

Together AZ

DECEMBER 2017

Inspiring Success on the Road to Recovery

The Reality of Treating Pain with Opioids

By Mercy Care Plan/Mercy Maricopa Integrated Care staff

Most everyone has heard about the opioid epidemic — and the many lives lost to these highly addictive painkillers. The Arizona Department of Health Services released data on June 1, 2017 about opioid overdoses in the state. Those numbers showed that 790 Arizonans died from an opioid overdose; a 74 percent increase over the past four years. Statistics also show between June 15 and November 16, there were 564 suspected opioid-related deaths.



Easy access to opioids like Percocet, Vicodin, Morphine or Oxycodone contributes to this epidemic.

Think about a time you went to the doctor. Maybe you had a tooth pulled, twisted your ankle, hurt your back or had surgery. Were you prescribed a painkiller? You or someone in your family may have taken a prescription opioid without much thought as to what it was.

Did you know that prescription painkillers are cousins of heroin?

In fact, 80 percent of people who use heroin started with prescription pills. New information from the Centers for Disease Control and Prevention shows that it only takes four to five days to become hooked on pain medication.

Opioids act on the nervous system to relieve pain. And, treating pain with opioids is very common. So common that in 2013, there were enough opioid prescriptions written for every American adult to have their own bottle of pills. The highly addictive properties of opioids, coupled with physicians over prescribing their use, has led to an opioid epidemic. Across the U.S., more than 40 people die every day from overdoses involving prescription opioids.

But, an important question to ask is: *Are opioids the best treatment for all pain?*

“When we see a doctor for pain, we want relief. Does relief mean zero pain? No,” said Dr. Elisa Mashal, Medical Director for Mercy Care Plan and Mercy Maricopa Integrated Care. “Pain is our body’s way of telling us something is wrong. It’s important for your doctor to find out what the problem is and treat it so things don’t get worse. Not all pain is treated the same way. Just like you need different antibiotics for different kinds of infections, different medicines treat different kinds of pain.” It’s helpful to separate the myths from reality.

The myths vs the reality

- **MYTH:** All pain is the same. Pain is pain.
- **REALITY:** There are many different types of pain. Some of these are nerve pain, bone pain, muscle pain, pain after surgery, and pain after a dental procedure. Each type of pain is treated differently, and opioids are not proven to be the most effective treatment for any of them.
- **MYTH:** If my doctor prescribes it, it must be okay.
- **REALITY:** Treating pain with opioids is much more common in the U.S. than anywhere else. Doctors were encouraged in the mid-90s to be more aggressive about treating pain, so prescriptions increased, and they haven’t stopped. People were given the impression opioids are the best way to treat anything other than the most minor pain. The U.S. accounts for only 5 percent of the world’s population, yet we use 99 percent of the hydrocodone (Vicodin) and 81 percent of the oxycodone (Percocet). Remember, 4 out of 5 people who use heroin started with prescription opioids and 35 percent of people on opioids for chronic pain develop a substance abuse disorder.

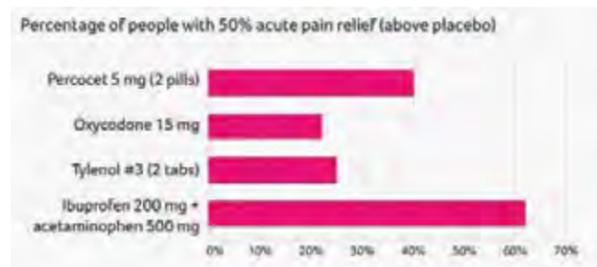
- **MYTH:** If I have anything more than minor pain, I need an opioid.
- **REALITY:** There is little or no evidence to show that opioids are the best treatment for pain (*even after surgery*). In comparisons, non-opioids work better than opioids for pain, even after surgery, yet hospitals rarely offer the choice. In fact, for chronic non-cancer pain, opioids are only a little bit better for pain, function and disability than sugar pills!

“A combination of Ibuprofen (Motrin, Advil) and acetaminophen (Tylenol) has actually been proven to work much better for pain that just recently started,” Dr. Mashal said. “These over-the-counter pain relievers also work better than narcotic pain medicine for pain after minor surgery and kidney stones. For pain that has been going on a long time (chronic), your doctor can prescribe other medicines or treatments that work much better than opioids and will not cause addiction.”

When people use them after minor surgery, the

risk of long-term opioid use goes up by 44 percent at one year after the surgery.

- **MYTH:** If I’m in the hospital, I don’t have a choice about what pain medicine I get. I shouldn’t ask questions because the doctor knows what treatment would be best for me.
- **REALITY:** It’s your body. Even in the hospital, ask your doctor about non-opioid options to treat your pain. Depending on the type of pain you’re having, you can ask for a non-narcotic anti-inflammatory medicine.
- **MYTH:** If I still have pain, it means my medicine isn’t working. I should feel zero pain.
- **REALITY:** When someone is under anesthesia, they’re experiencing 100 percent pain relief. Otherwise, we should remember, instead of trying to cover up the pain, we should try to find the cause. When you’re getting treatment for your pain, your goal should be 30 to 55 percent pain relief and improvement in your function and quality of life. Debunking common misunderstandings is an important way to educate people about opioids. Understanding how they work is also important.



How opioids work

Opioids bind to the same brain systems as heroin and morphine. They attach to the central and peripheral nervous system. These are called mu, delta and kappa receptors. These are receptors in the brain, stomach, intestines, spinal cord and other organs.

They suppress, or lower, your brain’s ability to sense when you aren’t breathing enough. That leads to heart rhythm problems. It can cause your heart to stop.

Opioids can also suppress your body’s natural

TREATING PAIN continued page 6

The Arizona Opioid Summit 2018

With the opioid crisis continuing to make headlines, those looking to make a difference will want to put the Arizona Opioid Summit on their calendars. The second annual conference will take place February 14-16, 2018 at the Tempe Mission Palms hotel near ASU.

On January 9 of this year more than 300 stakeholders met to discuss ways to engage treatment providers, law enforcement, and other groups to reduce overdoses and promote recovery. Advocates and professionals will reconvene in February to examine what progress has been made and explore what to do next.

“The second annual AZ Opioid Summit will be an ideal opportunity for stakeholders of all types to convene to share best and promising practices for tackling opioid abuse in our community,” said Doug Edwards, director of the *Institute for the Advancement of Behavioral Healthcare*, the conference organizer. “I hope people from many different disciplines and perspectives join us to explore ways in which we can make meaningful change and turn the tide of this public health emergency.”

The conference aims to bring together a wide range of attendees to offer a multi-disciplinary perspective. Those who should consider attending are private practice therapists, psychologists, clinicians, counselors, social workers, interventionists, pharmacists, advocates, families of people in recovery and those in recovery, public health and prevention officials, law enforcement, and federal, state, and local officials and lawmakers.

OPIOID SUMMIT continued page 12

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Publisher's Note

By Barbara Nicholson-Brown

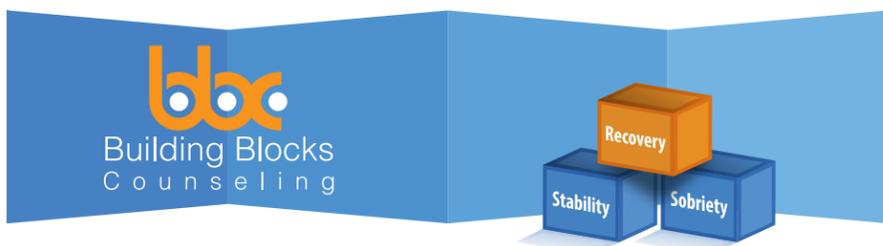
Don't Quit Before the Miracle

All of us from *Together AZ* and the Art of Recovery Expo wish you a blessed and safe holiday season.

Being part of the ever growing community of addiction awareness, advocacy and prevention has given my life a very special purpose. When I made the commitment to see what this sobriety thing was all about, I had no idea how fulfilled my life would become. Through the years I have met hundreds and hundreds of people on the same journey, from the beginning through today — this family welcomes me with open hearts and arms.

While all our lives will have ups and downs, please stay on the path with us. Don't give up, ask for help, and watch for the miracles. I've learned there is no other way to live. It took a lot of patience, fellowship, humility, and honesty to get to where I am at this very moment, sober and very very grateful.

To a Joyous Season and Beautiful New Year!



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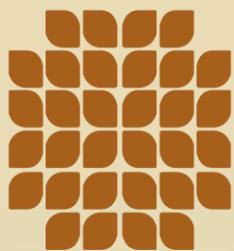
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The Gifts of Pause

By Dina Evan, Ph.D

Tis the season to be jolly but the ho, ho, ho's seems to be hiding. Today there is more holy cow than ho, ho, ho! To many of us, it feels as if we are waiting for the other shoe to drop and we are doing it while holding our breath. We haven't had a lot of time to focus on what is good in our lives, what is sacred and fulfilling. So, what better time to pause and remember all the things that brings us joy.

The Holy Moments

For instance, those holy moments when something hits you just right with the perfect AH-HA and you get it, whatever it is. Or the holy moments when you are sitting with someone you love and the truth between you is electric. The holy moments when someone tells you how incredibly important to them and loved you are. Or those moments when you have wrestled with a problem, and suddenly step out of the box and have the answer.

How about that precious moment in the grocery store when some kid looks up at you when a grin the size of Milwaukee? What about the little successes when you didn't forget your glasses or your pet insists on cuddling behind the bend in your knee, or rests her head there to watch TV with you?

Think about the times you have cracked up laughing with a friend or loved one in a movie or the food you ordered tastes as satisfying as the picture on the menu made it look. Or when you treated yourself to a dessert guilt free.

Think about when you wake up early and then remember you get to sleep in because it's the weekend or when that outfit you love fits again.

What about the sheer joy of being a parent, grandparent or great grandparent! My munchkins start doing their dance the minute the music comes on and there is nothing sweeter than watching toddlers try to out dance each other.

If you are single how about having a singles holiday dinner with friends to celebrate your freedom and the fact that you all can keep shopping for the right partner and you've learned enough about yourself to have better boundaries and a well-trained "picker" this time.

I once wrote a poem.... "I sleep on my side of the bed as though there was still a your side. Will sleeping in the middle mean I am over you?"

Celebrate your singleness. Now, I love having the whole bed to myself.

Take a minute to be grateful for the people who get you. You know, the

ones who never question your motives. The ones who understand the value of your character and spirit and celebrate that. And it could be time to celebrate your parents, even the ones who, were shall we say, screwed up. After all, they taught you everything you never want to do or be. That's great gift.

There are also many gifts in aging. I understand more about life and the lessons we create for ourselves than ever. I am so glad to be past the challenges that brought me to my knees and so glad to be able to help my kids and grandkids create fewer of those for themselves. I am even glad to be near the last chapter of my life, because all these precious gifts and lessons are now the fabric of my soul. I embrace the sweet holy moments, the moments on my knees and the moments of enlightenment, kindness and new awareness'. We have so much for which to grateful. Take a moment this season to simply pause and be still — to reflect on the blessings in your life.

We who have the privilege of sharing our thoughts with you each month are incredibly grateful for you and Barbara for having this opportunity. You are the blessing in our lives, the people who help us fulfill our purpose and check our own integrity and level of vulnerability and honesty every month.

So, we all wish you every continued blessing. In the New Year, let's all take a lesson from our canine friends. When they encounter poop in their lives, they simply kick some dirt over it and move on. **Happy Holidays!**



Dr. Evan specializes in relationships, personal and professional empowerment, compassion and consciousness. 602-997-1200, 602 571-8228, DrDinaEvan@cox.net and www.DrDinaEvan.com.

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Reacting to Triggers

By Renee Sieradski, EA

Recently I was reacquainted with an old friend, Betty. We hadn't spent time in a decade. I knew her during my before and during my first year in recovery, back then I was a different person. A woman without boundaries or clear sense of my reality, codependent, and learning how to grow up.

As we were catching up, I was reminded of how verbally abusive she had been though I hadn't thought of her as a major player I would have to recover from. But here she was, someone who didn't know the real me today. Still, I found myself interacting with her as if I was a victim who accepted verbal abuse, a little child again. I regressed and was almost immediately triggered.

Oftentimes, my first reaction or feeling when I feel this way is frantic, or reaching for ice cream to stop my feelings of helplessness. I wish that wasn't true, but it was especially after Betty made several indirect references to how much weight I had gained.

I attend 12 step meetings, but can find myself wailing in my car, having the desire to never see this person again, to run and hide from the perpetrator I am facing. When triggered I discount my reality based on old negative messages from my father.

I would not have felt disempowered had I stood up for myself in the moment with her. But my inclination is to freeze and disassociate when verbally abused, especially when caught off guard, under stress, or over-tired. Betty literally showed up unannounced at my office, without warning. I was triggered for 36 hours after she appeared at my office. During her visit, I agreed to do some pro-bono legal work for her, and she will likely not be pleased with my work.

After the encounter, I had to increase my attendance at meetings and find it comforting to tell myself it's okay to be triggered. My sponsor has taught me the idea of radical acceptance. No matter where I am now, it will pass. Because of my severe PTSD, I'm prone to relapses when I encounter new situations. My therapist calls it a shame fever. He says fevers eventually break, naturally, once the body fights off the illness. My body will naturally handle this, but in the meantime, I need to be gentle and kind to myself. I don't have to decide right now whether to confront or not to confront her again.

I must realize I am reacting because Betty's words hit on tender wounds in my soul, and it isn't all her fault. Actually, she gave me an opportunity to feel a deep raw wound and remember how I once was a vulnerable child who was mistreated. In turn I can practice extra good self-care and become a stronger woman.

Just because you've received a tax notice, you may not owe

Here are some common tax notices you might see after submitting your return:

- We've adjusted your return
- We've made changes to your return
- We have found problems with your return

For years, I've responded to tax notices from the IRS or states and 20% of the time, they are a result of errors on the part of the taxing authority. This means 80% of the time a taxpayer has forgotten to include interest income from a brokerage account or forgotten to include their 1099 income from that "small" side job.

Two out of 10 times, the IRS or State has:

- mislaid a tax check
- cashed a check and didn't apply it to taxpayer's account
- charged a penalty and when taxpayer paid it, send a letter of a credit on account (Yes, really)
- not credited taxes withheld by pass-thru entities
- posted your taxes paid to the wrong year

In these cases, all it takes is a phone call, fax or a letter to the IRS/State explaining what took place and requesting your account be reviewed. Ask your tax advisor to send this letter for you and sometimes this may alleviate your stress just because they are used to doing dozens of letters a year and they will know how to word the letter in such a way to get the desired result. Don't assume because you received a letter regarding your taxes, you owe the money, do some research.

Renee Sieradski is a Tax Specialist, visit www.tax-intervention.com or call 602-687-9768.

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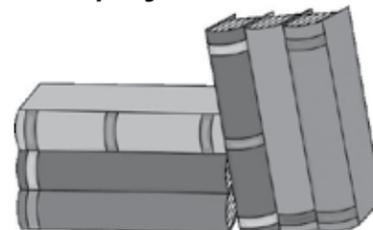
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TREATING PAIN from page 1

“feel good” hormones, called endorphins. With repeated opioid use, you start to depend on the drugs for those “feel good” feelings.

It might not make sense, but opioids can even make you more sensitive to pain after you’ve used them for a while. What they don’t do is increase your ability to function in your daily life. They don’t help heal the cause of the pain. What are some other things you can do to help relieve your pain?

Exercise/physical therapy

There is great research to show exercise does help. It helps with everything from reducing pain to working as a treatment for depression. Exercise is especially helpful for low back pain, osteoarthritis and fibromyalgia. There’s also formal physical therapy. You can also try: Yoga, Pilates, Brisk walking, Swimming/water aerobics and Cycling

Weight loss/healthy eating

When someone is carrying a lot of extra weight on their bodies, that weight puts pressure on your spine and joints. That’s why it’s important to make weight loss a goal. There are many great books on healthy eating. You can work with a nutritionist at your local hospital. You can also join a weight loss group online, or in person for extra support. Always talk to your doctor about the best nutrition or exercise plan for you.

Cognitive Behavioral Therapy (CBT)

This is a fancy way of saying “talk therapy.” CBT helps you to change negative thoughts and behaviors. This, in turn, changes your awareness of pain and your ability to cope with it. There’s a lot of research to show this is one of the most effective treatments for chronic pain. It helps because so many people who suffer from pain also suffer from other trauma, like post-traumatic stress disorder (PTSD). You can do this in person with a therapist or get services online by teletherapy. Learn more at www.thepainproject.com.

Alternative medicine

Chinese medicine (e.g., herbs, nutrition, and exercise, like tai chi), acupuncture or osteopathic manipulation.

Acupuncture has become more widely known as an accepted alternative treatment for pain. The treatment involves stimulating specific point on the body with needles. It may help ease types of pain that are often chronic, for instance low-back pain, neck pain and osteoarthritis/knee pain.

If you decide to visit an acupuncturist, check his or her credentials. In Arizona, a license is required to practice acupuncture. You can see a list of licensed acupuncturists here: <https://acupunctureboard.az.gov/>.

Neurofeedback/biofeedback

This involves learning to regulate specific areas of your brain by feedback from your brain waves. This is done by psychologists, family therapists and counselors.

If you think you’re dependent or addicted to opioids

Opioid dependence is when your body starts to rely on the drug to feel normal. If you stop taking the drug too quickly or reduce your dose, you may have withdrawal symptoms. These can include:

- Rapid heart rate • High blood pressure • Runny nose and sneezing
- Sweating • Shaking • Confusion • Seizures
- Seeing things that aren’t there (hallucinations)

“The good news is there are many places to go for help,” Dr. Mashal said. “It’s important to talk with your clinical team or provider about this.”

If you’re a member of Mercy Care Plan or Mercy Maricopa, you will find providers on our websites: www.mercycareplan.com or www.mercymaricopa.org. Click the “Find a Provider/Pharmacy” banner on the top right-hand corner of either website. Call our Mercy Care Plan Member Services team from 7 a.m. to 6 p.m., Monday through Friday at **602-263-3000** or **1-800-624-3879** (TTY/TDD 711). Or, Mercy Maricopa Member Services team anytime, 24/7, at **602-586-1841** or **1-800-564-5465** (TTY/TDD 711). Check <https://www.samhsa.gov/find-help> and www.substanceabuse.az.gov/. If you think you may be dependent on opioids, talk to your doctor. Ask how to slowly reduce your dose safely to avoid withdrawal.

How you can help others

Dr. Mashal notes that it’s not uncommon for people to go through other people’s medicine cabinets looking for these types of medications.

“What if you do get opioids and have leftover medicine after your pain goes away? Do you have teenagers in the house? Someone who comes to do home repairs?” she said. “It’s extremely important to dispose of any leftovers immediately.”

Visit www.acpa.net/arizona_drug_disposal_locations.aspx for a map of disposal sites all across Arizona. This will help ensure others won’t use your medications.



Elisa S. Mashal, M.D. is the Medical Director for Mercy Maricopa Integrated Care/Mercy Care Plan.



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Healing with Creativity

"Follow your bliss and the universe will open doors for you where there were only walls." — Joseph Campbell

By A. Padilla

The creative process at Blue J Creative Healing is based on Jungian Psychology and much of what Joseph Campbell said in the above quote. Students work in different mediums from encaustic wax, resin, paint, watercolors, clay, to music. It's not just the traditional art materials — there is much more. Scientific data is available documenting how creativity helps with anxiety, depression, addiction and self-esteem. During the creative process all parts of our brain are activated at one point or another. This is why the process is so healing when in conjunction with a person qualified like Jenny Preece Schomaker Padilla.

Who Can Benefit?

Blue J Creative Healing helps kids, teens, and adults in conjunction with Cognitive Behavioral Therapy throughout the Valley. Randi Gray, LPC said, "Jenny provides clients with an alternative, creative way to process, learn, discover and grow. I've seen the beneficial effects her work has on clients. It has been a positive experience having Jenny in my practice, offering this additional resource to clients."

Her gifts lie in guiding us to understanding our bodies, minds, and how all of these are important in creating wholeness and unblocking past issues. She also focuses on nutrition and how it impacts the brain and body. Her grandmother and mother nurtured the importance of nutrition. Jenny doesn't believe in dieting however, more of a balance and understanding how different foods and portions work with our brain and bodies.

Jenny graduated from Pacifica Graduate Institute in Santa Barbara where she obtained her Masters of Art in Creative Life, Humanities, and Depth Psychology. After being an internationally published photographer for 15 years, she was diagnosed during with Spasmodic Dysphonia. This impacted her voice, which was part of her identity for sometime. She was a DJ at her college radio station. After college she pursued marketing and sales management positions in the travel and tourism industry, which required daily public speaking assignments. After trying yoga, meditation, traditional therapy, she still needed more to understand not only what she was going through but understand things in another perspective. She felt called to go back to school as a single mom of three in her 30's, no small task.

Being able to put the puzzle pieces together with her graduate program and other educational experience she was able to come up with an individualized program. The "Creative Life" is a way of life for humans, just like water is to fish. She uses creativity on a personal basis. "Each person has it within them, we have just forgotten how to use and access it" says Jenny. In a world becom-



Community Mandala
A community collective piece Blue J Creative

ing more and more electronic there is a need for balance.

Jenny is a guide, teacher, and coach helping people get back in touch with the part of them that may have been suppressed or traumatized. Tapping into the "inner child" specifically and subconscious to find those things that help build the person. Julia Cameron has said, "When we open ourselves to our creativity, we open ourselves to the creator's creativity within us and our lives."

If you or a loved one struggles with anxiety, depression, addiction or low self esteem please visit www.bluejcreativehealing.org for more details.

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NAVIGATING THE HOLIDAYS WHEN YOUR CHILD IS IN EARLY RECOVERY

By Dr. John Dyben, DHSC, MCAP, CMHP – Clinical Fellow

Families can experience many emotions while navigating the holidays, whether in still waters or rough seas. Friends and families come together and we place at the forefront of our thoughts all of the joy of our connections we may forget in the day-to-day. In these special times, our gratitude for life and joy in all we share is so sharply focused that many describe these as “magical” times, bursting with wonder and delight.

The flipside to this is emotional pain and difficulties may also be magnified during these times. We miss loved ones. We remember and wish for simpler times. We feel the weight of difficult circumstances a bit heavier.

In few ways is this phenomena more realized than with families who have a loved one in very early recovery.

Strong emotions combine with a multitude of questions to create a feeling of constant pressure and walking on eggshells. Families want to know how they should act around their loved ones new to recovery. Should there be alcohol at gatherings, who should be invited to functions, or should participate in celebrations at all. They wonder if they should give gifts or hold back. They agonize over how to have a “normal” holiday, often having had so many where their loved one was actively using substances – or absent altogether.

As someone who has been in this position, I can share there are three

important guiding principles to help families navigate these times.

1. The Principle of the Sail

In sailing, the seasoned mariner knows that no matter how exact he is in his rigging and tacking and moving all of the parts of the boat, he cannot control the wind. Knowing what we can and cannot control, and then practicing the art of accepting that which I cannot, is paramount in keeping sane during these times. I remember the first time

I went to an Al-Anon meeting and was told that I could have peace in my life even if my loved one was still drinking and using substances. I thought it was the craziest thing I had ever heard in my life. And yet, it is true.

At the end of the day, no matter what you do, you cannot control your loved one’s recovery. That is the wind to you. You can let go of that outcome. You must let go of that if you are to find peace. This is incredibly difficult to do alone. No matter how smart or strong you are, getting support from others who understand what you are going through is critical. Participation in groups like Al-Anon, Families Anonymous and other support groups for people who have family members struggling with substance use should be as important as getting gifts ready for the season.

2. The Principle of Waxing Strength

When a person has an allergic reaction to a food that causes them to nearly die from anaphylaxis, they may end up in the hospital for days. They may feel weak and be particularly vulnerable to that allergen. It would make perfect sense that in preparation for that person to come home from the hospital, we would clear the house of the allergen and encourage others not to bring it into the home. Eventually, in time, as the person gains strength and learns how proximity to the allergen affects him, he may be fine with it next to him.

In the same way, it is a good principle to keep alcohol, medications that can be misused and any other substances out of the recovery environment of a person in early recovery. In time, a fully recovered person may be able to be around alcohol with no problem at all. For this first holiday season, though, it is usually better if it is not around.

3. The Principle of Falling Walls

This principle will cover so much more than one might imagine if it is bravely pursued. Family members have many questions about how to act and what to do around a loved one in early recovery. Also, they have questions about how much should be shared with others in the family and circle of friends. A simple, though sometimes counterintuitive way to handle this is to ask direct questions — and ask permission to ask, too.

What might happen if you approached a loved one in early recovery and said, “Hey, I am new to this and I

have some questions. Would it be okay if I asked you about your perspective on the holiday?” In my experience, I was able to get so many answers that I could never have figured out on my own even though I had been agonizing over them for weeks.

Ultimately, there is no magic formula to make things perfect for this holiday season. And I’m pretty sure there is no such thing as a “perfect” holiday season, anyway. In fact, it is often the bumps, hiccups and awkward moments that make for the most laughter and joy when we are accepting of the reality and beauty of our imperfections.

If you have a loved one in early recovery this holiday season, know that you can have joy and peace in your life and your home no matter what happens. Know that the actions you can take are like the mariner’s work on the sails — but remember that the wind is out of your control. So talk as openly as you can and push yourself beyond your comfort zone to open up even more. Reach out for help and remember that everyone deserves the gift of support, including you.

May peace find you and your family and may you all celebrate life this holiday season.

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WELDON HOUSE

Make a commitment!

Three behaviors for parents

By Dave Cooke, 100 Pedals

In a recent parent coaching session, we examined ways to interrupt triggering exchanges between a parent and addicted child. Many parents began to recognize patterns in their exchanges and the toxic impact they were having on both.

We get caught in a trap of repeated responses to the frustrating, challenging and difficult choices our addicted children make, losing our own perspective on the adverse reactions our responses can have. Instead of helping or healing, we actually make things worse, even if that seems implausible.

Altering or interrupting our patterns or habits of responding, requires the willingness to adapt, change or adjust our responses to these confounding choices. Here are three behaviors to focus on to help interrupt unhealthy patterns in our exchanges and interactions with our addicted children:

Eliminate criticism, judgement and condemnation from your dialogue: This is essential for healthy dialogue and healing. Even in the most chaotic situations, our children need to experience our unconditional love more than anything else. Sometimes giving our best is difficult — *if not impossible*.

It doesn't mean in our anger or frustration they need to experience our worst. Listening, accepting, encouraging, and supporting are powerful, loving behaviors. When they share the news of a bad decision, it's best not to challenge, criticize or express frustration. Offer a word of appreciation, 'thanks for letting me know', a word of encouragement, 'I'm confident you know what you are doing', an offer to support, 'if you need my help, let me know'. You may read this example and think, What?

This is interrupting old behaviors with new ones, changing dialogue, bringing healing and love to a broken, strained relationship.

Focus on what you have authority over and responsibility for. It took me a long time to recognize the extent I would try to manage and influence behaviors which were beyond my authority. Even when I thought I had extricated myself from my son's addiction/recovery, I realized I shifted away from much of it, though not all.

Everything changed when... where

he's living, what he's doing to manage his recovery, legal obligations, finances, job, relationships, or his other ongoing recovery or addiction habits *were not my responsibility or under my authority*.

Anything I did to help or assist in managing his life, is my attempt to control. Today I chose to exert a healthier influence on my health, habits, relationships, communications and interactions with him. Being in a healthier, more balanced lifestyle, better equips me to love him and encourage him when he needs or asks. Anything else is meddling, another form of control.

I will not engage in behaviors or activities which hurt me. There are "favors" my addicted son has asked which I knew were not a good idea. Each time they went against my instincts, causing causing personal and internal distress when I did. In the end, my instincts proved to be correct, the supportive action was B.S. and I ended up hurt, frustrated, or disappointed in the process. Today, I pay *very close attention* to my safe meter: gut instinct, the wisdom of experience, and common sense. Unconditional love is not demonstrated by engaging in an activity which is instinctively off. Only in active addiction did my son ask of me things that didn't seem right or were hurtful. In active recovery, he has demonstrated his independence and his interactions are devoid of strange and uniquely abnormal requests. Making a commitment to honor our warning signs may not be popular with an addicted child; but, they go a long way in protecting you from additional pain while helping you maintain the healthy boundaries.

There are many other behavioral commitments I would love to encourage you to focus on. Through my experiences, these were the most critical and proved to be the most influential and beneficial. I will share more about these three on my upcoming podcast.

Dave Cooke is a dad on a mission, to help parents get control of their lives over the powerful, destructive influences of a child's addiction. As the father of a son in a ten year heroin battle, Dave knows all too well the challenges parents and families face. He also knows there is a way to find peace in the chaos. Contact Dave at dave@100Pedals.com.

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Community Calendar

Send events/support group information to aztogether@yahoo.com. Due 20th of month prior to printing

Open Support Groups & Events

SIERRA TUCSON— Alumni Groups. *Scottsdale*, Tues., 6:00-7:00 p.m. Valley Presbyterian Church, 6947 E. McDonald Drive, Paradise Valley. 480-991-4267. Meet in Counseling Center (Parlor Room). Rob L. 602-339-4244 or stscottsdalealumni@gmail.com.

SIERRA TUCSON— Continuing Care Groups in Phoenix. Thursdays – Resident Alumni **Psychological Counseling Services**, 3302 N. Miller Road, Scottsdale. 5:30 – 7:00 p.m. This group is facilitated by the staff of Psychological Counseling Services at no charge for Resident Alumni. Contact Alumni Coordinator Courtney Martinez at 520-624-4000, Ext. 600205 or email: Courtney.Martinez@SierraTucson.com.

SIERRA TUCSON - Resident & Family Member Alumni. First/ third Thursday of month – Blue Door Psychotherapy, 5929 E. Pima St. Tucson. (Parking off of Sahuara Street behind Pilates center) **6:00 – 7:30 p.m.** Bi-weekly group facilitated by clinical staff at Blue Door Psychotherapy. No charge for Resident and Family Member Alumni. Contact Courtney Martinez at 520-624-4000, Ext. 600205 or e: Courtney.Martinez@SierraTucson.com.

Mondays— Scottsdale – FAMILY RECOVERY GROUP—Facilitated by Brough Stewart, LPC. 5:30-7:30 p.m. Designed to help begin/continue family recovery. Meadows Outpatient Center, 19120 N. Pima Rd., Ste. 125, Scottsdale. Contact: Jim Corrington LCSW, 602-740-8403

Celebrate Recovery — COMPASS CHRISTIAN CHURCH. Fridays 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other hurts, Hang-ups and Habits. 1825 S. Alma School Rd. Chandler. 480-963-3997. Pastor Larry Daily, E: larrydaily@chandlercc.org.

Valley Hospital— IOP Group for Chemical Dependency/Co-Occuring. Mon., Tues., Thurs. 6:00-9:00 p.m. **602-952-3939.** 3550 E. Pinchot Avenue, Phoenix. valleyhospital-phoenix.com

Open Hearts Counseling Services — Women's Therapeutic Group for Partners of Sex Addicts. Comfort, strength and hope while exploring intimacy issues. Cynthia A. Criss, LPC, CSAT **602-677-3557.**

FAMILIES ANONYMOUS—12 step program for family members of addicts. Phoenix -Mon. 7:00 p.m., First Methodist Church, 5510 N. Central Ave. 602-647-5800. Scottsdale Sun. 4:00 p.m., 10427 N. Scottsdale Rd., N. Scottsdale Fellowship 480-225-1555 or 602-647-5800

NICOTINE ANONYMOUS (NicA) Fellowship for those with a desire to stop using nicotine. Phoenix Sat., 5-6:00 p.m. at Our Saviour's Lutheran Church, 1212 E. Glendale Ave., Glendale, Sun., 9:15-10:15 a.m. Fellowship Hall, 8910 N. 43rd Ave. 480-990-3860 or www.nicotine-anonymous.org

Chronic Pain Sufferers "Harvesting Support for Chronic Pain," 3rd Saturday of month, 12-1:00 p.m. Harvest of Tempe, 710 W. Elliot Rd., Suite 103, Tempe. 480-246-7029.

Jewish Alcoholics, Addicts, Families and Friends (JACS) 1st / 3rd Wed., 7:30 p.m. Ina Levine Jewish Community Campus, 2nd floor. 12701 N. Scottsdale Rd. 602-971-1234 ext. 280 or at JACSarizona@gmail.com

COSA (12-step recovery program for those whose lives have been affected by another person's compulsive sexual behavior) Thurs.

11:00 a.m.-Noon. 2210 W. Southern Ave. Mesa. 602-793-4120.

WOMEN for SOBRIETY — www.womenforsobriety.org. Sat. 10-11:30 a.m. All Saints of the Desert Episcopal Church-9502 W. Hutton Drive. Sun City. Christy 602-316-5136.

Co-Anon Family Support— Message of hope and personal recovery to family and friends of someone who is addicted to cocaine or other substances. **"Off the Roller Coaster"** Thurs., 6:30-7:45 p.m., 2121 S. Rural Rd., Tempe. Our Lady of Mount Carmel Church. Donna 602-697-9550 /Maggie 480-567-8002.

Cottonwood Tucson Alumni—First Wednesday of month 6:00-7:30 p.m. 4110 W. Sweetwater Drive. Tucson. 800-877-4520 x2141. www.cottonwoodtucson.com

ACOA Thurs., 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. www.aca.arizona.org

ACA. Tucson. Wed. 5:30-7:00 p.m. Streams In the Desert Church 5360 E. Pima Street. West of Craycroft, Tucson. Room A. Michael 520-419-6723.

OA—12 Step program for addictions to food, food behaviors. 520-733-0880 or www.oasouthernaz.org.

Pills Anonymous—Glendale, Tues. 7-8:00 pm. HealthSouth Rehab 13460 N. 67th Ave. Rosalie 602-540-2540. Mesa Tues. 7-8:00 pm, St. Matthew United Methodist Church. 2540 W. Baseline. B-14. Jim, 480-813-3406. Meggan 480-603-8892. Scottsdale, Wed. 5:30-6:30 pm, N. Scottsdale Fellowship, 10427 N. Scottsdale Rd., Rm 3. Tom N. 602-290-0998. Phoenix, Thurs. 7-8:00 pm. First Mennonite Church 1612 W. Northern. Marc 623-217-9495, Pam 602-944-0834, Janice 602-909-8937.

GA—Christ the Redeemer Lutheran Church, 8801 N. 43rd Ave. Sunday, Spanish 7:00-9:00 p.m. Good Shepherd Lutheran Church, 3040 N 7th Ave. Sunday, English 6:00-8:00 p.m. 5010 E. Shea Blvd., Ste. D-202, Contact Sue F. 602-349-0372

SAA — www.saa-phoenix.org 602-735-1681 or 520-745-0775.

Valley Hope Alumni Support. Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tues. 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open.

SPECIAL NEEDS — AA Meetings. Cynthia SN/AC Coordinator 480-946-1384, email Mike at mphaes@mac.com

SLAA—Sex and Love Addict Anonymous 602-337-7117. slaa-arizona.org

GAM-ANON: Sun. 7:30 p.m. Desert Cross Lutheran Church, 8600 S. McClintock, Tempe. Mon. 7:30 p.m., Cross in the Desert Church, 12835 N. 32nd St., Phoenix, Tues. 7:00 p.m., First Christian Church, 6750 N. 7th Ave., Phoenix, Tues. 7:15 p.m. Desert Cross Lutheran Church, Education Building, 8600 S. McClintock, Tempe, Thurs. 7:30 p.m.

Debtors Anonymous—Mon., 7-8:00 p.m., St. Phillip's Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 p.m., University Medical Center, 1501 N. Campbell. 520-570-7990, www.arizonada.org.



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Eating Disorder Support Groups— PHX— Monday @ 7:00 p.m. (N,D/SP,O). 2927 E. Campbell Dr. Ste. 104, (Mt. View Christian Church). Contact Jen at (602) 316-7799 or edaphoenix@gmail.com for directions/info. Wed. 7:00 p.m. Liberation Center, 650 N. 6th Ave, Phoenix. (cross street McKinley). Jennifer at (602) 316-7799. **Tempe—**Thursday@ 6:30 p.m. Big Book/Step Study meeting. Rosewood Centers for Eating Disorders, 950 W. Elliot Road, Suite #201, Tempe. Contact info@eatingdisordersanonymous.com. **Tucson—** Tues. 5:30 - 6:30 p.m. Steps to the Solution Meeting. Mountain View Retirement Village, 2nd floor, 7900 N. La Canada Drive, Tucson. Holly (203) 592-7742 or leeverholly@gmail.com. Thurs. 5:30 - 6:30 p.m. EDA Big Book Step Study. Mountain View Retirement Village, 2nd floor, 7900 N. La Canada Drive, Tucson. Holly, (203) 592-7742 / leeverholly@gmail.com.

Wickenburg—Wed. 7:15 p.m. and Sunday 7:45 p.m. (N,D/SP,O) Capri PHP program. Contact (928) 684-9594 or (800) 845-2211. **Yuma—**Wed. @ 5:00 - 6:00 p.m. 3970 W. 24th St. Ste. 206 Yuma. Alyssa at (928) 920-0008 or email 2014yumae.d.a@gmail.com.

GODDESSESS & KACHINAS Philosophical, spiritual, religious 12 step, 12 Tradition, 12 Promises support group. Details 480-203-6518.

Crystal Meth Anonymous www.cmaaz.org or 602-235-0955. Tues. and Thurs. Stepping Stone Place, 1311 N 14th St. Phoenix

CRISIS & SUPPORT Groups

Alcoholics Anonymous	602-264-1341	Heroin Anonymous	602-870-3665
AI-Anon	602-249-1257	Marijuana Anonymous	800-766-6779
ACA	aca-arizona.org	Narcotics Anonymous	480-897-4636
Bipolar Wellness Network	602-274-0068	National Domestic Violence	800-799-SAFE
Choices Network	(602) 278-1414	Overeaters Anonymous	602-234-1195
Compass Christian Church	480-963-39972	PAL	480-300-4712
Cocaine Anonymous	602-279-3838	Parents Anonymous	602-248-0428
Co-Anon	602-697-9550	Phoenix Metro SAA	602-735-1681
CoDA	602-277-7991	Rape Hotline (CASA)	602-241-9010
COSA	480-385-8454	Sexaholics Anonymous	602-439-3000
Crisis Text Line	Text HOME to 741741	Sex/Love Addicts Anonymous	602-337-7117
Crystal Meth Anonymous	602-235-0955	Sex/Love Addicts Anonymous	520-792-6450
Emotions Anonymous	480-969-6813	Sex Addicts Anonymous	602-735-1681
Families Anonymous	602-647-5800	S-ANON	480-545-0520
Gamblers Anonymous	602-266-9784	Suicide Hotline	800-254-HELP
Grief Recovery	800-334-7606		

BOOK REVIEW

Reviewed by Kyle Rhodes

There's More to Quitting Drinking than Quitting Drinking

"This book is for the person who has achieved his or her initial goal in a Twelve Step program and now wants more —more of everything the program has to offer, more of everything they can get by expanding their thinking and extending themselves." — *There's More to Quitting Drinking than Quitting Drinking*, back cover.

Dr. Paul O. addresses the issue of relationships that alcoholics have with the people around them, particularly dealing with Interpersonal Communication with a lot of marriage references. Particularly regarding his wife of 55 years (as of 1995, when the book was published) and active Al-Anon member until her death in 2001, Maxine O.

Dr. Paul O. takes the A.A. proclamation on page 19 of the Big Book, "*We believe that elimination of our drinking was but a beginning*," and expands on the many things he did during his lifetime to incorporate the 12 steps into his life in such a way that they became his life.

There's More to Quitting Drinking than Quitting Drinking is a clear, succinct, and to the point book anyone can understand, from newcomer to A.A. oldtimer.

Dr. Paul uses simple language that is well written and easy to read without being too basic or too lofty either way. There is good advice for those who

are looking for emotional sobriety and good, healthy relationships throughout the entire book. Dr. Paul suggests people can think themselves into sticky situations, but can act themselves out of them and into solid behaviors. What matters is behaviors first, because we are judged by what we do, not by what we think. It is important to remember the goal is to start living the 12 steps, not to simply go through them once and become stagnant. He describes physical, emotional and spiritual sobriety and how to accomplish each and what role they play in helping others exist to achieve serenity.

A Must Read for Couples

This is a "must read" book for couples in recovery. In fact, despite the title, any couple can benefit from the wisdom contained in its pages. Dr. Paul, as many know, authored the original "Page 417" sentiments found in the fourth edition of "Alcoholics Anonymous" ("Big Book" of A.A.). In this book he expands his thoughts and intentions to cover the way he and his wife of 55 years incorporated the principles and traditions of the A.A. way of life into their relationship.

This is a book that can be sampled a paragraph at a time or read through its entirety; written in such a way that significant topics are brought up in a manner that focuses on basic language.

This is a terrific book that can be used as a "study guide" to maintaining healthy relationships. Couples can each read a paragraph and discuss the ideas and concepts contained in the reading.

The chapters devoted to emotional sobriety and interpersonal communication are alone worth the time it takes to read the book. Dr. Paul's writing style is simple, straight-forward and utterly human. He uses his own experiences to describe the many pitfalls and missteps on the way to determining the best methods for developing strong, mutually beneficial relationships.

The title of the book is itself, loaded with meaning. But even if your life hasn't been affected by addiction (and recovery), it can make a tremendous difference in how you (and your significant other) relate to the rest of the world — and each other.

It can be a touch sentimental in the sense Dr. Paul reminisces about his marriage to Max, which can turn away a less open-minded audience, but he uses his marriage to relate and explain several of his points pertaining to the changes an alcoholic/addict must be aware of as he/she works to better his/

her way of navigating and maintaining relationships with others.

This book is the next logical step in the pursuit of long term recovery and the work necessary for the individuals seeking a deeper understanding of alcoholism and its relation to daily living once sobriety is underway. Dr. Paul O. cites many additional resources the reader may find helpful and enlightening for their own personal journey. Many of us will realize in a very short period of time there is in fact more to quitting drinking than just the physical aspects of being sober or not taking that next drink. You will find that here.

Absolutely anybody can read this book and come away with some newfound wisdom on how to incorporate healthier, longer lasting relationships into their lives. Whether you are and alcoholic or addict, close to someone who is in recovery in a 12 program, or just looking for some tips and insight into living at peace with yourself and others, then this book is for you.

There's More to Quitting Drinking than Quitting Drinking is available at both Gifts Anon Bookstore locations.

Beyond the ABC's of Eating Disorder Treatment

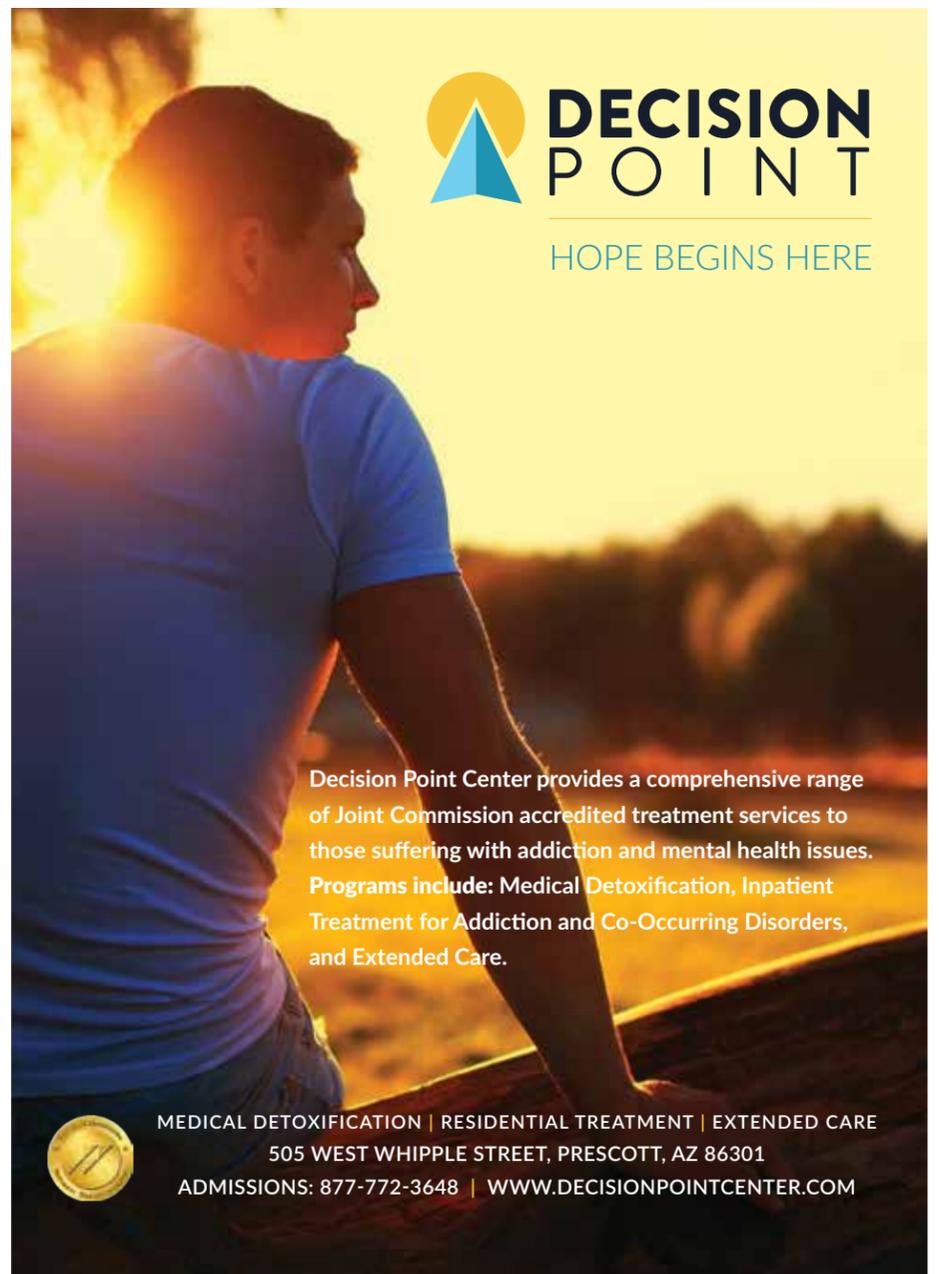
At **Remuda Ranch at The Meadows**, we go above and beyond treating only the symptoms of an eating disorder. Unlike most other eating disorder treatment programs, we address the underlying issues contributing to a person's dysfunctional behavior and teach them real life skills for recovery.

Our goal is to give adolescent girls and women with complex eating disorders and dual diagnosis conditions a foundation for restoring their healthy relationship with food or creating one for the very first time. We use a specialized approach that combines proven medical and clinically intensive treatment with an extensive experiential program to reach the underlying cause of the eating disorder. Additionally, our female-exclusive environment, situated on a scenic ranch property, offers a safe and non-institutional healing environment.

Remuda Ranch at The Meadows offers a Critical Care Unit, inpatient and residential programming, and a dedicated adolescent unit. Call us today to find out how we can help.


REMUDA RANCH
AT THE MEADOWS

866.390.5100 | www.remudaranch.com | Wickenburg, AZ



 **DECISION POINT**
HOPE BEGINS HERE

Decision Point Center provides a comprehensive range of Joint Commission accredited treatment services to those suffering with addiction and mental health issues. **Programs include:** Medical Detoxification, Inpatient Treatment for Addiction and Co-Occurring Disorders, and Extended Care.

 MEDICAL DETOXIFICATION | RESIDENTIAL TREATMENT | EXTENDED CARE
505 WEST WHIPPLE STREET, PRESCOTT, AZ 86301
ADMISSIONS: 877-772-3648 | WWW.DECISIONPOINTCENTER.COM

RECOVERY IS POSSIBLE



CBI
COMMUNITY BRIDGES, INC.
 CELEBRATE BELIEVE INSPIRE

Resources

TOGETHER AZ 602-684-1136
 Art of Recovery Expo 602-684-1136
 ACT Counseling & Education 602-569-4328
 AZ. Dept. of Health 602-364-2086
 Office of Problem Gambling 800-NEXTSTEP
 Aurora Behavioral Health 623-344-4400
 AzRHA 602-421-8066
 Calvary Healing Center 866-76-SOBER
 Carla Vista Sober Living 480-612-0296
 Chandler Valley Hope 480-899-3335
 Choices Network 602-222-9444
 CBI, Inc. 480-831-7566
 CBI, Inc. Access to Care 877-931-9142
 Cottonwood Tucson 800-877-4520
 Crisis Response Network 602-222-9444
 The Crossroads 602-279-2585
 Decision Point Center 928-778-4600
 Dr. Marlo Archer 480-705-5007
 Dr. Janice Blair 602-460-5464
 Dr. Dina Evan 602-997-1200
 Dr. Dan Glick 480-614-5622
 Julian Pickens, EdD, LISAC 480-491-1554
 Foundations Recovery Network 855-316-0114
 Gallus Detox 928-227-2300
 Gifts Anon 480-483-6006
 Governor's Office of Youth, Faith & Family 602-542-4043
 Hunkapi Programs 480-393-0870
 Lafrontera -EMPACT 800-273-8255
 The Meadows 800-632-3697
 Mercy Maricopa Integrated Care 602-222-9444 or 1-800-631-1314
 NCADD 602-264-6214
 Pathway Programs 480-921-4050
 PITCH 4 KIDZ 480-607-4472
 Psychological Counseling Services (PCS) 480-947-5739
 Remuda Ranch 800-445-1900
 Rio Retreat Center 800-244-4949
 River Source-12 Step Holistic 480-827-0322 or 866-891-4221

Scottsdale Detox 480-646-7660
 St. Luke's Behavioral 602-251-8535
 Teen Challenge of AZ 800-346-7859
 TERROS 602-685-6000
 Valley Hospital 602-952-3939

Legal Services
 Dwane Cates 480-905-3117

Real Estate
 Scott Troyanos 602-376-6086

Tax Intervention
 Renee Sieradski, EA 602-687-9768
 www.tax-intervention.com

TUCSON

ACA aca-arizona.org
 Alcoholics Anonymous 520-624-4183
 Al-Anon 520-323-2229
 Anger Management 520-887-7079
 Center For Life Skills Development 520-229-6220
 Co-Anon Family Groups 520-513-5028
 Cocaine Anonymous 520-326-2211
 Cottonwood Tucson 800-877-4520
 Crisis Intervention 520-323-9373
 Desert Star 520-638-6000
 Narcotics Anonymous 520-881-8381
 Nicotine Anonymous 520-299-7057
 Overeaters Anonymous 520-733-0880
 Sex/Love Addicts Anonymous 520-792-6450
 Sex Addicts Anonymous 520-745-0775
 Sierra Tucson 800-842-4487
 Suicide Prevention 520-323-9372
 Men's Teen Challenge 520-792-1790
 Turn Your Life Around 520-887-2643
 Workaholics Anonymous 520-403-3559

Get listed email us: aztogether@yahoo.com

OPIOID SUMMIT from page 1

Day one features presentations designed to educate and empower professionals and advocates to create meaningful change in their communities, which include:

- Opioid Public Health Emergency – From Understanding to Action
- Solving the Opioid Crisis Through Integration of Behavioral and Medical: The Trauma-Pain Connection
- Offering Choices for Treatment: An Examination of Medication Assisted Treatment Options and Personal Stories of Hope and Recovery
- The Opioid Epidemic's Impact on the Most Vulnerable
- Pharmacists, Prescribers, Hospitals, Healthcare Providers: New Advances in Working Together
- How Kindness, Compassion, and One BIG Question Saved a Man's Life
- Turning up the HEAT – Heroin Enforcement Action Teams Make an Impact
- Imposters on the Street – An Investigative Look at What's Being Sold as Opioids and many more.

Speakers include Douglas W. Coleman of the U.S. Drug Enforcement Administration; Shana Malone of the Arizona Health Care Cost Containment System; and Haley Coles of Sonoran Prevention Works. Day one registration is limited to residents of Arizona for \$45.

New in 2018, the conference is offering two additional days of educational sessions for clinical professionals for an additional fee. February 15 and 16 clinical experts will provide intermediate — to advanced-level training on treating opioid addiction and related

disorders. An optional evening presentation will offer ethics training for clinical professionals.

Registration for the following days are open to everyone regardless of their state of residence, and continuing education credits are available.

Among the speakers will be internationally recognized author and trainer Claudia Black, PhD, who will explore Addiction and Trauma: How Clinicians Can Effectively Address Complex Cases Presenting in Young Adults. Mel Pohl, MD, DFASAM, will discuss Pain and Addiction: The Clinician's Role in Treating Complex Co-Occurring Disorders. John Briere, PhD, will review Managing Countertransference: Key Strategies for Therapists During the Opioid Epidemic.

The conference is being organized by the Institute for the Advancement of Behavioral Healthcare, the largest media and events producer in the behavioral healthcare field. The Institute produces, among other events, the National Rx Drug Abuse & Heroin Summit.

The Institute's educational advisors for the Arizona conference include the Arizona High Intensity Drug Trafficking Area (Arizona HIDTA), the U.S. Justice Department Drug Enforcement Administration, MATFORCE, Arizona Health Care Cost Containment System, Arizona Department of Health Services, Arizona Pharmacy Board, Community Medical Services, Sonoran Prevention Works, and U.S. Attorney's Office.

For more information and to register, visit www.arizonaopioidsummit.com. Visitors to the website can sign up for a complimentary e-newsletter on the opioid crisis in the region.

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- Dual Diagnosis
- Alcohol and Substances
- Intensive Outpatient Program
- Partial Hospitalization
- Residential Inpatient Treatment
- Alumni Program

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