



APRIL 2024

Inspiring Success on the Road to Recovery

The Journey from Struggle to Triumph

By Jessica Parsons

How one CEO overcame addiction

No two stories are quite the same when it comes to addiction and the road to recovery, but there can be similarities, and the guy who knows that all too well is the new CEO of Crossroads, Chris Riley.

“We all have bad days,” says Chris. “We all have times where a drink might sound good, but we push through. We can’t run from fear or anxiety or difficult emotions, we dig down deep, and we stay sober.”

This was a first time change in leadership at Crossroads in nearly two decades. Stepping into the role of CEO, Chris knew it would be challenging but also welcoming, as it seems he’s readied his whole life for the moment, along with 18 years of sobriety.

“Even the worst days I have sober are better than the best days I had high or drunk,” says Chris. “I came to realize over the years that I’m the only person I can rely on, and it’s not worth ever going back.”

Crossroads is one of the largest residential and outpatient substance abuse treatment facilities in the nation, with nine centers across the Valley. In 2004, Chris walked through the doors as a client,



“I had fallen so far down that the only way I could have lived was to get sober. If I didn’t, I wasn’t going to make it.”
— Chris Riley

desperate, and in dire need of help. Little did he know he’d one day be running the place.

“It’s surreal. I worked hard to get here, and I can relate with our clients on so many levels, no matter where they are in their journey; I get it.”

Like many others, Chris’ story is emotional, and to hear him tell it stirs up years of hurt; what he inflicted on himself and others, and the pain he was trying to numb. That never goes away. “My dad died in my arms. He looked into my eyes and took his last breath right in front of me.” This was the catalyst that propelled Chris down a dark path, but he admits he had set his addiction into motion years before, turning to drugs and alcohol to cope with the hardships of life. His dad’s death pushed him beyond control.

“I felt honored my dad spent his last moments of his life with me, but there was also anger brewing. I felt betrayed in some instances. Why did he pick me for that? It affected me; it changed my life forever.”

Get numb, stop feeling

To deal with the grief, Chris says his plan was to stay drunk to avoid feeling anything. “There was this ‘tearing of my soul’ sort-of-thing that still grips me to this day.” But facing his 30s high and drunk without a job or home would not be sustainable.

“I was living on the streets, bouncing from house to house, I was drinking and doing as many drugs as I could put into my body, and then finally

Struggle to Triumph *continued page 7*

Driven to Distraction

It’s time to acknowledge the cost and consequences of alcohol misuse and addiction

By Libby Timmons, MEd, LISAC, CEAP, SAP

Excessive alcohol use in 2021 cost 249 billion dollars. Excessive alcohol use is defined as heavy drinking — 15 or more drinks a week for men and — 8 or more drinks for women. Binge drinking is defined as 4 drinks at one sitting for women and 5 for men. The sources for this information include: SAMHSA.gov; niaa.nih.gov; cdc.gov.

This article is not meant to discount the opioid, fentanyl crisis, yet alcohol misuse and addiction is also taking lives and harming families.

The Alcohol-Related Disease Impact application estimates that each year there are more than 178,000 deaths (488 per day) (approximately 120,000 male deaths and 59,000 female deaths) attributable to excessive alcohol use, making alcohol one of the leading preventable causes of death in the United States, behind tobacco, poor diet and physical inactivity, and illegal drugs. (niaa.nih.gov).

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Publisher's Note

By Barbara Nicholson-Brown

Talk about it

As Alcohol Awareness month begins, it's amazing to see how we have progressed with open and honest discussions about addiction, alcoholism and mental health issues. I'm not ashamed to identify as a recovering alcoholic, but that wasn't always the case.

Growing up, my mom had the problem with alcohol, and no one in my family talked about it much. That silence fueled all kinds of shame. She was a 'secret drinker' and we all knew it. Ironically around the time she put down the bottle in 1977, I picked it up. The more I drank, the more my lies became lies on top of lies. I was too scared and full of shame to ask for help. It took years for me to hit bottom — a day I will always be grateful for.

I want to extend a very big thank you to Chris Riley, CEO of Crossroads for sharing his story from the depths of darkness and despair, to the clean, sober and fulfilling life he leads today — helping others on the path to recovery. Let's keep **talking and sharing our experiences**.

A heartfelt thanks to Amy Tilley, Libby Timmons, Lee Yaiva and Nick Jones for contributing to our annual **Alcohol Awareness Month** issue!

By Nick Jones, Executive Director
Recovery in Motion

Governor Katie Hobbs proclaimed April to be Arizona Alcohol Awareness Month to raise awareness of the most commonly used addictive substance in the US — and to call upon all citizens, parents, governmental agencies, public and private institutions, businesses, hospitals, and schools to participate. This is a great opportunity to update your knowledge about alcohol, alcohol use disorder, and the impact it has on health and society. Alcohol-related problems continue to exact an immense toll on individuals, families, and communities. During this month various government agencies, non-profits, schools, and community groups, host events and activities to educate the public about the risks associated with alcohol misuse. These efforts often include:



- Introducing educational campaigns through posters, flyers, social media, and other platforms with information about the effects of alcohol on physical and mental health, as well as its impact on families and communities.
- Proposing prevention programs to schools and youth organizations that organize workshops and presentations aimed at discouraging underage drinking and empowering young people to make healthy choices.
- Offering support services: helplines, counseling, and support groups are promoted to aid individuals struggling with alcohol addiction and their families.
- Engaging in policy advocacy efforts that focus on supporting legislation and policies aimed at reducing alcohol-related harm, such as stricter enforcement of underage drinking laws and initiatives to combat drunk driving.
- Organizing community events: health fairs, panel discussions, film screenings, and other community events about alcohol awareness and prevention.
- In the US, more than 140,000 people per year die from alcohol misuse, making it one of the leading causes of preventable deaths. It is linked to more than 200 disease and injury-related conditions, and contributes substantially to health care costs, lost productivity and affects people's health in ways they may not realize. Alcohol misuse can have painful emotional impacts on individuals and their loved ones.

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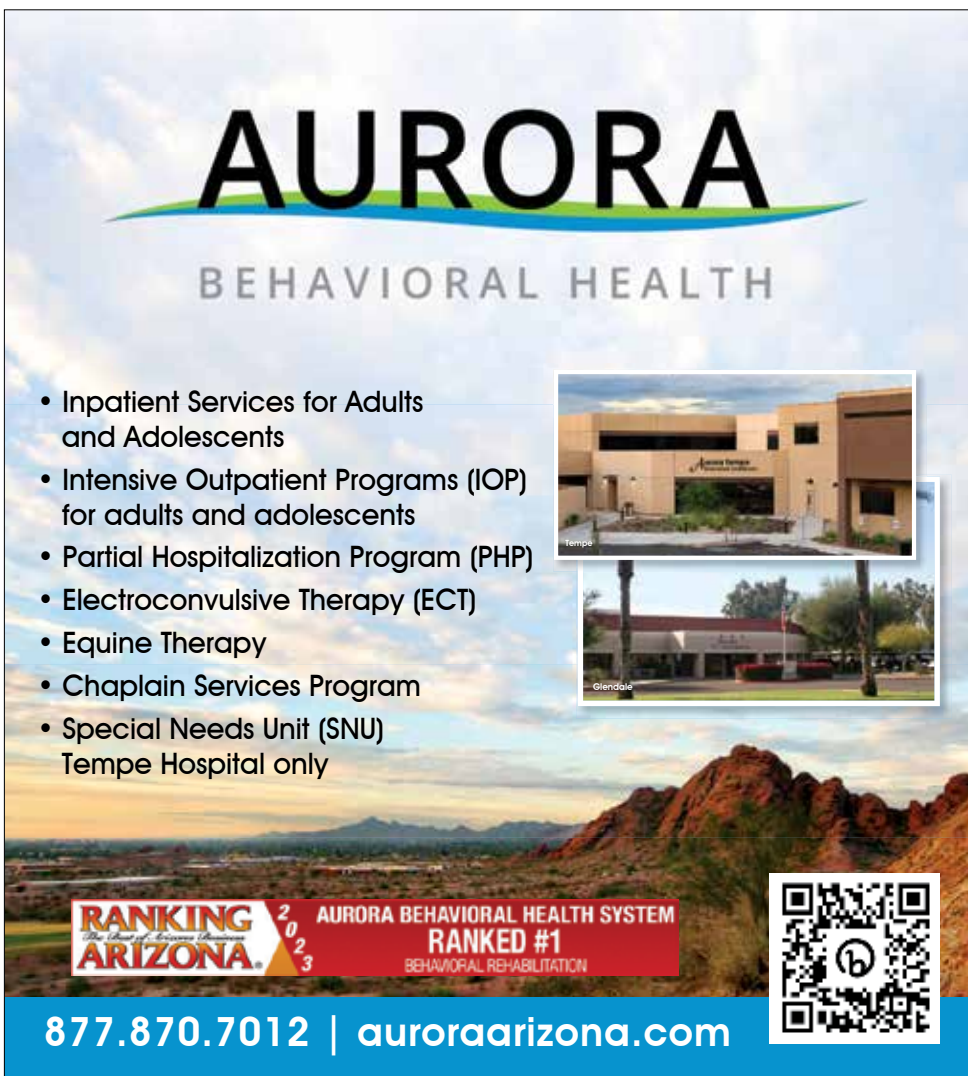
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The startling facts:

- Drinking can increase and exacerbate symptoms of Alcohol Use Disorder (AUD)
- 16% of adults in Arizona report binge drinking.
- Alcohol is the most commonly used substance among youth impacting individuals, families, and communities.
- Results from the 2022 Arizona Youth Survey show the most frequently reported substance ever used across 8th, 10th, and 12th-grade youth is alcohol.
- Research indicates alcohol use during the teenage years could interfere with normal adolescent brain development and increase the risk of developing AUD.
- Youth who drink alcohol are more likely to experience changes in brain development that may have life-long effects including, physical and sexual violence, school and social problems, increased risk of suicide and homicide, and alcohol-related vehicle crashes.
- 10% of youth in Arizona across 8th, 10th, and 12th-grade reported riding in a car in which the driver had been drinking.
- 40% of high school youth usually obtained the alcohol they drank by someone giving it to them.
- Statewide prevention, treatment, and recovery efforts surrounding alcohol and substance use can help individuals, families, and children cope with AUD and alcohol-related problems.
- Nearly 50% of cancers of the mouth, pharynx and larynx are associated with heavy drinking
- Among ER patients admitted for injuries, 47% tested positive for alcohol and 35% were intoxicated; of those who were intoxicated, 75% showed signs of chronic alcoholism.
- As many as 35% of heavy drinkers develop alcoholic hepatitis.
- As many as 36% of the cases of primary liver cancer are linked to heavy chronic drinking.
- Accidents related to alcohol use are among the leading causes of death for teens.

In Arizona, Alcohol Awareness Month provides an opportunity to increase outreach and education regarding the dangers of alcohol use disorder (AUD) and issues related to excessive alcohol consumption.

Learn more at www.recoveryinmotion.com

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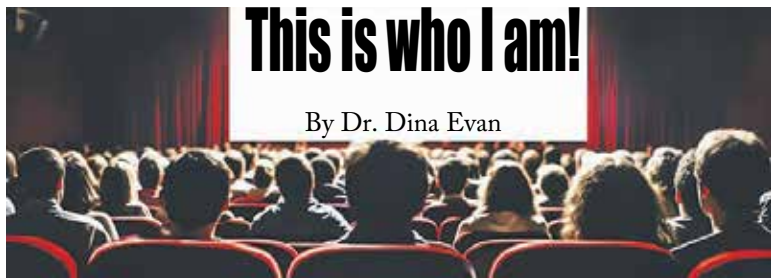
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We are in a new era of change and challenge and the stakes are high. Who we support, elect and what we believe is incredibly important. After years of complacency and a “let them deal with it,” we are waking up to the reality that our hands off attitude didn’t work and still doesn’t. This wake-up call is such a surprise we stand stunned, with our hands over our mouth in utter disbelief about what is going on. We realize we should have given the power to ourselves. We can’t stand on the sidelines any longer. The good guys are now in the minority.

What do we do?

We do the same things we do when faced with impossible challenges in our private lives. Step up and find a place to begin. The first step is in asking ourselves who have we become, who are we, because most of us are not living our best self. Don’t beat yourself up, because life, advertising and society, is offering ways to “make it easier” and more often than not, that includes letting the responsibility fall on someone else so they will do it, whatever the ‘it’ may be. But when the responsibility is given to someone else that person receives the joy of accomplishment, empowerment and safety.

Let’s begin with knowing and being who YOU are, while fulfilling your purpose here and doing what you came here to do. Answer the following questions and stay with those answers until you can say with a whole heart, **Yes, this is who I am.**

Shedding a Spotlight on Alcohol

By Amy Tilley, PsyD

Each year national agencies shed a spotlight on alcohol awareness, in hopes of educating the public about the dangers of alcohol consumption, alcohol use disorder, and its effects on society—mentally, physically, and emotionally. According to the *National Institute on Alcohol Abuse and Alcoholism*, approximately 140,000 people die each year of alcohol misuse, making it one of the leading causes of preventable deaths.

No one takes their first drink with the intention of becoming an alcoholic.

Alcohol misuse has impacts on families, friendships, and work-related activities. According to the National Survey on Drug Use and Health, approximately 28.8 million adults had an alcohol use disorder in 2022. That equates to about 1 in 5 people who participated in the survey that year.

If you or someone you know is struggling with alcohol use disorder there is help. Getting help can begin with an individual therapy appointment to assess the most appropriate course of treatment. If someone is intoxicated and in need of acute medical attention, detox services are available. Hospitals and approved medical detox centers provide the level of care needed for someone detoxing from alcohol. Individuals need to be medically monitored while their body withdraws from alcohol. Once safely detoxed from alcohol, treatment can begin on an outpatient or inpatient/residential level.

Outpatient treatment can include individual therapy, intensive outpatient or partial hospitalization programs. These programs vary in length and are helpful for people who are not able to take a significant amount of time off of work or family commitments. Residential treatment is typically 30-45 days in length, allowing individuals to live 24/7 at a treatment facility and receive treatment seven days a week during their stay.

What you can do during Alcohol Awareness Month

- Become informed about how alcohol impacts the body in the short and long term.
- Talk with your children about alcohol abuse and misuse (alcohol misuse can start at any age).
- Talk with your loved one if you are concerned about their alcohol intake
- **Seek help:** call the local crisis line for resources. Go to an Alcoholics Anonymous meeting. Call a trusted clergy or mental health professional for resources or to make an initial appointment.
- For professionals: make a concerted effort during this month to talk about options with your clients.

There is always help available to you or your loved one. Recovery can begin today. Visit www.desertstarARC.com

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

List the areas you wish to work on, such as moving the thoughts of you and/or me to we. Identify the fear you still hold, examining your spiritual beliefs and unique skills to manifest, heal or add positivity to society at large. Unless we really know who we are, we will hesitate to step forward into our purpose. Until you are at a place of owning that you already have everything you need inside to do what you came here to do, you will hold back. Sit with this a while and when you feel you can embrace it, get still and ask your own spirit what you came here to do. The Universe will show you by presenting new opportunities to show up and contribute to; some issue or effort that reflects your purpose. You may decide to start our own project and it will be something that fills your heart, spirit and purpose, just a Barbara did with this paper, and I did by choosing careers that filled my spirit. Start with the smallest step forward if you need to. We need you! We need us all to be on purpose. And if that isn’t something you want or need...you would not be reading this column.



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

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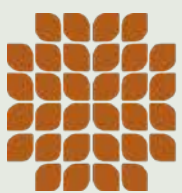
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The Hidden Cost of Gambling Addiction

How Gambling Can Effect the Family Ecosystem

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

Gambling—it can be an alluring pastime for some, but the repercussions extend far beyond the individual bettor. The impact it has on families is often underestimated, yet it can be profound and devastating. Here are revealing statistics from problem gambling research institutions around the world shedding light on the intricate ways gambling affects the international family unit.

- **Financial Strain & Stress:** One of the most obvious impacts on families is financial strain. According to the *National Council on Problem Gambling*, approximately 2.5 million US adults (1% of the population) are estimated to meet criteria for pathological gambling, often leading to severe financial consequences for families.
- **Divorce Rates:** Research indicates gambling addiction is strongly associated with higher rates of divorce. A study published in the *Journal of Gambling Studies* found divorce rates among couples with a gambling addiction were nearly double that of non-gambling couples.
- **Child Neglect:** In the US, an estimated 6.5 million children live with at least one parent who has a gambling problem, according to data from the *National Council on Problem Gambling*, resulting in neglect, emotional trauma, and instability within the family unit.
- **Mental Health Impact:** Problem gambling doesn't just affect the individual; it takes a toll on the mental health of family members. According to the *National Council on Problem Gambling*, 20-30% of those affected by gambling issues report suicidal thoughts or attempts, exacerbating the emotional strain on families. Speaking with licensed, gambling and gaming disorder specialized providers like **Birches Health** and others with the Arizona treatment community about a clinical assessment can be the correct first step for many affected individuals, and their surrounding network.
- **Increased Stress Levels:** Families living with a compulsive gambler endure heightened stress levels, with 74% reporting financial stress and 65% reporting emotional stress, according to research conducted by the University of Northern Iowa.
- **Interpersonal Conflict:** Problem gambling is a leading cause of family violence in the US, with 29% of domestic violence incidents involving gambling, according to findings by the National Institute of Justice.
- **Economic Impact:** Beyond personal finances, gambling addiction can have broader economic implications for families and society as a whole. The American Gaming Association estimates the annual cost of problem gambling to the US economy ranges from \$32 billion to \$54 billion, encompassing expenses related to healthcare, criminal justice, and social services.
- **Generational Cycle:** Children of problem gamblers in the US are at a significantly higher risk of developing gambling problems, with 11% of adolescents of problem gamblers exhibiting signs of disordered gambling, according to a study published in the *Journal of Gambling Studies*.
- **Emotional Toll:** The emotional impact of gambling on children is profound and long-lasting. A study by researchers at the University of Missouri found that children of problem gamblers are more likely to experience low self-esteem, behavioral problems, and substance abuse issues, perpetuating a cycle of dysfunction and distress.
- **Social Isolation:** Families grappling with gambling addiction often experience social isolation and stigma, with 65% of affected individuals reporting feelings of shame and embarrassment, according to a survey by the National Council on Problem Gambling.

The effects of gambling are multifaceted and far-reaching. From financial ruin to emotional turmoil, the impact of gambling addiction extends beyond the individual to permeate the fabric of family life. Recognizing the scale of this issue is crucial in implementing effective support systems and interventions to mitigate its harmful consequences and provide hope for affected families seeking recovery and healing.

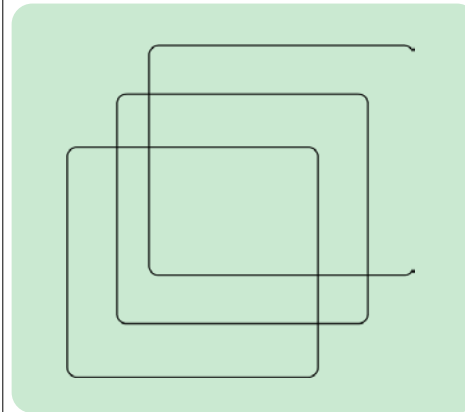
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Struggle to Triumph from page 1

my mother shut the door on me.” She took me to Crossroads, and said, “I don’t care if you live or die, but I’m not going to be around to watch you do it.”

As harsh as that moment might seem, he says it was the tough love he needed. It also came after years of stealing from her, and cheating his mom out of the son she deserved.

“We can’t run from fear or anxiety or difficult emotions, we dig down deep, and we stay sober.”

Initially, Chris thought his mom was giving up on him. Later he realized she was saving his life. “I had fallen so far down that the only way I could have lived was to get sober. If I didn’t get sober, I wasn’t going to make it.”

One of the most unique aspects of Crossroads is that almost all of its employees are recovering addicts, most going through the program just like Chris, who started his tenure as a certified Peer Support Specialist.

“We really see the potential in folks who walk through our doors, and we’ve employed many who weren’t getting that second chance anywhere else. So, when you come share your story with us, you’re doing that with someone who’s been there. No one understands a recovering addict better than someone in recovery; that’s what makes us so special, we’re peer driven.”

Chris has now been with Crossroads for 16 years, but his first job with the organization didn’t happen overnight. After finishing the program, and feeling confident, he called Crossroads every other week, for an entire year, asking for job openings. He had experience in non-profit organizational management and serving as a combat medic with the U.S. Army Medical Corp in the 90s—experience he hoped would give him an edge.

Then, in 2007 the opportunity he had been waiting for finally became available. A new grant helped Crossroads launch a pilot program for meth treatment. At the time, Crossroads only operated as a transitional living facility. This would become Crossroads first ever treatment program.

“This program allowed people to go through 21 days of actual treatment; we did cognitive behavioral therapy, evidence-based practices, and we taught group; it was a huge success.”

The Right Track Program

Today, it’s called The Right Track Program which eventually grew to all Crossroads locations creating opportunities for treatment at every facility. “I was so proud to be on the ground floor of this, and watch it grow, I just knew we were helping so many people.”

As Crossroads opened more centers across the Valley, leadership realized it needed a compliance officer to ensure proper licensing, codes, and policies were met across the board. Chris was approached to take on the challenge and became Chief Compliance Officer, a position he’s upheld for years.

All Crossroads facilities, including its outpatient and counseling centers are licensed and regulated by the state, undergoing inspections every month. “We welcome the inspections,” says Chris. “We have to make sure the men and women we serve have a safe place to get the treatment they need to become productive members of society.”

In May 2023, Chris was faced with a bittersweet opportunity at Crossroads. His long-time leader and friend was stepping down and retiring as CEO. Would he be interested? “It was an absolute honor,” says Chris. “Lee Pioske was my mentor for 16 years, and I couldn’t be prouder and more humbled to walk a day in his shoes at the helm.”

With a lifetime of lessons hard learned, and with a passion to help others, Chris took on the role of continuing the Crossroads mission of helping people. “We serve thousands with addiction therapy, housing, healthy meals, counseling, fellowship and support,” says Chris, “because it’s all about creating a community you can count on no matter what chapter of recovery you’re on.”

Crossroads Scottsdale Campus opened in 2023 to offer transitional and outpatient substance use treatment services and is staffed 24 hours. 1200 N. 77th St., Scottsdale AZ.

Learn more at www.thecrossroadsinc.org 602-263-5242

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Interrupted Memories: Alcohol-Induced Blackouts

Drinking to the point of a blackout has gained pop culture notoriety in recent years. Alcohol-induced blackouts can lead to impaired memory of events that transpired while intoxicated, and a drastically increased risk of injuries and other harms. They can occur in anyone who drinks alcohol, no matter their age or level of experience with drinking. In this factsheet, we will take a sober look at this common but deeply concerning consequence of alcohol misuse.

What are Blackouts?

Alcohol-related blackouts are gaps in a person's memory for events that occurred while they were intoxicated. These gaps happen when a person drinks enough alcohol to temporarily block the transfer of memories from short-term to long-term storage—known as memory consolidation—in a brain area called the hippocampus.

Types of Blackouts

There are two types of blackouts; they are defined by the severity of the memory impairment. The most common type is called a “fragmentary blackout” and is characterized by spotty memories for events, with “islands” of memories separated by missing periods of time in between. This type is sometimes referred to as a grayout or a brownout.

Complete amnesia, often spanning hours, is known as an “en bloc” blackout. With this severe form of blackout, memories of events do not form and typically cannot be recovered. It is as if the events simply never occurred.

When Do Blackouts Occur?

Blackouts tend to begin at blood alcohol concentrations (BACs) of about 0.16% (*nearly twice the legal driving limit*) and higher. At these BACs, most cognitive abilities (e.g., impulse control, attention, judgment, and decision-making) are significantly impaired. The level of impairment that occurs at such high BACs makes the intoxication level associated with blackouts especially dangerous.

Blackouts can occur at much lower BACs in people who drink and take sleep and anti-anxiety medications.

Research indicates blackouts are more likely to occur when alcohol enters the bloodstream quickly, causing the BAC to rise rapidly. This could happen if someone drinks on an empty stomach or consumes large amounts of alcohol in a short amount of time. Because females, on average, weigh less than males and, pound for pound, have less water in their bodies, they tend to reach higher peak BAC levels than males with each drink and do so more quickly. This helps explain why being female appears to be a risk factor for having blackouts.

Because blackouts tend to occur at high BACs, they commonly stem from binge drinking, defined as a pattern of drinking that increases a person's BAC to 0.08 percent or higher. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours.

In fact, many people who have blackouts do so after engaging in a behavior known as high-intensity drinking, which is defined as drinking at levels that are at least twice as high as the binge-drinking thresholds for women and men.

Blackouts vs. Passing Out

A blackout is not the same as “passing out,” which means either falling asleep or losing consciousness from drinking too much.

During a blackout, a person is still awake but their brain is not creating new memories. Depending on how much they drank, it is possible to transition from having a blackout to passing out.



Are Blackouts a Sign of a Problem?

Research among college students and other young adults has shown that the frequency of blackouts predicts other alcohol-related consequences (such as missing work or school, having a lower grade point average [GPA], being injured, ending up in the emergency room, getting arrested, or experiencing other negative outcomes). Questions about blackouts during routine medical visits could serve as an important simple screen for the risk of alcohol-related harms.

Blackouts are not necessarily a sign of alcohol use disorder, but experiencing even one is a reason for concern and should prompt people to consider their relationship with alcohol and talk to their health care provider about their drinking.

For more information about alcohol and your health, please visit: <https://RethinkingDrinking.niaaa.nih.gov>

MYTHS AND FACTS

OF UNDERAGE DRINKING

MYTH	FACT
All of the other teens drink alcohol. You need alcohol to fit in.	Most teens actually don't drink alcohol! Research shows that almost 80% of 12 to 20 year-olds hadn't had a drink in the past month.
Alcohol isn't as harmful as other drugs.	Our brains don't stop growing until about age 25 and drinking alcohol can affect its development. Plus alcohol can increase your risk for many diseases, such as cancer.
Beer and wine are safer than liquor.	Alcohol is alcohol. A 12 oz. beer, a 5 oz. glass of wine, and a shot of liquor (1.5 oz.) all have the same amount of alcohol.
You can sober up quickly by taking a cold shower or drinking coffee.	There's no magic cure to help someone sober up. On average, it takes 2 to 3 hours per drink to make it through your body.

Pregnant and Struggling with Substance Use?



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To whom it may concern

By Lee Yaiva, CEO Scottsdale Recovery Center

"To whom it may concern" is a formal greeting used when a recipient isn't specifically identified. However, if you are reading this, chances are this "may concern" you. This article is for individuals, friends, family members, co-workers, or anyone to whom the concern lies.

April is Alcohol Awareness Month, the most widely used drug has gained enough attention to warrant its own month. Many of us have a tendency to sweep this concern under the rug — a rug that spans the world, and is commonly evaluated by symptom control rather than treatment.

If you are wondering if there is a problem, consider yourself fortunate it has not reached its potential depths. There are several schools of thought in regard to causation and consequence, nature vs. nurture, choice vs. disease, heredity vs. environmental influence.

Who is Impacted?

The truth is, everyone is impacted by the effects of alcohol, and we have every right to be concerned. There is at least one leaf in the family tree that has fallen to alcoholism, and the manner in how we choose to respond could potentially revive a dying tree — yet the stigma can cripple growth and kill its landlord. The disgrace, shame and pain it produces are pesticides to progress.

Alcoholism is "domestic terrorism" and the national campaign, "If you see something, say something" has never been more relevant. An act of "civil war" where the act isn't civil at all, and the disease is intent on full occupation and annihilation. We literally watch this unfold like a series on Netflix. It captivates us, saddens us, scares us, and prompts potential intervention.

What can we do?

Intervention and mediation from an eyewitness account requires little more than compassion, care and concern. *"Are you OK?"*

This is a common question and requires very little to intervene but still exudes compassion, care and concern. However, our response is often counter intuitive to what actually needs to be done when it involves someone we know and love who is struggling with alcoholism. We combat our own fear, anxiety and discomfort navigating a conversation we are ill equipped to have. This tends to result in enabling, avoidance and denial.

"Enabling" becomes a new word in our vocabulary of accountability that leads to an opportunity to acquire knowledge and understanding in how to appropriately address the turmoil unfolding right in front of us. The pain associated with the turmoil is evident and there are no innocent bystanders. Consider pain as a precursor to self-destructive behavior.

The depths of this pain or trauma get deeper like depth markers in a swimming pool. Nearly anyone can intervene in the shallow end, mitigating risk, liability or the loss of life. But the deeper the pain, the less equipped we become. Eventually, they are fully immersed, and it may be at this point we finally ask, "How deep is their pain?" "Am I equipped to dive in? Are the waters too deep for me to navigate?" — leading to enabling, avoidance and denial rather than pursuing the knowledge and information needed to have the difficult conversations. I invite you to dive into a pool of knowledge and information.

At Scottsdale Recovery Center, our team is filled with individuals who are more than equipped for the deep end, many of which have navigated the depths of their own pain to recognize distress and intervene while the waters are still shallow. Rock bottom is not a necessary component to achieve wellness, but recognition that it is the potential depth of pain that can be touched without drowning through trauma informed care is how we can turn great pain into even greater power!

We invite you to lift up the rug. Embrace care and compassion, empathy and patience, not just for whom the concern lies, but for yourself as a friend, family member, co-worker or associate.

Intervention is a learned response but begins with acknowledgement.

To whom it may concern might just be you! We can nurture the roots that firmly establish the opportunity to learn and grow...together.

Together, we can. Together, we will.

Learn more at www.scottsdalerecovery.com



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BE AN ADVOCATE FOR PREVENTION.

Take the time to have conversations about underage drinking and other drug use.

Make sure kids in your community have opportunities to participate in supportive and engaging activities. Use those times to talk with them about the risks and dangers of alcohol and other drug use. For tips on how—and when—to begin the conversation, visit

talktheyhearyou.samhsa.gov



#TalkTheyHearYou



PEP23-03-01-010

Driven from page 1

Estimates suggest that alcohol played a role in at least 7.1% of emergency department visits.

The Costs

As a substance abuse counselor, and employee assistance professional, I see the emotional, financial, physical, and spiritual cost of alcohol misuse. Many times, I see employees referred to my office because they tested positive on work related drug screens. When I dig into their activities, I estimate that 98% of these situations the person was drinking alcohol prior to making the decision to use drugs. This decision often leads to the person being terminated from their job.

An analysis of death certificates from 2019 and 2020 showed deaths involving alcohol rose from approximately 79,000 to over 99,000, a 25.5% increase. (niaa.nih.gov). Among people who die by suicide, alcohol use is the second most common disorder and involved in roughly 1 in 4 deaths by suicide.

Approximately 10.5% (7.5 million) of US children ages 17 and younger live with a parent who has alcohol use disorder. (SAMHSA 2017).

The Positive Side — More Treatment Options

I started in the addiction field in 1983. There were limited treatment options. The only medication option was Antabuse. The positive side was there were fewer distractions such as other drug use, mental health challenges were not seen in the same manner and the most often recommended recovery tool was keep it simple- don't drink, go to AA meetings, follow what your sponsor says, work the steps and keep your side of the street clean. Today all those tools still exist and now we know how anxiety, depression and other mental health situations often contribute to relapse.

We now know the effects on the families and have resources to support the families. The addiction field has been able to embrace medications that help with cravings. Research shows that recovery tools such as yoga and other wellness activities can enhance emotional sobriety.

For those folks who struggle with Alcoholics Anonymous there are other programs such as SMART, Refuge Recovery, Celebrate Recovery, and many more options.

There is hope. Recovery is possible.

All it takes is for the person struggling with addiction is to be

Honest
Open and
Willing

Libby Timmons is co-founder of Thrive with Chaos and is based in Tucson.



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Our Recovery Partners and Contributors

AZ Women's Recovery Center	602-264-6214	azwomensrecoverycenter.org
Aurora Behavioral Health	877-870-7012	auroraarizona.com
Birches Health	833-483-3838	bircheshealth.com
CBI, Inc.	877-931-9142	communitybridgesaz.org
Copper Springs	480-418-4367	coppersprings.com
The Crossroads	602-263-5242	thecrossroadsinc.org
Desert Star Addiction Recovery Center	520-638-6000	desertstarARC.com
Dr. Dina Evan	602-571-8228	drdinaevan.com
Dr. Marlo Archer	480-705-5007	downtoearthenterprises.com
Gifts Anon	480-483-6006	
Hushabye Nursery	480-628-7500	hushabyenursery.org
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
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
Eric's House	855-894-5658
Desert Drug Dog	602-908-2042
Hunkapi Programs	480-393-0870
EMPACT/La Frontera	800-273-8255
I Am Teen Strong	480-396-2409
Mind 24/7	text/call 844-646-3247
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

**Reach the
community!
online and
in print!**



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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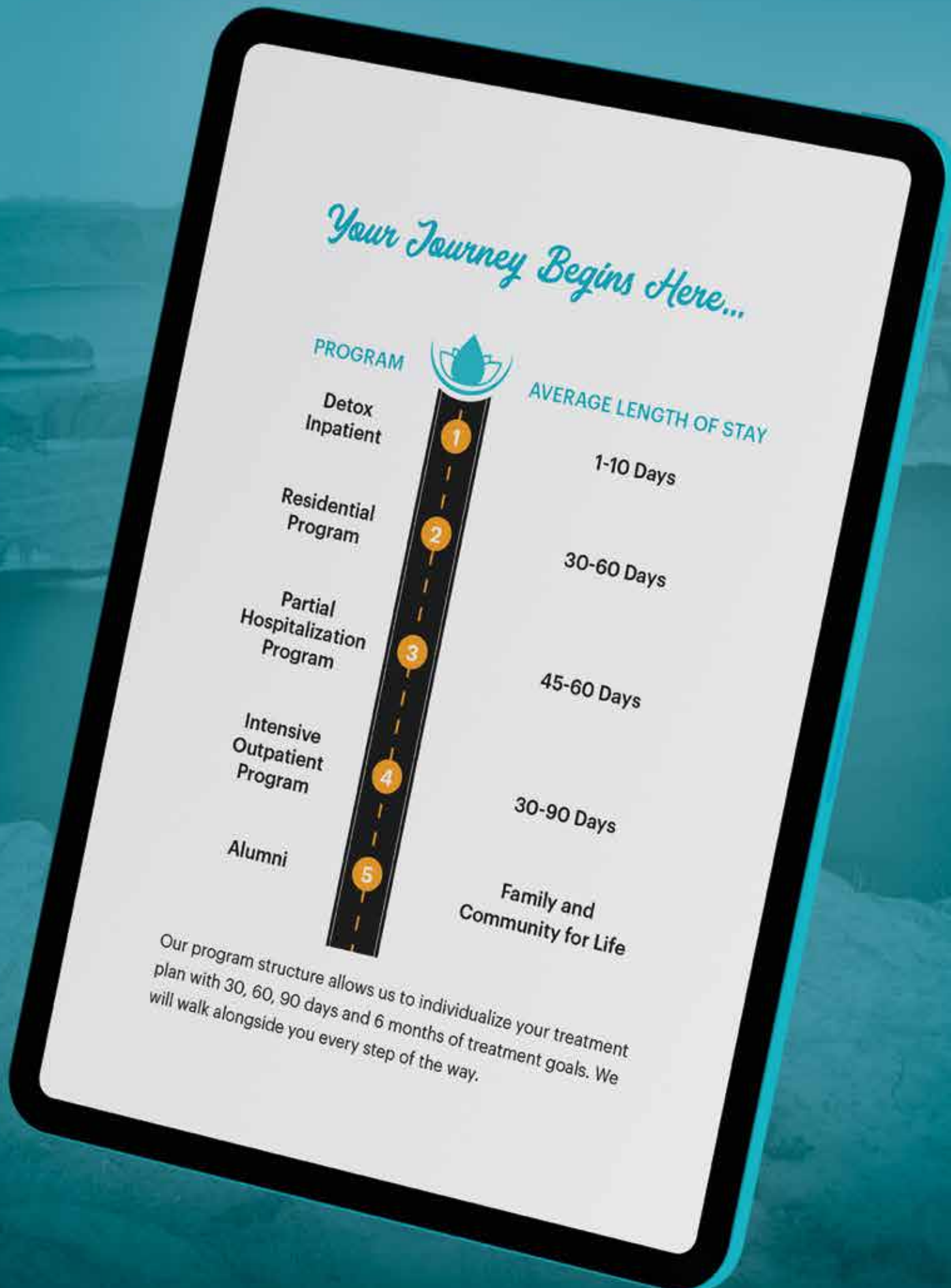
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Scottsdale Recovery Center is a beacon of healing and hope for those who struggle with addiction, offering support and education to their families and a lifeline of services to the community in which they live.



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