

June is PRIDE Month

Together AZ

JUNE 2024

Inspiring Success on the Road to Recovery

Love Them Where They're At

By Jessica Parsons

With all the flare of a hometown carnival, complete with music, cotton candy, popcorn, and salsa dancing, volunteers feed those experiencing food insecurity and homelessness in the most unique and festive setting.

"This is our fun table," Volunteer Manager Samantha Buffaloe explains. "Just because you're experiencing homelessness doesn't mean you don't like to have fun," she says. "That's why we bring the music, and the popcorn and snow cone machines, to liven up the mood and have a fun time."

Every Tuesday at 5 p.m. in a parking lot in Tempe, hundreds of people, families, and pets in need have come to know and rely on this outdoor tailgate of sorts, all put on by the Aris Foundation and its Founder Katherine Kouvelas-Edick, along with an army of volunteers and partners.

"We try to make it super festive," says Katherine. "Some people call it a 'homeless carnival,' I love that! And when it gets colder, we bring out the coffee and hot cocoa."

Katherine started this feeding program seven years ago at Jaycee Park in Tempe where she says 250 people would come out each week. Eventually, she was blocked by the city, but Katherine refused



With an army of volunteers each Tuesday the Aris Foundation serves up meals and friendship in Tempe.

to be discouraged or shut down. Instead, she moved the entire operation to the Mountain Park Health Center on Broadway Rd., and with a special event permit she was back in business. Her partners and helpers followed suit, including Crossroads Rehab Centers who came equipped with vans and the ability to feed.

"We transported everyone over here when they changed locations a year ago, so they'd all know

where to go," explains Greg Halvorson, Director of Operations for Crossroads. "This is part of our community. A vast majority of them have substance use issues. And that's what we do."

Each week a different food vendor will provide hundreds of hot meals. On this night, the Crossroads team and its chef served up freshly made burritos as folks lined up, some with kids and dogs in tow. There is a dessert station where Crumbl cookies were on the menu, to-go sack lunches, a dog food and treat corner, a little library, a swap-meet style clothing section, and a table set up for brand new sleeping bags.

Love Them continued page 7

Embracing Mental Health Awareness in the LGBTQ+ Community for Pride Month

By Brayden Younghusband

As we celebrate Pride Month, it's crucial to highlight not only the victories and progress made by the LGBTQ+ community but also the challenges that persist, particularly in the realm of mental health. This month, while we celebrate love, diversity, and the strides toward equality, let's also take a moment to address mental health awareness within the LGBTQ+ community.



The Intersection of Identity and Mental Health

LGBTQ+ individuals often face a unique set of challenges that significantly impact mental health. From the fear of rejection by family and friends to societal stigma and discrimination, these experiences can lead to increased rates of anxiety, depression, and other mental health issues. According to the National Alliance on Mental Illness (NAMI), LGBTQ+ individuals are more than twice as likely as heterosexual adults to experience a mental health condition.

Growing up with a marginalized identity frequently involves a constant battle to reconcile personal identity with societal expectations. The lack of acceptance and understanding can make it difficult for LGBTQ+ individuals to feel secure and valued, leading to feelings of isolation and hopelessness.

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Publisher's Note

By Barbara Nicholson-Brown



Was it Ever Fun?

As I'm working on finalizing this edition it suddenly hit me — on June 17th I will celebrate 34 years of continuous sobriety. Wow! And I never thought I would be able to go a day without a drink.

The fun stopped long before I put the bottle down. Thinking back, even the first time I drank there were consequences. I remember getting extremely sick, in "lots of trouble" at home, being grounded — and **shamed** for what I had done.

For whatever reason I drank, every reason was wrong. I'm not someone who can take a sip here and there and leave a glass (or bottle) alone until it's empty. It was all or nothing. Filled with alcohol I became a sloppy, loud, obnoxious drunk.

By the grace of God, divine intervention, and a push from my sister (*who I believe was the catalyst for me to surrender*) I admitted out loud I needed help.

I never stop counting my blessings. I start my day with gratitude, and ask how to be of service to others. I accept and trust a power much greater than I can even imagine. And it works. What could be better than that?

Thank you to all our contributors to this issue as we showcase Pride Month, the Aris Foundation, and recovery in all forms.

And a special to welcome to Montare Behavioral Health!

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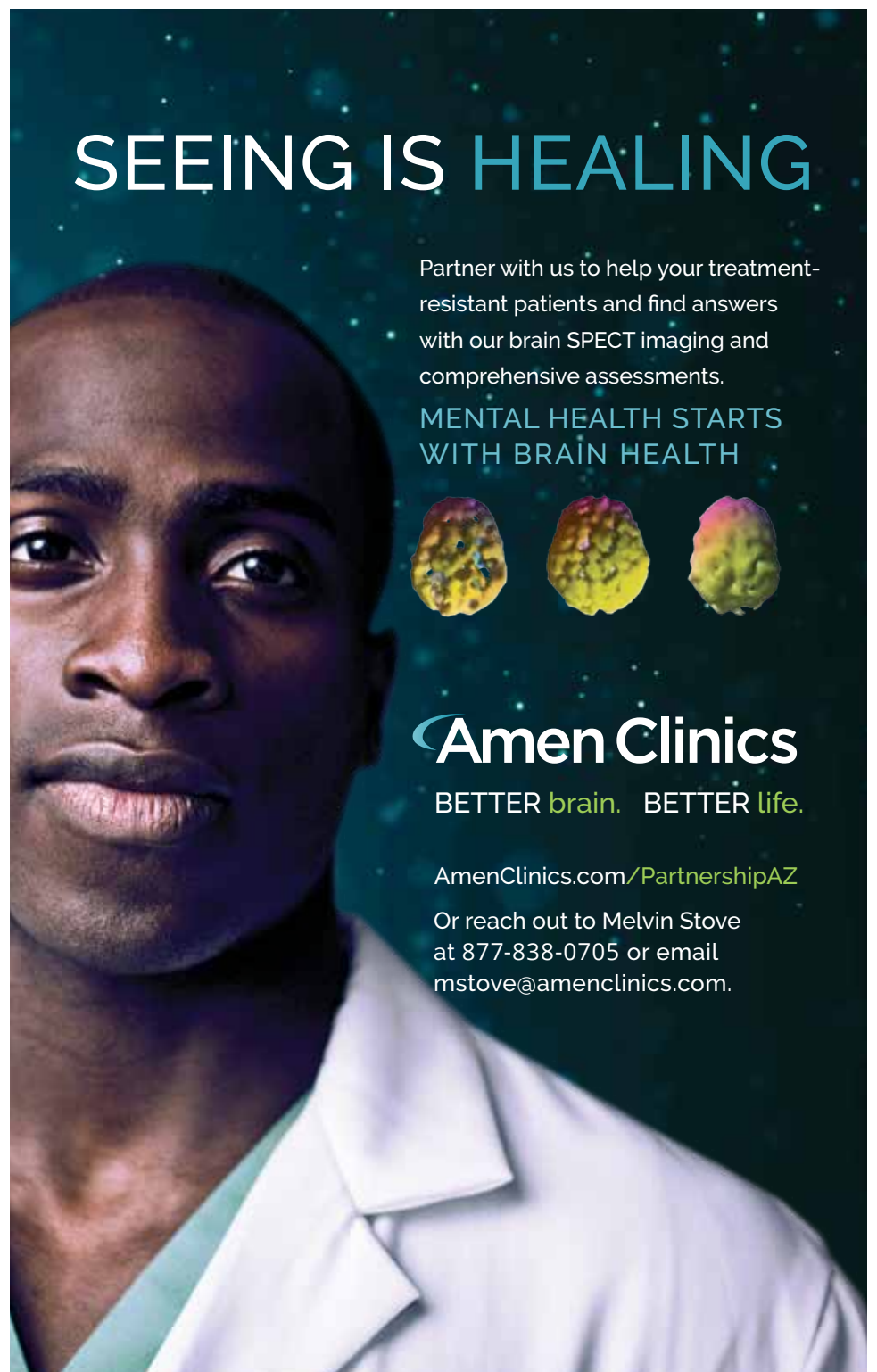


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Spotlight on

Lee Yaiva

Scottsdale Recovery Center, CEO

What propelled into sobriety?

I was active in addiction from age 13 and embraced recovery at 27. I reached the point where my behavior wasn't conducive to my life's purpose and I became conscious of that. I had relinquished the responsibility of having a family, job, and driver's license — let alone my pride, dignity, and self-respect. I wanted all of that back. Getting sober provided a new beginning to build my life on a foundation of recovery. It gave me the stability to support my trajectory into a future I deserved and was entitled to.

Any recommendations for someone wanting to get sober, but they may not be fully committed to the process?

My recommendations are linear. If someone feels the need to ask the question "Am I an addict?" they are aware of a problem. I would ensure they understand the distinction of their pursuit and give them insight on the differences between recovery and sobriety. There is one. I would encourage them to get guidance from people who are actively engaged in their recovery, so they can make an informed decision rather than emotional one. Our emotions often dictate what we do or don't do, and will likely prompt immobility based on fear, uncertainty, and frustration and cause some

individuals to stop the process. Plan, execute, follow through. Set boundaries for yourself and others to adhere to...then let go.

With the overabundance of websites offering treatment, how do we determine the trusted legitimate facilities?

I would encourage everyone to vet facilities they are considering. Read reviews on adherence to credentialing, and that licensure is in good standing. Evaluate how long the entity has been in business. You can gain valuable insight from trusted professionals who work in the field.

Recently there has been a significant increase in providing services to our American Indian populations, and a gap in facilities that adequately establish themselves as a provider who understands the intricacies of servicing Native Americans.

Ask specific questions and challenging proficiency should be encouraged. If you know what treatment services you are looking for, (trauma informed care, medical support services, dietary accommodations, other modalities offered). How will your needs will be met? If your questions aren't answered with confidence or conviction, move on.

Are you seeing an increase in people wanting help to get off opioids, fentanyl?

Yes. Absolutely. There has been a significant increase in use which prompts support services to help people before it's too late. At Scottsdale Recovery Center we are equipped to accommodate the need —too many lives have been lost.

There is strength in community, how does SRC incorporate continuing care after discharge?

We think of it as *Family for Life*. This is what SRC stands behind and reinforces on all levels of care. Upon successful completion of treatment, we

have a robust alumni program called "Scottsdale Recovery Continued" and our program **33 Degrees** that extends care beyond the typical program structure.

We always welcome former clients back to offer their experience, strength and hope to our groups, which adds a layer of connectedness. We have an occupational track supported by peer support certification. There is no better way to maintain engagement, than to support our clients evolution personally and professionally. An individual on the service side after receiving care from us can adequately represent the agency and their own journey in recovery.

Talk about "REZTORATION HEALTH and HEALING"

Reztoration Health and Healing is an example of the understanding required to provide adequate support to American Indian populations. Developed by Natives, facilitated by Natives, utilizing traditional and cultural practices to accommodate the need. *"Restoring Indigenized healing through cultural and traditional practice"* is our mission statement.

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Rezurrection speaks to the evolution of the human spirit. Reclaiming one's life to take back everything that rightfully belongs to you. This serves as an added component to the existing clinical program structure so individuals will receive the best of both Western world medicine and treatment modalities but also the applicable measures that reinforce traditional practice and identity.

Spotlight on continued page 11

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Rio Retreat Center

Finding Purpose in the Pines

By Johnnie Ghiglia



My career with the Scottsdale PD spanned for over 20 years. It was a demanding often stressful job, yet rewarding as well. So when my son 'came out' no one was quite sure how I would react. (Years earlier, when Chase was just five years old, my wife had a feeling he was gay and wisely prepared me for the possibility.)

At 17, Chase finally confided in us. His voice trembled as he admitted one of his biggest fears was that my guy cop buddies wouldn't accept him. Right there, the precinct faded away. All I saw was my son, and the love that burned brighter than any badge. I squeezed his shoulder, a silent vow forming. *No one, would ever define who Chase was in my eyes.*

Profoundly impacted by Chase's bravery in coming out, my wife and I knew we had to act. We wanted to find a way to support him and others in the LGBTQ+ community. During a heartfelt conversation, the idea for "Out Is The New In" was born. We loved the catchiness of the phrase and its message of acceptance. Soon after, Chase and I designed t-shirts and hats, vowing to donate a portion of sales to local non-profits focused on suicide prevention, mental health, and homelessness.

Fueled by a desire to make a difference, I attended my first Pride event, Pride in the Pines in Flagstaff, in 2018. There, I met countless individuals who shared their powerful stories of longing for parental acceptance. These encounters solidified my commitment to OITNI's mission.

Their stories hit hard. Hearing how rejection impacted their mental health was heartbreaking. Many confided in struggles with drugs and alcohol, while

Purpose in the Pines continued page 13



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Summertime Fun in the Sun

By Amy Tilley, PsyD, Clinical Director, Desert Star Addiction Recovery Center



Summer is just around the corner with the arrival of the summer solstice. For those of us who live in Arizona, the summer heat has already arrived—but officially summer arrives on June 20th in the Northern Hemisphere. This is the longest day of the year, and leading up to the solstice we've been gaining daylight each day for the past several months.

With longer daylight hours, the additional sunlight can have a positive effect on our mental health and mood, giving us an added boost of vitamin D. Light is the strongest cue to regulate our circadian rhythm, which aids in our sleep cycle, hormone fluctuation, and body temperature — these generally follow a 24-hour pattern.

The struggle in the hot AZ heat

For Arizonans, summer months can be more difficult as temperatures can soar well above 100 for much of May through September. You may notice a change in your mood, feeling better in the winter, when the temperature is more tolerable, and we can spend more time outdoors. This is known as summer Seasonal Affective Disorder (SAD). People may stay indoors more often, as it is too hot to be outside in a safe manner. In the heat you may feel sluggish, struggle with insomnia, or have symptoms of anxiety or depression, all are common with summer SAD, especially if you spend more time in your home during the sweltering summer months. Staying hydrated is important in Arizona's hot summer months because it can help prevent dehydration and other heat-related illnesses, such as heat exhaustion and heat stroke.

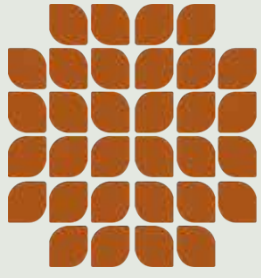
With the summer months comes time spent on vacations: going to the beach, attending barbecues, camping, and endless travel for sports tournaments (for those of you with children). These activities can be fun but stressful at the same time. Don't let your recovery suffer at the expense of having a full calendar. Be prepared to balance your time at home and with social events. Remember that it is ok to say 'no' to a commitment you don't want to attend.

Tips to cope with summer blues

What can you do to cope with the potential summer blues and added calendar appointments?

- **Prepare** — June is always on the calendar...so make a point to plan out your summer schedule and activities that are important to you.
- **Attend therapy or 12 Step meetings**—don't take a 'vacation' from therapy sessions or 12 Step meetings just because you are on vacation. There are 12 Step meetings around the world. Find one! Many therapists offer now telehealth services and can allow for a vacation session, even if you are out of state (check with your therapist).
- **Get enough sleep.** Just because it is light outside much longer in the evening, doesn't mean that you need to sacrifice your bedtime routine.
- **Exercise.** Keep up with your routine...just start earlier in the morning so that you are safe and not at risk for heat exhaustion or heat stroke. Hydrate, hydrate, hydrate.
- **Talk with your doctor.** If you are being prescribed psychiatric medication, ask your doctor if a dosage change is necessary in the summer, to help manage the summer blues.

Amy Tilly has 20 years experience in the mental health and addiction recovery field. Learn more at <https://desertstararc.com> / Contact: 520-638-6000



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Warning Signs of Problem Gambling for Parents

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

As summer arrives and school and university ends for the year, young adults may turn to distractions outside of academics. Gambling, which is often unfortunately represented in the media as a recreational activity, can turn into a serious problem for some individuals and have devastating consequences on a person's life. For parents, recognizing the warning signs of problem gambling in their young adult children is crucial for early intervention and support. Understanding these signs, coupled with awareness of available resources, can help prevent the escalation of this destructive behavior.



Understanding Problem Gambling

Problem gambling is characterized by a continuous urge to gamble despite harmful consequences. It can lead to significant distress or impairment, financial problems, relationship issues, and mental

health disorders such as depression and anxiety. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), classifies gambling disorder alongside other behavioral addictions, highlighting its potential severity.

Behavioral Warning Signs

- 1. Preoccupation with Gambling:** One early sign is an obsessive focus on gambling activities. This might include constantly talking about gambling, planning future gambling sessions, or reliving past gambling experiences.
- 2. Increasing Bets and Risks:** There is often a need to bet larger amounts to achieve the same level of excitement. This escalation is similar to the tolerance seen in substance addiction.
- 3. Chasing Losses:** Compulsive gamblers often try to win back money they've lost by continuing to gamble. This behavior, known as "chasing losses," usually leads to even greater losses and deeper financial trouble.
- 4. Lying and Secrecy:** To hide the extent of their gambling, individuals may lie to family members, professors, friends, and summer employers. They might also be secretive about their activities and finances, making it difficult to assess the full scope of the problem.
- 5. Neglecting Responsibilities:** Problem gamblers may neglect school, studies, summer internships and other work or family obligations. This can manifest as poor academic performance, absenteeism, or a decline in work productivity.
- 6. Financial Problems:** Unexplained financial issues, borrowing money frequently, or stealing to fund gambling activities may be indicators of a gambling problem. Parents might notice missing money or valuables at home.
- 7. Mood Swings and Irritability:** Similar to other addictions, gambling can cause significant mood swings. Individuals may become irritable, anxious, or depressed, especially when trying to cut down or stop gambling.
- 8. Withdrawal from Social Activities:** A person with a gambling problem might withdraw from social activities and relationships, preferring to spend their time gambling.

Psychological Warning Signs

- **Guilt and Shame:** Feelings of guilt and shame are common. Individuals may express remorse after gambling sessions but feel unable to stop.
- **Anxiety and Depression:** Problem gambling is often associated with mental health issues. Anxiety and depression can both be a cause and a consequence of gambling addiction.
- **Impulsivity:** Impulsive behavior is a significant trait in those with gambling problems. This might include making rash decisions without considering the consequences.

Impact on Adolescents and Young Adults

Adolescents and young adults are particularly vulnerable to developing gambling problems due to their developmental stage and exposure to gambling through video games and social media.

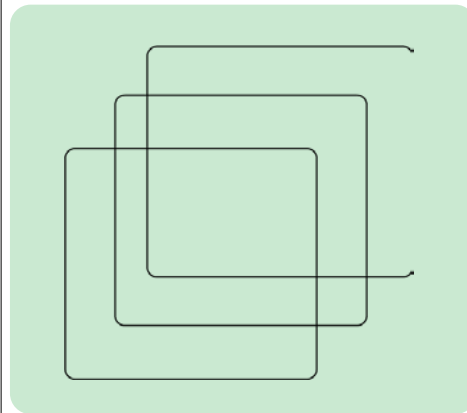
Parents should be aware younger individuals might be less able to recognize the risks associated with gambling and more prone to peer influence.



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Clinical Insights and Research

A study published in the *Journal of Gambling Studies* emphasizes the importance of family involvement in treatment. Family therapy can help repair relationships damaged by gambling and provide a supportive environment for recovery. Additionally, the **National Center for Responsible Gaming** highlights the role of psychoeducation for both the individual and their family, stressing the need for awareness and understanding of gambling addiction.

Practical Steps for Parents

- 1. Open Communication:** Foster a supportive and non-judgmental environment where your child feels comfortable discussing their activities and concerns. Open communication can help identify problems early on.
- 2. Monitor Behavior:** Keep an eye on changes in your child's behavior, social activities, and financial habits. Sudden changes may indicate underlying issues.
- 3. Seek Professional Help:** If you suspect a gambling problem, seek help from a mental health professional who specializes in addiction. **Birches Health** is a leading treatment provider offering customized care from licensed, specialized providers across Arizona and the rest of the US. Early intervention and speaking with a gambling disorder specialist can prevent the escalation of the problem.
- 4. Education:** Educate your child about the risks associated with gambling and promote healthy, alternative activities that provide excitement and engagement without the potential for harm.
- 5. Set Boundaries:** Establish clear rules and boundaries regarding gambling activities. Supervise online activities and limit access to gambling opportunities.

Problem gambling is a serious issue that can have far-reaching consequences for individuals and their families. For parents, recognizing the warning signs and taking proactive steps to address the problem is crucial. Through awareness, open communication, and professional support, it is possible to mitigate the risks associated with gambling and promote a healthier, more balanced lifestyle for young people. Early intervention is key to preventing the long-term impacts of gambling addiction.

Learn more <https://bircheshealth.com> or call (833) 483-3838.

Bobbe is in private practice, at ACT – Counseling & Education. For information call 602-569-4328 <http://www.actcounseling.com>



Aris Foundation founder Katherine Kouvelas-Edick with Greg Halvorson, Director of Operations, Crossroads

“At first I thought the goal was to get them off the streets, but that’s not the goal. I just want to love them where they’re at,” says Katherine, explaining that these nights are not about planning for the future or trying to “fix” anybody’s problems, it’s about providing people with food and essentials to get them through another day.

Outside of the dinner tailgate, The Aris Foundation—named after the Greek god of war, symbolizing courage and honoring the small village where Katherine’s father was born—will help people with resources, such as money management, housing opportunities, substance abuse and more. There is no problem Katherine won’t try to solve. And everybody who has come to know her, has come to know it.

“I want to make sure they know they have ‘a person’ if and when they’re ready to get off the streets. So, until they’re ready, I will be there; I will feed them, I will clothe them, I will give them hugs, and make sure they know they’re loved. When they’re ready, it’s magical, and that’s when we jump into gear.” – Katherine Kouvelas-Edick

Throughout the night you’ll hear most people lovingly call Katherine “mom,” as she hustles from each person with energy and excitement, welcoming vendors and guests with hugs and selfies all around. It’s quite the production. But Katherine’s mentality, since she started her foundation in 2016 is that “it just takes one person.” And for these folks, that one person is Katherine.

“They’re like my kids. I’ve known these people now for years, and I love them,” she explains. I have photos of them all, and when they get clean and sober and off the streets, I have their before and after pictures. And when I really have a hard day, I look back at that, and I think, ‘okay, it’s worth it.’”



How to Help: Needs for the summer

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Southwestern School for Behavioral Health Studies annual Conference comes to Chandler

This year’s theme

“Highlighting the Spectrum of Mental Health”

The 56th Annual Southwestern School for Behavioral Health Studies Conference will be held August 12 - 15, 2024 at Gila River Resorts & Casinos —Wild Horse Pass in Chandler, Arizona.

La Frontera Arizona EMPACT-Suicide Prevention Center is hosting this event with the support of valued Sponsors and Exhibitors. The agenda will include a dynamic group of speakers on topics significant to mental health, addiction, cultural diversity, and ethics. There will be numerous breakout sessions as well as five keynote sessions beginning Monday, August 12th. Earn up to 24 hours of continuing education for your attendance!

There will also be networking opportunities to share ideas with professionals from across the state of Arizona. Please visit www.azsws.org for more details and to register (after June 5th) for this educational event. Learn from engaging speakers, network with professionals and earn continuing education hours.

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Embracing from page 1

This highlights the ongoing need for greater awareness and support for mental health within the LGBTQ+ community.

The Impact of Discrimination and Stigma

Discrimination and stigma remain significant barriers to mental well-being for LGBTQ+ individuals. Despite advances in legal rights and societal acceptance, prejudice and bias still exist, often in subtle but harmful ways. Microaggressions, which are everyday verbal, nonverbal, and environmental slights, contribute to a hostile environment that exacerbates mental health issues.

These microaggressions, although not overtly hostile, chip away at self-esteem and a sense of belonging, leading to minority stress. This phenomenon involves the constant need to navigate a prejudiced environment, which takes a toll on mental health. Persistent stress can lead to chronic mental health issues, emphasizing the importance of addressing these subtle forms of bias.

The Importance of Inclusive Mental Health Care

Access to mental health care that is affirming and knowledgeable about LGBTQ+ issues is crucial. Unfortunately, many mental health professionals lack the training to adequately address the specific needs of the LGBTQ+ community. This can result in misdiagnoses or treatment plans that do not fully consider the impact of a person's sexual orientation or gender identity.

LGBTQ+ individuals often face challenges in finding mental health support that genuinely understands their experiences. The need for culturally competent care cannot be overstated, as it ensures that therapy and support are effective and inclusive. Without such care, individuals may struggle to trust the therapeutic process and fully engage in it.

Building a Supportive Community

One of the most powerful aspects of Pride Month is the sense of community it fosters. Connecting with others who share similar experiences can be incredibly healing. Support groups, both in-person and online, provide a safe space for individuals to share their stories and offer mutual support.

A strong sense of community can help alleviate feelings of isolation and provide a network of understanding and acceptance. This communal support reinforces the idea that LGBTQ+ individuals are not alone in their struggles and their identities are something to be celebrated.

Moving Forward: Advocacy and Education

To improve mental health outcomes for LGBTQ+ individuals, advocacy and education are essential. This includes pushing for policies that protect against discrimination, increasing funding for LGBTQ+ mental health services, and ensuring mental health professionals receive training in LGBTQ+ cultural competence.



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Education is also vital at the grassroots level. Schools, workplaces, and communities need to foster environments where diversity is celebrated and mental health is openly discussed. By doing so, stigma can be reduced, and individuals will be more encouraged to seek help when needed.

As we celebrate Pride Month, remember that the fight for equality includes advocating for mental health awareness and support within the LGBTQ+ community. By sharing stories, supporting one another, and pushing for systemic changes, a world can be created where everyone, regardless of their sexual orientation or gender identity, can live with dignity, pride, and mental well-being. Learn more www.reviverecoverycenters.com or call 866-311-7152.

Brayden Younghusband is the Founder and CEO of Revive Recovery Center. Brayden is in recovery and has made it his career and passion to be an advocate to people struggling from substance use and mental health disorders.



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Terros provides health care to residents experiencing homelessness

Program helps individuals at high risk of HIV, substance use disorder and other infectious diseases



They may look like a throwback to the '60s, but Terros Health's two colorfully decorated vans — affectionately named "Groovy" and "Disco" — are serving a vital role in providing much-needed physical and behavioral health care to racial and ethnic medically underserved individuals experiencing homelessness. The vans are part of a three-year, \$2 million Outpatient Portable Pilot Program funded by the U.S. Department of Health Services' Substance Abuse and Mental Health Services Administration (SAMHSA).

Terros Health joined the City of Vernon, Calif. and University of California, San Francisco, as the nation's three organizations awarded SAMHSA-funded minority AIDS/HIV grants focused on homelessness and HIV prevention.

Each portable van is staffed by a registered nurse, a peer outreach specialist and a clinician or counselor who provide everything from basic primary care, vaccinations and infectious disease prevention to mental health and substance use counseling and harm reduction services to those living in encampments,

parks and on the streets in metro Phoenix. The team also offers transportation support and housing resources. The program is timely, considering that 9,642 individuals in Maricopa County experience homelessness each night, according to the January 2023 Point in Time count.

A recent survey completed for the Phoenix Rescue Mission revealed gaps in services and data that was previously collected county-wide.

"Our goal to serve these individuals using an evidence-based, trauma-informed approach to care and Terros Health's core values of integrity, compassion, empowerment and diversity as a guide," said Dr. Karen Tepper Hoffman, the organization's president and CEO.

Terros Health has been supporting the Valley's diverse communities for more than 50 years. When AIDS became an epidemic in the 1980s, the organization took the lead as a regional educator, screener and crisis trainee long before other providers took notice. With a federal grant, the organization launched Safety Counts in Maricopa County to eliminate or reduce HIV among people who engaged in high-risk sex or intravenous drug use and shared needles. Fast-forward 40 years and Terros Health has trained thousands of caregivers, conducted thousands of free HIV screenings and educated thousands of individuals.

Seeing a record number of Arizonans dying from opioid overdoses, Terros Health also devised the state's most comprehensive training program to reverse the effects of heroin, fentanyl and prescription opioid medications in minutes. Since 2021, Terros Health's team conducted training and distributed lifesaving Narcan kits to thousands of citizens statewide.

The organization has led several first-in-the nation collaborations for other special populations, ensuring Boys & Girls Clubs members, those on probation and individuals with disabilities have access to quality health care.

Terros Health's colorful Outpatient Portable Pilot Program vans are designed to be a consistent and recognizable presence in the community, with staff members visit designated sites weekly.

The program is already shattering its objectives of serving up to 150 unduplicated clients in Year 1; scheduling follow-up appointments for at least 80% of those with behavioral health needs; offering infectious disease testing to all clients; and referring at least 80% of those who test positive for an infectious disease for treatment.

The program also endeavors to engage 75% of participants in housing support; connecting at least 10 individuals per month to short- or long-term housing by Year 2; provide a minimum of 100 clients one or more resources — from health care to employment, education and support networks — to address social determinants of health; and conduct widespread Narcan education and distribute lifesaving Narcan to those in need.

"We want to build rapport and health equity with clients by addressing not only their immediate physical and behavioral health challenges, but also the social determinants of health," Tepper said. "Ultimately, this will create better individual outcomes, as well as healthy communities."

For more information about the Outpatient Portable Pilot Program and other Terros Health services, visit terroshealth.org.



Empowering women in recovery for a healthy family and hopeful future

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

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Handle with Care: The Importance of Tailor-Made Addiction Treatment for the LGBTQ+ Community

By Christa Banister

Considering how complex addiction is and what causes it in the first place, it probably seems like a no-brainer that one size doesn't necessarily fit all when it comes to treatment options. But as much as that sentiment makes sense on paper, modern healthcare practices don't always reflect that reality, particularly in the LGBTQ+ community, where drug use is two to three times higher than the general population.

Breaking it down further, while roughly nine percent of the general population abuses various substances, it's estimated between 20 to 30 percent of gay and transgender people do the same. It is also estimated gay and transgender people not only smoke tobacco up to 200 percent more than their heterosexual and non-transgender peers, but roughly 25 percent of the LGBTQ+ community also regularly abuses alcohol, which is between 15 and 20 percent higher than the general population.

Use of illicit drugs, particularly marijuana, amphetamines and heroin, are also significantly higher among homosexual men. For example, it's been reported that men who have sex with other men are 12.2 times more likely to use amphetamines, 9.5 times more likely to use heroin and 3.5 times more likely to use marijuana than men who do not have sex with men.



Cause and Effect

The wild variance in the numbers can be attributed to a variety of factors that include a greater level of stress that comes from discrimination and being misunderstood, not to mention social prejudice on the job which has been reported by 43 percent of gay people and 90 percent of transgender individuals, the lack of pertinent healthcare solutions that specifically address the needs of their community and basic validation of their same-sex relationships and varied family structures in more conservative areas. Because there's still a deficiency of places in which the LGBTQ+ community feels safe to socialize without fear of judgment — or even worse, hate crimes, many alcohol and tobacco companies have exploited this discrepancy by making their products more readily available in these places.

While same-sex marriage was legalized in all 50 states back in 2015, healthcare hasn't quite caught up to meet these couples' needs. While there are more than 450 LGBTQ+-friendly hospitals in 47 states, most facilities don't have addiction programs. And while the number of accommodating hospitals has increased, the bulk are located in larger cities, which leaves behind so many living in rural communities, where the struggle is very real as well.

Another troubling reality centers on the LGBTQ+-tailored treatment itself. The most recent research indicates very few programs actually have specialized services, and if they did, most for the LGBTQ+ community aren't covered by insurance or all that accessible for the masses with the majority located in New York and California.

Meeting the LGBTQ+ Community where they are

Understanding the unique needs of the LGBTQ+ community — socially, personally and psychologically is essential for individuals seeking treatment, not to mention their loved ones cheering them on. In addition to medically supported detox, rehab along with therapy and support from trusted professionals, treatment for the LGBTQ+ individuals may involve dealing with anxiety, depression, suicidal thoughts and guilt that often go hand in hand from one's gender identity or sexual orientation. They may be dealing with accepting identity or coming out to family and friends. They may struggle with peer pressure that's common in the club scene or find themselves facing other mental health concerns.

If you or someone you love is looking for an accepting, knowledgeable and safe environment with comprehensive clinical services to address addiction or any mental health needs, don't hesitate to reach out to the caring professionals at **Valley Hospital** at **602-755-7008**.

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What is most rewarding being CEO of Scottsdale Recovery Center?

I give a tremendous amount of gratitude and respect to Michelle Siwek for not only affording me the opportunity, but trusting me to lead the way that is unique to me.

Integrity is especially important and in order for the operation to function successfully, it requires I immerse myself in everything. It is common to see me facilitate groups, coach clients on how to navigate their evolution into recovery, break bread with staff or attend outside activities for social interaction that solidifies our bond.

I have the privilege of working alongside people who share the vision and naturally exude the innate qualities that make what we do effortless, or at least appear that way. They get to be people. Not necessarily acknowledged by role and function, but by who they are as individuals. Working alongside others is a gift and you either have it or you don't. Innate qualities cannot be taught. I am so fortunate I was afforded an opportunity that allows me to just be me. I always tell people, I'm the Director of Sanitation for the organization. I am here to alleviate you of your trash and dispose of it accordingly, so we can create room for love, self-respect, pride, dignity, joy, security, and happiness. CEO is a title, and the platform allows me to have more of a reach than I typically would. It is an honor, privilege, and pleasure to be a part of an individual's journey in the reclamation of life.

<https://scottsdalerecovery.com/> 602-346-9142



Lee Yaiva brings a wealth of knowledge and 16 years of experience in behavioral health and addiction treatment as Chief Executive Officer at Scottsdale Recovery. Mr. Yaiva has served as the tribal liaison for numerous campaigns targeting culturally specific endeavors, incorporating a holistic approach to health and healing that is innate. Lee's passion for people and respect for the recovery process is evident in his distinct style and meticulous order in acquisition of identified objectives. Lee's commitment to empower utilizing a methodical approach to the reclamation of life is strategic and impactful. Lee's mission is to create an opportunity of a lifetime for a lifetime of opportunities for all people.

Lee's mission is to create an opportunity of a lifetime for a lifetime of opportunities for all people.

AZ 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 AZ: 877-756-4090

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

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

Tohono O'odham Nation: 844-423-8759

National Substance Use and Disorder Issues Referral and Treatment Hotline: 1-800-662-HELP (4357) Text "HOME" to 741741

Arizona Statewide Crisis Hotline Phone: 844-534-4673 (HOPE) Text 4HOPE (44673)

Trevor Hotline LGBTQ+ support thetrevorproject.org 866-488-7386

National Sexual Assault Hotline (24/7 help) online.rainn.org 800-656-4673 (HOPE)

Mesa Family Advocacy Center 480-644-4075
Phoenix Family Advocacy Center 602-534-2120
Scottsdale Family Advocacy Center 480-312-6300
Southwest Family Advocacy Center 623-333-7900

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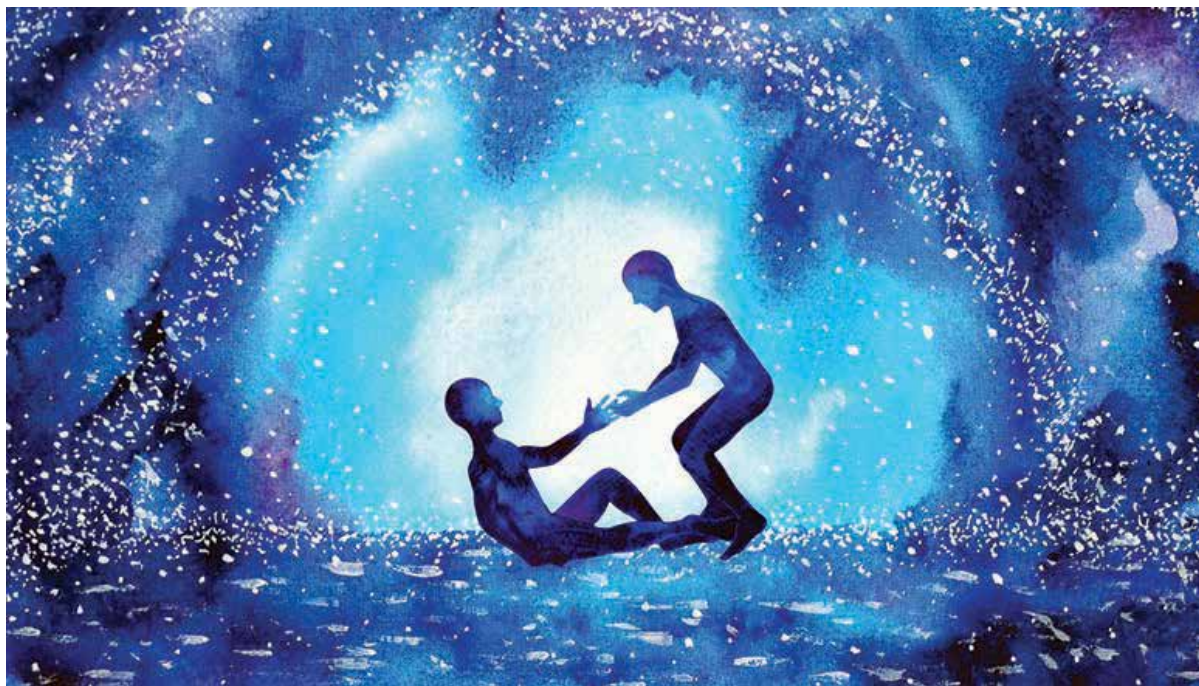
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We Rise by Lifting Others



By Alan Cohen

Recently I presented a retreat at a center on a small island off the coast of Vancouver, BC. The facility was a rustic YMCA-style camp, the only resident—a caretaker named Dave.

As our program got going, Dave made constant trips through our meetings in progress. At first, we thought there was some logistical emergency he had to take care of. But there were none. He kept walking in and out of the meeting room at sensitive times when participants were sharing intimate material about their lives. We didn't find it appropriate that Dave remain during these moments, so we politely asked him to please not enter the meeting room during the program.

Still he insisted on walking into our meetings. So we decided there must be some reason for his adamant attendance, and we invited him to join us. At first opportunity, Dave revealed that shortly before that time his wife and young daughter had tragically perished in a car crash. He took the job at this solitary outpost to heal. When he realized our group was about healing, he wanted to be a part of it.

Compassion makes a difference

The group members had compassion for Dave, and embraced him with love and support, which he gratefully received. From that point on, he became a part of the group and attended all the sessions. Over the course of the week, Dave became lighter and lighter, and released a significant amount of the grief he had been carrying. By the end of the week, he was shining.

I'll always remember the final day of the retreat, when we took a small boat back to the mainland. As our craft headed away from the dock, Dave stood at the edge of the pier, smiling and waving goodbye to us. As we made our way further out into the bay, he remained, his image getting smaller in our field of vision until we could see him no more. (I sometimes wonder if Dave is still standing there, waving.)

Dave's apparently disruptive behavior was really a call for love. A Course in Miracles tells us that every human act is either a pure expression of love or a call for love. We should interpret all negative or aberrant behaviors as pleas for love. Rather than answer disruptions with punishment or retaliation,

we do better to give the love requested. That is the only way that human sorrow and dark expressions are healed.

We can each apply this golden principle to our own calls for love, as well. You might be judging yourself for foolish mistakes you've made, unkindnesses you have shown in relationships, and addictions you can't seem to shake. You might beat yourself up or feel guilty for your errors. But what if all of those mistakes were just unskilled ways you were reaching out for love? What if they were not calls for guilt or self-punishment, but more compassion for yourself? Your errors were not sins for which you deserve to be castigated, but innocent requests for healing.

We all make mistakes, lots of them

We all seek love in odd ways from outside sources. When it does not come in the form we expect or demand, we may blame the other person or ourself. But you were really reaching out for the love you didn't give yourself. Being kind to yourself will heal much of the pain or regret we have in relationships.

Many of us are hell-bent on fixing ourselves. We would do better to be heaven-bent on accepting ourselves. Within each of us there is a Dave trying to work our way into a healing room. And within each of us there is a healing seminar ready and willing to embrace us.

Life is rarely what it appears to be. There is a deeper reason for everything.

Visit www.alancohen.com for seminar information and to sign up for his newsletter.

Sonoran Prevention Works Announces Departure of Founder Haley Coles

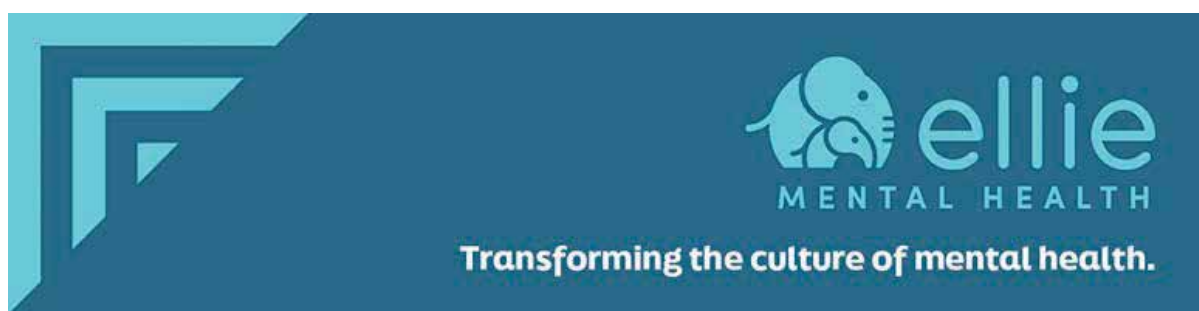
Sonoran Prevention Works (SPW) announced the resignation of its esteemed Executive Director, Haley Coles, after 14 years of dedicated service and visionary leadership.

Coles, a co-founder of SPW in 2010, spearheaded the organization's work to legalize needle exchange programs, culminating in the Arizona landmark legislation SB 1250 which passed in 2021. Under her guidance, SPW has distributed over 1 million doses of the overdose reversal drug, Naloxone, reportedly saving over 30,000 lives throughout the state.

"When I started what would eventually become Sonoran Prevention Works with two friends in 2010, I set out to accomplish my dream of legalizing needle exchanges," Coles reflected on her tenure. "Eleven years later we brought harm reduction to downtown Phoenix, saw the legalization of needle exchanges in Arizona due to our policy work and advocacy," stating that, "what was once a small grassroots organization has become a leading voice in the overdose prevention space. I couldn't be more proud of what SPW has become."

As Coles steps down from her role, she expresses confidence in the organization's continued success. "The last 14 years of my life have been dedicated to the growth of SPW. As I announce my resignation, I look forward to the future for both myself and the organization. I am excited for my next chapter and I'm confident in our board to choose my successor. I know that I am leaving SPW in capable hands."

SPW expresses deep gratitude for Coles' transformative leadership and looks forward to building upon her legacy as it continues its mission to promote harm reduction and public health.



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Purpose in the Pines *from page 4*

others faced bullying or even suicidal thoughts. I never realized the depth of emotional pain endured by so many within the LGBTQ+ community.

In that moment, the desire to help transcended anything I'd ever imagined. It felt like my purpose clicked into place.

Fast forward to 2024

We have rebranded OITNI and are out in the community at events showing support, love, a safe space and acceptance to those who need it.

Since retiring from the force in January of 2021, Out Is The New In is now a (501©3). I'm blessed to have had the opportunity to launch a Mental Health podcast focusing on people sharing their personal stories of coming out, trauma, addiction, sobriety and resilience.

Current numbers and information from 2023:

- 41% of LGBTQ+ young people seriously considered attempting suicide in the past year
- 14% of LGBTQ+ young people attempted suicide in the past year
- 56% of LGBTQ+ young people who wanted mental health care in the past year were not able to get it
- Fewer than 40% of LGBTQ+ young people found their home to be LGBTQ+ affirming

Mental Health & Suicide Risk:

LGBTQ+ young people are not inherently prone to suicide risk because of their sexual orientation or gender identity but rather placed at higher risk because of how they are mistreated and stigmatized in society.



The Mission of OUT IS THE NEW IN

"Allies and Advocates coming together to show respect, support and recognition to all LGBTQ+ people through community service, by being authentic, being present and creating value."

At least 510 anti-LGBTQ bills were introduced in state legislatures across the US last year alone, compared to 42 bills in 2018. Reviewing the information above is why I am doing what I can to support and give back to these truly many amazing, strong people.

A way to help and support LGBTQ+ young people:

LGBTQ+ young people report lower rates of attempting suicide when they have access to affirming spaces — and they want the people in their lives to learn more about how to support them and the basics of LGBTQ+ identities. And most importantly, just be KIND to each other! We have no idea what someone else is going through, be a kind human to another human. It truly takes zero effort!

Want to learn more about OITNI?

Website: outisthenewin.org
 Instagram & Facebook: [outisthenewin](https://www.instagram.com/outisthenewin)
 Contact: jg@outisthenewin.org
 602-214-9470

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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
Ellie Mental Health		elliementalhealth.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
Montare	480-5388	montarebh.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
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 844-646-3
TERROS Health	602-685-6000

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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

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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 and Prevention Line	988
Teen Challenge	888-352-4940
Teen Life Line	800-248-8336

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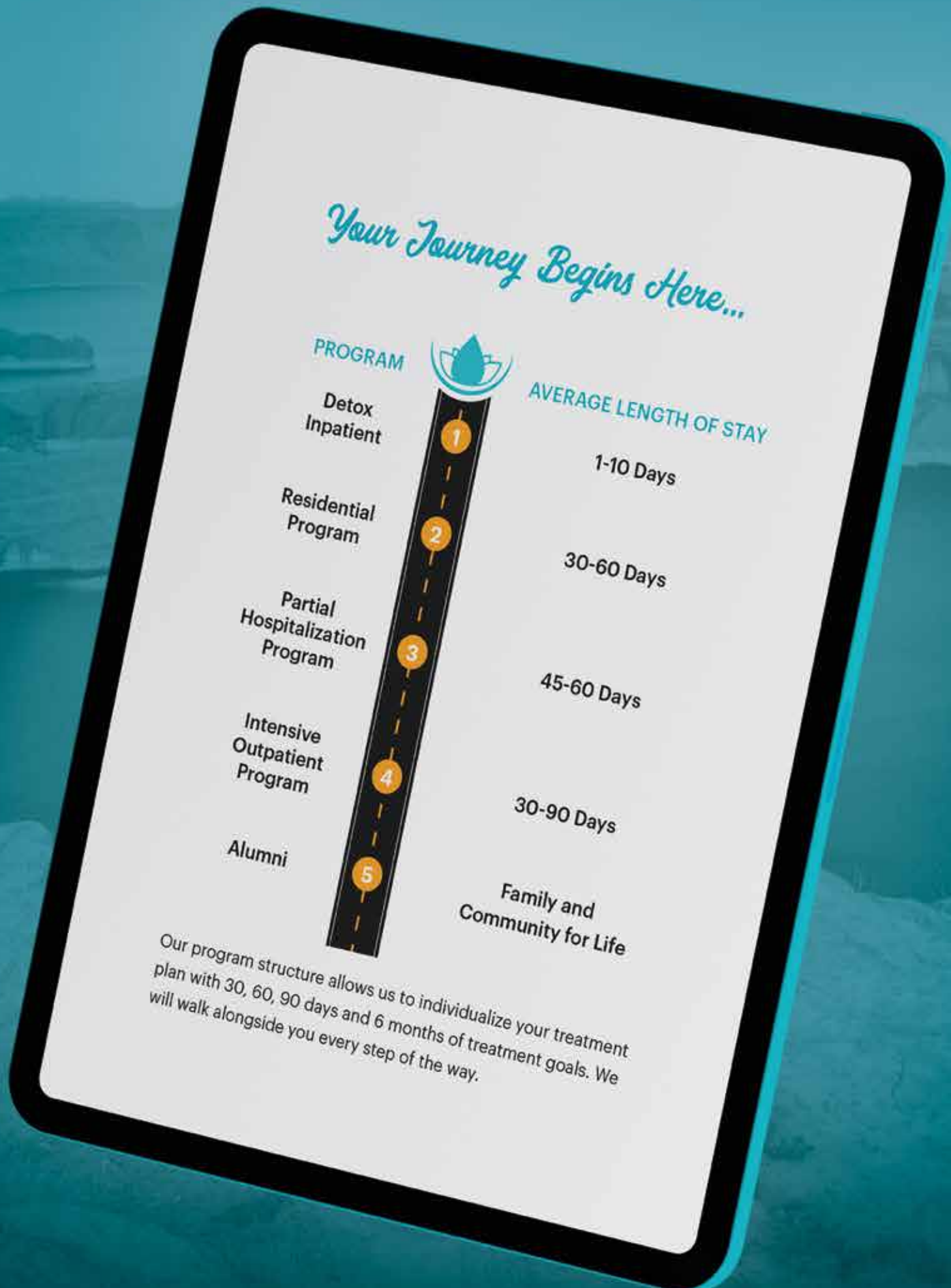




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Scottsdale Recovery Center is a beacon of healing and hope for those who struggle with addiction, offering support and education to their families and a lifeline of services to the community in which they live.



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