel calm as she measured by her ability to drive successfully. Her brain had an overactive pattern of trauma, and it was able to be trained to relax. She felt more relieved at work and her family noticed the improvements. Results seemed to stick and few side effects were reported.

Frankenstein and Crystals

Early on when I heard of such approaches, I admit I was skeptical. I thought of Frankenstein or people with crystals in a hippie commune — little did I know the world’s experts were advocates and lending their support and knowledge. The vision of wires coming off your head like a lab experiment or electrical impulses shocking you with electricity (*no charge gets sent into the brain, it is a passive process for our system*) were simply not the case. Missing this third option — besides medications and talk therapy would have been a real mistake. The combination of brain training and talk therapy has been a game changer for many of our clients, and now we find it indispensable.



Illustration iStock.com

"Combining brain training and talk therapy has been a game changer for many of our clients, and we find it indispensable."

Could there be a “new” wave of services that do not need to replace therapy but enhance it by incorporating this technology? Could clients who are looking for a new approach and use of growing technologies and emerging brain science be our ticket? Is there room for an integrative experience and not a “this or that” approach? There has been strong scientific support for using neurofeedback for ADD, but more uses are arising. Recently the FDA approved protocols for use with PTSD, finding it highly effective in reducing symptoms.

Will it Change Me?

The most perfect promise is that it doesn’t change your personality, any more than meditation or affirmations could change your brain. Instead, you are more balanced. Biofeedback from the brain is given to the user on a screen and they train their own brain waves with software that show how to increase or decrease their own waves. This is self-regulation — the user is learning how to change their own brain.

For a field that has perhaps less measures and baseline tests than any other; brain mapping and brain training could be pointing us toward the future. Most things are experimental until they are not. Perhaps there is room for talk therapy, medications, **AND** neuroscience and we are welcoming a new approach.

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About the Authors:

Kim Miller, LCSW, SEP, IFS, EMDR, Brainspotting. Kim is LCSW/LISAC with 27 years experience licensed in AZ, CA, and MO and board certified in neurofeedback, EMDR, Somatic Experiencing, Brainspotting, and Internal Family Systems.



George Miller has been an addiction counselor for 25 years and is board certified in neurofeedback. He has been providing neurofeedback for 4 years and has worked in the behavioral health field for over 20 years.



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By Dr. Dina Evan

This year our ho-ho-ho is really HOLY COW! There is so much going on in the world we can hardly keep up with what we have to be on top of. The times are changing, and we must be in control of what we support and are willing to accept — as well as the changes that are not acceptable. We need a heads up more than ever and this is the perfect holiday for that reminder because it's all about love and transformation and giving yourself the gift of awareness.

Much of the world has forgotten about love and forgiveness and is focused on power and control. It's an epidemic. But we get to change that. All it takes is a deep breath and a moment to feel what is going on in our heart and body before we speak or commit to anything that contains an effort to control or diminish others. We have forgotten what the word freedom means.

You and I can change the world simply by being the best of who we are and standing for the values and virtues we honestly believe in; such as no prejudice, shaming, labeling, and a commitment to not harming anyone's spirit or body.

We have created a mentality of other in this country and there is one of us, only one human race. Now is the perfect time to celebrate our every hue, language, difference, and spiritual belief. At a time when the world is in somewhat of an upheaval, it's even more important to hold tight to our values and spiritual beliefs and lead with them in every circumstance. After all, if you are honest, isn't that exactly what you came here to do?

When we see what is going on in the world we may want to turtle in and hide. But we need to resist that desire and bring ourselves and our values forward so that every can see and be reminded that is who they are as well.

If you want to give the greatest gift this holiday...

Make a commitment to give the gift of love, confidence, or appreciation to everyone you sit with. You'll see how easily it can become a habit that not only feels great to the person you are with, but will feel good to you. Do it only if you mean it sincerely, because a compliment given that isn't sincere is always felt and hurtful.

We tend to forget if we want the world to change, we must become the change makers. We need to change our focus now. We see what is not working and does not feel good, nor blesses us and we need to stop passing that on. Get back to aligning with our own values of sincerity, honesty, and love.

Each of us knows at some deep level why we came here and what we came here to do. It's not to play the stock market, or fill our bank accounts. It's about something much greater for which you signed up and may have forgotten. It's about changing ourselves, helping others change and making the planet and better place for everyone. If you are quiet and dig deep, you will find your individual purpose and it will be the greatest holiday gift you have ever given yourself.

You came to this planet because we need you and we need you to fulfill that purpose because you're the only one who can do that in your unique way. Once you begin to live on purpose and serve with fulfilling your individual purpose, life becomes such a joy. I can guarantee it because I am sitting here feeling it right now as I write this column because this is part of my purpose, and I am so blessed to be able to do that. Please join and start living purpose so that the rest of us can benefit by what you came here to do.



Dr. Evan is a marriage, family, child therapist and consciousness counselor. www.drdinaevan.com 602-571-8228.

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Coping with holiday blues? How to navigate holiday depression

The MIND 24-7 Team

The holiday season is often depicted as a time of joy, celebration, and togetherness. But in reality, this time of year can prompt a complex array of feelings, including happiness, longing, hope, regret, gratitude, and grief. For many people, the holidays can even be a time of increased stress, overwhelm, and depression. Amidst all the holiday excitement, it is also important to spend some time talking about the challenges the season can bring and exploring ways to overcome them.

What is holiday depression?

Holiday depression, also referred to as the “holiday blues,” is a type of depression that typically begins in late November and extends through the New Year. Similar to clinical depression, it consists of feelings of sadness, loneliness, and unease. It happens when the expectations, pressures, and stresses of the holiday season make the emotional struggles that many people face daily worse.

Why are the holidays hard on mental health?

Many factors can trigger or make depression worse during the holiday season. For many, it is a season of increased stress, isolation, and emotional challenges.

For starters, the media often portrays ideal versions of the holidays. Social media feeds are often filled with picture-perfect highlights from people’s lives. All of this messaging makes it hard to have realistic expectations. When expectations are sky-high, disappointment is likely to follow.

Adding to this complexity, the holiday season is all about family. For many, complex family dynamics can be a source of stress and tension. For those who have lost loved ones, the holidays can also serve as painful reminders of loss and grief. For those who are separated from loved ones or lack close relationships, the holidays can make feelings of loneliness worse.

Many people travel, host, and buy gifts. These additional expenses and activities can lead to stress, anxiety, and overwhelm. Between the high demands and high emotions, the holidays can be hard on mental health.

Why is self-care during the holiday season important?

During the holiday season, we often press pause on our routines. With more on the calendar and to-do list, it can be easy to let self-care fall by the wayside, but keeping it up is more important than ever. Self-care helps fill your cup so you are better prepared to navigate whatever the season brings. To practice self-care, take time for yourself and make sure your needs are met.

Tips on how to deal with holiday depression

- Set realistic goals and expectations to avoid setting yourself up for disappointment.
- Know your limits. Do not take on more than you can handle.
- Spend time with supportive and caring people.

- Consider volunteering to help those in need.
- Don’t let comparison be the thief of joy. Live in the present and be thankful for what you have.
- Resist the urge to pack all the holiday excitement and pressure into one day. Spread the holiday cheer over the season, and take the pressure off singular days.
- Look for small glimmers of joy and hope, like a kind word from a stranger, the feeling of a cozy scarf, or a special moment with a friend.
- Keep track of spending to avoid financial stress down the road.
- Avoid drugs and alcohol. These substances can lead to low emotions and make it harder to deal with challenges.
- Get adequate sleep to feel refreshed each new day.
- Exercise to get endorphins flowing.
- Talk to a mental health professional.

Seek help for holiday depression at MIND 24-7

- If the season gets you down, it is okay to ask for help. No one has to face holiday depression alone.

At MIND 24-7, we are here for you. Whether there is a mental health crisis or you just need someone to talk to, we can help. Our clinics are staffed with licensed mental health clinicians who can see patients quickly. We offer walk-in, emergency, and ongoing mental health and substance use services to people of all ages, 24 hours a day, 365 days a year, regardless of their ability to pay. We currently have several locations in the Phoenix area, and our doors are always open – even on holidays.

For help with holiday depression and to get mental health care quickly, visit one of our convenient locations or text/call 1-844-MIND247.

Sobriety Snippets

Addiction tends to conjure up extreme images, like people slumped in dark alleys or staggering around yelling and throwing bottles. So it can be surprising for some people to realize how common and how diverse addictions are.

Working in the field of substance use disorders, a survey of all the different ways we can get hooked into destructive living uncovers a difficult truth — anybody can get addicted, and many individuals are. While most don't hang out in dark alleys or throw glass objects on a regular basis, a large number of the population are struggling.

An addiction is a behavior that's repeated for its rewarding effects, in spite of negative consequences. Best described as "a chronic dysfunction of the brain system that involves reward, motivation, and memory."

Facing my addiction was one of the hardest things I ever had to do — so was getting help. Things started to get better after that. What felt like the end of a bad road was really just the beginning of a new life. It's ironic that the peace and joy I was seeking in addictions could only be experienced in recovery.

I have been a part of the recovery community since 2015 and continue therapy to this day. My ritualistic recovery behavior compared to my addictive ritualistic behavior is what is saving my life. Meditation, exercise, nutrition, sleep, hygiene and finally the most important "journaling." Self-reflection on a regular basis lets me know where I am at Body, Mind, and Spirit.

Authenticity which I needed to recover has led to a rewarding search for truth in all areas of my life. — *Danny Silvey* Sobriety Date: 8/5/15

Success is a day at a time

My journey began laying on a steel table in the ICU, followed with a police officer handing me his card telling me that I would be hearing from him soon. At that moment I felt there was only one available option left — to be strong and choose to open my ears to those who were trying to help me. I was scared at first, knowing from my past, that going to treatment and starting everything over is difficult.

I knew for the first time I wanted sobriety and that is all it takes when the resources are available to you. The immediate results of abstinence were not enough to change my course, but after completing 6 months of counseling and treatment the gifts of recovery started revealing themselves.

Holiday Stress from page 2

tell both parties that they are both invited to the event, and they need to come up with an agreement about who will or will not attend and when, while being civil adults. If they cannot come up with an agreement, then it is ok for us to tell them that neither is invited to the event.

Here are a few more helpful tips to us survive the crazy family holiday season:

- 'No' is a complete sentence. If we don't want to attend every function that we are invited to, we can just say 'no.' No other explanation needed.
- Relaxing before a function and attending with a positive mindset about who will be present can help.
- Having realistic expectations and spending time with people we like, and minimizing our time with the more difficult relatives in your life can reduce stress.
- The only thing we have control over is ourselves and our reactions to the situation. If something bothers us, pausing before we take the next steps and watching what we say to the other person in crucial to our wellbeing.
- We need to have an exit plan. Deciding how long we will stay at the function and leaving when we want to is important.
- Going to local 12 Step meetings before and after the event, and wrapping ourself in helpful support with people who have walked in our shoes will help us stay balanced.
- Our recovery needs to be at the forefront of our days. Nothing is more important than our overall recovery and well-being any time of the year.

Have a wonderful and safe holiday season!

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After changing my daily habits and surrounding myself with supportive individuals, I was able to once again enjoy the things I used to prior to my addiction.

Music has always been close to my heart, and sobriety has given me the freedom to attend all the live performances I want with the sole purpose of experiencing the music. I am now attentive in my family's lives as well as my own, being "counted — on rather than counted out."

The past three years I have spent working in behavioral health has been extremely rewarding and positive for my life. Helping others and being with people who hold me accountable day to day is extremely important and necessary for me and keep me going on the road to recovery.

— *Grayson Daniels* Sobriety Date: 9/19/19

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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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Are you Ready to Receive the Unexpected Gifts of Giving?

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

We’ve all heard that saying “...*tis better to give than to receive*,” but for those of us in recovery that saying has an even bigger meaning. Talking to a Sierra Tucson alumnus (I’ll call her Jeanine) at our recent Alumni Retreat reminded me of that. Now sober for nearly 28 years, Jeanine admits the life she lives today wouldn’t be possible without sobriety.



Sobriety has given Jeanine the ability to break the generational dysfunction she grew up with and as a result, gave her the ability to be a better mother to her kids than her own mother was to her. The decision to go to treatment 28 years ago changed the course of her life and allowed her to be present in her daughters’ lives through all their challenges and triumphs. As they grew up and started families of their own, she was there every step of the way, when they got married, gave birth, and today she is present as a positive force in her grandchildren’s lives. She knows none of those things would have happened without her successful recovery journey.

Jeanine’s story is a gift she shares with those who are hesitant to seek treatment. She talks with individuals she has never met before and likely will never see again about entering residential treatment. But she’s careful to say that she doesn’t give advice. Instead, she says her service to others is in the form of sharing her truth. She doesn’t hesitate to confess to anyone who asks how treatment saved her life.

Looking back on the person she was before treatment for alcohol use disorder is part of her story. She thinks back on those pre-recovery days and says she doesn’t recognize that person anymore. It is not who she is today. Yet it is in the retelling of her story to others that she is reminded of how far she has come; that is the unexpected gift she receives in return. It is a gift that keeps her recovery in motion and reinforces her gratitude for where she is today.

The other gift recovery gave her, and continues to give her, is a life of service. Jeanine is active in her AA community, and she has been an enthusiastic member of our Sierra Tucson Alumni Community for nearly three decades, leading online recovery groups and attending the Alumni Retreats faithfully year after year. This year was her 28th Sierra Tucson Alumni Retreat.

She admits that her life of service boosts her recovery daily. She is not only encouraged by helping others, but Jeanine now relishes the joy from the lifelong friends she has made within her recovery tribe. She smiles when she talks about all that she has gained. By helping others, she experiences a phenomenon that many of us know as the “Helper’s High.” It’s a term for the happy feeling one gets after doing something good.

Science has confirmed that helping someone else can bring feelings of euphoria. Our brains release endorphins that make us feel good. Studies have shown that in addition, our bodies release the “love hormone,” oxytocin, that elevates our mood. Oxytocin can play a big part in our ability to trust others and to form bonds with individuals. Serotonin is also released, giving us a feeling of calm and serenity. Those hormones along with dopamine work together to block cortisol, thereby lowering stress. Less stress is a recipe for improving happiness.

In AA, the 12th step of recovery is the spiritual awakening that is the result of carrying the message of recovery forward. Over the years Jeanine has told her story and relived her recovery journey with complete strangers. I dare say that she likely couldn’t have predicted 28 years ago what a life of recovery would deliver to her in a multitude of unexpected ways.

This holiday season, consider a way to be of service. Why not tell your story to someone who is struggling? Sharing your most personal experiences and struggles may help someone uncover a path that leads them toward a more hopeful future. And isn’t that the ultimate gift? So, whether you celebrate Hannukah, Christmas, Kwanza, or none of these days, remember that any day you can give the gift of hope is an extraordinary holiday. Even if it is just an ordinary Tuesday.

To learn how to start your path of recovery contact tim.mcleod@sierraticucson.com and visit www.sierraticucson.com

AUROMA

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

influence, while detoxing, during a loss, or after a traumatic experience — are shards. They are fragments of the bigger, much more intricate picture of the people, their experiences, and the legacies from which they spring.

Each fragment is a unique piece, an important piece, of the larger picture. Together, they form a story of greater scope, a more complete account that when considered in whole rather than through individual chapters, offers an opportunity to transcend the limitations that often, and sadly, come from narratives related to mental illness, diagnoses, prognoses, and inadvertent (or intentional) judgment and stigma.

The untold and sometimes unknown histories of one’s family often hold a key to better understanding the origin of the symptoms, distress, and patterns that exist, perhaps for years: “chronic” insomnia, “random” anxiety or panic attacks, thoughts that seem to come from “nowhere,” and feelings that just don’t make sense. Illuminating the pieces of our generational legacies, witnessing the story fragments that emerge, and reconciling that which was previously unseen can help light the way on the path to wholeness and freedom.


I have been given the extraordinary gifts of seeing the “fixed delusions” of a young man with paranoid schizophrenia begin to resolve once the fragment of a multi-generational family secret was brought to light. Of witnessing the “persistent emotional disturbance” of a middle-aged woman long-diagnosed with a “chronic” personality disorder soften and abate once the hidden shard of a decades-old secret about her birth was revealed. Of watching a young woman recover and an entire family begin to heal once the piece of trauma previously dismissed as “random” was integrated into the picture of the severe, “treatment resistant” anorexia their daughter had been struggling with for years.

Each one of these stories, and so many others, is a beautiful masterpiece, complex and magnificent. Comprised of seemingly random pieces, broken shards, and mismatched fragments. A whole, that once seen through the light of a broader perspective, is stunning, sometimes unfathomable, at times overwhelming, and can certainly take one’s breath away with its brilliance. An extraordinary gift for certain.

I believe the bigger pictures have the space to be revealed when diagnoses and symptoms are not simply accepted at face value, but instead challenged and redefined through shining light on the entire mosaic. Through that wide-angled lens, we can see the whole while simultaneously valuing each individual shard and fragment. Taking this perspective, we are better equipped to support individuals and families in envisioning a life of possibilities heretofore unimagined, not subject to the limitations of labels, and beginning to heal and transform in wonderful and inspiring ways.

Completing a thorough genogram can help illuminate countless, colorful pieces that help give shape to the mosaic. Not just the tragedies and traumas, but the strengths and successes that have also been passed down through the generations. This process not only strengthens rapport, but offers opportunity for each revealed fragment to be witnessed and integrated, creating safety and a sense of collaboration that we are indeed in this together, and that indeed, there is hope for something more.

I believe there is always more to be discovered in the shadows and in the light. That when we are willing to ask about and integrate the pieces and fragments that previously seemed unrelated or irrelevant—to let the light stream



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.

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|-----------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------|
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| TERRY'S PLACE Coparenting women | | THELMA'S HOUSE Transitional housing for women and children | |

Treatment | Housing | Education
602-264-6214 arizonawomensrecoverycenter.org

through all of them—a symphony of sorts emerges, the song of the mosaic that sings of wholeness, hope, and possibility. Can you hear it?

Karlyn Pleasants is a clinical psychologist, international speaker, and Chief Clinical Advisor at Anew Treatment Center in Scottsdale, AZ. She is whole-heartedly committed to shifting paradigms and rewriting narratives about mental health, healing, and the infinite possibilities available when we take in the bigger picture. She is also the author of the best-selling novel *Feathers from the Fire*, a story about transcending the trappings of stigma and generational trauma, following the call to find meaning and purpose, and the importance of having supportive allies to help guide the way. Visit <https://karlynpleasants.com> to learn more.





Teen Challenge of Arizona



Helping Youth, Adults & Families

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

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| 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 |
| Embark Behavioral Health | 877-482-8812 | www.embarkbh.com |
| Gifts Anon | 480-483-6006 | |
| Hushabye Nursery | 480-628-7500 | hushabyenursery.org |
| I Am Teen Strong | 480-396-2409 | IamTeenStrong.com |
| The Meadows | 800-632-3697 | meadowsBH.com |
| Meadows 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 | pcsentensive.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 |
| 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

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

Emergency dial 911

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

Text HOME to 741741

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

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PROGRAMS

- Detox
- Residential Program
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Evening Intensive Outpatient Program (E-IOP)
- Medication Assisted Treatment (MAT)
- Family Workshops
- Specialized Treatment Programs
- Trauma Therapy
- Aftercare & Alumni

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Family Workshops

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

Alumni Program (Scottsdale Recovery Continued)

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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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