

A Beacon of Hope for Every Kid

With a mission to revolutionize children's mental and behavioral health support, M.I.K.I.D. (Mentally Ill Kids In Distress), a 501(c)(3) non-profit organization, stands as a beacon of hope for families grappling with these challenges. With a steadfast commitment to a family-centered approach, M.I.K.I.D. has not only become the largest family-run organization in the Valley but they have expanded their footprint to encompass eight locations across Arizona, including Phoenix, Sierra Vista, Nogales, Casa Grande, Yuma, Tucson, Bullhead, and Kingman. In addition, the organization has extended its reach to Pueblo County, Colorado, providing services in more than 100 cities and towns in both states.

Uniting Families and Providing Hope

M.I.K.I.D.'s history stemmed from one individual's overwhelming concern for the lack of services provided for children in the mental health field and the various serious issues that were not being properly addressed. Motivated by her son Eric's mental illness diagnosis, Sue Gilbertson discovered a conventional medical community ill-equipped to manage the unique challenges her family faced. Realizing her struggles were not isolated, she founded M.I.K.I.D. with the mission of uniting families to build a more effective mental health system for children.

She met other families facing similar situations in requesting help for their children who had behavioral health challenges. She took on the responsibility of uniting these families and worked together with them to build a better mental health system for their children.

Through these efforts, families had their very first support group on March 11, 1987, which led to the formation of M.I.K.I.D.

The organization focused on supporting families, and advocating at the State legislature and State Agencies for improving the children's behavioral health system. As the funding for Family Support grew in the AZ Children's Behavioral Health System, M.I.K.I.D. grew exponentially with a focus on rural areas of Arizona.



Photo: iStock.com

What sets M.I.K.I.D. apart?

It's their distinctive status as a family-run organization. Over 70% of M.I.K.I.D.'s staff and 51% of its board members have personal experience with behavioral health challenges within their own families. This firsthand understanding empowers M.I.K.I.D. to offer unparalleled support for parents navigating the intricacies of the care systems, while simultaneously helping youth develop coping mechanisms to thrive and evolve into stable, self-sufficient, and successful adults. M.I.K.I.D. helps children, teens, and young adults, ranging in age from birth to 25 years.

Patrick Winters, VP of Marketing and Development said, "One of the services we provide is a program called Parent Support Now or (PSN). This program helps reunite parents and kiddos that have been separated by the Arizona Depart-

Tips for a Successful Sobriety Journey: New Year's Resolutions — a Day at a Time

The dawn of a new year often sparks the desire for personal transformation and positive change. For many, this means making a heartfelt resolution to overcome an addiction and embark on a path to sobriety. While setting this goal is commendable, it's important to recognize this amazing journey is going to be both challenging and rewarding.

Set Clear and Specific Goals

The foundation of any successful resolution is clarity. Define your sobriety goals with precision. Avoid vague intentions like "Someday I want to quit drinking" and opt for specific goals such as "I will remain alcohol-free or drug free a day at a time" or "I will complete a 90-day treatment program." Specific goals provide direction and make your progress more measurable.

Seek Professional Help

Recognize that addiction is a complex disease that often requires professional intervention. Consult with addiction specialists, therapists, and medical professionals who can assess your unique needs



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Publisher's Note

By Barbara Nicholson-Brown

Grateful a day at a time

Living one day at a time isn't just a motto, it's my lifeline. When I rush ahead, my mind creates storms that don't exist. Taking a breath and a quiet moment is where I find peace. It isn't healthy to leap ahead and staying in the moment is a constant practice. My sobriety journey is a paradox. The more I learn, the more humble I become. It's this humility that fuels my dedication to remaining present, appreciating the simple gifts each day offers.

From the life I led, to the life I lead today — is day and night. Today I can reach out to friends and be vulnerable, real and completely honest. I'm given space to share my hopes, dreams, and fears without judgment.

On December 1st, at the *Sierra Tucson Gratitude for Giving Celebration*, it was an honor to receive the lifetime achievement award for my work with this newspaper and our annual recovery event. Each month I have this platform to get the message out that recovery is possible. We have extraordinary resources in Arizona who are dedicated to supporting and guiding you and your loved ones on the journey of recovery.



With Derek Price and Kelly Palmerio

May January bless you with health, hope and joy. As we begin another year, I'm grateful for the opportunity of sharing resources and stories to ignite recovery, nurture well-being, and empower us all to walk this path together. Thank you for reading!

January 11th - Human Trafficking Awareness Day



View Together AZ online

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Celebrating Success

A tradition every year at notMYkid is to recognize the Employee of the Year. This year they celebrated Zion Givens, aka "Z"! He's the 2023 champion for his standout contribution to our community over the past year.

First and foremost, he ALWAYS does it all with a BIG smile and great energy, he goes above and beyond for our entire team, and since joining notMYkid he has facilitated over 600 presentations and has impacted the lives of over 25,000 youth and families statewide. We are incredibly grateful.



For more than 20 years, notMYkid has been providing youth, families, schools, and community partners with high impact prevention education and early intervention programs. Fast forward 22 years and we can proudly share that our organization has successfully served over 3 million individuals and continues to reach over 100,000 youth and adults each year.

Learn more about notMYkid at www.notmykid.org

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Barbara Brown/Together AZ — 2023 Gratitude Recognition/Lifetime Achievement



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Dr. Dina Evan
Matt Schor
George J. Nicholson
Stephanie Siete
Michelle Smith

Website: WISDIX

5 Shining Stars Honored at Sierra Tucson's "Gratitude for Giving" Breakfast

Hosted by Sierra Tucson in partnership with Treatment Placement Specialists®

Every December, Sierra Tucson's "Gratitude for Giving" Celebration becomes a highlight of appreciation in the Phoenix community. This year, the 14th annual breakfast at the Arizona Biltmore recognized five exceptional individuals for their contribution to our community in the addiction recovery and behavioral health field.



From left, Derek Price, Sierra Tucson, CEO, Barbara Brown, Dr. Chante Pantila, Kelly Palmerio, Sierra Tucson, COO, Lisa Scott and Estil Wallace (not in photo: Linda Harris)



Together AZ is honored and humbled to be recognized alongside such exceptional colleagues for the gratitude recognition. Congratulations to each honoree for your contribution to our community.

For more information about Sierra Tucson visit www.sierratucson.com





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It's That Time

By Dr. Dina Evan

I believe one of our worst addictions today is apathy — and right behind it is the refusal to believe in ourselves and know we can create great change and make a huge difference in the quality of our lives and the lives of those we care for.

I believe in everyone's lifetime we each reach a certain point where we begin to accept the inevitable and decide to stop behaving as if we don't know what the truth is or what's coming. This moment is a definite heads-up time! We have created a mess, and we need everyone on board to fix it.

First, we forgot that this is our country and we just simply stopped watching over those we elected to care for all of us — every gender, lifestyle choice, heritage, color, nationality, and every age. We stopped protecting the right of everyone to be exactly who they are and make self-loving choices.

We forgot we should probably elect those who we know they are committed to do the peoples' business, not just big business or just amassing more wealth, rather than be guided by constitutional guidelines, ethical boundaries, and human rights.

Support those aligned with our own values

The first step, even if we're not interested in political change, is to be sure we vote for people we believe are the most aligned with our own values, most honest, best informed and committed to making our state, country, and world better.

We are living in a time when we have become so separated and at odds with each other, it feels like we have forgotten there is only one of us, one human family, and, they are our family, yours, and mine. From anyone of any age who has a different skin color than you, to the little kid that feels as if no one loves him until you tell him you do.

Just knowing someone cares and has your back is what we do. It's our way of life, our choice and purpose and we have great training for that. Making a difference every day to change the energy of separation and at odds, to connected, supportive and caring is huge and more needed right now in this world than ever before.



"Wherever and whoever you are, there is someone sitting just a few feet away who needs your support or love today."

Wherever and whoever you are, there is someone sitting just a few feet away who needs your support or love today. Make it your way of life to give that. This simple easy task creates a major change in energy, and isn't that exactly what you came here to do in the first place? There is nothing more important in life than knowing you came here with a purpose and choosing to live that purpose every day.

When you choose that way of life, you become very powerful and find you can bring every aspect of your life into alignment with your purpose. It's time to deepen our work and begin caring for the business of our soul, the soul you came here to be, doing the work you came here to do. Everything you have learned in every meeting and with every outstretched hand has prepared you for this time to deepen the work. It's the very essence of that work you do at meetings, as sponsors and as enlightened people and, there is simply no better work.

So how does that look? First inventory the prejudices you still are holding inside. What judgments do you feel about yourself that get projected on to others? Then examine what fears from your past you still have not addressed. Take time to make a similar list of your good qualities and those you want to expand. Download the *“This is Who I am”* inventory on my website and/or the *“Awareness Inventory.”*

But first take a minute to get still and ask yourself, what small or large thing can I do to be part of helping to change this world for the better? Sit quietly and ask yourself what that is. Wait for the answer because it will come. You have a purpose for coming and now is the time to live it.

Dr. Evan is a marriage, family, child therapist and consciousness counselor.
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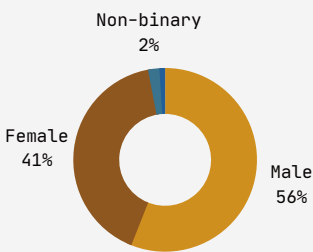
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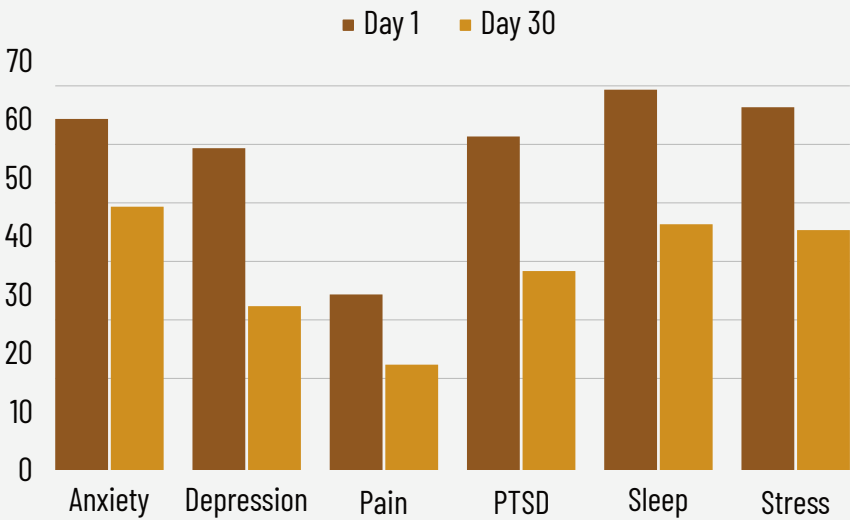
AVERAGE QUALITY OF LIFE

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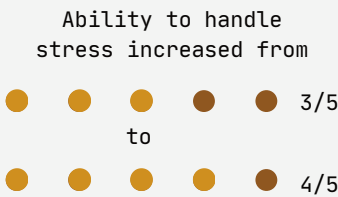
↑ 39%

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Mental Health Goals: Strategies for Success in the New Year

Mental health goals are not always top of mind when teens, young adults, and their families are considering New Year’s resolutions. But as your family prepares to flip the page to a fresh start on the calendar, it’s a great time to prioritize mental well-being.

“Taking a step back, evaluating your mental health, and being patient with yourself are key to being able to take on all that the new year can bring,” said Hailee Buras, an associate clinical mental health counselor at New Haven, an *Embark Behavioral Health* residential treatment center in Utah.

The Importance of Mental Health Goals

Think of a mental health goal as a roadmap. It provides a clear sense of direction and purpose to help your family understand what they want to achieve in their mental well-being in the new year. This roadmap is especially important for adolescents given the challenges they face. According to the Centers for Disease Control and Prevention, poor mental health during the teenage years can affect academic performance, decision making, and health, with many of the patterns established in adolescence carrying on into adulthood.

“Mental health is one of the most important parts of our lives, and we need to prioritize it,” Buras said. “If you or your teen or young adult struggles with mental health challenges, that impacts literally all other areas of your lives.”

Examples of Measurable Mental Health Goals

When your family is considering mental health goals, remember the different factors that contribute to emotional resilience and mental wellness, such as a good support system, a healthy lifestyle, and coping and communication strategies.

Building strong support systems

“When we’re struggling, it’s important that we don’t feel alone,” Buras said. “Your support network can include close friends and family members if those family relationships are healthy. For your teen or young adult, it could include teachers whom they feel they can trust and reach out to when they’re concerned about something. A therapist can also be an important member of your support system — every single person can benefit from a little professional help with life’s problems.”

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The Odyssey of Aging: Moving From Hero To Elder

By John Lee



“Be a lamp, a lifeboat, or a ladder. Help someone’s soul heal. Walk out of your house like a shepherd.” —Rumi

A client said to me this past week, “Where are the elders?”

I said, “They are as scarce as hen’s teeth (for those who don’t speak Southern Appalachian, that means they are rare in this youth-oriented-obsessed culture).

In a land far, far away people lived in a vertical society: sons and daughters, fathers and mothers, Grandpa and Grandma. In my family, I knew my grandparents and most of my great-grandparents.

Now we live in a horizontal society where the sixteen-year-old is afforded the same privileges and entitlements as the forty- and seventy-year-old. The horizontal society produces a large number of siblings and heroes who never become elders.

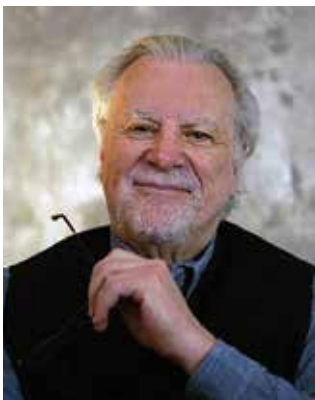
The dictionary definition of a hero is as follows, “a person who is admired or idealized for courage and accomplishments.” The same dictionary defines Elders as “the term refers to age and experience... The elders pass on their wisdom to the young.”

The following is comparing heroes to elders:

- Heroes look for ladders to climb. Elders hold the ladders.
- Heroes are more interested in productivity. Elders are interested in generativity.
- Heroes = ambition; Elders = acceptance
- Heroes = outward driven, seeking validation and appreciation from the world.
- Elders let go of demands and look inward.

These are just a few examples.

As an elder in training, I am wrestling with, thinking about, and trying to come to terms with my movement from doing, being, and thinking heroically and gradually becoming more like an elder.



John Lee is a pioneer in the fields of self-help, anger management, co-dependency, emotional regression, recovery, emotional intelligence, relationships, and men’s issues. His highly innovative work in these fields has made him an in-demand consultant, teacher, trainer, life coach, and speaker.

Learn more:
johnleebooks.com

Beacon of Hope from page 1

ment of Child Safety by walking them through the processes of reunification. M.I.K.I.D. helps these families create safe and loving homes where children can thrive, ensuring that our families can stay together."

He added, "The program has shown great success in reducing the length of time that children and families are separated from one another. As a matter of fact, M.I.K.I.D. is now serving 323 families via the PSN program, with 59 percent of those families reuniting in less than six months. This is incredible considering the National Average of Reunification is currently only 18% according to the 2023 Department of Health Services Fact Sheet." (<https://www.dhs.gov/news/2023/02/02/fact-sheet>)

Lived Experience

Today, M.I.K.I.D. employs over 150 trained staff offering support, education, and skills development to families and their children as well as youth and young adults who are experiencing mental health and behavior challenges.

This is accomplished through M.I.K.I.D. staff providing one-on-one family support, transitional age youth services, peer support, health promotion, support groups, training and education, both individual and community-based living skills, respite, and connecting families and individuals with natural supports in the community.

M.I.K.I.D.’s approach is grounded in the focus of assisting families and youth to have a strong and respected voice in the services they receive, the systems that provide services to them, and their community at large. These services are unique because many of the staff are family members, parents, and young adults who

have personal “lived experience” in dealing with behavioral health needs. M.I.K.I.D. requires all staff who provide services to the parents we serve to have “lived experience”.

M.I.K.I.D. Annual Winter Benefit Concert Needs Support

M.I.K.I.D.'s Winter Benefit Concert takes center stage as its premier fundraising event, playing a pivotal role in sustaining the organization's mission. The concert, a night of music and inspiration composed by the renowned pianist and speaker Eric Genius, serves as a testament to M.I.K.I.D.'s dedication. All proceeds from the event contribute directly to supporting families and children facing mental health challenges.

To register or become a sponsor, visit:
www.mikid.org/winterbenefit (see ad page 3)
Dorrance Theater, 2835 East Washington Street, Phoenix, AZ 85034

M.I.K.I.D. is hiring

To further strengthen its impact, M.I.K.I.D. is actively seeking enthusiastic individuals to join the team. The organization offers competitive pay, a 401k match up to 6%, and affordable health, dental, and vision insurance. Career opportunities are open for those eager to make a tangible difference in the lives of children and families navigating mental health challenges.

For those interested in learning more about M.I.K.I.D., volunteering, or exploring career opportunities, please contact M.I.K.I.D. at **(602) 253-1240** or visit their website at www.mikid.org

Join M.I.K.I.D. in their mission to champion the mental and behavioral well-being of children and youth through a compassionate, family-centered approach.

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The Myths and Realitys of Trafficking

As a follow up to our November 2023 feature, we continue to bring awareness to the topic of human trafficking.

Traffickers recruit victims by offering them something they desperately want or need. Sometimes it's a job, sometimes love, a safe place to sleep or a sense of belonging and community. So it makes sense there is more trafficking in communities where needs are greater.

January is Human Trafficking Prevention Month, a presidentially designated observance designed to educate the public about human trafficking and the role we all can play in preventing and responding to human trafficking. Below are but a few Myths and Realities:

- *Myth: Victims must be held against their will using some form of physical restraint or bondage.*
- *Reality: While some traffickers physically hold the people they exploit, it's more common to use psychological means of control. Fear, trauma, drug addiction, threats against families, and a lack of options due to poverty and homelessness can prevent someone from leaving. Some who experience trafficking may be manipulated or believe they are in love with their trafficker, which can make them resistant to seeking help.*
- *Myth: Victims will be desperate to escape their trafficker and ask for help when they need it.*
- *Reality: Individuals who experience trafficking may not readily seek help due to a number of factors, including shame, self-blame, fear, or even specific instructions from their traffickers regarding how to behave when interacting with others. They do not always self-identify and may not realize that they have rights.*

- *Myth: Human trafficking is the same thing as sex trafficking.*

- Reality: Human trafficking includes labor trafficking, which involves children and adults compelled to perform labor or services by force, fraud, or coercion.

- *Myth: Only women and children experience trafficking.*

- **Reality:** Anyone can experience human trafficking, including men. Traffickers prey on the vulnerable, often with promises of a better life. Risk factors include prior history of abuse or sexual violence, generational trauma, poverty, unemployment, and unstable living situations, or homelessness.

- *Myth: It's always or usually a violent crime.*

- **Reality:** By far the most pervasive myth about human trafficking is that it always — or often — involves kidnapping or otherwise physically forcing someone into a situation. Most traffickers use psychological means such as tricking, defrauding, manipulating or threatening victims into providing commercial sex or exploitative labor.

- *Myth: Human trafficking involves moving, traveling, or transporting a person across state or national borders*

- Reality: Human trafficking is often confused with human smuggling, which involves illegal border crossings. In fact, the crime of human trafficking does not require any movement whatsoever. Survivors can be recruited and trafficked in their own hometowns, even their own homes.



- *Myth: All commercial sex is human trafficking*

- Reality: All commercial sex involving a minor is legally considered human trafficking. Commercial sex involving an adult is human trafficking if the person providing commercial sex is doing so against his or her will as a result of force, fraud, or coercion.

- *Myth: All human trafficking victims are kidnapped and isolated.*

- Reality: This myth about human trafficking is often portrayed in pop culture. Human trafficking doesn't require the victim to be taken from their home at all. As long as force, fraud, or coercion is present (or the victim is under age 18) the victim doesn't need to be transported.

- *Myth: Victims and traffickers are usually strangers.*

- Reality: A trafficker could be a family friend, a significant other, or a close relative. Familial trafficking is a horrific reality where a victim's trafficker is a direct family member. When the trafficker already has a connection to the victim, it can be easier to coerce the victim into forced sex or labor.

- *Myth: Rescue brings immediate relief for survivors.*

- **Reality:** For survivors, the process of police intervention is often traumatic. Many have a deep fear of law enforcement. It is not uncommon for victims to try and hide or escape from police during a rescue operation. Rescue is not the final step to freedom for each survivor.

- *Myth: The best way to fight trafficking is to take victims from their situation.*

- **Reality:** While it may seem like removing victims from their situation is the best way to help them, that action could be highly dangerous and even classified as kidnapping. Reporting to the proper authorities is the best action to take if you suspect trafficking. When the police are able to recover the survivor and arrest the traffickers involved, significant impact is made.

Visit www.aatn.org

January 11 is National Human Trafficking Awareness Day.



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Eating healthy foods and exercising

Exercise can also benefit mental health given its ability to relieve stress and boost mood. It can be especially helpful for those dealing with challenges like anxiety and depression. All exercise is beneficial, from walking to organized sports, but for added benefits, you may want to consider yoga, which incorporates mindfulness techniques.

Mindfulness and meditation practices can help reduce stress by promoting a sense of calm and staying present in the moment. Gratitude journaling, guided meditations through various apps, or starting each morning with a daily affirmation are easy ways for beginners to try mindfulness or meditation.

Coping strategies are techniques you and your teen or young adult can use to manage, reduce, or tolerate stress and emotional distress. Healthy strategies include physical activity, gratitude practices, talking to a friend or mental health professional, or spending time in nature.

As shared in a study published in *Preventive Medicine Reports*, there's a correlation between increased screen time and lower psychological well-being in children ages 2-17. And children aren't the only ones who get caught up in the digital world — adults do too. Those who use technology too much, including social media, may spend less quality time with family and friends and compare themselves to others more often, which can make them feel anxious. Try designating certain areas or times as screen-free zones. For example, you might avoid using screens during meals or in the bedroom.

Not getting enough sleep can make it harder for your family to regulate emotions and deal with stress. Make getting proper rest a priority. According to the CDC, kids ages 6-12 need nine to 12 hours of sleep; teens need 13 to 18 hours; and adults 18 and up need at least seven hours.

Strong communication skills are foundational for building strong relationships, fostering understanding, resolving conflicts, and speaking up for your mental health needs. Cultivate better communication by practicing active listening, showing empathy, and asking clarifying questions if something is unclear.

While some turn to drinking or smoking as a coping mechanism when facing life's challenges, substances can have long-term negative effects on physical health, can lead to addiction, and may affect mental health. Buras recommended avoiding them completely.

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- Electroconvulsive Therapy (ECT)
- Equine Therapy
- Chaplain Services Program
- Special Needs Unit (SNU) Tempe Hospital only



RANKING 2023 **AURORA BEHAVIORAL HEALTH SYSTEM**
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BEHAVIORAL REHABILITATION

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Empowering women in recovery for a healthy family and hopeful future

AZWRC is a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address family sustainability. All programs focus on providing the tools and resources to assist women in living financially independent, drug and alcohol-free lives.

WELDON HOUSE
For women in recovery and their children

SALLY'S PLACE
For pregnant women and infants

LEGACY HOUSE
Short-term, supportive housing for women in outpatient treatment program

HER HOUSE
For women in recovery

TERRY'S PLACE Coparenting women

THELMA'S HOUSE Transitional housing for women and children

Treatment | Housing | Education

602-264-6214 arizonawomensrecoverycenter.org


Set Realistic Expectations
Understand the road to sobriety is a journey, not a destination. Be kind and patient with yourself, and avoid the trap of perfectionism. Celebrate small victories and focus on progress rather than dwelling on momentary lapses.

Engage in Ongoing Therapy
Continuing therapy or counseling sessions after initial treatment is essential for sustained recovery. They provide a safe space to address underlying issues, emotional challenges, and personal growth. Regular therapy can help you stay on course and maintain sobriety.

Celebrate Milestones
Recognize and celebrate your achievements along the way. Sobriety milestones, whether it's one day, one month, or one year without substances, are significant accomplishments. The miracle comes from commitment and dedication to a healthier, substance-free life. And always take it all a day at a time.

Remember that recovery is a lifelong process marked by progress, not perfection. Stay committed to your goals, and seek help and guidance when needed. As you navigate this transformative journey, celebrate each milestone along the way, and recognize that you have the power to achieve and maintain sobriety. Your New Year's resolution can become a lasting and positive reality with the right mindset and support.

(Source: Scottsdale Recovery Center. For information call 866-893-4806 or visit www.scottsdalerecovery.com

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Resolutions from page 1

and recommend a tailored treatment plan. Professional support significantly enhances your chances of successful recovery.

Sober Friendships
Surround yourself with individuals who understand and support your journey to sobriety. Share your goals with trusted friends and family members who can offer encouragement and accountability. Consider joining a support group like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) to connect with others on similar paths.

Develop Coping Strategies
Understanding your triggers for substance use is crucial. Identify situations, emotions, or stressors that may lead to cravings. Work with a therapist or counselor to develop healthy coping strategies. These strategies can help you navigate challenging moments without turning to drugs or alcohol. Have plenty of phone numbers and don't hesitate calling those who can help.

Create a Structured Routine
Establishing a daily routine can provide stability and purpose during on this journey. Plan your days with activities that promote wellness, such as exercise, meditation, yoga, walks, work, hobbies, and social interactions. Structure minimizes idle time.

Stay Mindful and Present
Mindfulness practices, such as meditation and deep breathing exercises, can help you stay grounded in the present moment. They provide tools for managing stress and preventing impulsive behaviors. Integrating mindfulness into your daily routine can enhance self-awareness and emotional regulation.

Practice Self-Care
Prioritize self-care as an essential part of your recovery. This includes getting adequate sleep, maintaining a balanced diet, and engaging in regular exercise. Taking care of your physical and mental health is crucial for resilience and overall well-being.

*Because the Issues
Live in Our Tissues*



Yoga 12 Step Recovery Meeting (Y12SR)

Sundays 9:30 am – 11:00 am
Immersive Cleansing Meditation Studio
7100 E. Cave Creek Rd #167, Cave Creek, AZ
Register: immersivecleansing.com

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

**Teen Challenge of Arizona**
Helping Youth, Adults & Families

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Men 18 +
602-708-9475

SPRINGBOARD
Home for Girls (12-17)
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
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 602-222-9444	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
Sierra Tucson	800-842-4487
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	Emergency dial 911
Alcoholics Anonymous (AA)	602-264-1341
Al-Anon	602-249-1257
Tucson Al-Anon Information	520-323-2229
Adult Children of Alcoholics (ACA)	aca-arizona.org
AZ Women's Recovery Center	602-264-6214
Bipolar Wellness	602-274-0068
Child Abuse Hotline – Support & Information	800-422-4453
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-385-8454
Copper Springs	480-418-4367
Crisis Help Line – For Any Kind of Crisis	800-233-4357
Crisis Response Network	602-222-9444
Crisis Text Line	Text HOME to 741741
Crystal Meth Anonymous	602-235-0955
Debtors Anonymous	(800) 421-2383
Domestic Violence	800-799-SAFE
Families Anonymous	602-647-5800
Gamblers Anonymous	602-266-9784
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Marijuana Anonymous	800-766-6779
NDMDA Depression Hotline – Support Group	800-826-3632
Narcotics Anonymous/Phoenix	480-897-4636
Narcotics Anonymous/Casa Grande	520-426-0121
Narcotics Anonymous/Flagstaff	928-255-4655
Narcotics Anonymous/Prescott	928-458-7488
Narcotics Anonymous/Tucson	520-881-8381
Nar-Anon Family Groups	(800) 477-6291
National Youth Crisis Hotline	800-448-4663
Overeaters Anonymous	602-234-1195
PAL (Parents of Addicted Loved Ones)	480-300-4712
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
Sexual Assault Hotline (24/7 English & Spanish)	800-223-5001
Sex/Love Addicts	602-337-7117
Sex/Love Addicts Tucson	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Sober Living AZ	602-737-2458
Suicide Hotline	800-254-
HELP	
Suicide Prevention Lifeline	988
Teen Challenge	888-352-4940
Teen Life Line	800-248-8336

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PROGRAMS

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

SAME DAY ADMISSIONS



WHY WE ARE DIFFERENT

Longevity

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

Certified in Addiction

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

Collaboration

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

Family Workshops

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

Alumni Program (Scottsdale Recovery Continued)

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

1. Scottsdale Recovery and Detox Center

10227 N Scottsdale Rd Scottsdale, AZ 85253

2. Outpatient Center

8149 N 87th Pl, Scottsdale, AZ 85258

3. The Sweetwater Center

4. The Trullies

5. The Miller Center

6. The Starfire Center



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