



Sports Betting in Arizona: What Happens Next?

By Bobbe McGinley, Provider for the Division of Problem Gambling
Founder of ACT—Counseling & Education
Clinical Director, Recovery in the Pines and Birches Health

In 2021, Arizona joined a growing list of states that legalized sports betting, opening up new avenues for revenue and entertainment. The move came as a response to the Supreme Court's decision to overturn the Professional and Amateur Sports Protection Act (PASPA) in 2018, allowing states to decide on the legality of sports betting within their borders.

Arizona benefits from sports betting

According to the American Gaming Association, commercial revenue from the legal sports betting market in the United States was estimated to be \$5.4 billion in November 2023, a large increase from previous years. Arizona aims to be a significant part of that revenue with a total handle of \$714 million in November 2023 (a 10.1% increase from October 2023).

Arizona's decision to embrace sports betting reflects a broader trend of states recognizing the potential financial gains and job creation associated with legalizing and regulating this industry.

Proponents of legalized sports betting argue that it can bring various benefits to states, including increased tax revenue, job creation, and the stimulation of local economies. In Arizona, the introduction of sports betting has led to partnerships between sportsbooks and professional sports teams, creating additional streams of income for both parties.

Moreover, legalizing sports betting allows states to regulate the industry, implementing measures to protect consumers and maintain the integrity of the games. By bringing the activity into the legal framework, authorities can monitor and address potential issues such as fraud, match-fixing, and underage gambling more effectively. However, despite potential economic benefits that states trumpet, sports betting can manifest as dangerous actions and fundamentally unsustainable behavior for at-risk individuals.

What about the risks?

One of the most significant dangers associated with sports betting is the potential for problem



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gambling. According to a study by the Arizona Department of Gaming, approximately 2.6% of the adult population in the state is at risk of developing a gambling problem. The legalization of sports betting has the potential to exacerbate this issue, as easy accessibility and marketing strategies may entice vulnerable individuals to engage in excessive and harmful gambling behavior.

Another concerning aspect of sports betting is its appeal to younger demographics. A survey conducted by the National Council on Problem Gambling found that 6% of teenagers in the United States (aged 14-21) have a gambling problem. This prevalence is often drastically increased on university campuses as young adults find themselves away from family, friends, and community support systems for the first time in their lives.

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Planting the Seeds of Recovery:

Navigating the Journey One Row at a Time

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

Living in the heart of the Midwest, I have grown accustomed to the sights of large combines and John Deere tractors navigating bumpy country roads. Not only do these scenes paint a picturesque rural landscape, but much like the unplowed fields that often border these roads, they serve as powerful metaphors for the journey of recovery.

As I drive past these fields, my mind wanders to the farmers who work tirelessly to ready the land for planting season. I imagine them perched high on their tractors, preparing to tackle acres of muddy soil saturated by winter snows and spring rains. The enormity of their task is clear – from tilling the soil to planting the seeds and nurturing the crops. Their ultimate goal, a bountiful harvest, echoes the aspirations of individuals on the path to recovery.

But a successful harvest in recovery may mean resetting recovery expectations. Rather than fixating on the end result – an entire field comprised of row after row of healthy crops – it's essential to embrace the journey one row at a time. Just as a



farmer tends to each row with care and precision, so too must individuals in recovery tackle each challenge methodically, celebrating each small victory along the way. It's an approach that can mitigate the complexities of recovery, especially for individuals who quickly become consumed by the big picture, fretting over the multitude of steps required to reach their goals.

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Publisher's Note

By Barbara Nicholson-Brown

GRACE

Grace is a beautiful word, and this definition seems applicable to addicts and alcoholics:

“Unmerited divine assistance given humans for their regeneration or sanctification.”

For 24 years addiction had me by the throat. Sure, I functioned, had a job, lived in a great city, had clothes to wear and a few dollars. I was also desperately lonely, angry, and tired. Much of my time was spent chasing the next high or trying to piece together blackouts. My entire being was engulfed in shame, fear, denial, and self pity. I was an empty shell. It was only when my family and friends had finally cut me out of their lives *completely* that I hit bottom.

Enter divine intervention. I remember the moment when everything changed — the moment of surrender. Was it Grace?

Obviously my Higher Power believed there was a reason for me to be here. And never have I gone back out to test the waters to see if I really am an alcoholic and addict. I am. I know it.

Anyone who has risen from the darkness of addiction has been granted the very same gift, Grace.

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Planting the Seeds *from page 1*

Here are three tips to sowing your recovery one row at a time:

▪ Embrace Tunnel Vision

In my work supporting individuals on their recovery journeys, I've witnessed firsthand the transformative power of adopting a mindset of tunnel vision. Focus on one task at a time rather than being overwhelmed by the grandeur of the overall goal. In the movie, “City Slickers,” Curly (Jack Palance) is the tough cowboy giving advice to the naïve city boy, Mitch (Billy Crystal). As they ride along a desert trail on their horses, Curly stops and proclaims, with the unquestionable wisdom and authority of a rugged old cowboy, that the secret of life is to find that one thing that is the most important to you. Recovery requires that kind of tunnel vision.

▪ Practice Self-Compassion

Be kind to yourself and recognize that it's okay to feel overwhelmed at times. Instead of harsh self-criticism, acknowledge the efforts you're making, no matter how small. Seek support from others who can provide encouragement and perspective. Too often, individuals berate themselves for perceived shortcomings or setbacks, falling victim to feelings of negativity and self-hatred. By cultivating a sense of kindness and understanding toward yourself, you can acknowledge

the efforts you're making, no matter how small.

▪ View Obstacles as Opportunities

When faced with challenges, question the validity of negative thoughts and beliefs that may immediately surface. Roadblocks can give rise to self-doubt, so it's important to question the validity of our thoughts and beliefs, recognizing that our minds can sometimes distort reality and perpetuate unhelpful thought patterns. Instead, reframe your perspective to view obstacles as opportunities for the growth and learning that are necessary in recovery.

Embracing the farmer's mentality of making progress one row at a time is not just a metaphor — it's a guiding principle for navigating the complexities of recovery. Remember, progress takes time, and every small step forward, no matter how seemingly insignificant, is a step in the right direction.



To learn how to start your path of recovery to find your own miracle, contact me at tim.mcleod@sierratucson.com.

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Sports Betting from page 1

With sports betting becoming more prevalent and easily accessible, there is a heightened risk of young individuals getting involved in gambling activities, leading to potential long-term consequences.

The Consequences of Problem Gambling

Problem gambling can have severe financial implications for individuals and their families. According to a report by the National Council on Problem Gambling, problem gamblers in the United States have an average debt of \$55,000. The allure of quick winnings and the excitement of sports betting can lead individuals to make irrational and impulsive decisions, putting their financial stability at risk.

The consequences of problem gambling extend beyond the financial realm and can significantly impact mental health. Studies have shown a correlation between gambling addiction and mental health issues such as anxiety, depression, and substance abuse. The thrill of the bet can turn into a vicious cycle, with individuals chasing losses and experiencing emotional distress as a result.

Gambling disorder does not just affect the individual; it also has broader social implications. Families may face strained relationships, and communities may bear the burden of increased crime rates associated with compulsive gambling. The normalization of sports betting can contribute to a culture where gambling problems are downplayed or overlooked.

Treating gambling disorder can be challenging, partly because most people have a hard time admitting they have a problem. Yet a major part of treatment is acknowledging there is gambling problem.

- **Behavioral therapy or cognitive behavioral therapy may be helpful.** Behavioral therapy uses a process of exposure to the behavior wanted to unlearn and teaches skills to reduce the urge to gamble. Cognitive behavioral therapy focuses on identifying unhealthy, irrational and negative beliefs and replacing them with healthy, positive ones. Family therapy also may be helpful.
- **Antidepressants and mood stabilizers may help treat problems that often go along with compulsive gambling —such as bipolar disorder, depression or anxiety.** Some antidepressants may be effective in reducing gambling behavior, according to researchers, articles with the National Institutes of Health. Medications called narcotic antagonists, useful in treating substance misuse, may help treat compulsive gambling.

Some people find that talking with others who have a gambling problem may be a helpful part of treatment and support can be found in Gambler’s Anonymous as well as Gam-Anon for family members and affected others, and work with sponsors within these groups.

Treatment for gambling disorder begins with an extensive assessment of the gambler’s motivation for treatment, symptoms, the consequences of his/

"With the advent of telehealth, organizations such as Birches Health have specialized in providing high quality, clinical treatment focused on convenience and accessibility."

her gambling, and social competence. This assessment is followed by client training in emotional awareness, coping with negative emotions, and social and problem-solving skills. Treatment referral may involve an outpatient program, inpatient program or a residential program, depending on the needs of the gambler and resources. With the advent of telehealth, organizations such as Birches Health have specialized in providing high quality, clinical treatment focused on convenience and accessibility. Self-help treatment such as structured internet-based programs and telephone visits with a professional may be an option for some people.

Treatment for substance misuse, depression, anxiety or any other mental health issue may be part of the treatment plan for gambling disorder.

Even with treatment, there may be a return to gambling, especially if time is spent with people who gamble, or time is spent in gambling settings. Relapse prevention is critical and would include reaching out to a treatment provider, or a sponsor or other 12-Step group member for support. State resources include the Division of Problem Gambling and the Arizona Council on Compulsive Gambling.

About the Author

Bobbe McGinley, MA, MBA, LISAC, NCGC II, CADAC has been working in the field of Chemical Dependency since 1988, and she has worked with Problem and Compulsive gamblers since being Certified by the Arizona Council on Compulsive Gambling, Inc. in 1996 and Nationally Certified in 1999. Bobbe works in private practice, where she is Clinical Director, Counselor and Consultant at her agency ACT - Counseling & Education. For information call 602-569-4328 and visit www.actcounseling.com.



Resources When You Need Help

- Call 24-hour helpline 1-800-NEXT-STEP | TEXT NEXT-STEP to 53342
- Gamblers Anonymous — www.gaphoenix.org
- AZ Council Compulsive Gambling— 1-800-777-7207
- ACT Counseling & Education — 602-569-4328
- Birches Health— 833-483-3838

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By Dr. Dina Evan

There are times when we may feel as if we live in a small circle that contains our job, beliefs, bodies, perhaps a few friends and family, and it’s joyless.

We don’t stop to peek over the edge of the circle to see the hundreds of additional new ideas, hope, awareness’ and realities available to us. So we feel stuck, tired, perhaps depressed, and without a sense of joy in our life. At any given moment we can push the edge of that circle out a bit to see what wondrous things are possible — what we may not have considered. Maybe you may have wanted to learn a new language, learn to dance, paint, cook, write a book, create a garden or sculpt. Give that to yourself.

See yourself being of service. Even if you are differently-abled, you might find great joy in reading to kids at an orphanage or a home for kids. You might want to read to the elderly or if you have the strength, serve the homeless in some capacity because serving others is always joyful. Don’t say you don’t have time, feeding our soul is something we all need to take time for.

Make time for being peaceful. Meditate or just sit quietly and you’ll be astounded at what comes into your awareness. Start thinking about the things for which you are grateful and the people who bring you joy. Renew those activities or reconnect with those people. Call people you love, especially those with whom you have lost touch, and remind them how important they are to you. Those connections are the ones that give us joy and fill or hearts with so much love.

Invite your grandkids or kids over for a picnic on the bed. I did that recently and my great grandson suddenly looks at me curiously, crawls across the bed, and grabs the skin under my chin and asks me what ‘that’ is. I told him it was my waddle. He immediately called over the other grandkids and they all had to touch my waddle. The rest of us cracked up laughing and the next day I, of course, went immediately back to my chin or waddle exercises still laughing over it. Kids always bring joy with them. If you don’t have any children, give a single mom a break and get to know your friend’s kids. Become a mentor and a friend. The mom will appreciate it and you’ll get the joy from being with the kids.

Commit to your own healing. Very often the reason we can’t feel the joy in life is because we pull our wagon full of pain and anger from the past and there’s no room left for joy. It’s hard to feel joy while being filled with resentments, anger or suffering. You owe it to yourself to dump that stuff.

Recognize you have the power to be joyful. In the same way that joy is a feeling, so is sadness loneliness and anger. And here’s the truth. If you have been feeling these things for a long time, you have created a little neuronet in your brain that is now your default — which leaves you believing all of those emotions are true and real. The only way to heal that is by creating a new neuronet which is focused on joy or happiness. The way you do that is to notice when the mad, sad or angry thoughts and feelings arise, and say to yourself **cancel, cancel or erase, erase or delete**. For reasons scientists have not yet figured out, that process tells the brain not to retain the last thought permanently. Then replace that thought with opposite thoughts like my life is filled with joy, or I have love in my life or wealth flows to me freely. Whatever the unloving thought was, replace it with a self-loving thought and before long you will begin to work off your new default reality. You deserve it and no one but you can give that to you, so go for it!



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




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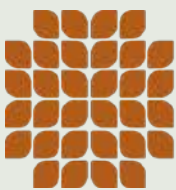
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Mental Health Challenges

Aurora treats numerous mental health conditions, including addiction, anxiety, bipolar disorder, chemical dependency, depression, mental breakdown, psychological trauma, self-harm, substance abuse, suicidal ideation, and psychosis.

Aurora works closely with the behavioral health community to provide resources for patients, their families, and mental health and medical providers. Aurora is committed to heightening the awareness of mental health by reducing the negative stigma associated with mental illness and addiction disease. Education fosters prevention and increases the overall wellness of the community.

Psychiatric Services and Programs

A full continuum of care provides patients different levels for treatment. Aurora offers a variety of mental health programming.

- **Inpatient Adult Services** for patients 18 years and older who are experiencing psychiatric, emotional, and/or substance abuse problems. Caring and highly trained professionals provide an atmosphere promoting stabilization and healing.
- Aurora offers inpatient services for **Detox and Chemical Dependency**. Treatment consists of a period of detoxification in which the patient receives medical care during withdrawal from alcohol and/or drugs. An interdisciplinary approach combines psychiatric and chemical dependency treatment experts within the context of a short-term, highly specialized, and individualized program.
- **Short-term, acute care services** for adolescents meet the needs of teens who are struggling with emotional and psychological problems, as well as chemical dependency. Adolescents ages 13-17 are treated by licensed professionals whose combined specialties encompass depression, substance abuse, aggression, risky behaviors, self-injury, and suicidal ideation.
- **Adjunctive Therapy** provides a variety of ancillary therapies to patients, including recreational therapy, music therapy, art therapy, dance/movement therapy, animal-assisted therapy, gardening/horticultural therapy, and more. These therapies address the goals of leisure education to develop emotional management and self-regulation skills.

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Aurora proudly offers specialized group Equine Therapy integrated within its inpatient and outpatient programs as part of its holistic treatment approach to healing. Equine Therapy is an evidence-based approach where patients interact with horses to achieve rehabilitative goals.

Aurora strives to provide exceptional individualized care to our patients via a holistic approach to treatment. Holistic care is commonly defined as treating the patient as a whole, focusing on all elements that comprise an individual—body, mind, spirit, and emotions. As spirituality is one of these components, Aurora believes it is vital to recovery to offer a Chaplain Services Program to patients to assist in meeting their spiritual needs.

The **Specialized Needs Unit (SNU)** is a specifically designed program developed to meet the needs of children and adolescents with intellectual/developmental disabilities. The SNU utilizes various behavioral health treatment programs

with a wide range of evidence-based methods, including Applied Behavior Analysis (ABA), Positive Behavioral Support (PBS), Functional Behavioral Assessment (FBA), verbal behavior reinforcement, and animal-assisted therapy. Behavioral Intervention Planning (BIP) and Behavioral Support Planning (BSP) provide structure and consistency to a patient’s behavioral health journey, and proper planning can help patients better measure and understand their improvements over time. The SNU team enhances each program by involving family members and caregivers during treatment and providing training for these individuals, which is vital to helping patients with special needs achieve lasting behavioral change.

"The mission is to inspire hope and wellness in every patient through exceptional individualized care"

Electroconvulsive Therapy (ECT), is most commonly used to treat depression, bipolar disorder, and schizophrenia when other ongoing treatment has not worked, including medications and talk therapy. ECT is a medical procedure performed by a qualified psychiatrist, anesthesiologist and ECT nursing team.

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Aurora’s mission is to inspire hope and wellness in every patient through exceptional individualized care, as the leading integrated behavioral health-care system in Arizona. Core values include people, culture, patient care, and community partnership. For more information, call (877) 870-7012 or visit www.auroraarizona.com.

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"If you know or think someone is struggling with addiction, ask if you can help.

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Need to Talk to Your Kids about Gambling?



Teens are often exposed to gambling before they're of legal age in the form of casino-style games on social networking sites, doing dares or challenges for money, or playing any type of game with friends.

Even though it's illegal for minors to gamble, a lot of teenagers are doing it. A bet on a any type of sporting game, a lunchtime card game, all seemingly harmless actions. It's a good idea to raise the issue of gambling with your kids before it becomes a problem. Let them know gambling isn't a way to make easy money. "Professional poker player" is about as likely as a career as an NFL player. Teach them about odds. Teach them the serious consequences of problem gambling.

Start a conversation

Choose the right time is important. Initiating conversation during a casual walk, on the couch following a Netflix show, or washing the dishes after a meal are all excellent opportunities to begin the discussion.

Listen

When talking about issues, it's important to actively listen. They will be more receptive to the message if your approach is light and conversational.

Keep it short

Short conversations will drive the message home. Long-winded lectures may have your teen tuning out before you've successfully got your message across.

Be relevant

Tailor your conversation to your kids' interests. For example: If they enjoy playing video games, consider talking about eSports betting.

- Help your child reduce negative impacts of gambling
- Talk about the risks posed by non-casino games, like scratch tickets, sports betting, poker, online gambling, and gaming.
- Discuss the hidden signs of a problem; hiding debts, skipping classes or work.
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Mental Health in the Black Community

By DeAndrae Washington

Often within the African American community, mental health awareness has either been taken for granted or simply disregarded altogether. The reasons behind such a discrepancy can stem from a lack of access to a lack of knowledge, or complete negligence due to cultural stigmas. Black Americans annually account for 25% in comparison to 40% of White Americans of those that seek mental health treatment.



According to the Center for Disease Control, Black Americans develop mental health conditions at a rate equal to anyone else. However, due to slavery and Black Americans long being considered as property versus human beings, the rights that were commonly afforded to White Americans were not extended to Black Americans thus resulting in social, economic, and emotional trauma that undoubtedly contributed further to mental health deficiencies. These deficiencies have permeated through Black American culture and society for generation after generation with little to no acknowledgement.

Up until 1965, less than 40 years ago, there were U.S. laws that were used to justify the abuse of Black people. That trauma has been passed down through intergenerational transmission which is a process where people whose ancestors experienced trauma may be vulnerable to mental health conditions as well. Black Americans were forced to endure racism that resulted in high poverty rate, increased incarceration, and less access to health care. Along with a lack of access to health care, Black people have leaned on the ideology that a reliance on family, community, and spiritual support were the best ways to endure what they were experiencing without any regards to their mental state. That lack of knowledge has caused a sense of cultural sensitivity where Black people often feel marginalized. In a field where only 2% of therapists are black, many Black people feel like they are not understood and those of other races are incapable of identifying with their cultural struggles.

Due to either a lack of knowledge or a lack access, African American people have suffered severely from mental health issues. Through this suffering, African American people have created cultural stigmas that often result in negligence altogether. Avoidance and disregard have become the cure for mental health issues. Essentially, African Americans have been programmed to cope with each struggle they have faced and continue to face, mental health simply is not identified as a war worth fighting considering the many other battles that oppress the race. Though there has been an increase in the acknowledgement of mental health awareness within the African American community, only time will tell if the culture truly benefits from a system that was originally designed to limit resources and exclude them from their human rights.

-DeAndrae Washington is office manager at Desert Star Addiction Recovery Center



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The End of an ERA

Valley Hope Addiction Treatment and Recovery has announced the closure of its Arizona facilities, including the residential treatment center in Chandler and outpatient facility in Tempe, effective March 1, and April 5, 2024, respectively.

The decision to exit this market, made after thorough review of various factors, will enable Valley Hope to better optimize its resources to provide high-quality, accessible substance use disorder services to the individuals, families, and communities across its locations in other states.

"We want to express our deepest gratitude to the communities of Chandler and Tempe for their support for over 35 years," said Steve Knuth, Valley Hope CEO. "The decision to close these locations was a difficult one and we are genuinely thankful for the relationships we've built and the impact we've made on the lives of countless individuals and families in Arizona."

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Why Wait? Life is Short

Life is short. If we sit around until we feel 100% ready for the journey, we will likely be sitting around for the rest of our lives. We have to get up and go for it. And no, we shouldn't feel any more confident before we take the next step. Taking the next step is what gradually builds our confidence.

- **Wait too long to explore the things that call to us**

The world isn't really as it is, but as we see it, and we all see it differently. So if you spend all your free time following trends and doing what everyone else is doing, you're missing out. Try things out for yourself — try many things. Explore! See what calls to your soul, or what entices you to step forward, then go for it. Don't waste precious time pretending to like things just because other people do — don't end up with a bunch of mismatched circumstances in your life. Enjoy what you enjoy, listen to your intuition, and you will end up with more circumstances in your life that make you feel alive.

- **Wait too long to take meaningful action**

Some people wait all day for 5pm, all week for Friday, all year for the holidays, all their lives for happiness. Don't! The world does not owe you a living; you owe the world a life. Stop daydreaming and start **DOING** things that matter. Take responsibility for your life today. You are important and you are needed. Someday is now; the somebody the world needs is **YOU**.

- **Wait too long to trust ourselves with life's challenges**

If you're struggling, it doesn't mean you're failing. Every great success requires some type of worthy struggle to get there. Give yourself some extra credit along the way. Remind yourself you're doing the best you can, and that sometimes it takes an overwhelming series of little breakdowns to have an undeniable breakthrough. When in doubt, take the next small step. Sometimes the smallest step in the right direction ends up being the biggest step of your life. Truly, there's a time and place for everything and every step is necessary. Just do your best now, and don't force what's not yet supposed to fit into your life. It will happen, when it's time.

- **Wait too long to appreciate what we have**

How often do you pause to appreciate your health, family, home, or other seemingly stable fixtures in your life? Nothing in life is fixed or guaranteed forever. Living in the present is a basic notion, but as with most simple things we often find a way to complicate it.

- **Wait too long to be kind to others**

When you grow older and look back on life, you will inevitably forget a lot of the stuff that seemed so important when you were young. You probably won't remember what your high school GPA was. But you will never forget the people who were genuinely kind — those who helped when you were hurt, and who loved you even when you felt unlovable. Be that person to others as often as possible. (And as you know, what goes around eventually comes around.)

- **Wait too long to be kind to ourselves**

More likely than not, the first person who caught your eye wasn't "the one." And the second, third or fourth probably wasn't either. You know why? It's because **YOU** are the one! In your own life it's important to know how spectacular you are. You really have to look in the mirror and be kind, because what we see in the mirror is often what we see in the world. Our disappointment in others can reflect our disappointment in ourselves. Our acceptance of others often reflects our acceptance of ourselves. Our ability to see potential in others often reflects our ability to see potential in ourselves. Our patience with others often reflects our patience with ourselves.



- **Wait too long to create and uphold healthy boundaries**

Your mind is your private sanctuary; do not allow the negative beliefs of others to occupy it. Distancing yourself from people who always give you negative vibes is self-care. Stepping back from situations where you feel unappreciated or disrespected is self-care. Choose to honor your feelings and boundaries, gracefully.

- **Wait too long to close old chapters**

You're going to mingle with a lot of people in your lifetime. It takes a brave person to know when that chapter is over, and when to turn the page. Every "goodbye" you receive in life sets you up for a new "hello."

- **Wait too long to accept and flow with life**

Don't stress over things you can't change. Live simply. Love generously. Speak truthfully. Work diligently. And even if you fall short, keep going — keep growing. In the end, loving your life is about trusting your intuition, taking chances, losing and finding happiness, cherishing the memories, and learning through experience. It's a beautiful journey.

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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 TMAC	866-492-1431	MeadowsAdolescent.com
Mens Teen Challenge	520-792-1790	tcaz.org
Mercy Care	800-631-1314	mercycareaz.org
Mind 24/7	text/call 844-646-3247	mind24-7.com
Newport Healthcare	888-675-1764	newporthealthcare.com
NotMYKid	602-652-0163	notmykid.org
Psychological Counseling Services (PCS)	480-947-5739	pcsintensive.com
Recovery In Motion	844-810-1599	recoveryinmotion.com
Recovery Ways	888-986-7848	recoveryways.com
Revive Recovery Center	480-405-5396	reviverecoverycenters.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
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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