

Together AZ

FEBRUARY 2017

Inspiring Success on the Road to Recovery

Hooked on LOVE

By Jill Vermeire, MFT, CSAT-S

You might be a Love Addict if:

- You always fall for toxic or unavailable people
- You would rather be in a bad relationship than be alone
- Your life falls apart after every break up

But who doesn't want to be in love?

Actually, Love Addiction isn't about love at all. The term itself can be misleading. It's a much broader term that embodies several different problematic or ineffective behavior patterns related to intimacy and relationships.

So why do we call it "Love Addiction"?

What it really has to do with is mistaking fantasy for love and using unrealistic expectations (*denial*) to maintain the fantasy resulting in persistent and escalating consequences when the fantasy is broken. As with all addictions, there are negative consequences that continuously occur and the patterns can't be stopped despite attempts to try.

"Huh?"

Let's start at the beginning

If you were neglected or abandoned as a child (*emotionally, physically, and verbally*), an empty space developed where there was supposed to be connection and nurturing from your caregiver. You then unconsciously feared that you could not survive without this connection. Then you began to imagine or fantasize about a different life, usually based on cartoons and movies.

For example, you may have played a lot of make believe or frequently got caught up in daydreaming. Because you didn't have true, healthy role modeling for intimacy, you made up what it could be like. You were hoping someone would see you, understand you, and take care of you, which are appropriate things to want and need as a kid.



"A love addict will twist themselves into whatever they think the object of their desire wants."

As an adult, you continue to find, and become attracted to, people who are unavailable because that is what's familiar. Love addicts tend to believe that they have met "The One" and move very quickly into a relationship...over and over and over. It becomes a very problematic pattern. A love addict will twist themselves into whatever they think the object of their desire wants. It's like a chameleon changing its colors to fit in.

The typical pattern includes ignoring red flags, giving up your personal interests for the relationship, and remaining in denial until something inevitably happens that shatters the fantasy. Once the reality has hit that your partner isn't the idealized hero you thought they were, you fall into a pit of despair and overwhelming pain...and it's nothing that ice cream and a sappy movie can fix.

Love addicts experience the end of a relationship as if it's life threatening because that is what the original trauma of neglect tells them.

At this point you will medicate and obsess and this is where the consequences of the addiction can become dangerous. It is important to note that the love addiction cycle can be a precursor to other addictions and relapses. When fantasy and denial are shattered, the love addict will attempt to medicate the intolerable feelings that follow. Sex, drugs, and food are common ways people will try and numb themselves. Starting an affair to cope with the painful feelings of betrayal or disappointment is also common and can result in underlying sexual compulsivity getting out of control. Obsession can present in many different ways, but always involves the non-stop, uncontrollable, intrusive thoughts about the other person. Love addicts can get to the point of life threatening consequences, such as cutting or suicide, to try and medicate their pain. Eventually, they either return to the toxic relationship or move quickly into another because being alone can feel like DEATH to a love addict.

To illustrate, let's look at some famous fictional love addicts. In the Walt Disney movie "Frozen," the character Anna is abandoned by her parents when they die in a boating accident. Her sister Elsa isolates herself in her room because she can't control her ice powers. When Anna has her first encounter with a handsome prince, she instantly falls in love and agrees to marry him within that same day. Of course, if you've seen the movie, you know that the handsome prince turns out to be anything but charming or wonderful. It's dramatic, intense, and the perfect example of love addiction. Luckily the moral of that story turns out to be about sisterhood and girl power...not about a damsel in distress being rescued by the prince.

On a newer television show called "Crazy Ex-Girlfriend," the character Rebecca Bunch quits her

Resetting Household Rules Important for Teens With Substance Use Disorders

Setting new household rules for teens in treatment for a substance use disorder can be challenging for parents. But it is important because that teens do take their parents' attitudes, opinions and beliefs into account when they make choices about substance use, says Christopher Hammond, M.D., Medical Director of the Johns Hopkins Co-Occurring Disorders in Adolescents (CODA) Clinic at Johns Hopkins Hospital in Baltimore, MD.

By the time families begin treatment for a teen's substance use disorder, parents are often emotionally drained and burnt out, says Dr. Hammond, who is

also assistant professor of psychiatry at Johns Hopkins. "We tell parents that one of the major ways they can provide positive support for their teen's recovery is by taking a close look at how they set and enforce rules in their house and consider resetting their household rules to promote abstinence," he says. Not only will consistently setting and enforcing rules help their teen, but it can help the family as a whole and take some tension out of the household. Dr. Hammond spoke about working with parents and families to improve

NEW RULES continued page 5

HOOKED ON LOVE continued page 7

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Publisher's Note

By Barbara Nicholson-Brown

Sharks in the Desert



To my colleagues, those of you who diligently help people find the path to recovery, it's truly heartbreaking there are sharks who view rehab and detox as a way to make a quick buck.

Anyone with ethics, integrity or a conscious knows — people with addictions are not pawns — and should never be placed in treatment to the highest bidder.

Fortunately, through an exclusive investigative report on Channel 3 News, Patient Brokering has been exposed, (azfamily.com/story/34358336/saving-lives-or-selling-souls-dark-side-of-addiction-recovery).

In our November 2016 issue, Carey Davidson wrote about *An Ethical Compass: Navigating the Maze of Addiction Treatment* (togetheraz.com/pdf/archive/2016Nov.pdf). And now, Davidson and many others have sounded the alarm.

Multiple addiction industry insiders told Channel 3 reporter Brandon Lee, Arizona is flooded with body brokers because it's unregulated. However, that could soon change.

After watching the report, State Rep. Noel Campbell, R-District 1, is entering HB 2333 into the state health committee for debate. The bill will make it illegal for anyone to receive or pay a cash kickback in the addiction treatment industry.

While there are predators — we have more respectable treatment centers, detox units and professionals in our State THAN NOT.

I am proud and honored *Together AZ* is supported by many of the leading professionals in the field.

This publication will never accept advertising from any practice or facility who is part of the shady underworld. I encourage you to use this paper as a resource, and I personally guarantee you will be working with the most highly qualified people whose sole purpose is saving a life.

This issue is dedicated to the memory of Joe McGinley.

Hot Topics

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Parents: Are you ready to get more involved?

Parents with experience in our system of care who decide to become **Hot Topics** continued page 9

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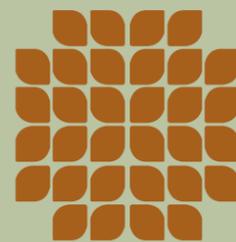
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By Dr. Dina Evan

Love is...

From masters to mortals, the past is filled with those who have attempted to define love.

Perhaps we keep trying to define love because love is ineffable and often inexpressible. It can't be bought, sold, traded or downloaded. It creeps in next to our heart to create longing, desire, appreciation and reverence. The same energy that sits beside a dying parent holding on to each lingering moment is also that which lights up the night sky with excitement over a new chance meeting.

Love is the foundation of everything. It is the cohesiveness in the Universe and the motivation for every walk to enlightenment because that is the walk toward the Source of love itself. Love is not an action or a word. It's two straws, one caramel chocolate shake. It's grabbing the blanket for cold toes before being asked. It's being more concerned about giving than getting. **Love is art**, it's a soprano's perfect high "C" and it's in the center of forgiveness when humanness arrives. **Love is not an act.** Acts are not real love. True love is authentic presence. **Love is not a word.** It is a verb — a whole-souled act of being real and risking everything for a moment in which you can stand emotionally naked and be completely accepted and adored. Love caresses your mind, your soul and your spirit. Love wants to help you shatter the protective walls so you get to what you came for. Love wraps itself around your soul with reverence for every breath and every challenge that brings growth and deeper connection. Love is committed to deeper connections, with every living thing.

Real love is not ownership, it is freedom and yet it binds us in grace. You can't demand love, you can only invite it in and if you feel bereft of love, then you have forgotten to give it. **Love is everywhere.** It sits on street corners in shabby, dirty clothing after having given its heart and soul on a battlefield. It sits caged and waiting to be rescued at shelters, and every now and then, it gets adopted in the form of a child or four-legged furry ball and becomes protected by people whose hearts have stretched to the limit. Love is not pheromones, dopamine, nor epinephrine, serotonin, oxytocin and vasopressin, although this is what love offers as a bonus.

We didn't come here to get love. We came here to become it. We do that by picking up the pieces of our shattered lives and remembering that love cannot be shattered by anything at all.

We can talk about love in therapy ways. However, the bottom line is always that love is what crosses the divide when separation arrives. It motivates us to try harder again. It reminds us of our priorities and the reason we were born. Love is an amazing thing, the greatest gift the Universe has to offer. Love never leaves you, but you can leave love. Even when that partner you thought would be a forever one leaves, love arrives the moment you realize you both did your best with what you had and learned a lot in the process. In every circumstance, there is truly only one question and one right answer. *"What would love do?"*

We talk about love in very fun ways, with flowers, hearts, candy and trinkets this month. We can go deeper and sit quietly and feel the air on our cheek and the sun on our face. That is love. We can be thankful that we have this day and the next to do it better. That is love. We can feel gratitude for every person in our life who has opted to dance it with us, help us grow and stay. That is love. We can cherish the moments of insight, awareness and grace. That is love. We can honor the challenges we have overcome, the milestones we have crossed and the changes we've made. That is love. We can look across the table and into the eyes of a beloved or friend and see our reflection. That is love. Life is filled with love. It is everywhere you are. Don't miss a minute of it. Just breathe and feel it all. You are loved and with every breath, you have a chance to be it, again and again!

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

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~ Alan Cohen

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NEW RULES from page 1

outcomes for teens with substance use disorder at the recent American Association of Addiction Psychiatry meeting.

It's so important for parents to firmly establish a rule prohibiting drug or alcohol use, even if they previously allowed their teen to drink or use drugs in the house alone or with friends. "Being the 'cool parent' who lets teens drink at their house is not only illegal but also associated with poorer outcomes for teens in treatment for substance use disorders."

Along with explaining the rules, parents need to tell their teen the rules are meant to keep them safe and healthy. "We tell parents to explain the impact of drug and alcohol use on teen brain development — there is no good reason for teens to be using drugs or alcohol." He urges parents to assign teens chores to give them a sense of responsibility.

They also need to make clear consequences for breaking rules. Inconsistent limit setting teaches teens to not respect their parent's authority.

"A lot of parents I work with protect teens from the consequences of their behaviors," Dr. Hammond notes. "Allowing this behavior is associated with poorer outcomes. Within the limits of safety, parents need to allow teens to experience the natural consequences of bad behaviors. For instance, if a teen gets drunk and misses their Saturday soccer game, I tell parents not to call the soccer coach and lie to them and say the teen was sick. Force the teen to approach the coach and experience the coach yelling at them for missing the game and benching them."

Consequences for breaking rules on substance use can include restricting media access (including taking the teen's phone away for a certain period) and taking away the car keys. "These are privileges, not rights," Dr. Hammond says. "Parents must unapologetically monitor their teen's media usage, especially in treatment and early recovery, since so much drug use occurs with friends." Parents need to emphasize that drunk and drugged driving can be deadly. "These are areas where parents have leverage that they are often afraid to use. But phones and cars tend to reinforce bad behavior."

Resetting household rules is not a one-time event but rather a process,

"Being the 'cool parent' who lets teens drink at their house is not only illegal but also associated with poorer outcomes for teens in treatment for substance use disorders."

observes Dr. Hammond. "Especially, if the parents are divorced and there are blended families with different perspectives, it can help to have a supportive mental health provider mediate the conversation on rule-setting," he says. If parents decide to have a conversation about household rules at home, Dr. Hammond advises them to choose a time when they are calm.

It's common for teens to test the new rules by increasing their bad behavior right after the parent resets household rules. "If parents are firm in setting and enforcing consequences, that behavior tends to diminish dramatically and pretty quickly," Dr. Hammond says. It's also important to address barriers that may interfere with a parent's ability to consistently enforce the rules. "It takes a lot of energy, effort and time, and it can be inconvenient for them, so many parents may not stick with them and fall back to old patterns."

Dr. Hammond explains many teens with a substance use disorder also have a co-occurring psychiatric disorder such as depression or attention deficit/hyperactivity disorder. This means it may take time for the new rules to sink in. He suggests parents post the rules on the refrigerator. "When you go to enforce the rules, if the teen tests them, you can point to them and say, 'We discussed this, and this is why I'm enforcing them.'"

Parents can support their teen in recovery practically by helping with scheduling, transportation and moral support. Parents should seek to understand where their teen is coming from and acknowledge his or her experiences, thoughts and feelings as valid. Additionally "parents should make a point to let their teen know that they know that stopping their drug use difficult," Dr. Hammond says.

It's important to empathize with what the teen is going through, along with talking about the negative side effects of drug or alcohol use.

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Can Emotional Hangovers Affect Memory?

By Janice Wood

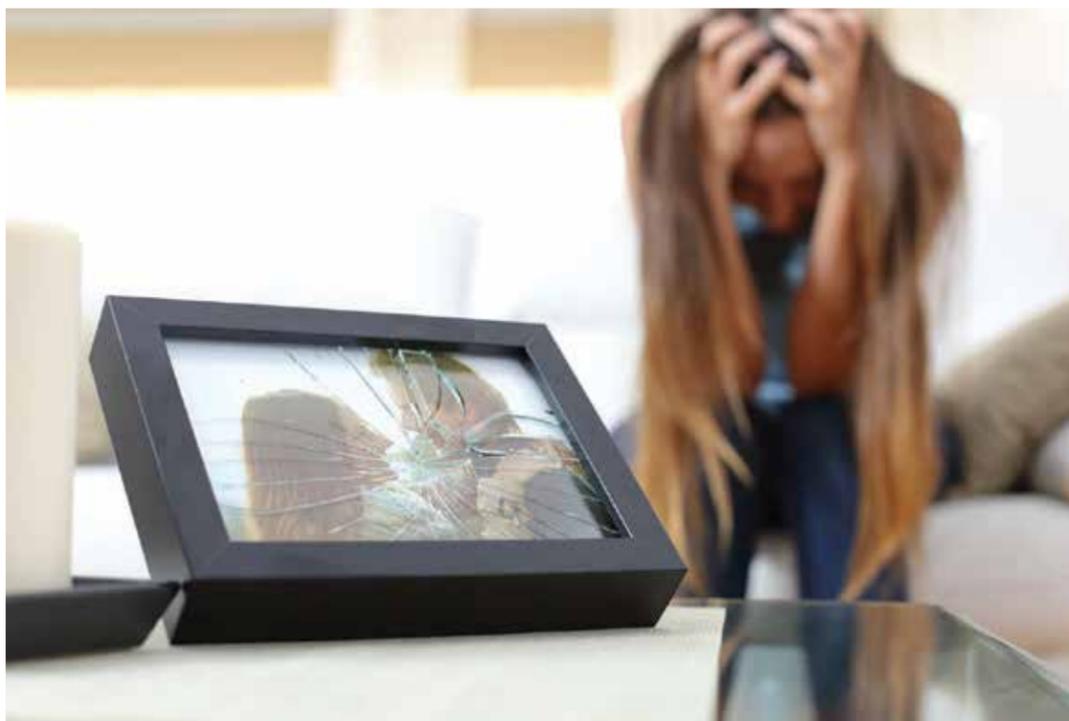
Emotional experiences can induce physiological and internal brain states that persist for long periods of time after the emotional events have ended, according to a new study.

Researchers at New York University say this emotional “hangover” influences how we attend to and remember future experiences.

“How we remember events is not just a consequence of the external world we experience, but is also strongly influenced by our internal states — and these internal states can persist and color future experiences,” said Dr. Lila Davachi, an associate professor in New York University’s Department of Psychology and Center for Neural Science and senior author of the study.

“Emotion is a state of mind,” she continued. “These findings make clear that our cognition is highly influenced by preceding experiences and, specifically, that emotional brain states can persist for long periods of time.”

While it has been known for some time that emotional experiences are better remembered than non-emotional ones, the new study demonstrates that non-emotional experiences that followed emo-



tional ones were also better remembered on a later memory test.

For the study, subjects viewed a series of images that contained emotional content and elicited arousal. Approximately 10 to 30 minutes later, one group then also viewed a series of non-emotional, ordinary images.

Another group of subjects viewed the non-emotional scenes first, followed by the emotional ones.

Both physiological arousal, measured in skin conductance, and brain activity, using fMRI, were monitored in both groups of subjects.

Six hours later, the subjects were administered a memory test of the images previously viewed.

The results showed that the subjects who were exposed to the emotion-evoking stimuli first had better long-term recall of the neutral images subsequently presented, compared to the group who were exposed to the neutral images first, before the emotional images.

The fMRI results pointed to an explanation for this outcome, according to the researchers.

Specifically, the data showed that the brain states associated with emotional experiences carried over for 20 to 30 minutes and influenced the way the subjects processed and remembered future experiences that are not emotional.

“We see that memory for non-emotional experiences is better if they are encountered after an emotional event,” Davachi concluded.

The study was published in the journal Nature Neuroscience. Source: New York University

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great job in New York City and accepts a lesser job in small town California to be near her object of obsession, Josh. She proceeds to try and sabotage his relationship, tries to spontaneously be where he is (also known as “Stalking”), pours over childhood photos of the two of them at camp, and basically eats, sleeps, and breathes all things Josh. Although her childhood trauma isn’t discussed, it would be safe to assume her upbringing was less than ideal.

Can men be love addicts, too?

Of course! It is actually a common misconception that love addiction is a women’s issue. Men are abandoned and neglected in childhood just as much as women; therefore they are just as susceptible to love addiction. Look at **Aladdin** from another classic Disney movie! He was a homeless kid in India, obviously without any parents, and he instantly falls in love with the mysterious, beautiful girl he meets in the market. As it turns out, she’s the princess (*the most unavailable girl in all the land*), so he uses his wishes to become a prince in order for her to fall in love with him. Of course, with most fantasy cartoons, they end up living happily ever after. Unfortunately, for love addicts, there’s usually no happy at the end of the cycle.

So what do you do if you think you are a love addict? Treatment for Love Addiction is most successful when multiple modalities are used. The love addict needs education, cognitive behavioral interventions, experiential therapies, and trauma treatment. They need help reducing shame and guilt, as well as to begin finding ways to build esteem and confidence. Breaking the cycle of love addiction is no easy task. The addict must go through a period of emotional withdrawal and detox which can take much longer than the average drug detox. Having a supportive, caring, knowledgeable team of people and a safe, nurturing environment are also key components to treating love addiction.

THE BOTTOM LINE...Love Addiction, if left untreated, can result in very serious, damaging consequences...even life threatening. There is hope for happier, long-lasting relationships, but it can’t be done alone. It takes courage to reach out for help, but it can be one of the most important decisions a person can make.



Jill Vermeire, MFT, CSAT-S is the Program Director for Willow House, a treatment program for women struggling with Love, Sex, and Relationships at The Meadows. She received her Masters Degree in Clinical Psychology from Pepperdine University, became licensed as a Marriage and Family Therapist, and in 2000 began her private practice in Los Angeles, specializing in sex, trauma, and addictions. She is a CSAT-S as well as EMDR trained and has worked at various treatment centers and organizations in Southern California and Arizona, including Promises, The Meadows, Clearview, The Sexual Recovery Institute, and Visions Adolescent Treatment Programs. Ms. Vermeire

was a contributing author for *“Making Advances: A Comprehensive Guide for Treating Female Sex and Love Addicts”* with other leaders in the field of Female Sex and Love Addiction. Jill has become recognized in the mental health community as an authority on these subjects and has appeared alongside Dr. Drew Pinsky in VH1’s *“Sex Rehab”* which she later discussed on *“The Oprah Winfrey Show”* in 2009. Other media appearances include “Extra,” “Issues with Jane Velasquez” on HLN, NBC News, the TV Guide Network, and KROQ’s “Loveline.”

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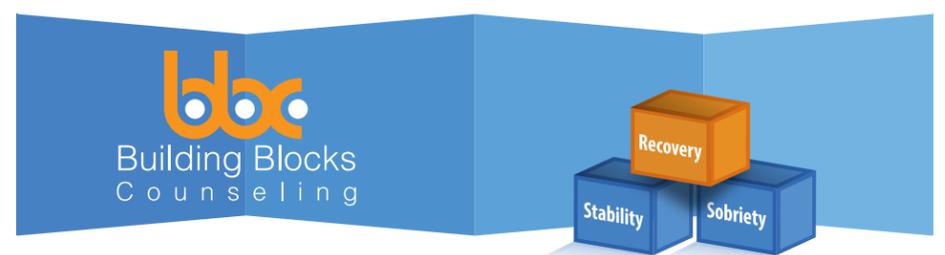

Love Addiction/Love Avoidance Workshops

The Rio Retreat Center at The Meadows offers one-of-a-kind workshops for healing and empowerment to individuals in various stages of their recovery. Workshops address the needs of those who have just begun a recovery process as well as those who have been on a recovery path and may have hit a plateau or want to deepen their experience. Workshops can also be a source of renewal for anyone who has undergone treatment. Participants work on sensitive issues in a concentrated format allowing them to jump-start and enhance their personal recovery journey by gaining insight into unhealthy patterns and practicing new relational skills within a safe environment.

About the Workshop

Based on Pia Mellody’s ground-breaking work conveyed in her book, *Facing Love Addiction*. Love addicts can be addicted to anyone: lover, spouse, friend, parent, or child. It is a painful, obsessive, and addictive process that negatively impacts not only the love addict, but also the individuals with whom he or she is in relationships. In this workshop, self-love and self-care are enhanced, as is tolerance for feeling instilled.

Register by contacting the Workshop Coordinator at **800-244-4949** and visit **www.rioretreatcenter.com** for workshop dates. Rio Retreat Center at The Meadows 1245 Jack Burden Road, Wickenburg, Arizona 85390



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Raise the Bar on Love

By Alan Cohen

“Sometimes the people who are hardest to love are the ones that offer us the greatest reward once we master the lesson the relationship is bringing us.”

Why Settle?

We must not settle for less-than-rewarding relationships. Any form of enmity, conflict, or abuse is not life’s intention for us. Yet we put up with pain because we believe we cannot do better. But we can and we will. Before we can do better, we must change our minds about what we deserve. You can always tell what you believe you deserve by what you are getting. When you are in pain in a relationship, the universe is sending you a wake-up call to realize that you have been accepting too much suffering. Then you must do whatever it takes to extricate yourself from sorrow and create a relationship that works. Sometimes that can be done right where you stand, and sometimes you must leave. Either way, you must find your way to higher ground. Our tolerance for upset is too high. We must raise the bar on love.

A Course in Miracles tells us that it is the destiny of all relationships to bring us joy. Sometimes the people who are hardest to love are the ones that offer us the greatest reward once we master the lesson the relationship is bringing us. The only purpose of relationship is to deepen our capacity to give and receive love. Abraham Lincoln said, “I don’t like that man. Let me get to know him.” Everyone we don’t like is pointing us to shine light on a judgment we are holding. When we examine that judgment, we realize it is not valid, and we recognize the unnecessary pain that holding the grievance is causing. Then

we can let it go and be free. The relationship has served us well. The Course further tells us, “The holiest spot on earth is where an ancient hatred has become a present love.”

All healthy relationships are founded in self-love. If you don’t love yourself, it is going to be difficult to love others or receive their love. We project our fears and self-judgments onto the world “out there,” which exists more in our mind than as an external entity. We make up stories about other people based on the stories we make up about ourselves. If you can’t find someone outside to love you, you haven’t found someone inside to love you. Loving people around you reflect your love for yourself. Unloving people represent your self-judgment. Don’t attempt to change what you see in the mirror by rearranging the images. Rearrange the source of the images—your mind—and the images will rearrange themselves.

A while back I had a little Honda Civic to sell. I parked the car at a gas station with a sign, “\$1100.” The car sat for a long time without an inquiry. Then one night I attended a healing service by a Christian minister who took up many collections during the evening. His solicitation was quite bold. During one basket-passing he announced, “God told me there are five people in this audience who can donate \$1,000, and He wants you to give it.” Although I later learned that the preacher was a charlatan, I was impressed by his confidence to ask for money. That night I went to sleep with the realization, “I deserve to get \$1100 for that car.” The next morning I was awakened early by a phone call. “I’ll give you \$1100 for your car,” a voice said. Within an hour the car was sold. It was not waiting for any market conditions for me to sell it. It was waiting for my recognition of my deservingness to sell it.

So it is with all of our relationships. They are just waiting for us to receive the love we deserve. Let this Valentine’s month be the month we let love in.

Alan Cohen is the author the bestselling A Course in Miracles Made Easy: Mastering the Journey from Fear to Love. For more information about his books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

Every February, in honor of Valentine’s day, I explore loving relationships. Many of us have faced challenges in relationships, and we struggle with how to create truly rewarding connections. We search for our soulmate, wrestle with friendships, and dread going home to see our relatives. At some point it dawns on us that “this cannot be the way I was born to live.” Then we get serious about creating relationships that work. If we are sincere, that will happen.

At the end of a visit to a town where I used to live, I was on my way to return a rental car. I stopped at a gas station to fill up, but could not find the lever to open the gas cap. So I decided to just return the car half-full. Along the way I discovered the lever and stopped at a gas station near the rental car return. While filling up, I saw a friend of mine at the next pump. He is a sincere, ecologically-minded guy who has been running for county council for years, and was up for election once again. We shared a hug and schmoozed for a few minutes. I told him, “I can’t vote for you now that I’ve moved, but if I could I would surely get behind you.” A big smile lit up his face and he answered, “That’s worth a lot of votes right there.”

As I drove away, I marveled at the synchronicity of meeting my friend. If I had found the gas cap lever at the first station, I would have missed that encounter. I like to think that the universe had set up that meeting. A deeper wisdom was behind the apparent error, leading to a moment of rewarding connection. Life is always guiding us to be with the people we belong with, if we are open to follow internal guidance and external signs.

NCADD PHOENIX

is a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address individual needs. All of NCADD’s programs focus on providing the tools and resources to assist women in becoming financially self-sufficient and believing in their potential to remain drug and alcohol free and live a quality life.

VISIT US AT [HTTP://WWW.NCADD-PHX.ORG](http://www.ncadd-phx.org)
4201 NORTH 16TH STREET, SUITE 140, PHOENIX, AZ 85016

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more involved based on their personal journey and the knowledge they gained while navigating the system for their child/family. We share our personal experience as peer parents with lived experience and as content experts.

- We collaborate with professional partners in our system such as: the Arizona Health Care Cost Containment System, Behavioral Health, the Department of Child Safety, Juvenile Justice, the Division of Developmental Disabilities, Physical Health Care, Foster Care, Schools and others at the local and state level.
- We sit as equal partners and collaborators on local and state level boards, committees, councils and workgroups and share our perspectives and insight based on our lived experience.

If you are interested in becoming more involved or would like to learn more about the Arizona Statewide Family Network Parent Leadership Team, please contact: Lynette Tolliver, Project Director, Family Involvement Center at 602-412-4092 or 877-568-8468 or email at lynette@familyinvolvementcenter.org.

Relaxation Techniques For Depression

Are you looking for relaxation techniques for depression try exploring relaxation techniques that include deep breathing, exercise, and journaling.

The first tip to prevent depression and deepen relaxation is to engage in deep breathing exercises, whether its meditation or simply deep breathing. Deep breathing is an easy practice you can engage in wherever you are to ground yourself and gain better insight into your daily routine and feel better about yourself as well. Consider giving deep breathing a try.

According to everydayhealth.com, the following can be stated about using deep breathing to deepen your relaxation:

Deep, slow breathing can help release anxiety and relax the body from head to toe. Try it at set times throughout the day or whenever stress begins to build. Combine deep breathing with meditation for even greater relaxation, stress relief, and focus.

In addition to deep breathing, another way to engage in relaxation is to exercise. You do not have to run a marathon to experience the benefits of exercise. Consider exercising for 30 minutes five days per week. You will feel better about yourself, and your stress level will diminish as well, leaving you more relaxed. Yoga is a particularly beneficial therapy because it focuses on meditation, balance, deep breathing, and relaxation all at the same time.

Another technique to try is journaling. When we journal we enable ourselves to express all our thoughts and feelings, this enables our mood to stabilize.

If something's bothering you and you just need to get it off your chest, a diary or journal can be your best friend. Take a few moments each day — or any time you feel down or stressed — to write about your fears, concerns, or frustrations.

Teens Ask: Is Addiction Hereditary?



Does someone in your family abuse drugs? Learn more about how DNA can influence a person's chances of becoming addicted to drugs.

Are you more likely to do drugs if someone in your family does?

The short answer is Yes.

The risk for developing drug and alcohol problems is higher in children whose parents abuse alcohol or drugs—but it is NOT a guarantee that those children will either use drugs or become addicted. In fact, most children of parents who abuse alcohol or drugs do not develop alcoholism or addiction themselves.

But, research shows that children with parents who abuse alcohol or drugs are more likely to try these substances and develop alcoholism or drug addiction.

Why? Because children whose parents abuse alcohol and drugs:

- Are more likely to have behavioral problems, which increase the risk for trying alcohol or drugs.
- Have more opportunities to try these substances.

Children may inherit a genetic predisposition (or greater likelihood) for addiction—having an “addictive personality,” so to speak. But, again most children of parents who abuse alcohol or drugs do not develop alcoholism or addiction themselves.

This means that even if you inherited a risk for addiction, it does not mean that it is your destiny to become addicted to drugs. To avoid that risk entirely, it's best not to start using, and if you've already tried drugs or alcohol, the sooner you stop or get help, the better.

Help Is Out There

When someone has a drug problem, it's not always easy to know what to do. If someone you know is using drugs, encourage him or her to talk to a parent, school guidance counselor, or other trusted adult. Confidential resources are out there, like the Treatment Referral Helpline (1-800-662-HELP) offered by the Substance Abuse and Mental Health Services Administration, which refers callers to particular treatment facilities, support groups, and other local organizations.

BBC to Participate in Angel Initiative

Building Blocks Counseling is teaming up with Governor Ducey's Office, as well as select treatment providers, to make it easier for addicts to turn in their drugs and get free substance abuse rehab, housing, and detox through “The Angel Initiative Program.”

Recently, Arizona policymakers recognized substance abuse as a priority and expressed a new commitment to provide prevention, treatment and recovery resources to all communities.



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BBC is proud to support the Governor's office goal of dramatically decreasing substance abuse and creating easier avenues for addicts to find assistance and support. The program is currently being piloted in the Phoenix Police Department, Maryvale-Estrella Precinct.

Don't let another day pass by without helping that young person that he or she so deeply needs. A new chapter can start today, opening-up a hopeful future that has yet to be imagined... you may be the only one who can point them in the right direction.

For youth on MMIC/AHCCCS, they can receive up to 90 days of IOP treatment at no cost to them. BBC also has both in-network and out-of-network options with insurance companies, and private pay options available. And, if housing is an issue, we can help there too. Building Blocks Counseling 602-626-8112.



- Pro-Bono Legal Consultations
- SNAP / Ahcccs (application process)
- Marriage & Family Counseling
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Arizona Support Groups

Alcoholics Anonymous	602-264-1341	Heroin Anonymous	602-870-3665
Al-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
Celebrate Recovery Chandler		Overeaters Anonymous	602-234-1195
Christian Church	480-963-39972	Parents Anonymous	602-248-0428
Cocaine Anonymous	602-279-3838	Phoenix Metro SAA	602-735-1681
Co-Anon	602-697-9550	Rape Hotline (CASA)	602-241-9010
CoDA	602-277-7991	Sexaholics Anonymous	602-439-3000
COSA	480-385-8454	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		

Treatment Service Resources

TOGETHER AZ	602-684-1136	River Source-12 Step Holistic	480-827-0322
Art of Recovery Expo	602-684-1136		or 866-891-4221
ACT Counseling & Education	602-569-4328	St. Luke's Behavioral	602-251-8535
AZ. Dept. of Health	602-364-2086	Sundance Center	844-878-4925
Office of Problem Gambling	800-NEXTSTEP	Teen Challenge of AZ	800-346-7859
Aurora Behavioral Health	623-344-4400	TERROS	602-685-6000
AzRHA	602-421-8066	Valley Hospital	602-952-3939
Calvary Addiction Recovery	866-76-SOBER		
Carla Vista Sober Living	480-612-0296	Legal Services	
Chandler Valley Hope	480-899-3335	Dwane Cates	480-905-3117
Choices Network	800-631-1314 - 602-222-9444	Tax Intervention	
CBI, Inc.	480-831-7566	Renee Sieradski, EA	602-687-9768
CBI, Inc. Access to Care	877-931-9142	www.tax-intervention.com	
Core Recovery Services	602-810-1210		
Cottonwood Tucson	800-877-4520	TUCSON	
Crisis Response Network	602-222-9444	ACA	aca-arizona.org
The Crossroads	602-279-2585	Alcoholics Anonymous	520-624-4183
Decision Point Center	928-778-4600	Al-Anon	520-323-2229
Dr. Marlo Archer	480-705-5007	Anger Management	520-887-7079
Dr. Janice Blair	602-460-5464	Center For Life Skills Development	520-229-6220
Dr. Dina Evan	602-997-1200	Co-Anon Family Groups	520-513-5028
Dr. Dan Glick	480-614-5622	Cocaine Anonymous	520-326-2211
Foundations Recovery Network	855-316-0114	Cottonwood Tucson	800-877-4520
Gallus Detox	928-227-2300	Crisis Intervention	520-323-9373
Gifts Anon	480-483-6006	Desert Star	520-638-6000
Governor's Office of Youth, Faith & Family	602-542-4043	Narcotics Anonymous	520-881-8381
Hayes/Davidson	800-219-0570	Nicotine Anonymous	520-299-7057
Hunkapi Programs	480-393-0870	Overeaters Anonymous	520-733-0880
Geffen Liberman, LISAC	480-388-1495	Sex/Love Addicts Anonymous	520-792-6450
Lafrontera -EMPACT	800-273-8255	Sex Addicts Anonymous	520-745-0775
The Meadows	800-632-3697	Sierra Tucson	800-842-4487
Mercy Maricopa Integrated Care	602-222-9444 or 1-800-631-1314	Suicide Prevention	520-323-9372
NCADD	602-264-6214	Men's Teen Challenge	520-792-1790
Pathway Programs	480-921-4050	Turn Your Life Around	520-887-2643
PITCH 4 KIDZ	480-607-4472	Workaholics Anonymous	520-403-3559
Psychological Counseling Services (PCS)	480-947-5739		
Remuda Ranch	800-445-1900		
Rio Retreat Center	800-244-4949		

To get listed email **Barbara Brown:**
aztogether@yahoo.com

Community Calendar

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

Tuesday, FEB. 21—FREE Professional Networking Luncheon—Psychological Counseling Services (PCS) 12:15-1:45 p.m. Mark your calendars. If you have attended in the past, join us. If you are new send an email request to pcs@pcsearle.com or call Ellen Hamilton for details **480-947-5739**.

FEB. 10—Tucson Behavioral Health Professionals Networking Breakfast, presentation by Craig Lees, LMSW, LISAC. 8:30-10:30 a.m. Westward Look, 245 East Ina Road, Tucson, 85704. \$20. Register DesertStarARC.com/Workshops, CEUs: 1.5, info@desertstararc.com. 520-638-6000

FEB. 18—SIERRA TUCSON presents the 2017 *Southwest Alumni Renewal - Skillfully Aware: Tools for Transformation* with Mark Pirtle, DPT. Join Mark Pirtle, DPT, for a life-changing "edutainment" 1-day workshop. If you are struggling with stress or stress-related illnesses, or you simply want to live more healthfully and happily. Contact Tim McLeod, Alumni Relations Manager **(866) 638-1650**, E: Tim.McLeod@SierraTucson.com. Registration deadline Feb.15. *Space Is Limited*. Starfire Golf Club, 11500 N. Hayden Rd., Scottsdale, AZ 85260.

MARCH 6 - 11th Annual Department of Problem Gambling Symposium 8:15 a.m. - 4:15 p.m. *Gathering Perspectives on the Road to Recovery*. Black Canyon Conference Center, 9440 N. 25th Ave. Phoenix, AZ 85021. Visit <https://problemgambling.az.gov/> to register

Mondays—Scottsdale—FAMILY RECOVERY GROUP—The Meadows Outpatient Center. Brough Stewart, LPC. 5:30-7:30 p.m. Designed to help begin/continue family recovery. Stop enabling, set healthy boundaries based on Pia Melody's Model. **No charge**. The Meadows Outpatient Center, 19120 N. Pima Rd., Ste. 125, Scottsdale. Contact: Jim Corington LCSW, **602-740-8403**.

SIERRA TUCSON— Alumni Groups. Scottsdale, Tues., 6:00- 7:00 p.m. Valley Presbyterian Church. 6947 E. McDonald Drive, Paradise Valley. 480-991-4267. Alumni meet in the Counseling Center (Parlor Room). Park in west parking lot, follow signs to the Counseling Center in chapel complex. Contact: Rob L. **602-339-4244** or stscottsdalealumni@gmail.com.

SIERRA TUCSON— Continuing Care Groups in Phoenix. Wednesdays — for Family Member Alumni (18 and over). (PCS) Psychological Counseling Services, 7530 E. Angus Drive, Scottsdale. 5:30 - 7:00 p.m. **Thursdays** — for Patient Alumni, PCS, 3302 N. Miller Rd., Scottsdale, 5:30 - 7:00 p.m. Facilitated by the clinical staff of PCS. **No charge for Patient and Family Member Alumni.**

ON GOING SUPPORT Celebrate Recovery —Chandler 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. www.valleyhospital-phoenix.com

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

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 Wednesday, 7:30 p.m. Ina Levine Jewish Community Campus, 2nd floor. 12701 N. Scottsdale Rd. **602-971-1234** ext. 280 or 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 - Carrying the message of hope and personal recovery to family members and friends of someone who is addicted to cocaine or other mind altering 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. 5:00 p.m. dinner. **800-877-4520 x2141**. 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. 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 (PA)—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 Meetings —Tuesday/Thursday Spanish 7:00-9:00 p.m. 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 Groups, 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.

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



LIFE 101

By COACH CARY BAYER www.carybayer.com

Actors and the Infinite Field of Creativity Within

When I watch the Oscars presentation, it seems like the stars are treated like Olympian gods and goddesses. Stars, after all, are lights in the heavens, so the Olympian reference seems apt.

We lionize actors because they perform valuable services. On the obvious level, their art lifts our spirits, opens our minds, and warms our hearts. More subtly, they sometimes portray heroes who embody life lived from full potential. They put their egos aside so their characters can take over. The very best channel many different kinds of characters from their center. We delight in watching such channeling because we yearn to find that center in ourselves, which can open vast creativity.

A Transcendental Meditation teacher for decades, and now founder of Higher Self Healing Meditation launched in 2010, I've given many hundreds of people the experience of that center, the higher Self within. This is a pure field of creative intelligence, a source of limitless creativity that can manifest as acting, music, art, or less "arty" fields, like gardening, managing, and virtually any human activity.

True genius actors draw from within themselves a wide range of characters; I'm thinking of Meryl Streep and Dustin Hoffman, rather than Sylvester Stallone, who's often played the same character.

Meryl, Dustin and the Cosmic Role of Actors

Meryl Streep's oeuvre is remarkable for how many different characters have lived inside her. Perhaps the highest role she plays each time she plays a role is she reminds us that we, too, play roles. As the transcendental Being in us manifests as human, the Universal becomes an individual. Your Being plays roles as whatever you do in the world. As Teilhard de Chardin put it, *"We are not human beings having a spiritual experience, but spiritual beings having a human experience."*

Meryl Streep has portrayed with pitch-perfect accuracy accents that were Polish (*Sophie's Choice*), Danish (*Out of Africa*), Italian (*The Bridges of Madison County*), British (*Iron Lady*), Irish (*Dancing at Lughnasa*), Australian (*A Cry in the Dark*), and Chilean (*The House of the Spirits*), as well as American accents from the South, Midwest, and New York. She's played women who are straight, gay, dying, even dead. That she's won only three Oscars, while passed

over the 16 other times she was nominated, is a mystery to me.

Dustin Hoffman has played a transvestite (*Tootsie*) autistic savant (*Rain Man*), street hustler (*Midnight Cowboy*), 120-year-old raised by Native Americans (*Little Big Man*), grotesque criminal (*Dick Tracy*), and pirate (*Hook*), to name a handful.

Naturally, Streep and Hoffman are separate from their varied roles, like your inner Self, because it's transcendental, is separate from your body, perceptions, thoughts, feelings, and personality. Like actors who play many roles, so do you: spouse, parent, child, sibling, employee, client, rep, etc. More cosmically, as expressed in the Bhagavad Gita, the textbook of Yoga, the actor, remaining detached from the roles he plays, is like your higher Self, which, remaining detached, has played the role of many individuals through your soul's many lifetimes. This lifetime it's been you, in a past life someone else, in a future one, assuming you don't realize your higher in this lifetime, someone else. In the Gita, Krishna, the teacher, tells his student, *"As a man casting off worn-out garments takes other new ones, so the dweller in the body casting off worn-out bodies takes others that are new."* (Maharishi Mahesh Yogi translation)

The actor detaches from who he is to let another being live through him. When you realize your true nature, you let another being live through you; not a new character but who you've always been. You'll see that your personality is really a role, just like Clark Kent is a role Superman plays. To paraphrase the Wizard of Oz, "Pay less attention to the actor behind the dropping curtain. Not because he's a fraud, like the wizard, but because he represents the infinite creativity within yourself.

While he might not invite you to play Hamlet, Stanley Kowalski, or Groucho's Rufus T. Firefly, he quietly invites you to connect to the silent, yet infinitely creative source within yourself through meditation."

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Financing Addiction: Ways to stop Enabling and Become Part of the Solution

By David Sack, M.D.

Caring about someone who is addicted to drugs or alcohol is emotionally draining. It can also be a tremendous drain on the family finances. Whether the addict is a struggling youth or a distinguished professional, there may be little left of the family bank accounts, investments, even the home by the time they get help.

The advice for loved ones can be confusing: Support but don't enable. Let go but stay close. Here are a few concrete ways to become part of the solution:

Make an Honest Assessment

Are you helping a loved one in crisis or enabling their addiction? Enablers:

- Comply with the addict's requests for money, favors or things just to keep the peace
- Assume drug use is just a phase that will get better on its own
- Take on the addict's responsibilities as their own
- Rescue the addict from difficult situations
- Give not only second but third, fourth and fifth chances
- Engage in destructive behaviors alongside the addict despite knowing the addict has a problem
- Do things for the addict that they should do for themselves, such as paying bills or fulfilling job or family responsibilities

Even though enablers act out of love and concern, their attempts to protect the addict prevent them from experiencing the full consequences of their actions, prolong the addiction. True supporters allow the addict to experience the natural consequences of their actions and encourage them to accept help.

Help Yourself

Offering "help" that truly helps isn't always second nature. For many, it requires communicating and interacting in a way that is different from their norm. Enablers can learn to take care of themselves while offering healthy support by attending support groups for loved ones of addicts, such as Al-Anon or Nar-Anon. If an addicted loved one is in rehab, family members may be invited to participate in a family program or family counseling. It's also advisable to seek individual counseling to address the many ways in which the addict's behavior has changed your life and the way the rest of the family functions.

In an effort to save your loved one's life, you may have spent the majority of your financial reserves trying to protect them from harm or get them treatment. Talk to a financial counselor or life coach, attend a money management seminar, or find a book or computer program to help you make a plan for repairing your financial health.

Explore New Tools

There are new products emerging to help addicts and their loved ones. For example: prepaid debit cards allow loved ones to provide financial support while monitoring how the money is

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spent. The card has built-in controls that exclude it from use at bars, liquor stores, strip clubs, casinos and similar establishments, and inform cardholders of attempts at unauthorized use. Users also cannot receive cash back with purchases or cash from an ATM.

Practice Financial Tough Love

It's not the addict's fault that they have an addiction but it is their responsibility to manage their illness – and how you interact with them can edge them closer to responsibility or further

into addiction. Emotional pleas and logic aren't always effective with addicts; their capacities for empathy and judgment are too impaired by drugs.

When the addict is ignoring your rules and expectations and hurting themselves and others in the process, it's time to get serious about not supporting their habit. With tough love, family members continue to offer emotional support and help with treatment – emotional, financial or otherwise – but cut off other types of financial support.

Adopt a Whatever-it-Takes Approach

Financial tough love is just part of the broader strategy in helping an addicted loved one. It is designed to stop any enabling behaviors on the part of family members and friends, and to help the addict see the reality of what their life has become. The next step is doing everything possible to get the addict into treatment.

David Sack, M.D., is board certified in addiction medicine and addiction psychiatry.



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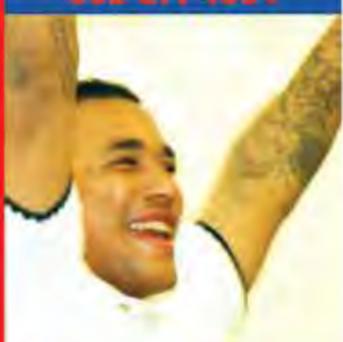
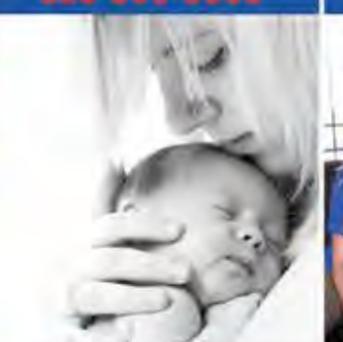
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