



# Finding Balance and Connection

By Marcus Earle, PhD, LMFT, CSAT, CST, S-PSB

I must admit there are two parts of me that show up each new year. One is excited and in anticipation of new experiences; the deepening of relationships, getting in better shape, new adventures, and putting behind the challenges of the previous year. The other part enters the new year somewhat less optimistic... I am getting older, so is it realistic to believe I can get in better shape; more challenges at work mean more exhaustion and discouragement; will I really enjoy new experiences or stay preoccupied with the challenges; and will relationships improve or prove to be more difficult. This internal tug of war creates an ambivalent attitude toward the new year and typically leads to a certain degree of numbness. You may relate to this process or look at each new year with all out enthusiasm, or perhaps you simply dread the coming of a new year. Wherever you find yourself, here is a proposal for each of us.

**First**, let's reflect on our successes, no matter how few or many, as well as moments where life



was good, no matter how long or short. Please do not keep these to yourself, share them with others! If their year was more challenging than yours, empathize with them or if they had a more marvelous year than you celebrate with them and let it be an encouragement to you. Either way you will deepen your relationships.

**Second**, question what you learned from the previous year's experiences. What did they reflect about you, your lifestyle, work, and relationships. In the struggles and the successes what did they teach

you about self? If your mind takes you toward a negative perspective of self, open your mind to the possibility that every difficulty has a complimentary positive/constructive element to it. On the other hand, if your mind takes you to how wonderful you are, consider what you may have missed since every positive has a corresponding challenge to it. Pondering the balance in life can serve to settle us and deepen our connection with self. This often leads to increased connection with others.

**Lastly**, consider a process to develop a path in support of accomplishing what you hope for this year. If you process verbally, discuss with those close to you your hopes and dreams. If you process through writing; make lists, journal, or even write a short story. For those visual folks create a vision board, draw, paint, and/or construct a collage. Whichever way you process, take advantage of your strengths, do it your own way.

I hope we all learn to embrace both the challenges and wonder this year will bring!

*Dr. Marcus Earle is the clinical director at Psychological Counseling Services, Ltd specializing in couples work and sex addiction. He is also a Certified Sex Therapist as well as a Certified Sex Addiction Therapist.*  
[www.pcsintensive.com](http://www.pcsintensive.com)



## Growing the Future of Indigenous Health Care Professionals

Scottsdale Recovery Center teamed up with Indian Health Services and Indigenous Pride Heath Worker program to bridge the disparity in the delivery of service by qualified health care professionals.

**The objective:** to provide a platform to acquire an established skill set in conjunction with cultural competence to young indigenous community members who are in pursuit of occupational opportunities in the health care industry.

Lisa Lomavaya, Public Affairs Specialist for IHS Hopi Health Care Center says, "IPHW is an intense jam-packed work/learn program that is catered to local Hopi and Tewa youth who are interested in pursuing an education and career in the health care field." Lisa went on to say, "We acknowledge the need for health care professionals in the areas of behavioral health and substance abuse recovery to remain proactive in protecting our families, communities and our culture from the negative impacts of addiction."

Lisa Lomavaya, and Lee Yaiva, CEO for Scottsdale Recovery Center joined forces to provide an opportunity to one of the programs participants. Nahnitayah "Nahni" Poleviyaoma was the first to take advantage of the opportunity extended to engage in SRC's occupational exploration program.



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# Publisher's Note



By Barbara Nicholson-Brown

## Sobriety: A Roadmap for Life

No road is smooth, not the ones most addicts and alcoholics travel. Life will always be full of twists and turns — and when addiction takes the wheel, the struggles are more difficult, dangerous, and sometimes deadly.

In active addiction it was so easy to blame the outside world for any problem I had. Besides being extremely hungover, I was resentful, angry, lonely, sad and broke in more ways than financially. Addiction hijacked my mind and many of my decisions cost me to lose jobs, relationships, family connections, friendships, and in the mix I lost myself.

Through the grace of God, a 12 step program I believe in, and being among people who are on the same path — sobriety has provided me with a roadmap for life. Grateful. Blessed. Humbled.

*Happy Valentines month, may our hearts stay open, always.*

View Together AZ online



January Correction: Sierra Tucson COO,  
Kelly Palmiero's name was misspelled.  
We apologize for the error.

### Growing the Future from page 1

This opportunity allowed her accessibility to many levels of care offered by SRC including Detox, Residential, Partial Hospitalization, Intensive Outpatient and Sober Living environments, each of which has medical components that align with her aspirations to become a nurse.

*“At first, I was scared to take the opportunity, but I decided to take it because the experience could help me in the future. As far as my future in nursing, I always wanted to have a career that would help my people.”*



Nahnitayah spent a portion of the day with medical professionals, learning the terminology, policy and procedure that support process implementation and medical compliance. She spent time with the CEO in a business development and strategic planning meeting. Nahni also spent some time with Executive and Clinical Leadership throughout the day. When asked about her experience, Nahnitayah said “Everyone was really nice and kind, it felt like family here. I really liked the vibe and that you are helping people.”

“It is critical that we assume the responsibility to “grow our own” by providing our youth the opportunity to gain value experience by utilizing collaborative efforts to bridge the gap to achieve occupational wellness and success.” Said Lee Yaiva.

This was also one of the ways that Scottsdale Recovery Center chose to remain proactive in mitigating the potential exploitation of indigenous community members, not just today, but for the future.

Through the efforts of Lisa Lomavaya, Indigenous Pride Heath Worker Program, IHS and the Hopi Health Care Center in collaboration with Scottsdale Recovery, Nahni started her first class in pursuit of her Bachelor of Science in Nursing on January 16. We will follow her progress.

More about Scottsdale Recovery at [www.scottsdalerecovery.com](http://www.scottsdalerecovery.com)

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# The Platinum Rule of Relationships

By **Brian Case** PhD, LMFT, S-PSB

Many many years ago when I was in the first few years of my first marriage I planned what I was sure to be the best birthday party ever for my wife. It was a surprise party! I invited all her friends and family members and arranged for them to, if possible, be there when we showed up back to our little apartment after a romantic dinner. I'll spare you most of the details, but I will say I arranged it for them to decorate the apartment while we were gone and despite this being in the pre-cell phone days, we timed it all perfectly!

After the party was over I was looking forward to hearing how much she loved it, how special the night was, and if I'm honest — also hoped to hear what an amazing, thoughtful husband I was. She was gracious in how she expressed it, but after thanking me for the gesture and the time I put in to it, she expressed she was anxious and uncomfortable most of the night. She clarified that she was uncomfortable with knowing they were all there and she hadn't had a chance to clean the apartment the way she would if she knew a bunch of people were coming over. Perhaps more importantly, she shared with me that she had told me on more than one occasion that she didn't like surprises in general and surprise parties specifically—and clarified some of the reasons why.

Upon hearing all that, I felt both sad and offended. I had put so much time and effort in to something that was not appreciated. After all, I would have loved it! So what was the problem? To put it simply, I was acting on what I wanted or liked, not on what my wife wanted or liked. With the best of intentions, I was operating from what by many is known as the “golden rule.”

### Do Unto Others as You Would Have Done to You

Great rule—right! If you're not sure how to treat someone else, ask yourself “how would I want to be treated in this situation?” and then treat the other person that way. And to give the golden rule the golden respect it deserves. It really helps in a lot of situations. However; there is an even better rule/guideline for how to treat others that is not as commonly known nor applied. And this rule/guide is especially important in our personal relationships, the “**platinum rule**”.

### Do Unto Others as They Would Have You do to Them

Seems similar, right? But when you really break it down, it's a little more complex. To apply the platinum rule of relationships, you have to go beyond knowing yourself and how you would like to be treated in a relationship and actually do the hard, important and often confusing work of learning who the other person is.

It requires being willing to sincerely ask and then truly listen to what they say about their hopes, dreams, wants, needs, etc. And specifically within a long-term committed relationship like a marriage, it requires learning what “speaks love” to one another.

In his book “*The 5 Love Languages*” author Gary Chapman talks about different ways people express or experience love including 1) physical touch/affection, 2) words of affirmations, 3) quality time, 4) Acts of service, and 5) meaningful/thoughtful gifts.

Using these five areas as a starting point can help couples get clarity about what helps each one to feel loved and prioritized. And with that understanding, each partner can begin doing and saying those things that help the other person feel that love...even if it feels like speaking a foreign language!

How can you become an expert at applying the platinum rule of relationships in your own life? Here are four components:

1. Knowing your own wants, needs and “love languages”
2. Sharing those in a clear, honest way with your partner
3. Knowing your partner's wants, needs and “love languages”
4. Making sincere efforts to meet those wants/needs and to speak his/her “love language”

### Knowing your own wants, needs and “love languages”

In order to let your partner know how you want to be treated in the relationship so they can successfully apply the platinum rule of relationships, you need to know yourself. Many people go blank when asked “what do you want to do for dinner tonight”, or “what do you want to do for your birthday?”, or “how can I best support you in this difficult thing you're going through?”. Self-awareness can be scary, because if we truly know what we want and need out of our intimate relationships — we can start to develop hopes of getting those met. If we are vulnerable in sharing those things with a partner, we can get let down and hurt when those wants and needs aren't met.



“ **Choosing to be vulnerable by letting the other person know what you want out of the relationship is a key part of living the platinum rule.**”

The most fulfilling relationships are those in which each partner is willing to make sincere efforts to meet the wants and needs of the other person, as long as doing so does not go against their own sense of values, health or well-being. Choosing to be vulnerable by letting the other person know what you want out of the relationship is a key part of living the platinum rule.

There are different “types” or categories of intimate connection, including emotional, physical (non-sexual), sexual, intellectual, spiritual, recreational and social (relating to others as a couple). In most relationships, there are gaps between the needs and wants of each partner across these different domains. One tool you can use to get more clarity about your own wants and needs in these different areas is to simply write down anything that you would like to experience more in your relationship(s).

### The distinction between wants and needs can be difficult

But one way you can do so is to ask yourself “is this something that is a preference (and maybe even a REALLY STRONG preference!) but the

*Platinum Rule continued page 8*



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By Dr. Dina Evan

Let's face it, people banter the word love around everything from chocolate ice cream to flannel pajamas. So how are we to know when love is real? Love is less about a feeling and more about action. For instance, if I really love myself, would I trick or lie to myself? Probably not, because that seems counter intuitive to what real love does. And if I am feeling genuine love for you, I couldn't do that to you either. I couldn't take advantage of your weakness or flaws any more than I could take advantage of mine.

You can't plan to be in love, because love is not cunning or strategic. Love simply becomes who you are. You can't fall in love to get love — but you can fall in love to give it. If you fall in love to get love, the other person becomes an object for filling your needs and is not your beloved.

### When real love arrives, there are no more questions, no greener grass and no better options

It's no longer about what you say, it's about who you are and how you prove it — to yourself and your beloved. Love is about your integrity. Real love knows that even having an emotional affair is more traitorous than having a physical one because it involves the heart and spirit. It's the exchange of stolen words and feelings rightfully belonging to another. Affairs of any kind involve cheating on ones own integrity and going back on ones own spirit. Real love does not subside. It is forever — beyond just falling in love. It deepens, moving gently beyond body parts into the private parts in the heart that are closer to one's character and purpose.

If you are able to love with a whole soul, you've done what you came here to do. Love never promises it will be free from difficulties and challenges, it promises we will stay up all night to solve them together. It would rather be face to face with you than on a cell phone, I-pad or Facebook.

Love is more about who you are than who you love. Love comes to us as the teacher to reveal the truth of who we really are. It's the only way to discover our level of patience, truthfulness and addiction to sameness.

Real love reaches from here to heaven. I believe, so long as you speak a persons name with love they are still alive within you. Love is oblivious to distance or time, it simply is forever. Even when love changes form it continues to exist. From friends to lovers, from husband and wife to co-parents, from partner to spouse from parent to child, love, real love, changes form but never loses strength or commitment.

### Love is a choice

You can choose love as a gift to your life. You can choose it with your beloved, or the homeless person on the street. You can choose it with the wounded warrior or a screaming child. One of the most import gifts love brings is the realization we are all of these and there is no separation between us.

Love is without judgment or separation. Love can be felt in music composed from the heart, words written from the heart and genuine vulnerability shared from the heart. Love can be felt in truth, honesty and genuine caring. It is in all things... real. Some think true love is rare but it is only rare because we have forgotten to be it.

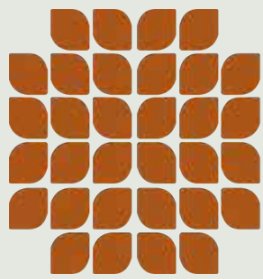
***"Don't wait to be perfect to choose love. If you wait you will never choose love because no one is perfect."***

When you look around it's obvious we make up many reasons to avoid love. However, once you choose to be it, you discover it is simply the only reason for being here. So, have a chocolate, send a Valentine, then put your feet up and decide that you want all that love offers and become it. We heart you (yes, that was flaky) and we are grateful you give us a reason for being ... and that is real. Happy Valentines Day.

Dr. Evan is a marriage, family, child therapist and consciousness counselor. [www.dr dinaevan.com](http://www.dr dinaevan.com) 602-571-8228.







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# Practicing Tough Love in Relationships



By Amy Tilley, PsyD  
Desert Star Addiction Recovery Center

During February a lot of attention is on emotions, relationships, and love. It is also a good month to take care of yourself and practice self-care and self-love. Sometimes this comes in the form of practicing tough love in your relationships: familial, friendships, and/or romantic.

### What is tough love?

It's when one partner recognizes their loved one has a significant problem that is detrimental to their well-being. These behaviors can be related to substance use, behavioral or co-dependency issues. The partner who recognizes the issue can share the behavior(s) that are taking place, and how it is affecting the relationship.

It is important for the partner employing tough love to set clear boundaries stating they will not tolerate or enable any unhealthy behaviors. Clear communication between couples is paramount, sharing how they can be supportive of their partner's recovery; but if any destructive behaviors continue the relationship will end.

Tough love may seem harsh; but it is for the mental, emotional, and spiritual well-being of both partners. If the receiving partner hears the tough love as supportive, it can foster growth in the relationship and help lead to healing. This is not about hurting or neglecting your partner. But it is about taking care of yourself first, while supporting your partner and their recovery journey.

A few tips when navigating tough love with your loved ones:

- *Set clear boundaries*
- *Communicate clearly: be honest and direct*
- *Focus on your partner's behavior, not their character*
- *Be genuine: show care, concern, and empathy for your partner*
- *Don't enable or rescue your partner: you are not responsible for their choices and actions*
- *Hold your partner accountable for their actions*
- *Practice your own self-care: get your own help with a therapist, attend Al-Anon meetings and call your sponsor.*

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# Free Narcan vending machine now available in Phoenix

To try and prevent deaths from fentanyl, a free Narcan vending machine is available in Phoenix.

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The vending machine is set up at Valle del Sol's South Phoenix center at 1209 S. 1st Ave. Both the nasal spray and injectable versions of naloxone are available for pick up.

Each package of the reversal drug has instructions on how to use it. Both the injectable version and nasal spray can help save lives.



"(It) opens up the opiate receptors—which is what is causing the overdose, is that they're constricted," Moyer said. "So it'll open up those opiate receptors and it will put them into withdrawal. Following up with medical care afterwards is important."

Valle del Sol offers services and treatment for those struggling with substance use but anyone picking up a package of Narcan from the vending machine is not required to seek services.

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## 2. Sharing those in a clear, honest way with partner:

Using the example above, component number two of applying the platinum rule could be where a wife lets her husband know how important physical affection is for her and how much she would love to hold hands when they walked around in the mall. If her partner consistently fails to do so despite knowing how important it is, she would need to work hard to not take it as a sign that he doesn't love her, and instead accept that there may need to be a different way of him meeting her need. She could either suggest something else (e.g. holding hands while they watch a movie at home) or ask him what he would be comfortable with.

Hopefully your partner is doing a good job with component number two and you therefore know what your partner wants to be experiencing in the relationship. If not, however, the work of component number three is to be curious, open-minded, and to ask sincere questions about how you could more fully meet needs and even some of their wants if at all possible.

When I was in college, I took a course in Chinese with hopes of adding that to the two languages I already spoke fluently (English, and Spanish being the other). I soon learned how different and how much more difficult it was learning Chinese compared to learning Spanish. In Spanish, “radio” was spelled the same way, but was pronounced differently. There were, in fact, a LOT of words like that. However, there was no place in my brain where I could connect the dots between what I already knew and what I was learning (or trying to learn) in my Chinese 101 class. After a few weeks I called it quits.

Learning any new language is hard, with some being particularly challenging. And while the same is often true for learning to speak your partner's love language, it is important that you don't "drop the class" and you continue to make efforts...even if your accent is thick and your grammar is well-battered. On the other hand, the ways your partner "feels or hears" love may be similar to your own ways making it a little bit easier to align. Either way, being honest in expressing what you want or need and being consistent in your efforts to treat your partner the way he/she wants to be treated will likely add to a much better relationship over time. And remember that no matter how much you like surprise birthday parties, if your partner tells you he/she doesn't like them, ask him/her about suggestions for the guest list and then plan a great party together!





Brian Case has a Ph.D. in Child Development and Family Studies, is a Licensed Marriage and Family Therapist, M.S. Child Development & Family Studies, B.A. Family Studies. Learn more about him by visiting [www.pcsintensive.com](http://www.pcsintensive.com).


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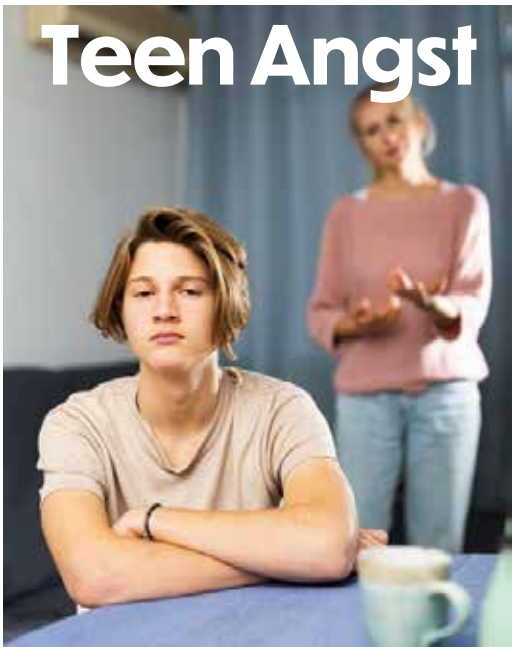


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Teen angst often involves arguing, strong emotions, storming off, sullenness, and drama. Understandably, this behavior often leaves parents exasperated, frustrated, and hurt.

How do you handle teen angst, especially as it's part of being a typical teen? And, how do you know if this behavior is "normal teen" moodiness or if it's something more?

Are teenage mood swings typical?

We asked Alex Hamilton, Clinical Director of Lake House Academy, about teen angst and how it affects young people. Alex works with teen girls every day at the therapeutic boarding school.

"With identity development, angst is totally normal," Alex says. "The moodiness goes along with how they're challenging their self-identity."

"They're also finding a bit more independence and becoming young adults. So, it makes sense that they're questioning things like, 'Why would my parents do this? Why do those rules exist?'"

Sometimes it can come out as oppositional, but really it's the discovery of self."

How should a parent approach teen angst?

First, recognize teenage angst for what it is — a part of growing up. Also, realize you can help your teen through this process during the teenage years.

"Lean into it in a positive way and harness it. It can be a catalyst to fruitful conversation." Alex shared.

A few ways you can help:

- **Help your teen get good sleep**  
Healthy sleep habits aren't just for young children. According to the Centers for Disease Control and Prevention (CDC), teens need 8-10 hours of sleep a night, on average. Their bodies are going through physical changes, and their brains are growing at incredible rates.
- Help them create a bedtime routine that helps them prepare for a good night's sleep.
- Set a time for getting ready for bed and be consistent every night.
- Log off social media, silence notifications, and put electronic devices outside the bedroom.
- Help your teen relax with stretching, a cup of herbal tea, time sitting together, or reading together.

*We all have fewer mood swings when we're well-rested!*

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- **Spend time with your teen**  
To listen to your teenager and have meaningful discussions, you have to be available. Make time for those conversations to happen.  
Commit to spending time with your teen and creating memories so when they do need to talk, you're there. Share chores, work on projects together, go out to lunch, and appreciate each other's company.
- **Give your teen more alone time if needed**  
We all need time alone. Your teen needs the time to process their thoughts, and it's hard to do when they're never alone or always involved with an activity.
- **Model gratitude for your teen**  
Keep in mind, you are a role model to your teen. As you model gratitude in your own life, you're also modeling a healthier life approach for your teenager.  
(Source: <https://www.embarkbh.com/>)

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# The Grieving Process and Self Care



By Marianne Gouveia, Founder Erics House

## What is self-care and why is it so important to our mourning process?

Self-care is what you do to take care of yourself — mentally, physically, and spiritually. Just as life circumstances change the way we live our lives, so do the means of taking care of ourselves. That means, there is no “one size fits all.” During grief, we are already working hard to keep our heads above water, and we find that the things that used to work, perhaps don’t work for us anymore. During intense grief, we have special needs, and it is so important not to ignore them.

Research shows that there are many strategies you can adopt to help no matter where you are in your journey.

## Stay connected

Getting support from people you love and from those who bring you comfort is number one on my list. Have those “faithful and trust-worthy” people in your life who allow you to authentically mourn — to be yourself with your grief. It sometimes seems that talking about our grief is beyond painful and we often tend to avoid it. Even with that obstacle, opening up about our emotions helps us feel understood, rather alone and isolated.

## Sharing with people who have similar losses

People who share similar losses may provide comfort because they can validate what you might be experiencing. Seeing how they have worked through their pain can give you good coping strategies and help you feel less alone. They are free of judgment and can share a certain kinship with you which can be comforting, and be honest about how you are feeling. When people ask, “how are you,” it is OK to let them know you are having a bad day, thank them for their concern, and let them know how they can best reach out. Even better, let them know what you need. It helps them to know how they can best support you.

## Being gentle with yourself

We have all experienced the ups and downs, the ebbs and flows of grief. When we become aware of those intense moments — those ugly “grief bursts” just know it is a way of processing our pain. Remember that like waves in the ocean or the clouds in the sky, those moments will pass. Be kind to yourself when they happen and have confidence with each step you take through this journey, you will be wiser and more confident.

## Reframing your thoughts

As we become more familiar with our grief, it is helpful not to let ourselves get “stuck” in our loss. Sometimes our belief structures from the past just don’t fit. Give yourself the freedom to change and grow. We can’t help but let our losses affect us but we can learn so much about ourselves when we are honest and flexible with ourselves.

Reframing our thoughts is a helpful way to create healing momentum. Here are some common ideas:

- “I could have done something to prevent my child’s death” could be reframed by saying “Under the circumstances, I did everything I knew to do to protect, love, and nourish my child.”
- “This grief of losing my spouse is so hard I know I never will be able to heal” could be reframed by saying “I know this journey is hard, but I know that I can learn from my experience of loss and live more powerfully and authentically as I move forward.”
- “I thought I had everything under control so why did this happen” can be reframed to “I now realize that I am not in control and I can now live in the present moment aware and embracing of life.”

## Setting your intention to heal

When working with the many people who are supported by EricsHouse, I have learned that every person and every journey is different. We often talk about those “baby steps” we need to take each day to support our healing. Take a healing challenge. Each day do one thing that gives you comfort. A walk, a workout, cooking comfort food, meditation, taking a warm bath, doing something that gives you a sense of self-love and well-being. With time you will heal, rise above the challenges of loss, and blossom into a new version of you!

*EricsHouse is a non-profit based in Scottsdale, Arizona. Their mission is to inspire hope, healing, and new beginnings for people who have suddenly lost someone they love. With a specialization in substance and suicide losses, they walk alongside grieving individuals and families with understanding, compassion, and encouragement so that they may achieve emotional, physical, and spiritual well-being. [www.ericshouse.org](http://www.ericshouse.org)*

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Suicide crisis  
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SUPPORT

In an Emergency  
Dial 911

Our Recovery Partners and Contributors

AZ Women’s Recovery Center	602-264-6214	arizonawomensrecoverycenter.org
Aurora Behavioral Health	877-870-7012	auroraarizona.com
Birches Health	833-483-3838	bircheshealth.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 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	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
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
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 / Crisis Hotlines by County

Maricopa County served by Mercy Care: 800-631-1314 or 602-222-9444

Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yuma served by Arizona Complete Health— Complete Care Plan: 866-495-6735

Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Health Choice Arizona: 877-756-4090

Gila River and Ak-Chin Indian Communities: 800-259-3449

Salt River Pima Maricopa Indian Community: 855-331-6432

Resources & Helplines

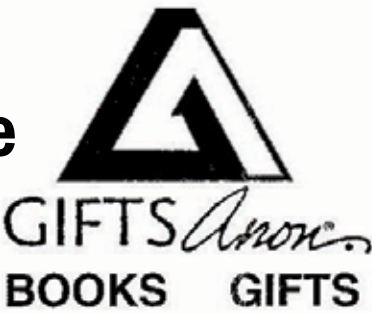
Alcoholics Anonymous (AA)	602-264-1341
Al-Anon	602-249-1257
Tucson Al-Anon Information	520-323-2229
Adult Children of Alcoholics (ACA)	aca-arizona.org
AZ Women’s Recovery Center	602-264-6214
Bipolar Wellness	602-274-0068
Child Abuse Hotline – Support & Information	800-422-4453
Cocaine Anonymous	602-279-3838
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
Suicide Hotline	988
Suicide Prevention Lifeline	988
Teen Challenge	888-352-4940
Teen Life Line	800-248-8336

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