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August 2026

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Inspiring Success on the Road to Recovery

How Addictive is Kratom?

How to Tell if Someone Needs Help

Kratom has gained popularity in recent years as a herbal supplement marketed for energy, focus, or relief from pain and anxiety. Due to being sold legally in many states and often labeled as “natural,” it can appear harmless, especially to teens and young adults. This can make regular use seem like a casual habit rather than an addiction.

However, kratom has real risks, including dependence, withdrawal, and addiction. If you’re trying to understand how addictive kratom is or whether someone you care about may be struggling, this guide breaks down what you need to know.

What is Kratom?

Kratom is a plant native to Southeast Asia. Its leaves contain compounds — mainly mitragynine and 7-hydroxymitragynine — that act on the brain’s opioid receptors. Depending on the dose, kratom can work like a stimulant or a sedative.

Common reasons people use kratom include:

- Boosting energy or focus
- Easing anxiety
- Coping with chronic pain
- Self-treating opioid withdrawal
- Enhancing mood or relaxation



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It’s usually sold as a powder, capsule, tincture, or tea. Kratom is not regulated by the FDA, causing potency and purity to vary widely from product to product.

Can You Get Addicted to Kratom? How Addictive is It?

Even though it’s marketed as “natural,” kratom acts on the same opioid receptors in the brain that drugs like oxycodone and heroin interact with. These opioid-like qualities can create feelings of relief or euphoria, which makes repeated use more likely.

According to a 2024 review in *Current Psychiatry Reports*, 12.3% of kratom users met the criteria for addiction, showing that dependence is more

common than many people realize. Regular use can lead to tolerance, meaning you need more to feel the same effect. Withdrawal symptoms occur when use stops, and can create a cycle of compulsive use similar (but not exact) to other opioid-based substances.

Kratom’s short-acting effects can also encourage frequent dosing throughout the day, which increases the risk of dependence — especially in people using it to cope with pain, stress, or emotional struggles.

Why Kratom Addiction Happens:

- It activates opioid receptors, which can create feelings of euphoria or relief.
- Regular use can lead to dependence, causing withdrawal symptoms when the person stops.
- Higher doses have sedative, pain-relieving effects, which can be reinforcing for people coping with stress, trauma, or chronic pain.
- Short-acting effects can lead to repeated dosing, increasing the risk of spiraling use.

Research on long-term kratom use is still developing, but many treatment centers report rising cases of kratom dependence, and users often describe withdrawal that feels similar to (though typically milder than) opioid withdrawal.

Signs of Kratom Addiction

Kratom addiction often develops gradually. As it is commonly marketed as a natural supplement,

KRATOM continued page 9

From Resistance to Understanding: A Neurodivergent Perspective on Recovery

By Emma Rose Keehr, LAC, NCC

There is a quiet crisis inside the walls of addiction treatment programs across the country and it is rarely addressed — the flow of neurodivergent folks cycling in and out of treatment, leaving with more shame than when they arrived, convinced once again that they are the problem. As a neurodivergent therapist, I see this pattern with painful frequency. Clients come in having already done everything “right”: they attended the meetings, listened to the podcasts, read the books, used the apps, worked the steps, and still walked out of programs feeling more broken than before.

What I have observed clinically is increasingly supported by research. Neurodivergent folks, particularly those with ASD and ADHD experience substance use disorders at significantly elevated rates compared to the general population. These are the folks sitting across from us in our offices, often for the second or third time, asking why they cannot seem to get better. The answer is simple. The systems we have built to help folks are not built for neurodivergent brains.

When a neurodivergent client enters a traditional addiction treatment setting, they are handed a neurotypical blueprint for healing. They are placed in crowded, brightly lit group rooms for hours at a time. They are asked to deeply self-reflect amidst chaotic, unpredictable sensory environments. They are expected to follow rigid schedules and standardized protocols without opportunities for modifica-



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Publisher's Note

By Barbara Nicholson-Brown

All In for Recovery

In my first few days and weeks on this journey, I had no idea what how long I could stay sober. During my using years I had never been 100% abstinent. Periodically I would stop, take a breather and dry out a bit. But my twisted thinking told me, 'Well, you aren't drinking alcohol, so what's the harm with... a little weed or...?'

The disease of addiction is deadly. It tells us we don't have it, waits for us to weaken, and wants us to slip. I believed all the lies I told myself and was so sure I knew how to handle life and control my 'out-of-control' behaviors. Deep down — while I couldn't admit it — I knew the madness had to stop.

The norm used to be: don't talk about alcohol or substance use, at least not openly. My drinking was no secret, and even as the consequences were piling up, I was too arrogant and afraid to ask for help.

We have come a long way in bringing awareness to this disease and we must continue to move forward by showing up and being messengers of hope. For my recovery, there is no other way than to be **All In**. Who is with me?

Thank you to our contributors for continuing to share your wisdom and experiences of hope and healing. This paper would be blank pages without you. **Together AZ** is here for our community in print and online monthly at www.togetheraz.com

August 31 International Overdose Awareness Day
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Can I Have Your Please?



ATTENTION!

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By Dr. Marlo Archer

It's time again for my monthly competition for your attention and the competition is STIFF.

There are so many messages coming at you from podcasts and TikToks and movies and sound bytes and emails and texts and robo-calls and flyers and billboards and bumper stickers and posters and pithy sayings on overpasses and protest signs and tee-shirts and network news stations and Facebook and Instagram and Snapchat and Truth Social and Bluesky and printed on the inside of a candy wrapper or cough drop or on the outside of an Amazon delivery box or painted on an autonomous driving car or at the bottom of the free game you're playing to get away from all of the messages.

How am I supposed to compete with that? I'm just a human. Just one flawed, distractable, recovering addict with ideas that you've heard before such as:

Hang out with nice people. Be kind. Look up more. Smile. Hug. Breathe. Go the the water. Meditate. Pray. Eat nutritious food. Talk to a tree. Feed the poor. Believe in yourself. Paint. Sing. Wear comfortable shoes, unless you'd rather be barefoot. Smell a flower, unless you're allergic. Pet an animal, unless you were traumatized by that animal and still aren't over the trauma. Go to therapy. Forgive. Set and maintain boundaries.

What am I going to tell you that you haven't already heard?

What can I say that you can't Google or ask ChatGPT? Alcohol isn't very good for human bodies. Heroin is very addictive and no one should ever use it recreationally. Taking in more calories than your body uses will result in weight gain. Vaping injures the lungs. The casino always wins. You know this. I know this. Everyone knows this. How many different ways can it be said?

I could gather a choir of adorable children to sing it to you, but you'd really only listen for a few moments before scrolling to a video of that guy who smacks his adorable French Bulldog on the butt while the dog yips out joyfully for a few minutes. I could project these messages on the side of the tallest skyscraper, but you're only going to register the idea briefly as you drive by on your way to grab some dinner or get back home so you can do laundry for tomorrow.

I've got up to 800 words to try to get your attention and all I really have as a bargaining chip is your relationship with me. There are a few people who have known me for the entirety of my 58 years on this planet and that number grows smaller every day. I don't believe any of them read these articles, ever. Oh, sometimes, when I write one with which I'm particularly impressed, I might cut it out and send it to an aunt or a cousin, but even then, I really can't be sure they read them. I think they're just impressed I'm "in the paper."

Some of the people who write for and advertise in this publication have known me for up to 27 years. Are they even reading this? I have no idea. Let me know if you are. **Let me know what you need to read here and I'll write that next month. (I take requests!)**

To the long-term reader of *Together Arizona*, who even are you? What brings you back to the paper month after month? What made you read my article today? How did this break through all the other noise and garner your attention? I'd seriously like to know. Call me at **602-770-7100** and leave me a voice mail. I keep the ringer off to avoid being interrupted by relentless requests to buy my house or vote for a candidate or purchase an extended warranty, but if you leave a voice mail, I will listen to it.

To the first-time reader of *Together Arizona*, Hello. I'm guessing you might have read this far because you're stuck somewhere with no phone, no one to talk to, and nothing more exciting to do. If so, I don't think I'd be wrong to assume that you might not be overjoyed about being in this situation. However, please know that if this paper is the only message that is able to get to you right now, you're probably exactly where you need to be. Take a deep breath and get ready for the great adventure of recovery.

And, to Barbara Brown, the one and only person nearly guaranteed to get to the very end of this article, thank you for being here and carrying on your mission to be a beacon of hope and to publish *Together Arizona* Newspaper as "real recovery for real people," which, by the grace of a Higher Power, still includes me.

— About Dr. Marlo Archer —

Having enjoyed 30 years providing mental health services to kids, teens, and parents, Dr. Marlo Archer is now focused on educating, training, and mentoring health professionals, primarily employing Deliberate Practice methods to teach Psychodrama, Sociometry, and Group Psychotherapy to the next generation of healers.

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TOGETHER AZ

Inspiring Success

35 Years
on the Road to Recovery

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The Connection Between Spirituality, Mental Health, and Keeping a Routine

By Amy Tilley, PsyD

August is here...and so begins a new season of routines, back to school, shorter nights, and hopefully a cool down with the Arizona temperatures. Families tend to be busier during the fall and winter months, with academic obligations for children, sporting events, and preparing for the hustle and bustle of the upcoming holiday season. While having a full calendar may be exciting, it is important to remember the significance of keeping a routine in our daily lives, so that our physical, emotional, mental, and spiritual well-being do not suffer.

In today's fast-paced world, many people are searching for ways to improve their mental well-being while finding a deeper sense of purpose and balance. Although mental health is influenced by many factors, two practices consistently associated with greater emotional resilience are spirituality and maintaining a daily routine.

Spirituality often refers to developing a sense of meaning, purpose, and connection to something greater than yourself. For some people, this connection comes through religious faith, being connected to an organized religion and attending church with fellow believers. Others may find solace in nature, meditation, mindfulness, personal values, or acts of service. Regardless of how it is expressed, spirituality encourages self-reflection and helps people navigate life's challenges with greater perspective.

Mental health includes emotional, psychological, and social well-being. Taking care of your mental health enables people to cope with stress, build healthy relationships, make thoughtful decisions, and enjoy daily life. However, stress, uncertainty, and major life changes can disrupt emotional balance, making it harder to maintain a positive outlook. This is where spirituality and maintaining a routine can play important supportive roles.

Many spiritual practices encourage individuals to slow down and become more present. Meditation, prayer, deep breathing, gratitude exercises, journaling, and mindful reflection can help reduce stress by calming the mind and lowering emotional reactivity. Daily structures give the brain a sense of safety, reducing decision fatigues, and lowers cortisol levels. These practices create opportunities to pause during busy days, allowing people to respond to challenges more thoughtfully rather than reacting impulsively.



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Spirituality also provides comfort during difficult times. Incorporating spirituality into your daily life can benefit your mental wellness routine by: lowering symptoms of depression, anxiety, and trauma responses. It can help reduce stress and foster calmness, giving you a feeling of peace and belonging. By leaning on something bigger than ourselves (Higher Power, God), we can let go of some of the stressors and tension that we experience and **Let Go and Let God.** One of the

greatest gifts of spiritual practice is gaining a sense of perspective and humility. If you are serving others in need, you may gain a sense of altruism. Staring at a sunset? You may find that your worries vanish for a moment as you focus on the beauty of nature in front of you.

While spirituality offers inner guidance, maintaining a consistent routine provides practical structure. Daily routines help organize time, reduce decision fatigue, and create a sense of predictability. Life can feel overwhelming. Establishing simple habits such as waking up at the same time each day, eating balanced meals, getting some healthy movement in a few days a week, and getting adequate sleep can provide stability. These routines support both physical and mental health by helping regulate the body's natural rhythms and reducing unnecessary stress. A consistent routine also makes it easier to build healthy habits over time.

Small actions performed regularly often have a greater long-term impact than occasional bursts of motivation. For example, spending just ten minutes each morning in meditation or journaling may gradually improve emotional awareness and resilience. Spend five minutes before bedtime and write down three things you are grateful for. This has been shown to improve your overall mental well-being.

The connection between spirituality and routine becomes especially powerful when spiritual practices are intentionally woven into everyday life. Consistency is especially valuable because the benefits of both spirituality and healthy habits often develop gradually. Even on difficult days, maintaining familiar routines can provide a sense of accomplishment and control when other aspects of life feel uncertain. The book, *Atomic Habits* by James Clear, is a great read and focuses on habit stacking, which stresses doing a little bit of a habit each day, and build it up until it is a consistent routine in your life.

In a world filled with constant distractions and uncertainty, cultivating spiritual awareness while maintaining simple daily routines can help people feel more grounded and connected. Spirituality and routines cannot take the place of mental health care. If you are experiencing significant depression, anxiety, trauma, or other conditions, find help from a mental health care professional. Consistent therapy, psychiatric medication management, and support from the community (12 Step programs, church groups, volunteer organizations), are all helpful components of well-rounded mental health treatment.

By setting aside time each day for reflection, self-care, and meaningful habits, individuals can strengthen their mental well-being and build a life rooted in purpose, resilience, and healthier living.

Amy Tilley, PsyD, 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 desertstarARC.com or call 520-638-6000.





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Understanding from page 1

tion. When they struggle, shut down, disengage, or relapse, the system too often responds by labeling them as resistant, unmotivated, or not yet ready for change.

Clinical mislabeling has lasting consequences

It reinforces the very beliefs that drove these folks to use substances in the first place; that they are fundamentally different in ways that cannot be accommodated, they are too much or not enough, that they are the problem. Neurodivergent folks have spent years carrying the weight of shame that comes from trying to operate in systems that were never designed with them in mind. By the time they seek treatment, they are not just struggling with substance use; they are exhausted. Too often, folks conclude they are failing treatment when the reality is that treatment is failing to accommodate their unique needs. This distinction matters enormously.

Consider the typical structure of a substance use disorder treatment program: a shared community room, tightly packed group seating, back-to-back psychoeducational lectures, and an environment where multiple people are simultaneously processing intense emotional trauma. For many neurotypical clients, this can feel like a vibrant, community-oriented healing space. For neurodivergent folks, it is often a sensory minefield.

The hum of an air conditioning unit. The glare of fluorescent lighting. The unpredictable emotional outbursts of fellow group members. With a nervous system already working overtime to process the world, these inputs can trigger immediate overload. When a brain enters a state of sensory fight-or-flight, the prefrontal cortex, the region responsible for executive functioning, decision-making, and integrating new information, goes offline. In this state, a client cannot meaningfully process therapeutic concepts, retain coping tools, or develop genuine insight. Their nervous system is entirely consumed with surviving the room. We cannot expect sustainable psychological healing to occur in an environment structured to actively trigger dysregulation. Yet, that is precisely what we continue to ask of neurodivergent folks every day.

The structural barriers of traditional treatment are compounded by relational ones. Case managers, group facilitators, and clinical instructors frequently rely on communication styles that inadvertently penalize neurodivergent traits. A client with executive dysfunction may miss appointments or lose paperwork due to struggling with sequencing and time management.

These behaviors are often read by staff as lack of commitment or investment in recovery. An autistic client who avoids eye contact or maintains a flat affect during a breakthrough group session may be accused of being disconnected, manipulative, or in denial. Psychoeducational groups rarely account for diverse learning styles, relying heavily on sustained auditory attention and abstract verbal processing.



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Neurodivergent folks do not need more pressure to conform to rigid ideals of what recovery is supposed to look like.

Shifting toward Neurodivergent-affirming Treatment

Neurodivergent-affirming treatment requires a shift in what we communicate to our clients. Not, “You need to engage differently.” But rather, “Your brain works differently, and that is not a deficit to be corrected by sobriety. It is a blueprint we are going to learn to respect together.” Shifting toward neurodivergent-affirming treatment does not require dismantling every existing clinical framework. It requires intentional flexibility in how those frameworks are delivered. It means creating low-stimulation environments within residential and outpatient facilities. It means training not just in the “what” of executive functioning challenges, but in the “how”, providing explicit, step-by-step support for scheduling, paperwork, and follow-through rather than penalizing their absence. It means offering flexible therapy formats: written communication, movement-based processing, visual aids, and the integration of special interests as legitimate therapeutic tools. It means smaller group settings when larger ones are dysregulating, and the option for individual work when groups are a barrier. Neurodivergent-affirming practices are, at their core, trauma-informed practices.

They do not pathologize the brain’s natural differences. Neurodivergent folks do not need more pressure to conform to rigid ideals of what recovery is supposed to look like. They need environments that honor their experiences, accommodate their differences, and support their autonomy.

If any of this feels familiar, whether you are a neurodivergent person navigating your own recovery, or a family member watching someone you love struggle within systems that do not seem to fit them, please hear this: *you are not alone, and the confusion you feel is not evidence of failure.* Know that your difficulty in treatment is not a reflection of your desire to change, or your strength of character. It may simply mean the treatment you have accessed has not yet been designed with your brain in mind. Recovery is possible. It may not look like the path described in a standard workbook. It may involve movement instead of meditation, written communication instead of verbal processing, or smaller circles instead of large group settings. It may require finding a clinician who is genuinely willing to adapt, not one who asks you to adapt to them. That path exists. It is not the easiest one to find, but it is real.

There are providers who see you and want to help. **AZ Holistic Approach** is always happy to help connect individuals and professionals with neurodivergent-affirming resources, whether through us or another trusted partner.

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Be a Buddy, Not a Bully

The Impact of Bullying on Adolescent Mental Health

By Abby Rallo, BSN, RN



Imagine carrying a heavy, invisible backpack every day, weighed down with feelings of fear, low self-esteem, embarrassment, loneliness, and self-doubt. You carry this backpack with you everywhere you go, and it gets heavier in the very place designed to help you learn, grow, and make friends. For many adolescents, being the victim of bullying is a heavy and oftentimes silent burden. While the weight of emotions caused by bullying may be invisible, the impact on mental health can be profound, long-lasting, and for some, life-threatening.

The Impact of Bullying on Adolescent Mental Health

The act of bullying goes beyond the saying that “kids will be kids”. Research shows that bullying has serious and long-lasting negative effects on one’s mental health, increasing the risk for depression and other serious issues [3]. With depression being a major risk factor for suicidal ideations in adolescents and suicide being one of the leading causes of death in this population, bullying awareness becomes crucial. In fact, according to Man et al. (2022), “adolescent bullying is a public health issue of great global concern. Given the serious negative effect of bullying on adolescent mental health, it is critical to seek protective factors to protect adolescent mental health.”

What is Bullying?

Bullying is the intentional act of aggressive behavior designed to intimidate or hurt another person. Bullying can come in many forms:

- Physical: Hitting, pushing, demanding property
- Verbal: Name-calling, making threats
- Social: Spreading rumors, neglect/exclusion, humiliation
- Cyberbullying: harassment through social media and/or texting [2]

A bruise may fade, but a cruel comment can echo for years. Studies show that verbal bullying had significant negative effects on adolescent mental health compared to physical bullying, especially for female adolescents compared to male adolescents [2]. So how do we train ourselves to see the invisible?

How to Recognize When Someone is Being Bullied

Because bullying can lead to mental health issues, including depression, the signs and symptoms we look for in adolescents may present through emotions or psychosomatic complaints rather than physical indicators [1].

Signs to look for include:

- Isolation/Avoidance: Skipping school, not wanting to hang out with friends/family
- Changes in Behavior: Changes in appetite, loss of interest in hobbies/friends
- Somatic Complaints: Frequent complaints of headaches or stomach-aches
- Signs of Depression: Persistent sadness or irritability, feelings of hopelessness or worthlessness

If you notice a teenager’s mood or behavior has changed significantly and has lasted for more than two weeks, it may be time to seek professional support.

How to Recognize When Someone is Being a Bully

Bullies are not always easy to identify, as they may not necessarily be physically aggressive, intimidating or openly mean. Much bully-behavior is subtle, social or online. Signs to look for include:

- Frequent teasing, mocking or humiliation of peers
- Excluding others from groups, activities or social events
- Spreading rumors or gossip
- Showing little empathy [1, 2]

It is important to remember that while bullying behavior is never okay, it is often an indicator that the person doing the bullying is not okay themselves. Many young people who bully others are struggling with their own emotional challenges, trauma, peer pressure, or struggles at home. If you suspect that someone is a bully, address their behavior with accountability, education, and support. They need empathy and connection so that they can begin to open up and learn better ways to communicate and cope.

How to Prevent Bullying

Creating a culture of kindness starts with you. How are you showing up for others? As our youth are beginning to shape their identities during their formative teenage years, it is vital that we cultivate an environment where they feel respected, loved, included, and empowered. If you have a young person in your life, ensure that they feel safe to speak up to you if they are experiencing bullying or are behaving like a bully. Ask them questions. Notice changes in their behavior. Provide them with empathy. Share your own stories and experiences to let them know they are not alone. Empower them to stick up for themselves if something isn’t right. Lastly, give them a sense of belonging. A simple act of inclusion can make a powerful difference.



Call to Action: August is widely recognized as **Don’t Be a Bully Month and Bullying Awareness and Prevention Month**. Before the start of a new school year, check in with the young people in your life. Reach out, connect, and let them know that they can come to you when something’s wrong. Be the person you may wish you had when you were a child.

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About The Author:

As a purpose-driven optimist, Abby Rallo pairs her experience as an educator with her duty to serve as a registered nurse to provide hope to humans. She is a firm believer that ‘giving makes you richer’ and even on her worst day, she aims to spread joy and kindness to others. Learn more about how Abby combines her values with innovative, evidence-based therapeutic programming at vialindabehavioral.com (Graphics submitted)



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Why Self-Care Is Essential for Those Who Care for Others: Put Your Oxygen Mask on First

By Ramsen Kasha, MBA, MS, LPC

In August, we observe **National Wellness Month**. It serves as a reminder to prioritize habits that support our physical, emotional, and mental well-being. While the message applies to everyone, it holds particular significance for helping professionals who spend our days supporting others through life's most difficult moments. Behavioral health providers, nurses, social workers, peer support specialists, counselors, case managers, first responders, and healthcare professionals often dedicate themselves to meeting the needs of others. They listen, advocate, encourage, and carry the emotional weight of the individuals and families they serve. Over time, many of us become so used to asking others how they are doing that we rarely stop to honestly answer that question ourselves.

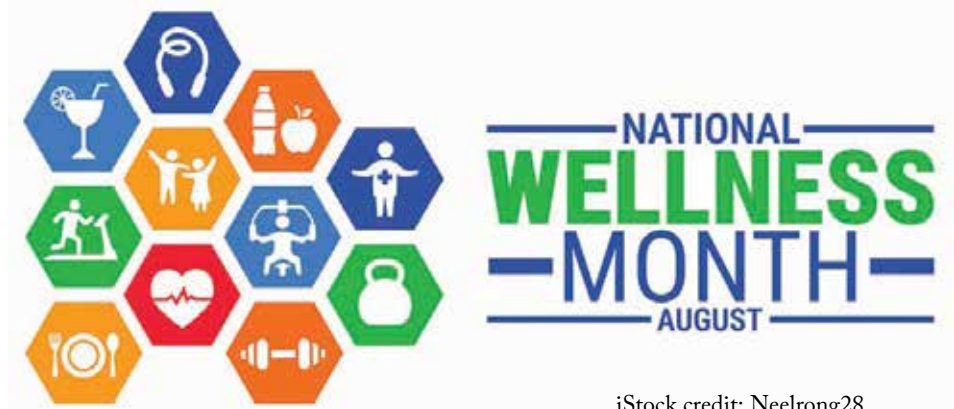
Self-care is often misunderstood as a luxury

In reality, it is an essential part of maintaining the emotional resilience, physical health, and professional effectiveness required in helping professions. It is not selfish. It is responsible. Many therapists use a familiar example from airline safety demonstrations to illustrate this point. Passengers are instructed that if they are traveling with small children, they should put on their own oxygen mask before assisting anyone else. The reasoning is simple: if you cannot breathe, you cannot effectively help someone else. The same principle applies to our emotional and mental health. Caring for ourselves first is not an act of selfishness; it ensures we have the strength, clarity, and capacity to care for others.

The reality is that compassion fatigue and burnout continue to affect professionals across healthcare and behavioral health settings. Long hours, increasing demands, workforce shortages, and exposure to trauma gradually erode emotional reserves. Without intentional practices that promote wellness, even the most dedicated professionals can experience exhaustion, decreased job satisfaction, and diminished empathy. Self-care does not eliminate stress. Difficult cases, crises, and just emotionally heavy days happen in helping professions. Self-care can help provide the resilience to recovery more quickly and remain present with the people who depend on us.

Meaningful self-care looks different for everyone

For some, it may involve setting healthy boundaries between work and personal life. For others, it means making time for physical activity, spending time with loved ones, practicing mindfulness, engaging in creative hobbies,



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"Perhaps one of the most overlooked forms of self-care is giving ourselves permission to ask for help."

or simply getting enough sleep. Regular medical appointments, balanced nutrition, and seeking support when needed are equally important aspects of overall wellness.

Perhaps one of the most overlooked forms of self-care is giving ourselves permission to ask for help. Helping professionals are often the first to encourage clients to seek support, yet we hesitate to do so ourselves. There can be an unspoken expectation that since we work in behavioral health, we should always have the answers or always appear strong. The truth is everyone experiences stress, grief, anxiety, and life's inevitable challenges. Seeking support demonstrates self-awareness and strength, not weakness.

This message resonates deeply with individuals in recovery. Recovery is built on consistent, intentional choices that support long-term wellness. Self-care is not separate from recovery but rather one of its foundations. Recovery is built less on dramatic breakthrough but rather on hundreds of every day choices repeated over time. Healthy routines, supportive relationships, adequate rest, stress management, and ongoing connection to treatment or peer support all contribute to sustained recovery and improved quality of life.

National Wellness Month offers an opportunity to pause and evaluate our own wellness. Rather than asking, "How much more can I give?" perhaps we should ask, "What do I need in order to continue showing up as my best self?" Organizations play an important role in fostering wellness. Creating a culture that values work-life balance, encourages open conversations about mental health, recognizes employee contributions, and supports professional development can have a meaningful impact on staff retention and overall morale. Wellness should not be viewed as just an individual responsibility. It is strengthened when organizations intentionally create environments where employees feel supported, respected, and valued. Small, consistent actions produce the greatest long-term results. Taking a lunch break away from the desk. Stepping outside for fresh air between appointments. Scheduling vacation without guilt. Connecting with a trusted colleague after a difficult day. These simple choices may seem small individually, but together they create a healthier, more sustainable way of living and working.

At Sahara Wellness Center, we witness everyday how whole-person wellness supports lasting healing. By addressing mental health, substance use, and physical health together, we strive to help individuals build healthier lives while reinforcing the importance of prevention, resilience, and ongoing self-care. We also recognize that healing is not reserved for those seeking treatment. It is a lifelong practice that benefits all of us, including the professionals who dedicate our careers to helping others.

This August, let's make one small commitment to our own wellness. It doesn't have to be dramatic or life-changing. Sometimes the most meaningful act of self-care is simply acknowledging that our health matters, too. You cannot pour endlessly from an empty cup. The goal is not perfection or having every day feel balanced. It is making the small choices today that allow us to continue doing our meaningful and important work tomorrow.

Ramsen Kasha, MBA, MS, LPC, has been in the field of addiction treatment and mental health since 2000. He is Chief Clinical Officer at Sahara Wellness Center.

Visit saharabehavioralhealth.com/sahara-wellness-center



many individuals may not recognize when their use has shifted into something more problematic. These patterns can help you recognize when someone is moving from casual use into something more concerning.

Common signs include:

- Needing larger or more frequent doses to feel the same effect
- Feeling irritable, anxious, or restless when kratom wears off
- Using kratom multiple times a day to avoid withdrawal symptoms
- Hiding how much they’re using or avoiding conversations about it
- Struggling to keep up with work, school, or responsibilities
- Spending more money than expected on kratom products
- Physical withdrawal symptoms like sweating, nausea, shaking, or trouble sleeping

If several of these signs start to show up at the same time, it can mean kratom is becoming a daily dependence rather than an occasional tool. This shift is a strong indicator that someone may need help regaining control of their use.

How to Tell if Someone is on Kratom

The effects of kratom can vary depending on dose, tolerance, and the type of product used. Some people appear energized and talkative, while others look sleepy or slowed down. Understanding these patterns makes it easier to recognize when someone may be under the influence.

Signs someone may currently be on kratom include:

Stimulant-Like Effects at Lower Doses:

- Increased energy or restlessness
- Fast or talkative speech
- Heightened sociability
- Trouble sitting still
- Lower appetite

Sedative-Like Effects at Moderate or High Doses:

- Drowsiness or slowed movements
- Small, pinpoint pupils
- Flushed or itchy skin
- Nausea or physical discomfort
- Slowed or slurred speech
- Trouble concentrating

Behavioral Signs to Pay Attention to:

- Using kratom drinks, powders, or capsules throughout the day
- Becoming secretive about products or routines
- Spending long periods alone while using
- Frequently checking or carrying small bags, capsules, or containers

When these signs appear regularly, especially in combination, it may indicate ongoing use rather than a one-time experiment. This is often when loved ones start noticing mood swings, isolation, or changes in daily functioning and begin to suspect a deeper issue.

How to Help Someone Who May Be Struggling

Helping someone who is misusing kratom can feel complicated, especially when they don’t fully see the problem yet. The goal isn’t to push them into quitting on the spot, but to create an environment where they feel safe enough to be honest and supported enough to consider change.

It helps to avoid addiction stigmas or judgment during these conversations, since feeling shamed often makes someone pull away rather than open up. These steps can help you start a productive, respectful conversation.

Start with Simple Observations Rather Than Accusations

Instead of saying “**You’re addicted**” or “**You need to stop**,” try something like “I’ve noticed you’ve seemed more anxious lately” or “You’ve mentioned kratom a lot, and I’m wondering how you’re feeling about it.” This keeps the focus on their wellbeing, not their behavior.

Ask Open-Ended Questions to Understand What Kratom Is Doing For Them

Questions like “What do you feel kratom helps with?” or “Is anything making life feel harder lately?” can reveal whether they’re using kratom to cope with pain, stress, loneliness, or something else beneath the surface. Understanding the “why” behind the use is the first step to helping them find healthier alternatives.

Stay Calm Even If They’re Defensive

People often minimize or hide their use because they’re embarrassed or afraid of disappointing others. Keeping your tone steady and nonjudgmental makes it easier for them to let their guard down later, even if the first conversation doesn’t go perfectly.

Offer Support In Ways that Don’t Take Over Their Choices

Instead of controlling their decisions, position yourself as a partner in the process. You might say:

- “If you ever want help cutting back, I’m here to support you.”
- “If you’d like to talk to someone together, I can help you find options.”
- “If you want to take a break from kratom, I can help you think through a plan.”

This approach keeps them in the driver’s seat while showing they’re not alone.

Encourage Healthier Routines that Reduce Reliance On Kratom

Small steps can help them naturally use less without feeling pressured. Examples include:

- Taking breaks from kratom during the day
- Replacing one dose with a walk, grounding exercise, or distraction
- Building predictable daily routines that reduce stress
- Improving sleep or nutrition, which can lower cravings

If they struggle to follow these steps, that’s often a sign dependence is forming.

Gently Introduce the Idea of Professional Help

You might say something like, “Talking to a counselor or addiction specialist could give you tools to feel more in control.” If daily use or withdrawal symptoms are becoming a concern, mention that treatment programs can help people safely taper off kratom and address the emotional struggles underneath.

Most importantly, remind them that needing support doesn’t make them weak. Dependence can happen slowly and quietly. Knowing someone believes in them can make it easier to take that first step toward change.

Kratom Addiction Treatment Options

Kratom dependence can look different for everyone, and the right treatment helps stabilize withdrawal, rebuild coping skills, and address the emotional patterns behind the use. Most people benefit from a combination of medical and therapeutic support that keeps them safe while they regain control.

Treatment options often include:

- Medical supervision to manage withdrawal safely.
- Therapy to address stress, trauma, or emotional triggers.
- Behavioral treatment to reduce cravings and compulsive use.
- Support groups that offer accountability and encouragement.
- Ongoing aftercare that keeps progress steady, especially for young adults.

With the right support, many people fully recover from kratom dependence and begin feeling more grounded, clear, and in control of their lives again.

Take the First Step Toward Feeling Like Yourself Again

If kratom use is starting to feel hard to manage, or you’re worried about someone you care about, you don’t have to handle it alone. The Meadows Outpatient Center offers compassionate, evidence-based care for people facing dependence, emotional stress, and underlying struggles.

Our team creates treatment plans that fit each person’s unique needs, helping them stabilize, rebuild confidence, and move forward with healthier coping tools. Contact us today to learn more about our drug addiction treatment programs and how we can help you or your loved one take the next step toward healing.

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Visit https://meadowsoutpatient.com/how-addictive-is-kratom-how-to-tell-if-someone-needs-help/?utm_source=together_az&utm_medium=referral&utm_campaign=content_syndication&utm_content=kratom_addiction_help



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Investing in Arizona's Future: Why Teen Leadership and Community Service Matter

By Sherry Eklund, Founder

Leadership doesn't begin after graduation. It begins the moment a young person is given the opportunity to discover that her voice matters.

Across Arizona, teen girls are growing up in a world filled with pressure, uncertainty, and constant comparison. Social media, academic expectations, mental health challenges, and questions about identity can make it difficult for young women to recognize their own strengths. While these challenges are real, so is the incredible potential that exists within every girl when adults and communities choose to invest in her.

Leadership opportunities do far more than build a résumé. They build confidence, resilience, compassion, and a sense of purpose. When teen girls are encouraged to step forward, share their ideas, and serve others, they begin to see themselves not only as participants in their communities, but as leaders who can help shape them.

That belief is the foundation of the new **I Am Teen Strong Teen Girl Ambassador Program**.

The program was created to empower girls to develop leadership skills while giving back to the communities they call home. Through volunteer service, community engagement, advocacy, and personal development, ambassadors will learn that leadership is not about titles or recognition but about making a meaningful difference in the lives of others.

Community service offers lessons that cannot be taught in a classroom. It teaches empathy by helping young people understand the experiences of others. It develops teamwork as they collaborate toward a common goal. It builds confidence as they discover their ability to create positive change. Most importantly, it helps young women understand that even small acts of kindness can have a lasting impact. Communities thrive when people feel connected. Unfortunately, many young people today report feeling isolated despite being more digitally connected than ever before.

Creating opportunities for teens to volunteer, collaborate, and engage face-to-face helps foster genuine relationships and a stronger sense of belonging. When young women participate in service projects, support local nonprofits, mentor younger students, or organize initiatives that address community needs, they begin to recognize that they are an important part of something larger than themselves. They experience firsthand that their time, talents, and ideas have value.

These experiences also create a ripple effect. Girls who learn to serve often inspire their friends to become involved. Families become engaged. Schools strengthen community partnerships. Local organizations gain enthusiastic volunteers with fresh perspectives and creative ideas. Everyone benefits when the next generation learns that leadership and service go hand in hand.



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Building stronger communities isn't solely the responsibility of nonprofits, educators, or civic leaders. It requires businesses willing to mentor young people, organizations willing to provide volunteer opportunities, schools that encourage civic engagement, and community members who believe in the potential of our youth.

When adults invest in teen girls, they are investing in future business owners, healthcare professionals, teachers, counselors, nonprofit leaders, public servants, and neighbors who will one day shape Arizona's future. The values they learn today—compassion, integrity, responsibility, and service—will influence the communities they lead tomorrow.

Every girl deserves the opportunity to discover her strengths, find her voice, and experience the joy that comes from helping others. Leadership is not reserved for adulthood. It begins with a single opportunity to step forward, serve with purpose, and realize that one person truly can make a difference.

By creating spaces where young women are encouraged to lead, volunteer, and build meaningful connections, we aren't simply preparing future leaders—we're strengthening our communities today.

Because when teen girls believe in themselves, grow through service, and become leaders who care for others, everyone benefits.

For more information about the I Am Teen Strong Ambassador Program, visit www.iamteenstrong.org



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The Performance Generation

By Jamie Humphrey

I was three years old the first time I stepped onto a stage. I fell in love with singing, musical theatre, and performing. Looking back, performing itself wasn't the problem. It became one of the greatest gifts of my childhood.



iStock credit: momnoi

"The stage has simply gotten much bigger. It isn't just theatre anymore."

The problem was much quieter than that. Somewhere along the way, applause slowly became affirmation. Achievement became identity. Without realizing it, I began believing my value was directly connected to how well I performed. No one intentionally taught me that lesson. My family loved me deeply. My teachers encouraged me. My directors believed in me. But over time, I stopped asking myself, 'Who am I?' and started asking, 'How did I do?' When the curtain closed and the applause faded, I wasn't always sure who I was anymore.

Today, I don't think our teenagers are all that different. The stage has simply gotten much bigger. It isn't just theatre anymore. It's social media, athletics, academics, friend groups, college applications, likes, views, followers, and the pressure to appear like you have it all together. The audience never really leaves.

Every August, students walk back into school carrying backpacks filled with books, but after spending my days walking alongside adolescents and their families at Horizon Recovery, I've learned many are carrying far heavier things: anxiety, perfectionism, loneliness, fear of failure, pressure to fit in, and the exhausting belief that their worth is something they have to earn.

One of the greatest misconceptions about adolescent mental health is that struggle has a certain look. It doesn't. Some of the teens we meet are honor roll students. Some are athletes. Some are performers, musicians, artists, and student leaders. Many look like they're thriving from the outside. Yet beneath those accomplishments, we often meet young people who are exhausted from trying to hold everything together.

I understand that feeling. Long before addiction entered my story, I had become very good at performing. I learned to smile when I was hurting and convince everyone around me that I was okay. Eventually, substances became another way to keep the performance going. Recovery taught me something I wish I had learned as a teenager: my worth was never tied to my performance.

One of the things I am most grateful for in the work we do at Horizon Recovery is the opportunity to help teenagers lower the mask. We do not simply focus on symptoms; we care for the whole person. Through evidence-based treatment, experiential therapies, family involvement, and individualized support, we help teens begin to rediscover who they are beneath the pressure to perform. We partner closely with families because healing happens best when no one has to walk the journey alone. Our Chief Clinical Officer, Koren Hudson, leads this mission with deep empathy, trauma-informed care, and genuine compassion. We are incredibly fortunate to have a leader with a heart like hers.

As another school year begins, I hope we continue asking our young people about more than grades, sports, and achievements. I hope we ask about their hearts. I hope we remind them that they don't have to earn belonging, perform for acceptance, or achieve perfection to be worthy of love and support.

The applause will always fade. The report card will eventually be filed away. The social media trends will change. But a young person's value never should. At Horizon Recovery, we're honored to help create a place where teens are known before they perform, loved before they achieve, and supported as they discover who they were created to be.

Together, we are making a meaningful difference in the lives of these kids, one family at a time. I could not be more grateful for the sacred work we do, or for the tragic privilege of walking alongside families who are hurting. My hope is that the scars I carry today might become part of another hurting human's roadmap toward hope.

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Jamie Humphrey serves on the Clinical Outreach team at Horizon Recovery, where she advocates for adolescents and families navigating mental health and substance use challenges. With more than 14 years of experience in behavioral health and her own journey in long-term recovery, Jamie is a published author whose writing explores recovery, grief, mental health, and resilience. She serves on the Board of Directors for Owl Love You Forever and volunteers with Hope & A Future. Learn more about Horizon Recovery at www.horizonrecovery.com





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Back to Basics & The Power of Routine

By Alexandra Daffner

August has a way of inviting us back to the basics. Store shelves fill with school supplies, calendars begin to fill, and families settle into new routines. Even for those of us long removed from the classroom, this season reminds us that growth doesn't happen by accident — it happens through consistency. **Recovery is no different.**



When many people first enter recovery, they often search for the breakthrough that will change everything. They hope for the perfect meeting, the perfect book, or the perfect moment when life suddenly becomes easier. While those moments can certainly inspire us, lasting recovery is rarely built on extraordinary experiences. It is built on ordinary actions repeated day after day.

The Fundamentals Matter

We hear them often because they work: attend meetings, call your sponsor, pray or meditate, move your body, nourish yourself, get enough sleep, practice honesty, and be of service to others. These practices may seem simple, even repetitive, but they create the structure that allows healing to take root.

Routine sometimes gets a bad reputation. We mistake it for boredom or restriction. In reality, healthy routines create freedom. They reduce the number of decisions we have to make when emotions are running high and give us something steady to return to when life feels uncertain. Mindfulness brings these routines to life.

It's easy to move through the day on autopilot — even while doing all the "right" things. Mindfulness invites us to slow down and become present for each moment. Instead of rushing through a morning meditation, we truly breathe. Instead of mindlessly drinking our coffee, we pause in gratitude. Instead of checking a box, we allow ourselves to experience the gift of simply being here.

Recovery is not about perfection. There will be days when routines are interrupted, motivation fades, or life feels overwhelming. The beauty of recovery is that we don't have to start over- we simply return to the basics. We come back to the next right action, the next deep breath, the next honest conversation.

As August gives way to a new season, perhaps this is an invitation for all of us to become students again. To approach recovery with curiosity instead of complacency. To remember that the strongest foundations are built one brick at a time.

Whether you have one day sober or several decades, the principles remain the same. Healing is found in the small, consistent choices we make each day. Simple additions to our day such as a morning meditation, a phone call, a meeting, a walk outside, or a moment of gratitude can truly make all the difference.

This August, don't feel pressured to do more. Instead, return to what has always worked- go back to the basics. Because sometimes the simplest practices become the strongest foundation for a life beyond our wildest dreams. See you on the mat!

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The Mirror

Why I Stopped Drinking Alcohol

By Jeff Johnston

On 12/24/17 I made the decision to stop drinking alcohol.

Fourteen months earlier, our oldest son Seth was found dead in a hotel room. Needle in his arm. He'd run into fentanyl at 23. His belt, which had become the tourniquet, was on the bed a few feet away. He never made it out of the chair.

He started drinking at about the same age I did.

I started at 16 and drank all the way to 52. I called myself a "high-functioning" alcoholic. I came from a small town in Iowa and that's just what you did. Grab a case of Miller Lite, drive the gravel roads, find a kegger in an old barn, and solve the problems of the world and create a few along the way.

One drunk driving charge in 1997. Other than that, no real issues. I liked to drink. My wife and I never fought. We drank, we laughed, and we went to bed.

Like most addictions, it's not a problem that is, until it becomes one.

Honest truth? I stopped to support my wife. She was 9 years younger than me, and in the 14 months after Seth died, her drinking and prescription addictions made her look 9 years older.

The narrative I told myself: I had failed Seth as a dad and now I was failing Prudence as her husband.

I looked in the mirror and said out loud: "You pathetic piece of \$hit. How much do you have to lose to realize you're not worthy of being a dad or a husband?"

That was it. The mirror doesn't lie. I never have had a thought about alcohol since.

She died at 46, on 6/29/21. We were married for 21 years.

When people ask about my sobriety, I'm honest about my pathway. Everyone has a different one and plenty of people will tell you they know THE answer:

- Find God and surrender.
- Go to AA and share.
- Redesign your environment.

It takes exactly 12 steps from my car to Seth and Prudence's gravesite. How's that for irony?

Will I drink again? I have no idea. Will I drink today? No.

It's a conscious choice and I am not powerless, I have more power than alcohol realizes.

If you're fighting your addiction(s) like many of us just know there are many pathways. The only correct one is the one that works for you.

Burying half my family was what it took for me.
I hope your mirror asks less of you.

Let's Brightn lives together.



Jeffrey Johnston is the Founder & CEO Brightn, Ai Powered Mental Wellness Startup, Author and Founder of The Living Undeterred Project. Learn more about Brightn at <https://www.brightn.app>



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Spirit has a Bigger Plan

By Alan Cohen

Have you ever made a mistake that seems so senseless that you can't imagine any good coming from it? Has something happened to you that you believe has ruined your life irreparably? Do you watch the news, look at politics and the environment, and worry that we are rapidly tailspinning from bad to worse?



iStock credit: Valery Rybakou

"Higher vision reveals what fear tries to hide, and Spirit always has a bigger plan."

If so, I have some better news: Everything, no matter how bad it seems, contains something of value that will reveal itself in time. A *Course in Miracles* tells us, "It takes great learning to understand that all things, events, encounters and circumstances are helpful."

Steven Spielberg's breakout movie, *Jaws*, was a way scary film about a rogue shark that emerged from the depths of the sea and devoured people. Some viewers, after seeing *Jaws*, did not go to the beach for years! What good could possibly come from a foray into horror that caused such mass panic?

When *Jaws* became the highest-grossing film of all time, Columbia Pictures was eager for Spielberg to direct another movie to fill their coffers. So they gave him carte blanche and huge funding to make any film he wanted. The result was *Close Encounters of the Third Kind*, one of the most uplifting films to ever reach the masses. Until that time, nearly all science fiction movies portrayed aliens as bloodthirsty ogres invading the Earth to subjugate or destroy it. In poignant contrast, *Close Encounters* depicted visitors from the stars as benevolent, eager to connect with humanity and help us. Metaphysically, this reversal represents a leap of humanity's consciousness from fear, protectionism, vulnerability, and war, to trust, safety, and positive co-creation.

Riding high on the success of *Close Encounters*, Spielberg brought forth *E.T.*, an even more endearing tale about an extraterrestrial with healing power, stranded on Earth, trying to find his way home. This theme is even more metaphysical, symbolizing that we are all extraterrestrials — beings born with essence beyond the material dimension—lost in our visit to the world, longing to return to our spiritual home.



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I met a Catholic man named Lou who showed a movie about the apparitions that occurred in Garabandal, Spain. Similar to Fatima and Lourdes, four girls in a small village had ecstatic supernatural visions of Mother Mary. Over four years, she gave them instructions and performed miracles. This phenomenon attracted many thousands of pilgrims who experienced transformations and healing.

When I asked Lou how he got into this ministry, he told me, "As a young man, I was very shy and I avoided any public spotlight. Then I began to get attention for telling off-color jokes. I developed a reputation, and I was invited to men's groups and night clubs to do my risqué routine. In the process, I grew quite confident to speak in public.

"When I learned about the Garabandal miracles, I was extremely inspired. I lost interest in my off-color comedy career, and I stepped into my role to publicize the healings. My comedy stint was the perfect preparation for me to bring a healing message to the masses."

A woman living in the country ran out of food for her family. Desperate and hungry, she got down on her knees and prayed to God for sustenance. Some boys outside her house heard her praying, and decided to play a trick on her. They found a chicken, climbed up on the roof, and threw the bird down her chimney. Seeing the chicken fall from heaven, she shouted, "Hallelujah! Thank you, God!"

The mischievous boys knocked on her door and, laughing, told her, "We were the ones who sent you that chicken." The lady replied, "The devil delivered it, but it was God who sent it."

A *Course in Miracles* asks us to remember, "I do not know what anything is for." Everything has a broader purpose than we can see in a given moment. It is said, "The record books never show the score at halftime."

What seems to be going wrong may be leading what goes right. Higher vision reveals what fear tries to hide, and Spirit always has a bigger plan.

Alan Cohen, M.A., is the author of 31 popular inspirational books, visit <https://alancohen.com>, to learn more and sign up for his newsletter and daily reflections.



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Resources & Support

Suicide/Crisis
988

TGAZ Recovery Partners

AZ Women’s Recovery Center (AWRC)	602-264-6214	azwomensrecoverycenter.org
Agave Ridge	480-780-0211	agaveridgebehavioral.com
Aurora Behavioral Health	877-870-7012	auroraarizona.com
Axiom Care	602-782-9500	axiomcareofaz.com
Calvary Healing Center	602-362-8589	
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	
Horizon Recovery Center	623-243-8992	horizonrecovery.com
Hushabye Nursery	480-628-7500	hushabyenursery.org
The Meadows	800-632-3697	themeadows.com
Mens Teen Challenge	520-792-1790	tcaz.org
Mental Health America of Arizona		mhaarizona.org
Mercy Care 800-631-1314	602-222-9444	mercycareaz.org
NorthSight Recovery	833-787-9718	northsightrecovery.com
Psychological Counseling Services (PCS)	480-947-5739	pcsintensive.com
Scottsdale Providence	480-210-1734	scottsdaleprovidence.com
Scottsdale Recovery Center	888-663-7847	scottsdalerecovery.com
Scottsdale Serenity	480-906-2067	scottsdaseserenityrehab.com
Sharon Youngblood	520-331-1483	
Sierra Tucson	800-842-4487	sierratucson.com
Spritually Fit- Co-op	602-809-0854	spirituallyfitco-op.com
Brough Stewart, MC, LPC, NCC	602-316-3197	
Steps to Recovery/Konnect	928-649-0077	konnctwellness.org
Valley Hospital	602-952-3939	valleyhospital-phoenix.com
Via Linda Behavioral Hospital	480-476-7210	vialindabehavioral.com
Virtue Recovery Center	866-338-6977	virtuerecoverycitywest.com
Teen Challenge AZ	602-708-9475	tcaz.org

Additional Resources

ACT Counseling & Education	602-569-4328	actcounseling.com
AZ. Dept. of Health	602-364-2086	
AZ Holistic Approach Counseling	602-529-1967	
Arizona Opioid Assistance Helpline	888-688-4222	
Birches Health	833-483-3838	bircheshealth.com
Ericks House	855-894-5658	
Desert Drug Dog	602-908-2042	
Hunkapi Programs	480-393-0870	
Kid in the Corner	kidinthecorner.org	
EMPACT/La Frontera	800-273-8255	
I Am Teen Strong	480-396-2409	
Mental Health Center of America	602-704-2345	
NotMYKid	602-652-0163	
PAL Parents of Addicted Loved Ones	palgroup.org	
Recovery Café	480-530-7090	
TERROS Health	602-685-6000	
TUCSON		
ACA	aca-arizona.org	
AA	520-624-4183	
AI-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	
Teen Challenge	888-352-4940	
The Mark Youth and Family Care	520-326-6182	
Workaholics Anonymous	520-403-3559	

Refuge Recovery

Wednesday, 6:00-7:00 pm, Red Tree Meditation Center, 1234 E 16th St. Tucson

Saturday, 5:00- 6:30 pm,*Palo Verde room* Saint Philip's in the Hills Episcopal Church. 4440 N Campbell Ave., Tucson

EDA Meetings

Sat. 10:30 am New Freedom Meeting — Pigeon Coop. 4415 S Rural Rd, Ste 8, Tempe AZ. Step and big book study.

Thur. 7:00 P.M. New Happiness Meeting Crossroads 2103 E Southern, Tempe. Rotating format- Step, Topic, Big Book, Speaker.

Helplines

Alcoholics Anonymous (AA)	602-264-1341
AI-Anon	602-249-1257
Tucson AI-Anon Information	520-323-2229
Adult Children of Alcoholics (ACA)	aca-arizona.org
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
Crisis Help Line – For Any Kind of Crisis	800-233-4357
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
Fentanyl Anonymous	520-338-9307
Food Addicts food addicts.org	435-764-1461
Gamblers Anonymous	602-266-9784
Gam-Anon 602-303-7876	National Hotline 844-475-4213
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
Teen Life Line	800-248-8336

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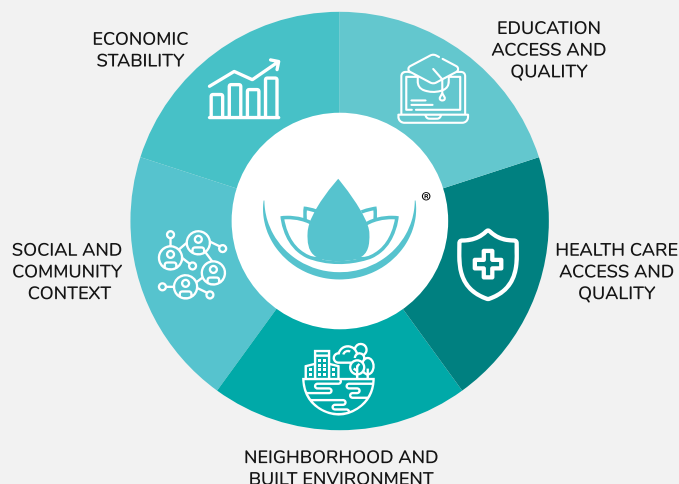
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