

Together AZ

Happy Healthy 2025

JANUARY 2025

Inspiring Success on the Road to Recovery

Overdose: A public health issue, not a private shame



Photo: Istock.com Credit: airdone

By Carey Davidson and Lisa Corbett, Founders of NarStop™

Why Public Naloxone Stations are Vital in Stopping Overdose Deaths

In the midst of an unrelenting opioid crisis, it's easy to feel overwhelmed by the staggering statistics of overdose deaths. According to the CDC, over 100,000 people in the United States lost their lives to drug overdoses in 2022 alone. Behind every statistic is a grieving family, a devastated community, and an urgent question: How can we stop overdose deaths? One answer is both simple and revolutionary—making life-saving tools, like naloxone, accessible in public spaces.

Enter the NarStop™ Station, a publicly accessible device designed to house naloxone, the medication that can reverse an opioid overdose in seconds. This product isn't just a tool—it's a powerful statement that communities can take action to save lives. Let's explore why placing these stations in public view is so crucial, not just for overdose prevention, but for reshaping how we educate the public and respond to the crisis.

Naloxone in Public Spaces: Breaking Down Barriers to Saving Lives

One of the biggest obstacles in stopping overdoses is accessibility. Imagine witnessing someone collapse from an opioid overdose—seconds feel like hours, and many bystanders don't have naloxone on hand. Even if they do, fear and stigma might prevent them from stepping in. The NarStop™ Station eliminates this barrier by creating an easy-to-see, easy-to-access naloxone hub in public areas like parks, shopping centers, or community buildings.



With its bright, bold design, the station immediately communicates: This is where you can save a life. No searching, no hesitation—just immediate access to the tools needed to stop an overdose.

Education is Key to Overdose Prevention

The presence of a NarStop™ Station in a public space does more than make naloxone available; it educates. Every time someone passes by, it's a reminder that overdose is a public health issue—not a private shame. For too long, the stigma around addiction has silenced conversations and delayed action. A station like this helps normalize the idea that overdoses can happen to anyone and that everyone has a role to play in prevention.

These stations can also be paired with educational materials about how to recognize an overdose, how to administer naloxone, and why it's important to act quickly. Public placement means communities can become more informed and better prepared to respond effectively.

The Power of Immediate Response

The question is, **Would you know what to do if you encountered an overdose emergency?**

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Unbroken by a Single Blade

How Disability and a New Mindset Transformed My Life

By Joshua Kolsrud

In the blink of an eye, everything can change.

For me, that moment came on a February night in 2002, when an ordinary evening spiraled into chaos. The Mardi Gras celebration in Tempe, had been vibrant, filled with laughter, and the buzz of life all around. But as I walked outside, my world collided violently with a stranger's rage. A careless bump, a few words exchanged, and then the flash of a blade.



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In Memory of Dina Evan

Together AZ Columnist, Friend, Healer



On December 12th, 2024, Dr. Dina Evan died in Phoenix Arizona, surrounded by her four children, Misty Mathein, Lauren Loftis, J.D. Gigante, Mia Pierson and Mia's partner, Tami Swearingin. Dina is survived by six grandchildren: Brittany Wyatt, Brianne Silva, Taryn (Ailo) and Paige Pierson, Brandon and Garrett Mathein. She also has beloved seven great-grandchildren: Aubrie, Benjamin, Jae'Ceon, Caidyn, Skye, Nash and Blue.

Dina was best known for her spiritual work and her columns, spanning more than a 25-year period. She was credited for having the highest readership in most magazines. Dina Bachelor Evan, Ph.D., was a noted speaker and 20-year activist on behalf of human rights. She was the author of *Break up or Break Through*, *Love Always* and *Love from the Inside Out*. She was a psychotherapist and executive coach who specialized in seminars, individual and couple therapy. She had offices in Phoenix and Los Angeles where she worked with many high-profile clients from the motion picture and television industry. Dina believed interpersonal relationships are a path of finding Spirit within us and within each other.

Dina was one of the seven women who fasted for 37 days on water in Springfield IL, on behalf of the **Equal Rights Amendment in 1982**. Dina and the six other women succeeded in fasting longer than Gandhi. Dina and her fellow fasters were featured in *People Magazine* and much of the national press and achieved world acclaim when thousands of other women in the US and France demonstrated their solidarity by fasting in support. In 2006, she was awarded the Veteran Feminist's medal of Honor for her 20 years of services on behalf of women's rights.

Dina officiated at a massive AIDS ceremony with Whoopi Goldberg during the National March on Washington in 1987. On the steps of the IRS, she performed an event for ten thousand people during a massive demonstration for human rights and AIDS awareness. Dina has been an outspoken advocate against discrimination and abuse in any form.

Before her private practice, Dina was the Administrator for the Director's Guild of America and the Alliance of Motion Picture Producers and Executive Director for Variety Clubs International. Before coming to California, she was the Motion Picture Coordinator for the City of Phoenix and Mayor Margaret Hance.

Dina was a past member of the National Executive Board of Directors of MASA, Mothers Against Sexual Abuse and a past Board Chair of National Organization for Women, and Shanti-Los Angeles. She was the winner of the Los Angeles Community Award for her spiritual contribution and was awarded a special commendation by the City of Los Angeles.

In 1982, she founded the non-profit organization, **Awakening**, and began teaching classes and creating seminars on spiritual empowerment. The heart and soul of Dina's path has been to help people create healing in their lives through loving connections to spiritual energy, each other and themselves.

Dina's specific request is that those who felt she gave any gift of enlightenment or love, to pay it forward in acts of mentoring, generosity, kindness and love. It was her wish to thank those who danced with her and for all their gifts to her life.

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Sierra Tucson hosted the 15th Annual "Gratitude for Giving" Celebration at the Scottsdale Princess

Each of this year's honorees is dedicated to supporting and guiding individuals and their loved ones on the journey of recovery, healing, and hope. Congratulations to all!



From left: Tim Palus, Sierra Tucson CEO, Dr. Seth Jenkins, Sean Walsh, Tara Sundem, Brooke Choulet, MD, Karlyn Pleasant, PsyD (Dec 6, 2024)

- **Compassion Recognition - Karlyn Pleasants, PsyD**
Honoring a professional in the community for their contributions to the wellness of others.
- **Hope Recognition - Dr. Seth Jenkins, LPC, LISAC**
Honoring a professional who has contributed to prevention and education.
- **Humility Recognition - Tara Sundem, Hushabye Nursery**
Honoring a professional who has served as an advocate to others.
- **Spirit Recognition - Brooke Choulet, MD**
Honoring a professional who has assisted clients in a specialty area within behavioral and mental health.
- **Gratitude Recognition - Sean Walsh - The Meadows**
Honoring a professional for Lifetime Achievement

Learn more about Sierra Tucson at www.sierratucson.com

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FOUNDER

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William B. Brown, Jr.

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Barbara Nicholson-Brown

Barbara Brown/Together AZ — 2023 Gratitude Recognition/Lifetime Achievement
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If You See Something, Say Something?

By Dr. Marlo Archer



Shortly after the 9/11 terrorist attacks in 2001, the Transportation Authority in New York City initiated the “**See Something, Say Something**” slogan that encouraged public transit riders to report, to authorities, any observed “suspicious activity.”

Of course this now-national campaign was specifically to ward off potential acts of terrorism and colorful flyers now describe the types of things that might suggest a terrorist operation like challenging security systems, trying to enter restricted areas, and destroying property. Surely if we saw that sort of activity, we’d feel inclined to say something.

What Determines Suspicious Activity?

Many other behaviors fall within the realm of “suspicious activity” according to the experts; things like photographing structures and entrances, studying aviation, and collecting cell phones or chemicals. Heck, I’ve got at least 7-8 cellphones laying around my house right now and I’ve certainly photographed doorways. Should the authorities be notified about me? I sure hope not. So, how do we know when to call?

If you are like me, you know it’s time to call when too many signs appear, or show up in such a weird way that things just feel “off.” Two attractive women flirting with a security guard isn’t cause for alerting a SWAT team, but if the gals are in combat apparel and taking non-selfie photos, and asking the guard a lot of questions about how someone could get in, that might raise your hackles some. A couple of teens shoplifting clothing isn’t going to send you into panic, but if the stolen clothing was uniforms or badges for secured areas, then we might look more closely.

In any event, it is rare that any one behavior would be suspicious enough to warrant a report. Conversely, when an overwhelming number of odd be-



Photo: Istock.com Credit: oatawa

haviors and circumstances make such a peculiarity that it rattles you, that’s when you have to make the call.

When it comes to our own family and friends, we often struggle with the same dilemma: When have I seen enough suspicious activity that I feel like I have to say something? My highly successful friend is holding a glass of wine in her Facebook photos several times a week. What do I do with that?

Surely I’m not going to call the cops about selfies of professionals dining in posh restaurants. Sure, my teen nephew is using weed, but lots of kids use weed. Is it a big deal? My cousin’s college kids have fake IDs to get into bars and their parents might even know about it. Is that even my business? A high school coach is teaching my niece how to control her weight down to a fraction of a pound. What authorities do I even call about that? The coach is supposed to be the authority.

When you take it upon yourself to try talking to your adult friends about their behavior, you’ve got to tread ever so lightly or risk losing friendships. To tell someone how to raise their kid rarely makes you popular, either; and certainly trying to tell a credentialed sports coach how to do their job may even land you in a hospital. On top of that, if any actual substance or behavioral addictions are already in play, the addict themselves will likely rebuff your concerns, assure you that you’re over-reacting, and explain how the stuff that happens to addicts simply won’t happen to them. You can begin to second-guess yourself and wonder if maybe they’re correct. Chances are, you’ll probably drop it right there in hopes of preserving the relationships, despite that an addiction may eventually end them anyhow.

To revisit the original concept, to say something if you see something; authorities will tell you it is far better to err on the side of caution and merely annoy people with a time-wasting call about something strange-looking than to overlook something extremely unusual. Take the risk. You might feel foolish, be rebuked, rebuffed, even ignored or criticized. Wouldn’t you rather that than keeping your mouth shut to make your own life smoother, while your loved one slowly moves towards destruction? Or, is that just me. When I see something, I say something. www.drmarlo.com

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Publisher's Note

By Barbara Nicholson-Brown



Thank you Dina

With a heavy heart I begin this new year column by remembering the passing of my very dear friend, Dina Evan. Losing cherished loved ones is an inevitable part of life's journey, yet it always hurts.

In 1999, Dina reached out to me and we shared a warm conversation about our shared passion for helping others through writing, recovery, and healing. She graciously offered to become a monthly contributor to the newspaper, a role she embraced with dedication for many years. This professional connection blossomed into a deep and enduring friendship.

I instinctively knew Dina was a truly exceptional person. A few words that best capture her essence are calming, comforting, safe, compassionate, and a tireless advocate for equality, peace, and love.

I will forever cherish the unwavering support she offered during one of the most challenging periods of my life. When my husband, Bill, was diagnosed with cancer, Dina was an anchor of strength and compassion. She listened patiently, offered words of encouragement, and provided unwavering support throughout his treatment. When Bill passed, she was there for me, offering a shoulder to lean on and a comforting presence during my grief.

I always looked forward to her monthly columns, each one a thought-provoking gem that expanded my understanding of the world.

Dina's presence will be deeply missed. However, the profound impact she had on my life, and on the lives of many others, will forever remain a source of comfort and inspiration. Wherever you are Dina, Thank YOU. And I will periodically continue to reprint your words.

Barbara



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SAMHSA's RecoverMe Supports Young Adults Facing Substance Use and Mental Health Challenges



www.samhsa.gov/recoverme/toolkit

The Substance Abuse and Mental Health Services Administration's **RecoverMe** campaign connects young adults with resources that help them manage their substance use and mental health challenges, together. Designed for those who want to be or are in recovery, the campaign provides resources to support them through these interconnected journeys. **RecoverMe** was developed in response to 2023 National Survey on Drug Use and Health (NSDUH) data that young adults report the highest unmet need for both substance use treatment and mental health treatment.

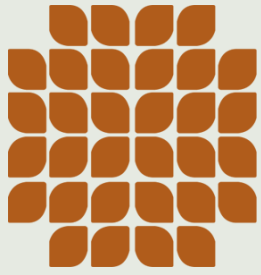
Together AZ supports Mental Health and Substance Use Recovery and aligns to this campaign's initiative. Help spread the word about **RecoverMe** and connect young adults to resources that will help them maintain their recovery. (<https://www.samhsa.gov/recoverme>, <https://www.samhsa.gov/recoverme/toolkit>)

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Sierra Tucson recognizes the complex challenges that many individuals face when battling addiction and mental health conditions simultaneously. Our trauma-informed care is delivered in a safe and supportive environment where patients can explore and heal. This approach not only aids in overcoming addiction but also helps to effectively manage co-occurring mental health conditions.

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January Blues:

How to Avoid Winter Cabin Fever

By Amy Tilley, PsyD
Chief Clinical Officer, Desert Star ARC

Joyous New Year to you all! The hustle and bustle of the holiday season is behind us, and we have an entire year to write a new chapter of our life. Depending on where you live, you may be in the thick of the winter doldrums and experiencing a bit of cabin fever—that feeling of being stuck in your house, having the post-holiday blues, endless days of cold temperatures, a possible snowstorm, and trying to get back on schedule following all the holiday activities from last month.



Istock.com Credit: Mary Long

Is cabin fever real?

Yes, it is, in a folklore sense. It is not a true psychological term or diagnosis, but the experience is real. Cabin fever happens during the winter months, when people spend more time indoors, leading to feelings of isolation, low motivation, restlessness, boredom, and depressive symptoms. You may feel like the walls are closing in and think, “*I’ve got to get out of this house.*” Pay attention to these signs, as they are different than just having a weekend of laziness, staying in your pajamas and watching movies or football for a few days.

Psychologist Mihaly Csikszentmihalyi is considered one of the founders of positive psychology. He developed the term “flow theory” to describe the state of being so immersed in an activity that nothing else seems to matter (<https://positivepsychology.com>). Have you experienced a time when you were “in the zone?” You were likely experiencing “flow,” which extends across all generations and cultures. Any activity (for work or pleasure) seems effortless, you are fully focused on the task at hand, you can produce effective results and feel intrinsically rewarded when the task is finished.

What does flow have to do with cabin fever?

Flow can bring out your creativity, your inner child, and you can experience a new joy, while warding off the winter doldrums. What can you do if you are experiencing that “stuck” cabin fever feeling? Find your happy place. Try a new experience. Ditch the tech. Begin an analog hobby. Start a new craft project. How big is your ‘to be read’ pile of books? Start reading them! Scrapbook those photos that have been sitting in the closet for years. Have a board game night with friends and make a buffet of warm stews, chilis, and desserts. Purchase a membership to a museum or an art gallery and get out of the house with your family and friends.

While it may be difficult to leave the house if it is too cold outside, make sure you are keeping to a daily routine. Get enough sleep, wake up at the same time, get in some exercise, and make a plan for each day. If you can get outside, enjoy the crisp air, and fresh snow after a storm. Have you ever noticed how quiet the world gets when it snows? How beautiful and clean it is after a fresh snowfall? Just make sure you bundle up if you are going to build a snowman or go for a winter hike.

Watch the signs and symptoms that you may experience during the winter months. While we gain a bit more daylight each day, the cold weather and isolation can take a toll on our recovery and mental health. Make time to see your therapist regularly and get to 12 Step meetings. Support and community is a vital part of our overall well-being, every day of the year. How will you begin writing this 2025 chapter of your life this year? Wishing you all a very Happy New Year.



Amy Tilley has 20 years in the mental health and addiction recovery field. Her clinical interests include working with young adults and adults diagnosed with co-occurring conditions.

Visit www.desertstarARC.com or call 520-638-6000

Shining a Light on Darkness

By Juliana Rose Teal



My first book, *Flying to Freedom: Healing From Ritual Abuse Through My Life’s Work and Flight*, was recently published. I began to think about writing a memoir over a decade ago, as people who learned about my past told me they were inspired by how I healed from the abuse I endured.

Flying to Freedom describes how my work as an astrologer and energy healer, and how becoming a pilot, helped me heal from the emotional, physical, and satanic ritual abuse that I endured in my childhood and young adulthood.

In my memoir, I share that my career and becoming a pilot were completely unexpected paths. I began my university years planning to major in molecular biology, but eventually realized the scientific field was not for me. I changed my major to psychology, which I found interesting. After I graduated, I could not find a job that felt like a fit, until astrology found me.

Since I was a child, I suffered from a phobia of flying. But when I was in my 30s, on a commercial flight to California, the phobia lifted. As I connected to the beauty of the sky and clouds, I decided I wanted to try a flight in a small plane. My fear was replaced with a passion for flying and I pursued a pilot’s license.

Though my goal in writing *Flying to Freedom* was to shine light on the dark topic of satanic ritual abuse, my book is about healing. For this reason, scenes of my life, my work, and flying far outweigh scenes of abuse. My memoir is divided into five parts and only one part contains scenes of satanic ritual abuse.

One of the intentions I held when writing was to show survivors of ritual and other types of abuse they can have a good life, even if they have experienced trauma. The scars might remain, but by creating a healthy network of support, and by pursuing passions, joy can be found. As we overcome our past, finding ways to help others can bring additional healing and fulfillment.

Many of my readers assume that writing *Flying to Freedom* was difficult for me. Though I had times of intense feelings, writing my memoir was not hard. I was enamored with the process of writing and was excited to be fulfilling a life-long dream of writing a book. But publishing it was difficult for me. My husband and my close friends all knew about my background. My clients and acquaintances did not know I was a ritual abuse survivor. I felt vulnerable as I disclosed my past, but I persevered, for I felt having this book out in the world was important.

Healing Through Words on a Page

Publishing has brought me healing. At times, when I read my words to another person, I can connect emotionally to what happened to me in a deeper way. I am not sure why this happens, but I find it easier to emote and release grief when I hear my written stories spoken out loud. Seeing what I went through in black and white helps me to be more compassionate towards myself. Many survivors struggle with self-acceptance and compassion of self, often blaming themselves for their trauma reactions. I have learned to be gentler with myself because of my book.

Over the last few months, I have been contacted by abuse survivors who have read my memoir. They have let me know that it has brought them much healing. I cannot begin to describe how heart-warming it is to hear people’s reactions. Knowing that survivors find healing within my book’s pages means the world to me. Several therapists have contacted me as well. They have let me know they feel my memoir is inspirational, and that they now have more of an understanding of what satanic ritual abuse survivors live through. It makes me happy to know that it has broadened their knowledge of this topic.

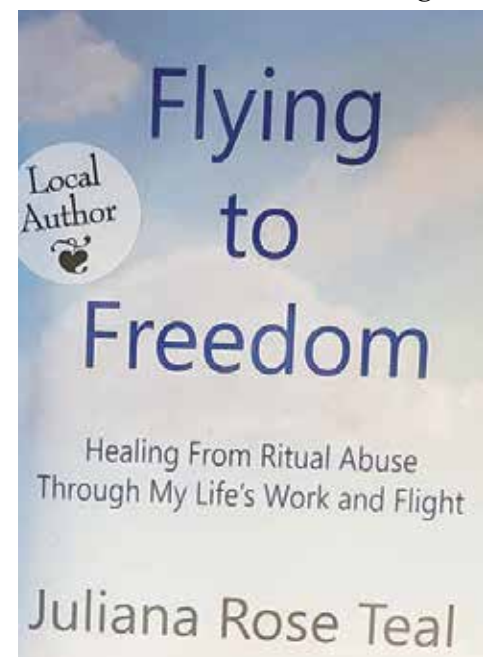
I hope those that have suffered from trauma continue to find healing as they read my book.

Flying to Freedom is available at Amazon: <https://a.co/d/i25smIf>

Antigone Books (411 N 4th Ave Tucson, AZ)

Mostly Books (6208 E Speedway Blvd, Tucson, AZ)

Be sure to visit www.JulianaRoseTeal.com



OVERDOSE from page 1

Calling 9-1-1 is an important step, but there may only be seconds to save a life. What you do before the paramedics arrive can be crucial. Whether you are an ordinary citizen or you have leadership responsibility, you can take the initiative to get informed and equipped to respond to an overdose.

When it comes to opioid overdoses, time is everything. Naloxone works by rapidly reversing the effects of opioids, restoring normal breathing within minutes. However, delays in administering the medication can lead to brain damage or death. By placing naloxone stations in highly visible areas, the NarStop™ device drastically reduces the time it takes to respond.

Think of it like a fire extinguisher, something you hope you never have to use but are grateful to see when an emergency strikes. Just as fire extinguishers save buildings, naloxone saves lives. Public stations ensure that naloxone is available not just to first responders but to anyone who happens to be nearby when an overdose occurs.

Reducing the Stigma: Public Placement Sends a Powerful Message

Stigma is one of the greatest enemies of overdose prevention. Many people hesitate to carry naloxone because they worry about what others might think. Will they be judged for assuming someone in their life might overdose? Will they be accused of enabling addiction?

By placing the NarStop™ Station in public view, communities send a clear message: Addiction is a health issue, and saving lives is our priority. The station not only normalizes carrying and using naloxone but also fosters a culture of compassion. It shows that we, as a society, value human life over judgment.

How to Stop an Overdose: Empowering Everyday Heroes

The beauty of a device like this is it empowers everyday people to become heroes. You don't need to be a medical professional to save someone from an overdose. With naloxone and basic training, anyone can step in during those critical moments and make a difference.

Placing these stations in public areas ensures that naloxone is always within reach. It creates a ripple effect—educating communities, encouraging preparedness, and ultimately reducing overdose deaths.

Overdose Education, Prevention, and Action

At the heart of the overdose crisis is a need for action, and that's exactly what the NarStop™ Station inspires. It bridges the gap between tragedy and hope, equipping communities with the tools they need to respond to the epidemic with urgency and compassion.

If we want to stop overdose deaths, we must make naloxone accessible to everyone. Publicly placed naloxone stations like the NarStop™ are not just practical—they're a declaration that saving lives is a shared responsibility. By prioritizing overdose prevention and education, we can turn the tide on this crisis and ensure that fewer families suffer the devastation of losing a loved one.

Let's put naloxone where it belongs: front and center in our communities. It's time to make saving lives a public priority.



Carey Davidson

For over 20 years, Carey has been helping families overcome drug and alcohol dependency. In the course of his work, Carey and his Co-Founder, Lisa Corbett, decided to tackle a critical problem. Despite the existence of life-saving opioid overdose

medication, there is currently no organized public emergency response system for an overdose emergency beyond calling 9-1-1. Carey's mission is to make NarStop™ overdose rescue stations a common companion to AED devices and other life-saving equipment in public spaces.

Lisa Corbett

Lisa holds a degree in psychology and criminal justice, along with various certifications in the fields of substance abuse and mental health. Lisa has seen enough tragedy due to accidental drug overdose. She has gone above and beyond to help develop life-saving NarStop™ overdose rescue stations to help save

as many lives as possible and keep families together.



KNOW THE FACTS

MYTH

Only drug addicts are dying from overdose.

FACT

Young people are dying from accidental overdose by being offered pills that look like candy, but which contain lethal doses of fentanyl. The first pill can kill.

MYTH

Only a paramedic or other medical professional can administer an overdose antidote.

FACT

Anyone can administer naloxone, and Good Samaritan laws provide liability protection to those who take life-saving action in good faith.

MYTH

The overdose reversing drug Narcan/Naloxone is a prescription medication that can be harmful and addictive.

FACT

Naloxone is non-addictive, safe to administer, and available without a prescription.

DID YOU KNOW? An amount of fentanyl that would fit on the lead tip of a pencil is enough to kill a person, and today's news is filled with tragic stories of accidental deaths by overdose, including children.



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New Year, New Self Awareness: Exploring Mindful Eating Practices

Lacey Dabelow LCSW

As we enter a New Year, if we listen closely, we can hear chatter about New Years' Resolutions. Many of these may include an increased highlight of nutrition and exercise. While nutrition and exercise can be a fun and has many benefits for our health, many times during this time of year the messaging about nutrition and exercise is through diet culture's lens. The messaging comprises of shame around what and how much one may have consumed during the holiday season and proposing the invitation to participate in food restrictions as a solution. But what if this year we avoid jumping on the New Year New You Diet Culture train? What if we got curious about a New Year from a perspective of New Year, New Self-Awareness? A Self-Awareness that explores our relationships with food and implements mindfulness practices. A simple explanation of mindfulness means using each of our senses to experience an event or a routine activity.

For a quick and easy start, here are a few activities to try.

- Explore your relationship with food through Drawing. This can be a fun self-awareness activity.

Draw your relationship with food – Simply take out a piece of paper and drawing utensils and draw your relationship with food. What self-awareness can you glean by looking at the pictures? How are your current routines or habits impacting your food choices/ routines? How is your culture celebrated? What may be a next step in your self-awareness journey to heal (if needed) any patterns (i.e., emotional eating, rushed/mindless eating) related to your relationship to food?

Mindless Eating vs. Mindful Eating

In the last week, how many of us have eaten while driving, eaten while at our desk working or in front of the TV? This kind of eating is called mindless eating. Mindful eating is an opportunity to increase our self-awareness about food choices, what our foods really taste like when eating slowly and mindfully. It is an invitation to use all your senses to experience our eating activities.

You are invited to participate in a mindful eating experience on your own or with others simply using these prompts below. If you are trying this alone, you can journal your experience after or you can share the experience through conversation if you are trying this with others.

Mindful Eating Activity

Find a time in the next week to take one item of food (grape, strawberry, piece of candy, a carrot, any item of food it fine, just choose ONE item).

As you look at this food item, pretend this is your first time seeing this food. Get Curious.

Start asking yourself and answering the following: What does this look like? What shape is it? What color is it? Does it reflect in the light? What is its' temperature? What is its' texture? Where did the food come from, was it grown in nature or made in a factory?

Next, bring the food item toward your nose. Do you smell anything? Are you beginning to salivate? What feelings are you having about anticipating eating this food? Does this food trigger any memories for you?

As you place the food into your mouth, roll it on your tongue before chewing the food Slowly.... Focus your full attention on its' taste and texture. Be Aware of any desire to rush through chewing the food. Be Aware of the intention to swallow the food item before you swallow it. After swallowing, notice how far into your body you can still feel the food.

Continue these self-awareness practices with drawings or with mindfully eating other foods or full meals and notice the benefits of mindful eating and exploring your relationship with food as you continue into the New Year.



iStock/Credit: Rudzhan Nagiev



Lacey Dabelow LCSW, is a Certified Mind Body Medicine practitioner, and Certified Intuitive Eating practitioner. She has been with Universal Health Services (UHS) for 6 years, currently training in Executive Leadership in Phoenix, AZ. Lacey has an extensive career in the Health and Mental Health field in the community and in health care settings. She received her B.S. degree in Psychology from Indiana State University in 2001, and her MSW from Indiana University School of Social Work in 2007. She presents at conferences and other venues on mind body topics, integrated care and previously at the Indian High Commission in London, England, speaking on Women Empowerment. Lacey has a passion for traveling, enjoys swimming, nature, reading and playing games. Currently training in Executive Leadership at Valley Hospital in Phoenix. <https://valleyhospital-phoenix.com/>



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Everyone deserves addiction treatment that works — including those in jail

By Nora D. Volkow and Tisha Wiley

The overdose crisis is claiming lives across the United States, but it reaches new depths of despair in the criminal justice system. Overdose is the leading cause of death among people returning to their communities after being in jail or prison. Providing addiction treatment in these settings could change that.

Roughly 60% of people who are incarcerated have a substance use disorder, in many cases an opioid use disorder. When people with addiction leave prison or jail and return to their communities, they are at very high risk of returning to drug use and overdosing. Their tolerance to drugs has diminished during incarceration, and fentanyl is pervasive in the street drug supply. Even one relapse could be fatal.

It remains a common belief that simply stopping someone from taking drugs while in jail or prison is an effective approach to treatment. But that belief is inaccurate and dangerous. As scientists, we look to research to guide us. And when research shows strategies with clear benefits, they should be deployed.

The Food and Drug Administration has approved three medications for opioid use disorder: methadone, buprenorphine, and naltrexone. All three are effective, safe, and lifesaving. But they are woefully underused, particularly in criminal justice settings.

A 2020 study in Rhode Island estimated that overdose deaths could be reduced by 30% in the state if jails and prisons made all three medications available to those who needed them. Studies also show that people who receive these medications while in jail or prison are less likely to return to substance use and more likely to continue with treatment in the community afterward.

Less than half of jails nationwide, and fewer than 10% of state prisons, offer all three medications. While 96% of jails did provide the overdose reversal drug naloxone to staff, only 1 in 3 provided naloxone and training on how to use it to decarcerated citizens during the critical period when they were returning to their communities.

Neglecting to provide access to these lifesaving treatments and harm-reduction measures creates deadly gaps for people when they leave jail or prison. The repercussions reverberate throughout communities and generations. They deepen racial inequities and overrepresentation of communities of color within the criminal justice system. They cause devastation for children and families.

Providing medications for opioid use disorder in jails and prisons benefits public health and public safety. It's cost-effective. It can help break the cycle of recidivism. It can reduce the burden on the wider health care system, including emergency departments.

Programs across the country are underway to offer naloxone and medications for opioid use disorder in jails and prisons, paired with instruction, training, and social support. Federal agencies have launched programs to help

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people manage withdrawal in jails and provide financial health care support for people who are about to reenter the community. A recently published revised methadone rule now allows any jail or prison registered as a hospital or clinic to dispense medications for opioid use disorder in certain circumstances.

Law enforcement leaders are starting to see how addiction treatment increases safety for everyone. Chris Donelan, the sheriff of Franklin County, Mass., has partnered with researchers to study what happens when jails offer all three FDA-approved opioid use disorder medications. His jail became one of the few in the nation to be licensed as an opioid treatment program.

“When someone is booked into our facility, often we are the first treatment provider the person has seen in years,” Donelan told his University of Massachusetts research partners. “These treatments save lives and help people enter into recovery. Treatment makes the work of our facility much easier. We have less fights, less contraband, and a much safer facility.”

Since 2019, the National Institutes of Health has funded partnerships across the country to figure out how to link people with addiction to care during and after their time in the corrections system. These researchers are poised to share new evidence as it emerges that will help other communities make data-driven changes so they can implement what is most efficient in justice settings.

There is still a long way to go

A dangerous supply of street drugs, fragmented treatment systems, lack of funding, lack of training, pervasive stigma, and complex logistics all work against people with substance use disorders as they work to rebuild their lives after incarceration. Support in recovery and continuity of care are essential during this vulnerable time.

Nora D. Volkow, M.D., is a psychiatrist, scientist, and director of the National Institute on Drug Abuse, which is part of the National Institutes of Health. Tisha Wiley, Ph.D., is a social psychologist, associate director for justice systems at NIDA, and leads the NIH Justice Community Opioid Innovation Network initiative, which studies approaches to increase high-quality care for people in justice settings with opioid misuse or opioid use disorder.

(Source:) NIDA. 2024, July 15. Everyone deserves addiction treatment that works — including those in jail. Retrieved from <https://nida.nih.gov/about-nida/noras-blog/2024/07/everyone-deserves-addiction-treatment-works-including-those-in-jail> on 2024, December 14.

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As I lay bleeding on the cold ground, one thought cycled through my mind, absurd in its persistence: "My parents are going to kill me."

It wasn't the fear of death that gripped me, but the strange certainty that I would survive and have to explain myself. Somehow, in that ridiculous worry, was the first glimmer of hope — I was going to live.

A Trial of Mind, Body and Spirit

What followed was a trial of mind, body and spirit. Eighteen surgeries. Skin grafts. Nerve transplants. An unrelenting regimen of recovery, where pain was a constant companion. But the loss of function in my left arm was not the only thing I had to learn to live with. In the aftermath, my identity unraveled. Who I had been—invincible, unshakable—was gone, and in his place was someone I had been humbled, my path uncertain.

In those early days, I clung to the only thing I could — goals. Small promises I made to myself to keep the pain at bay. Finish college. Graduate summa cum laude. Get into law school. Each task felt monumental in the shadow of my disability, but they became my anchors, keeping me from being swept away by despair.

Looking back, I see both bravery and naivety in that younger version of myself. I thought I could will my way through the pain, pretend the injury hadn't fundamentally altered me. But growth doesn't come from ignoring reality; it comes from confronting it. Over time, I realized that my journey wasn't about overcoming physical limitations. It was about learning to live differently, seeing the world through a new lens, and becoming someone stronger.

For years, I resisted acknowledging how profoundly I had been changed. But eventually, reality set in. My disability forced me to pause, to reflect on the fragility of life in a way I never had before. It opened my eyes to a well of empathy I hadn't known existed—an understanding of suffering that nothing else could have taught me.

Ted Campagnolo, the prosecutor who took on my case, became the light that guided me through that transformation. He was everything I aspired to be—sharp, relentless, driven by a fierce sense of justice. My attacker had hired the most expensive defense lawyer in Arizona, but Ted dismantled their case with precision and conviction. For three hours, I sat on the witness stand, reliving the most terrifying night of my life, while Ted fought for the truth. When the verdict was delivered—guilty on all counts—I knew I wanted to stand where Ted stood. As the man who tried to destroy me was sentenced to 12.5 years in prison, I realized I wanted to be the one fighting for justice.

"For years, I resisted acknowledging how profoundly I had been changed. But eventually, reality set in. My disability forced me to pause, to reflect on the fragility of life in a way I never had before. It opened my eyes to a well of empathy I hadn't known existed—an understanding of suffering that nothing else could have taught me."

I began my career at the Maricopa County Attorney's Office, the same office where Ted had worked. Over the next 14 years, I threw myself into the role, fighting for victims just as Ted had fought for me. My journey led me to the South Pacific, where I helped rescue hundreds of Filipino girls from the horrors of human sex trafficking. It took me to the Coconino County Attorney's Office, where I handled high-profile cases involving the most heinous crimes—sex offenses and homicides. Finally, I reached the pinnacle at the U.S. Attorney's Office, handling some of the most complex criminal cases of my career.

But I was living in silent pain. Though I rely on voice recognition software to get through my workload, most of my time is spent typing with one hand. Simple tasks—carrying files, shuffling papers in the courtroom—become cumbersome in ways I never imagined. It also took an emotional toll.

Fortunately, a friend had introduced me to Buddhism and meditation. I developed a new understanding of struggle, a profound empathy for those who face battles unseen. It opened my eyes to the quiet strength that exists in the face of adversity. I began viewing my suffering, not as a burden, but as an opportunity for growth.

Part of that growth has been learning to adapt—both in life and in my career. I've relearned the things I once took for granted—tying my shoes, a tie, fishing, playing video games one handed. Each day still presents challenges, and while meditation has helped, the chronic nerve pain and the paralysis is always there. It is part of me, but it doesn't define me.

Josh Kolsrud is a criminal defense attorney at Kolsrud Law Offices. He was also an Assistant U.S. Attorney and spent 14 years as a prosecutor.

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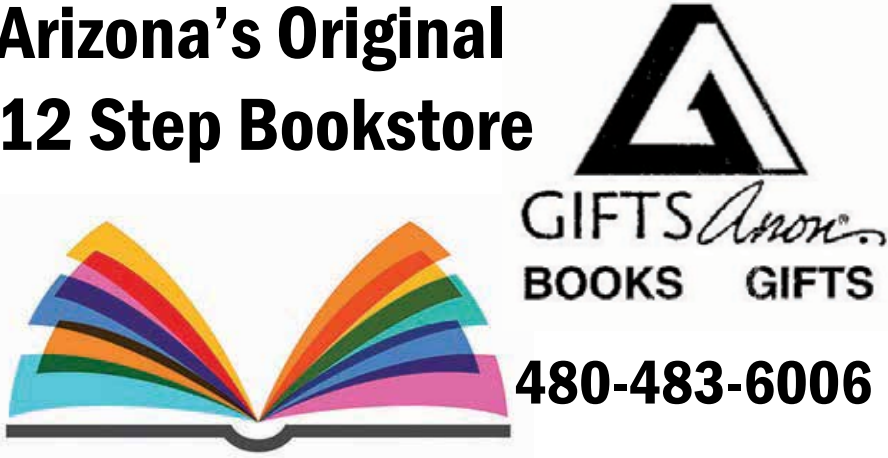
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Recovery Partners and Contributors

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AZ Women's Recovery Center (AWRC)	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	communitybridgesinc.org
Copper Springs	480-418-4367	coppersprings.com
The Crossroads	602-263-5242	thecrossroadsinc.org
DaVinci Consulting Services	480-606-8602	davinciconsultingservices.com
Desert Star Addiction Recovery Center	520-638-6000	desertstarARC.com
Dr. Marlo Archer	480-705-5007	DrMarlo.com
Gifts Anon	480-483-6006	
Hushabye Nursery	480-628-7500	hushabyenursery.org
The Meadows Behavioral Health	800-632-3697	meadowsBH.com
Mens Teen Challenge	520-792-1790	tcaz.org
Mercy Care 800-631-1314	602-222-9444	mercycareaz.org
Newport Healthcare	888-675-1764	newporthealthcare.com
NotMYKid	602-652-0163	notmykid.org
Psychological Counseling Services (PCS)	480-947-5739	pcsintensive.com
Recovery In Motion	844-810-1599	recoveryinmotion.com
Revive Recovery Center	480-405-5396	reviverecoverycenters.com
Scottsdale Providence	480-210-1734	scottsdaleprovidence.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
Virtue Recovery Center	866-338-6977	virtuerecoveryuncitywest.com
Teen Challenge AZ	602-708-9475	tcaz.org

Additional Resources

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
Recovery Café	480-530-7090
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
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Suicide Prevention	520-323-9372
Teen Challenge	888-352-4940
The Mark Youth and Family Care	520-326-6182
Workaholics Anonymous	520-403-3559

Helplines & Support

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
Food Addicts foodaddicts.org	435-764-1461
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 Life Line	800-248-8336

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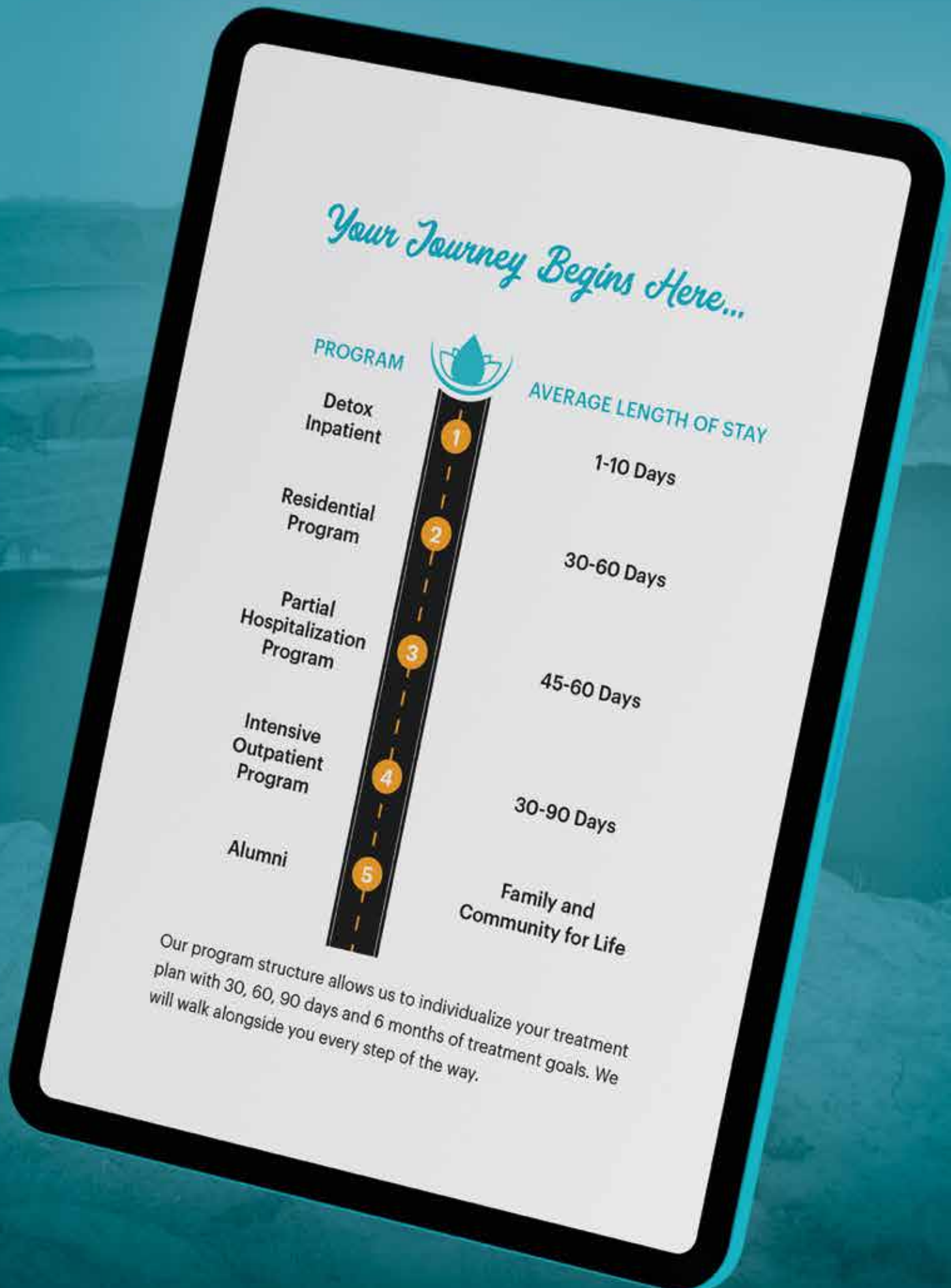
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