

Together AZ

JULY 2024

Inspiring Success on the Road to Recovery

Go Ahead, Step Through

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

Imagine it's your first time walking into a therapist's office, entering an AA meeting full of strangers, or stepping through the doors of residential treatment and you look up and see a bright red warning sign: "For those who choose to enter, nothing will ever be the same."

Do you walk further? The very idea of that kind of transformation can be terrifying, paralyzing, and yet at its core, it holds profound promise.

Admittedly, entering with eyes wide open is no easy feat. Common sense supports that no substantial change is instant, easy, or even predictable. That includes the daunting recovery journey toward healing and change. It's a process marked by ups and downs, breakthroughs and relapses. Here's another warning: It can be disheartening. But take heart — each step promises to bring you forward and closer to your true self — but only if you can embrace the following:

- **Seek Honesty**

We are sometimes mired in our own messy interpretation of the events in our lives. But stop to consider what happens when we begin to peel back the layers and confront our struggles with an open and honest heart. Honesty takes a weight off and helps us to understand ourselves in new ways. It says I don't have to pretend. My days of faking it are over. What a relief!

"Getting to the other side of recovery means facing vulnerability, embracing honesty, and trusting others."



Photo: iStock.com

- **Expect to get Messy**

The work it takes to be honest and find healing often forces us to think about the past and how we got here and it's not a place we necessarily want to go. So, expect to get messy with all our goop bubbling up from the past. Our stuff is not wrapped up neatly in a Tiffany blue-bowed box. That's not real life.

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Empowering the Recovery Community at Recovery Café Valley of the Sun

By Anthony Eaton, Executive Director

Recovery Café Valley of the Sun is a vibrant and welcoming community dedicated to supporting individuals on their journey to recovery from substance use disorders and mental health challenges. Located in the heart of Chandler, Arizona, the Café provides a safe haven where Members can find connection, support, and resources essential for their recovery journey.

Our Mission

Founded in 2019, Recovery Café Valley of the Sun opened its doors in January 2023 as the first Recovery Café location in Arizona. Our mission is to create a nurturing community space that fosters healing and growth, helping individuals build a life of stability and wellness. We are committed to serving people from all backgrounds, particularly focusing on underserved communities disproportionately affected by substance use disorders and mental health issues. All our support and services are provided free to the community.

What is a Recovery Café?

Recovery Cafés are healing recovery communities committed to serving people who have experienced trauma and the results of trauma like homelessness, addiction, mental health challenges, incarceration, and loneliness. Recovery Cafés embody what it looks like when we live like we belong to each other. We support multiple pathways of recovery, are guided by trauma-informed principles, and recognize that long-term recovery requires long-term support and authentic connection.

Recovery Cafés provide a structure for developing healthy relationships and loving accountability that empowers Recovery Café Members (our most closely held participants) to gain and maintain recovery, reduce recurrence of use, and fulfill each individual's growth potential. This community of belonging and becoming helps individuals live lives they are excited about living—lives of connection and service.

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Publisher's Note

By Barbara Nicholson-Brown barb@togetheraz.com



Finding Freedom in Surrender

Here's the brutal truth about addiction— it's the opposite of freedom. I didn't drink because I **wanted** to; I drank because I **had** to. All of the "I'll stop tomorrow" promises made to friends and family were meaningless. The cycle of cravings, blackouts, and consequences just kept rolling in until the bottom hit. That was the worst and best day of my life — all in one.

How free do you want to be?

Getting sober offered me a freedom I didn't know existed. It's the freedom many addicts and alcoholics find in recovery. It's not white-knuckling sobriety, it's about admitting I can't do this alone, that I need help. It's about seeking guidance when my mind wants to sabotage me. It's about surrounding myself with people who understand the struggle, who hold me accountable to stay honest and real.

This path isn't always easy. There will be triumphs and defeats, good days and bad. But in surrendering to the process, a new kind of freedom emerges. It's the freedom to learn from the past, stay present, and embrace the journey, one day at a time.

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Spotlight on Dr. Beverly Wohlert

CEO, Arizona Women's Recovery Center

Given the variety of programs AWRC provides, how rewarding is it to witness the growth of the women you serve?

I am nearing the end of my second decade working for AWRC, and longer in the behavioral health field. I will never run out of reasons to be inspired by seeing a woman who was once homeless, broken, and helpless— transition into a proud, independent, and healthy person. As a foster and adoptive parent, I've personally and professionally witnessed how critical it is for children to reunite with a healthy and stable biological parent. Watching our women trust, love, and commit to sobriety, overcome tragedy and suffering has inspired me to want to be a better person, stronger woman, and better mom. I'm humbled to have had made an impact in one small way or another in our clients lives, and grateful to be part of their journey. Our work can be challenging, but each day I am rewarded and fulfilled by this opportunity.

Who can attend the family program?

We work to address the needs of not only our clients, but to find services for their children. We offer family sessions as needed to families of clients and hope to build upon this program in the future. We plan on hosting many supportive programs, to include PAL or Parents of Addicted Loved One's at our newest Westside location this fall.

AWRC accepts pregnant and women with children. Are there age restrictions for kids? How are they cared for while mom is in sessions and programs?

AWRC accepts any client 18 years or older who identifies as female. We have specialized programs that focus on pregnant and parenting women. We do not have a strict policy or restriction regarding the ages of children a mom can bring into our housing program. While the moms are in treatment their children attend school, daycare, or summer camp.

What are the different homes and who qualifies to live at AWRC?

Arizona Women's Recovery Center (AWRC) provides outpatient substance use treatment to women 18 years and older. In addition to our outpatient program, we have six supportive housing programs to include:

- **Weldon House:** For women with their children.
- **Sally's Place:** For pregnant and recent post-partum women and their infants.
- **Legacy House and HER House:** For single women without children in their care.
- **Terry's Place:** Step-down program for coparenting women and their children.
- **Thelma's Place:** Mixed program for women with and without children preparing for the final transition into independence.

A westside location is the AWRC's future, will this be an IOP?

AWRC West will be a standard outpatient substance use program, and provide DUI Education and Programming. This location will be the hub for many support and 12-steps groups, as well as our Women's Alumni Network (WAN).

AWRC has many inspiring examples of women finding lasting recovery. Share a success story reflecting the impact of the program.

There are endless success stories that have come through the doors of AWRC. These stories are what has kept me fighting the good fight for nearly 20 years. I see the successes each day from the growth of our present clients to our staff in recovery — and the most precious... are the children who I have been able to see grow up that no longer, or maybe even never knew their mom as an addict, because they are living a stable and happy life. However, with the present rise of fentanyl use and overdose on our streets, it's important to note that each day a woman walks through our door and chooses to fight through their addiction rather than let their disease beat them—we can celebrate a success.

How can our readers and the community get involved?

When considering the business impact of AWRC, we provide housing and support to women AND their children. However, we are funded specifically, just for the woman. Therefore, we might be providing shelter, food, and clothing to a family of five, but essentially we are only receiving funding for the mother. We are always in need of basic household needs and necessities to include clothing, toys, diapers, appliances, and furniture.

And while Christmas is still five months away, we are always in need of presents for our children, more specifically older children, such as make-up, watches, headphones, and gift cards.

Monetary donations are always appreciated and can be made directly through our webpage at <https://www.azwomensrecoverycenter.org>.

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We're also grateful to be chosen to receive proceeds from the annual **Bill Brown Memorial Golf Tournament, Tee it up for the Kids**, September 20th. Consider becoming a sponsor or getting a foursome to participate! <https://allevents.in/phoenix/12th-annual-bill-brown-memorial-golf-tournament/80002825123268>

I want to thank *Together AZ* for choosing to cover Arizona Women's Recovery Center and myself. I would like to tribute this article to one of the most beautiful humans I have ever met who should be credited for building AWRC to what it is today. We lost one of the world's most beautiful souls, Thelma Ross on Monday, June 10, 2024. Thelma was the previous CEO of AWRC and driving force behind most of our programs. Thelma's vision to support women through treatment while keeping their children with them has been life altering for many families. Thelma was a champion for families in recovery, a dynamic therapist and visionary, and a friend and mother to so many in our community. I want to thank her for taking a chance on a novice master's level intern 20 years ago and entrusting me with the opportunity to carry the torch of service for those who need us most in our community. *Thelma you will be missed and forever remembered.*



Thelma Ross and Dr. Beverly

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— Step Through from page 1

"By reaching out for help, we begin to see glimpses of Technicolor amidst the black and white of our struggles."

- **Find Your Courage**

We all have some courage. It's finding it that's the hard part. But bravery is rewarded to those who realize that they are sick and tired of being sick and tired. Taking action, even the smallest of actions can provide the courage to take the next step. Even if you sit quietly and don't contribute during a group session, or you utter nothing to your therapist and instead choose to watch the clock tick minute by minute (think Matt Damon and Robin Williams in Good Will Hunting), it's okay – congratulate yourself on showing up and being there. After all your journey is about progress, not perfection!

- **Embrace Your Safe Space**

Therapy and support groups are spaces where we can be vulnerable without fear of judgment. It's where we can lay down our burdens, share our stories, and be met with empathy and understanding. The act of sharing, even our darkest moments, can be a catalyst for healing and creates space for connection and support from others who have walked similar paths. We begin to discover that they are not so different from you....and as I like to say you are not "terminally unique." It's in this holding space that we find the courage to confront our demons and embrace the changes that come with healing.

- **Get Ready to See things in Color:**

As we continue to show up for ourselves, whether in therapy sessions, support group meetings, or simply by reaching out for help, we begin to see glimpses of Technicolor amidst the black and white of our struggles. Color brings with it dimension and new perspectives to see things differently. Color represents the hope that begins to emerge when we are vulnerable, we learn to embrace honesty and begin to trust others who are there for us.



If you want to learn how to start your path of recovery to find your own miracle, contact me at tim.mcleod@sierratucson.com. For more on Sierra Tucson please visit www.sierratucson.com



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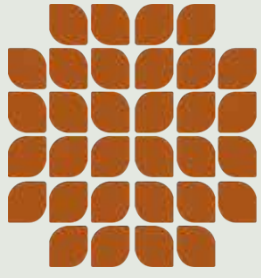
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Video Gaming Addiction

Here's What to Know

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

In recent years, video gaming has evolved from a niche pastime into a global phenomenon, engaging millions of players across various demographics. In the US in particular, players are often younger and male. While gaming offers numerous benefits, such as improved cognitive skills, social interaction, and stress relief, it also poses the risk of addiction. Video gaming addiction is a behavioral and process addictive disorder characterized by an overwhelming compulsion to play video games, at times leading to negative consequences in personal, academic, and professional aspects of life.



Do you know the warning signs?

Preoccupation with Video Games

One of the primary indicators of video gaming addiction is an excessive preoccupation with gaming. Individuals struggling with this disorder often spend an inordinate amount of time thinking about past gaming experiences or anticipating future gaming sessions. This obsession can interfere with daily responsibilities and social interactions.

- **Loss of Control**

Loss of control is a hallmark of any addiction. With video gaming, this manifests as an inability to limit the duration and frequency of gaming sessions. Despite attempts to cut back, individuals find themselves gaming for extended periods, often neglecting important tasks and obligations.

- **Withdrawal Symptoms**

Like other forms of addiction, video gaming can lead to withdrawal symptoms when gaming is not possible. These may include irritability, restlessness, anxiety, and depression. The intensity of these symptoms can vary, but they generally contribute to a cycle of compulsive gaming to alleviate discomfort.

- **Tolerance**

Tolerance refers to the need for increasing amounts of the addictive activity to achieve the desired effect. In video gaming, this might mean playing for longer hours or engaging in more intense gaming activities to maintain the same level of excitement and satisfaction.

- **Neglecting Daily Life and Other Previously-Enjoyed Activities**

Addiction often leads to the neglect of previously enjoyed activities. For video gamers, this can result in a decline in academic performance, job productivity, and social relationships. Hobbies, exercise, and other forms of recreation are all abandoned in favor of gaming.

- **Activity Concealment**

Individuals addicted to gaming may resort to deception to hide the extent of their gaming habits. This can include lying to family members, friends, or employers about the time spent gaming and its impact on their lives.

- **Gaming to Escape or Relieve Negative Moods**

Many addicted gamers use gaming as a coping mechanism to escape from real-life problems or to alleviate negative emotions such as loneliness, anxiety, and depression. This reliance on gaming for emotional regulation can perpetuate the addiction cycle.

"Video gaming has evolved from a niche pastime into a global phenomenon."

Overlap with Gambling Addiction

Gambling addiction shares several similarities with video gaming addiction, as both involve compulsive engagement in an activity despite adverse consequences. The overlap is particularly evident in the following aspects:

- **Reward System Activation**

Both video gaming and gambling activate the brain's reward system, releasing dopamine and creating a sense of pleasure and reinforcement. This neurobiological response can lead to compulsive behavior as individuals seek to replicate the rewarding experience.

- **Stimulating Dopamine Hits and Chasing Losses**

Many video games, especially those with loot boxes or microtransactions, mimic gambling by incorporating elements of chance and risk. Loot boxes in particular are virtual containers within video games that can give rewards to players —often for real money or gameplay progression. The unpredictability of rewards can create a gambling-like environment, fostering addictive behavior.

- **Escapism**

Both video gaming and gambling can serve as forms of escapism, allowing individuals to avoid real-life problems and stressors. This can lead to a cycle of addiction as individuals increasingly rely on these activities to manage their emotions.

Overlap with Sex and Pornography Addiction

Sex and pornography addictions also share commonalities with video gaming addiction, particularly in the context of compulsive behavior and its impact on daily life.

- **Compulsive Engagement**

Like video gaming, sex and pornography addictions involve compulsive engagement in activities that provide short-term pleasure but lead to long-term negative consequences. Individuals may find it difficult to control their urges, leading to excessive consumption.

- **Impact on Relationships**

All three addictions can significantly impact personal relationships. Addicted individuals may become isolated, withdraw from social interactions, and neglect their partners and family members in favor of their addictive activities.

- **Emotional Regulation**

Sex and pornography, like gaming, can be used as tools for emotional regulation. Individuals may turn to these activities to cope with stress, anxiety, or depression, reinforcing the addiction cycle.

Video gaming addiction is a complex behavioral disorder with significant overlap with gambling, sex, and pornography addictions. Recognizing the warning signs, such as preoccupation, loss of control, withdrawal symptoms, tolerance, neglect of other activities, deception, and the use of gaming to escape negative moods, is crucial for early intervention and treatment. Understanding the commonalities between these addictions can help in developing comprehensive approaches to address the underlying issues and promote healthier lifestyles.

The good news is, help is available! If you're worried about yourself or someone you know, there are ways to get things back on track. And by understanding how gaming addiction is similar to other addictions, we can create better solutions to help people live healthier, happier lives.

Learn more from the *Birches Health* (www.bircheshealth.com) clinical leadership team to better understand potential warning signs of video gaming addiction and its overlap with other behavioral and process addictions such as gambling disorder, compulsive sexual behaviors, sex addiction, and pornography addiction.

Work /Life Balance

Why Rest is Key to Our Mental Health

By Amy Tilley, PsyD

Chief Clinical Officer, Desert Star ARC

July! We're halfway through the year. Are you tired? Physically, emotionally, mentally, spiritually? Are you working too much? Worried about work—when you are not working? Feel like you are burning the candle at both ends? Wondering on Sunday evening, 'where did my weekend go?' Are you running hard and not resting?



Do you find yourself working over 50 hours a week and doing more than is expected of you for your job? Do you continue working, despite potential (or actual) negative consequences on your health or in your relationships? If so, your behaviors may qualify as workaholism. Defined as a continual pattern of high work investment, long working hours, work beyond expectations and an all-consuming obsession with work (Griffiths M. D. Workaholism: A 21st century addiction. The Psychologist: Bulletin of the British Psychological Society. 2011). This definition is not new, and was coined in the 1970s by Wayne Oates, when he wrote the book, *Confessions of a Workaholic*.

In some workplaces, much is expected of employees. Supervisors can give you a long to-do list, project after project (when you cannot seem to finish one) and ask you to stay longer or come in earlier. This can have significant impacts on your mental and physical well-being. If your behaviors mimic those of a workaholic, you may not mind these extra "to-dos"...but be mindful. All the added expectations can lead to burnout, lack of sleep, poor work performance, depression, finding less joy in hobbies, and have an impact on your personal life.

What can you do about this workaholic pattern?

Learn to rest and balance work and life responsibilities. We all deserve rest. It is not something meant to be earned. It needs to be built into our daily routine. According to Brenda Jank, of www.runhardrestwell.org, there are four restorative practices that we all need to engage in on a regular basis, providing that work/life balance so many of us do not have.

- **SABBATH REST**— take a mental health day! Call off work and do something for you. Go for coffee with a friend, go to a meeting, watch a movie, read your favorite book, take a nap.
- **SLEEP**— our circadian rhythm is vital to our physical and mental health. If we don't get enough sleep, our bodies will react and shut down (physical illness), saying, "hey, you needed a break, didn't take one, so I am giving you one!"
- **STILLNESS**— make time in your daily routine for meditation, devotion, or prayer.
- **SOLITUDE** — stepping away from the business of life and a day away delivers! Do a digital detox, take a hike, take a vacation. Paid time off is just that. PAID. TIME. OFF. Use it! And when you are on vacation, don't check your email, don't answer phone calls from work. Be present and be where your feet are.

Ask yourself these questions:

- In the last week, have I had 5 nights of 7-8 hours of sleep?
- In the last 4 weeks I've enjoyed 4 days off – days that were refreshing. . . with minimal "work" around the house?
- Did I take a mental health day in the last 6 months?
- Did I enjoy 4 evenings this last week with no out-of-the-home obligations?
- Did I take all my vacation time last year?

If most of these are 'no' for you, then you need a restful reset. If you are not fully rested, then you won't be able to balance your work/life duties. And if you aren't rested, how can you enjoy life and all the people and experiences around you? Make time on your calendar for you, for rest, for sabbath, sleep, stillness, and solitude. You matter. Your physical, mental, emotional, and spiritual life matters. Tell workaholism to take a break, because you are taking a much-needed sabbath rest.

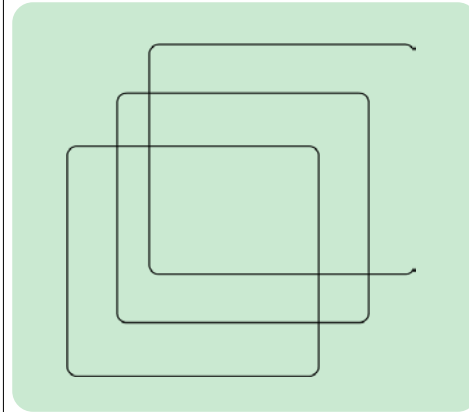
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Navigating Mental Healthcare in Arizona

By Michael Nelson

The need for accessible and intensive mental health Outpatient services has increased significantly for Arizonans in recent years. The World Health Organization reported a 25% increase in prevalence of depression and anxiety symptoms worldwide since the outbreak of the COVID-19 pandemic. Additionally, the National Library of Medicine reported a 23% increase in alcohol abuse and 16% increase in drug abuse from 2019 to 2021.

Rising to the occasion with education and resources

As mental health and substance use issues increase in our community it is imperative that we rise to the occasion and provide education, resources, and interventions to help individuals and families to navigate the system of mental health and access to care to meet their needs in a timely manner. The Arizona community of mental health professionals are dedicated to offering high quality, intensive, and accessible services for all those who may need help, wherever they may find themselves on their journey to recovery.

If you are new to seeking mental health services, you may not know about the various levels of care that are available to you. There are many levels of care tailored to your specific needs including, standard Outpatient care, Intensive Outpatient Services, Partial Hospitalization Programs, Therapeutic Group Homes, Residential Treatment Centers, and Inpatient Hospitalization. Each level of care adds another layer of intensity, frequency, and insulated treatment to ensure the patient is safe and their needs are met to provide the best possible treatment to propel them towards a life of improved functioning and fulfillment. Although the most common form of treatment is individual counseling 2 – 4 times per month, there are other, more intensive, options that may be necessary due to the increased concerns we have observed in recent years.

Making a break from unhealthy patterns

If you feel stuck in an unhealthy pattern of behavior or need more intensive services, I would recommend scheduling an intake assessment to determine if an Intensive Outpatient Program (IOP) or Partial Hospitalization Program (PHP) is right for you. IOP services include individual counseling, group counseling, and psychiatric services for adults and adolescents. IOP requires a commitment of attending sessions three times per week for approximately eight weeks. Each session is three hours long which includes psychoeducation and processing groups, and other therapeutic interventions founded in evidence-based therapy models.



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"Group therapy provides peer support and unique perspectives from individuals that have gone through similar experiences and challenges building a sense of community."

PHP programs are similar but offer up to five hours of programming per day and weekly psychiatric services to increase stabilization and focus on daily functioning.

I know that some of you may read group therapy and think to yourself, "that is not for me." However, I believe that all can benefit from group therapy because it provides peer support and unique perspectives from individuals that have gone through similar experiences and challenges. I also believe it builds a sense of community which combats the growing epidemic of loneliness. The United States Surgeon General described this epidemic by reporting, "about one-in-two adults in America reported experiencing loneliness. And that was before the COVID-19 pandemic cut off so many of us from friends, loved ones, and support systems, exacerbating loneliness and isolation." Group Therapy offers a safe and therapeutic environment to confront feelings of fear and isolation related to loneliness. It also cultivates a sense of belonging and connectedness that is a fundamental need for all humans.

Benefits of Telehealth

Perhaps some of you are reading this article from a rural location and thinking, "I cannot access these services because I live too far away." Thankfully, Telehealth Outpatient services are available to offer treatment regardless of your proximity to mental health facilities. If you have a laptop or smart phone, you can log into your group sessions via ZOOM or other telehealth platforms. Virtual services are ideal for those who cannot travel long distances or have personal reasons for participating in services from the comfort of their home.

If you are feeling overwhelmed, isolated, or hopeless, please know you are not alone. I empathize with the frustration that many individuals and families experience as they attempt to navigate the complexities of the mental health system in Arizona. I know our assessors have met many individuals and families that are overwhelmed and do not know where to turn next. If you are seeking Outpatient behavioral health services for yourself or a loved one, I would like to introduce you to a few facilities in your local area that offer free consultation both in-person or virtually.

- Via Linda Behavioral Hospital: <https://vialindabehavioral.com/>
- Quail Run Behavioral Health: <https://quailrunbehavioral.com/>
- Valley Hospital: <https://valleyhospital-phoenix.com/>
- Calvary Healing Center: <https://calvarycenter.com/>
- Palo Verde Behavioral Health: <https://paloverdebh.com/>

No matter where you are at in your journey to recovery, you are welcome. If you cannot participate in person but would like to explore virtual options, you are welcome. If you are concerned about a loved one but do not know where to turn, you are welcome. We are here to help. Don't hesitate to reach out and ask questions. The more people educated about mental health needs, intensity of treatment options, and accessing care, no matter where you are, the more connected we will be, the less lonely we will feel, and the healthier we can become, together.

Michael Nelson is a licensed social worker and has worked in various capacities in the Arizona social work field since 2014. He currently serves as Executive Director of Outpatient services for Quail Run Behavioral Health. He also works in private practice offering psychotherapy for children, adults, and families.





By Dr. Dina Evan

As a therapist with over 40 years of counseling under my belt, I could not even begin to tell you how many times I've heard the expression, "He makes me feel" or "She makes me feel." Clients are usually ready to grab their coats and walk out the door, when I suggest that no one else ever makes us feel anything. We choose to feel whatever we feel and usually those feelings come from that little or huge bag of life experience we carry with us everywhere start from infancy.

"The deepest kind of freedom comes when you are finally able to accept YOURSELF, be exactly who you are, and offer the same freedom to others."

Acceptance is Freedom

The deepest kind of freedom comes when you are finally able to accept YOURSELF, be exactly who you are, and offer the same freedom to others. When we are able to accept the feelings of others, knowing that does not condone or condemn their feeling, nor does it require us to change what we feel or believe. Instead, it creates the understanding that we each experience the world through a different lens and all of those differences require respect. The world is filled with people who will try to tell us what we ought to think and feel, however, there is only one voice to listen to. It is your voice — the voice of your own integrity and values.

Staying in alignment with that voice creates personal empowerment and a sense of safety. There is no greater sense of sadness or disappointment than that of disappointing ourselves when we act and speak with a lack of integrity. I often call this time in our history a holy moment because we are afforded every day, with opportunities to see what we believe and also see if we have the courage to stand up for that belief and act on it.

When we give ourselves the freedom to be authentic, we open the door for others to do the same. That opens the door to deeper and more meaningful communication and growth. We are so afraid to hear what others think we often stay close-minded, rather than taking the chance to learn something new. If we can take it for granted that most people don't actually want to deliberately hurt others, then having a conversation becomes easier.

If we can move from, "That's a stupid idea," to "Have you thought of or considered..." that opens the door to greater receptivity. When it comes to deep conversation, I often think the word "you" should be left outside the door and replaced with..."

**What I know would work better for me is," or
What I need in a relationship is..."**

This prevents the other person from feeling shamed or made wrong and they stay more open to listening. Most of us are feeling petty isolated now, but this challenge doesn't prevent us from talking to each other by phone, Facetime and lots of other ways. It might be a great time to have deeper conversations. In fact, putting a Zoom group together with a new topic each week could really be exciting.

Freedom and Diversity

When we talk about freedom, we also have to talk about the beauty and value of diversity. In some ways we are all different, however, we still live in a time when it feels scary to get close to a person who is too different

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TERRY'S PLACE Coparenting women		THELMA'S HOUSE Transitional housing for women and children	

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from us. Whether it's an elderly person, a LGBTQ+ person, person of color or different gender... no matter what it is — somewhere inside we carry this flashing red sign that says danger. It's important to realize that danger sign is because we don't trust ourselves to remain authentically who we are. Can you imagine for a minute all the different things you could learn from just a single hour with any one of these people and how much that might enrich your life? The most precious truths I ever learned came from sitting at the knee of my 88 year-old friend Irene who taught me tolerance, patience and humility.

Freedom is having the courage to admit you don't know everything there is to know — and are open to adding more to your tool bag so when you leave here you can honestly say, I did what came here to do and I was who I came here to be." **Light a firecracker and opt for that.**

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

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— Recovery Café from page 1

The Recovery Café Model

Membership is the heart of the Recovery Café Model. Cafés are not drop-in centers; every person in the space is either a Guest or an active Member of the community. Membership at a Café is free. In order to maintain a safe and supportive environment, we ask our Members to adhere to three key commitments:

- 1. Be Drug- and Alcohol-free in the Community Space:** Members agree to be free from drugs and alcohol while in the Café to ensure a safe and supportive environment for all.
- 2. Commit to Recovery Circles:** Members commit to attending their weekly Recovery Circle meetings, which are crucial for building trust and mutual support within the community.
- 3. Give Back:** Members contribute to the Café by being of service, whether through helping with daily operations or supporting fellow Members.

The membership structure is not intended to be a rigid barrier; it is a tool that allows meaningful follow-up conversations when a Member is unable to keep these commitments. This loving accountability and radical hospitality are key components and characteristics of the model and all Recovery Cafés.

Services Offered

At Recovery Café Valley of the Sun, we offer a wide range of services designed to support our Members in their recovery journey, including:

- **Recovery Circles:** Weekly small group meetings where Members build deep, supportive relationships.
- **Recovery Coaching:** Each Member is paired with a dedicated recovery coach who works closely with them to develop a personalized recovery plan based on their goals, strengths, and challenges. This one-on-one support ensures that Members receive tailored assistance that meets their specific needs.
- **School for Recovery:** Educational support and resources through various classes and workshops aimed at personal development, skill-building, and fostering a deeper understanding of recovery principles.
- **Meals and Coffee Bar:** Nutritious meals and a welcoming coffee bar, providing a space for Members to relax and connect with others in a supportive environment.

Our Impact

Since opening, Recovery Café Valley of the Sun has become a cornerstone of support for many individuals in our community. Our holistic approach not only addresses the immediate needs of those in recovery but also helps them build a foundation for a stable and fulfilling life. By offering a safe space and comprehensive support, we empower our Members to overcome challenges and achieve their full potential.

Join Our Community

Recovery Café Valley of the Sun is more than just a place—it's a community where everyone is valued and supported. Whether you're seeking help for yourself or a loved one, or you want to volunteer and make a difference, we welcome you to join us. Together, we can create a brighter, healthier future for all. For more information, visit www.recoverycafeaz.org or contact us at (480) 530-7090.



Anthony Eaton, Executive Director
Recovery Café

Recovery Café to Receive Funding

The Chandler City Council recently approved two agreements with nonprofits Recovery Café Arizona and EMPACT-Suicide Prevention Center to provide treatment to Chandler residents.

Both organizations received \$50,000 each, which came from the city's share of the One Arizona Distribution of Opioid Settlement Funds Agreement out of a \$26 billion settlement with opioid manufacturer Johnson & Johnson.

Executive Director, Anthony Eaton said, "On behalf of the Recovery Café Valley of the Sun, I want to express our deepest gratitude for the City of Chandler's generous funding and unwavering support. This vital contribution empowers us to continue our mission in fighting the opioid crisis in Chandler."

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Our Recovery Partners and Contributors

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Aurora Behavioral Health	877-870-7012	auroraarizona.com
Birches Health	833-483-3838	bircheshealth.com
CBI, Inc.	877-931-9142	communitybridgesinc.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	tc.az.org
Mercy Care	800-631-1314	mercycaarez.org
Montare	480-466-5388	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	tc.az.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
Recovery Café	480-530-7090
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

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community!
online and
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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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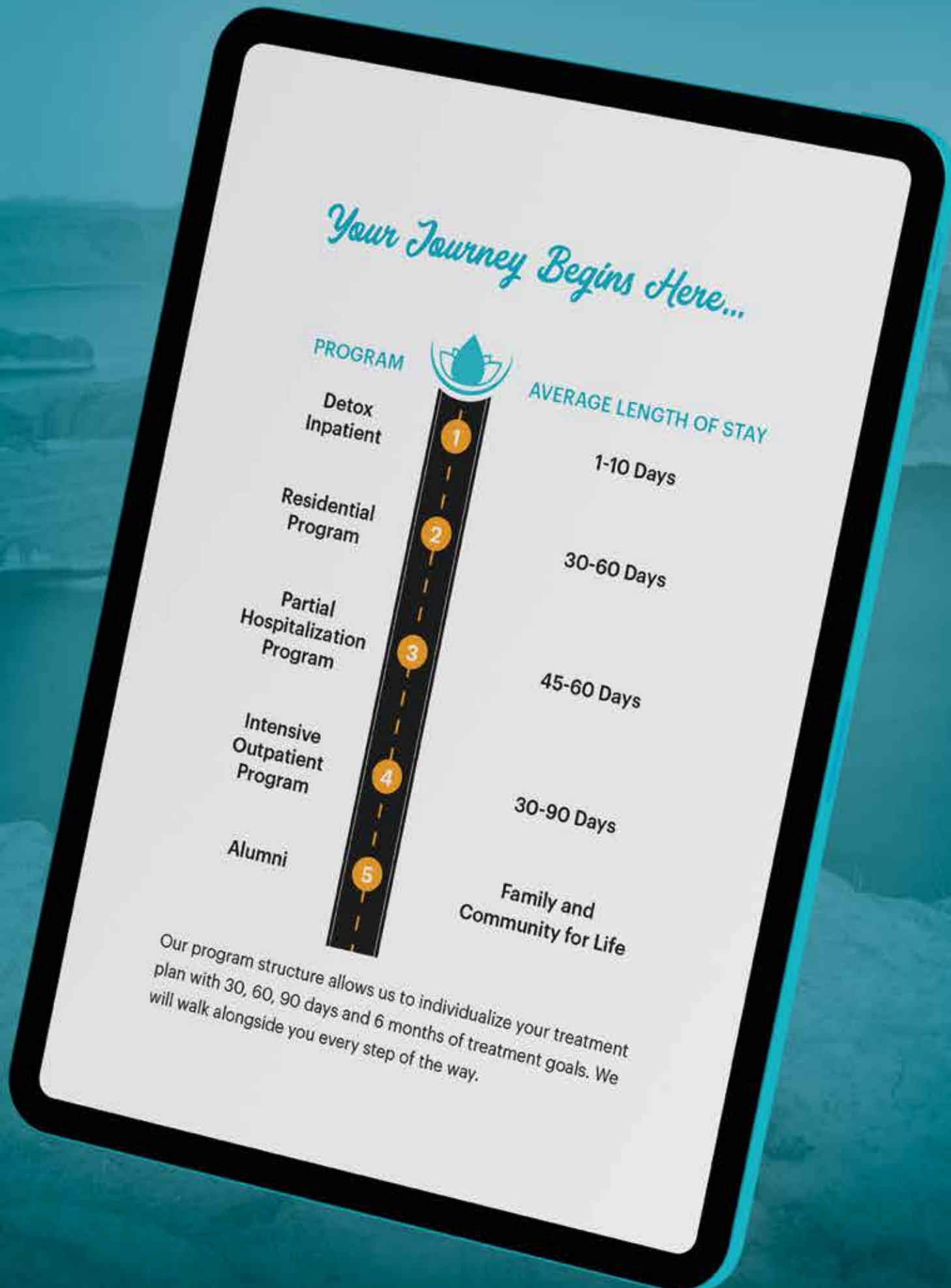
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