

Together AZ

OCTOBER 2017

Inspiring Success on the Road to Recovery

The Power and Promise of Integrated Health Care

Terros Health inspires change for life by combining primary and behavioral health care

By DeEtte Person

Physical and mental health conditions used to be treated in silos. As a result, patients would see a doctor for one condition while another condition may have gone unnoticed. Today, that is beginning to change with organizations like Terros Health adopting behaviorally-led, integrated, whole health/whole person model of care.

The model is exactly what it implies – caring for the body and mind as one

The whole health/whole person model changes the paradigm of care by helping physicians and other clinicians uncover a patient's source of pain and evaluate alternatives to prescription drugs like cognitive behavioral therapy and mindfulness-based stress reduction. Patients and physicians work in partnership to treat not just a single ailment, but toward overall better health, physically and mentally. If there are signs of mental health issues or addictions of any kind, those can be dealt with in the earliest stages before they take a greater toll on a person's physical health.

Behaviorally-led whole health/whole person care

This was true for Nicole, her husband Martin and their children who receive primary and behavioral health services through Terros Health at 27th Avenue Integrated Care. Nicole, was the first family member to seek out Terros Health to address grief due to the death of her and Martin's 3-year-old son. The counseling she received helped and she began to go to Terros Health for her primary health care, as well.

Nicole encouraged Martin to give behaviorally-led integrated care a try. Today, the mental health care Martin receives has helped stabilize his depression and anxiety. He also receives excellent medical care for his diabetes. Their 20-year-old son Eric receives care from Terros Health's behavioral health professionals. And, both Eric and 16-year-old daughter Mishelle are seeing primary care providers at Terros Health. Their older brother, Quinn, says he plans to reach out for his medical care.

For Nicole, she values the convenience of having all aspects of the family's health care managed from a single location, including prescription refills. Without Terros Health and its integrated approach, she feels her family wouldn't be doing nearly as well.

This success story is typical when integrated health care is implemented. By treating the whole person and weaving behavioral health into primary health care, even conditions such as diabetes and high blood pressure can have better outcomes.

Terros Health primary integrated care services include same-day or ongoing medical services including physical exams, chronic disease management, nutritional coaching, immunizations, lab work and prescription pick-up, all in one centralized location.



Treating the mind, as well as the body

The "whole health" approach also provides support for body, mind and soul when there is a mental health issue. Terros Health treatment programs are designed to be culturally-responsive and to coordinate with your overall health care plan. The health care team will support you every step of the way as you make choices — positive changes — that will put you on the path to true health and wellness for life. This includes counseling, treatment groups, crises services, psychiatric evaluations and medication management.

Karen experienced the whole health approach first-hand. As a child, Karen experienced sexual trauma in her family and again, at 19, when she was in the United States Naval Reserve (Women's Reserve). Since then, she has struggled with nightmares, anxiety and depression. Karen tried to reduce her painful symptoms of post-traumatic stress (PTS) with alcohol, a common way to try coping with PTS.

While working as an early childhood educator in Hong Kong from 2008 through 2012 — in that busy and crowded metropolis — Karen's PTS symptoms became overwhelming. She was unable to continue working and returned home to Phoenix. But her symptoms didn't lessen.

A Terros Health crisis counselor recognized Karen had a bi-polar disorder, in addition to the alcohol use and PTS. She was referred to the Terros Health McDowell LADDER (Life-Affirming Dual Diagnosis Education and Recovery) program, located at the McDowell Integrated Care center, which helps people with co-occurring serious mental illness and addiction challenges by providing therapeutic behavioral health treatment and counseling that focuses on symptom reduction and management. Karen credits her progress to the support and education she received that makes it possible to deal with two of her issues at the same time. Today, she's looking forward to returning to a position in early childhood education

or becoming a peer support counselor to help others with similar challenges.

Optimizing health by treating addictions

Part of whole person care is regaining wellness by reducing alcohol, tobacco and other drug use, as well as risky sexual behaviors. Change can come in many forms — embracing new ideas, hobbies and healthy habits. At Terros Health, this involves counseling, detoxification, treatment and recovery support. In addition, one of the keys to success is engaging in life-affirming enrichment programs, such as life skills trainings and arts and cultural activities for youth and adults.

Robert knows well the success that can come from the support of integrated health care.

Robert stands well over six feet tall, and has the powerful physique of a body builder. Yet, inside his muscular body is a frightened little boy who experienced beatings no child should ever have to endure. When he was four years old his father, an alcoholic, drug user, biker and drug dealer, repeatedly beat him so severely he left permanent scars on Robert's forehead. When his mother and father split up, things did not get any better for Robert. His mother's new partner also was an alcoholic, and harshly disciplined Robert for things like not quickly memorizing multiplication tables in first grade.

In high school, Robert was free to rebel and rebelled badly, skipping school and using alcohol and pot. He dropped out of school and became, by his own definition, a "lazy pothead." In his early twenties, things got little better for Robert. He got married, had a good job in a mill and limited his drug and alcohol use to weekends. But after four or five years, the marriage broke up because Robert started "using" more than just on weekends. Finally, the law caught up

INTEGRATED CARE continued page 7

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Publisher's Note

By Barbara Nicholson-Brown

Two Days Ago

We have witnessed tremendous growth in awareness and advocacy, reduction in stigma and more people are seeking help.

While looking for addiction treatment might appear easier with the click of a mouse, the Expo continues to be a unique avenue where people can meet the professionals face to face. And that in itself is something that I am proud of. There were many serendipitous moments on September 16th.

A special note of gratitude to our leading sponsors, CBI., Inc., Terros, Calvary Healing Center, Mercy Maricopa Integrated Care, Mercy Care Plan and Holistic Recovery Center.

Our Bronze Sponsors, Decision Point Center, Dr. Phil Path to Recovery, The River Source, Intensive Treatment Systems, Crossroads, Inc., KFNN News Talk Radio, NCADD, PCS- Psychological Counseling Services, Scottsdale Recovery Center and Teen Challenge of Arizona.

And for making this event the success it was, my gratitude to Austin Eubanks, Stephanie Siete, Jim Kreitler, Gary Hees, David Seymour, Angie Geren, Gwen Henderson, SAMSHA and many many more.

My heart is full.

Continue to be safe! Stay on this wonderful road of recovery with us.

I was going to begin this piece about the magic of recovery month we celebrated just a few weeks ago. And suddenly life as we knew it drastically changed—again. We learned of the mass shooting in Las Vegas just two days ago.

For all of us it is a most horrific and incomprehensible act. I can't even imagine how undeniably painful this time is for the victims, their friends and families.

May our prayers and hearts filled with compassion reach each and every one who has been shattered and affected. I am, like all of us, at a loss for words.

Thank You to the first responders, doctors, nurses, paramedics, concert-goers who helped each other, the unknown heroes who may have saved lives

And it is difficult to segue into another topic, but I will do my best.

Recovery Month

As founder of the Art of Recovery Expo, I want to thank each and every supporter of this year's event. The recovery community came out strong and proud.

As I look back to 2005, when Bill and I thought a public event was needed, and to see how it has grown, locally and nationally, is powerful.



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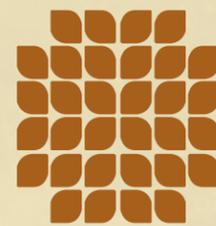
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6 Things to Do Before Your Kid Comes Home from Treatment

By Mary Ann Badenoch

The day has finally arrived to welcome your child is back from residential treatment. You may be cautiously optimistic for the homecoming — or worried how it will go. You may not feel ready for your child to come home yet, remembering those feelings of walking on eggshells when they were last home struggling with their addiction. These feelings are completely normal and you may even be experiencing them simultaneously.

You and your child are about to enter a new phase in a long process of recovery. It will involve sacrifice for the family, and it's best to talk about what this will mean for everyone and plan for it. While you cannot control what will happen (*your child is ultimately responsible for their own recovery*), you can be proactive and better prepared to be supportive in your child's recovery.

1. Time for a housecleaning.

Take all substances and paraphernalia out of your home. Secure all alcohol or remove it completely. Lock the medicine cabinet and dispose of any old or unused prescriptions. Search your child's room for drugs, alcohol and paraphernalia — **and then search it again.**

2. Naloxone as a prevention measure.

If your child's substance use included opioids (*heroin and pain medications like Vicodin, OxyContin and Percocet*), have you obtained a Naloxone kit? Naloxone (brand name Narcan) can reverse an overdose, potentially saving a life. It's never the wrong choice to be safe. In many states, chain drugstores, as well as some independent drugstores, are providing naloxone through their pharmacies without requiring a prescription. Is the kit easily accessible in your home? Have you learned how to use the Naloxone kit?

3. Make the aftercare plan a priority.

The first step is to fully understand what the treatment facility is recommending for the next steps and clarify anything that is unclear or concerning to you. Hopefully, you and your family were part of developing this "aftercare," "discharge," "continuing care" or "step-down" plan — the plan for those next steps after treatment.



Aftercare plans may include the following:

- Family counseling
- An outpatient program
- Recovery support groups
- Psychiatric appointments
- Ongoing psychiatric medications, and/or medication-assisted treatment

Things to consider

Is your child going to need a ride to and from an outpatient program, counseling or support groups? Since this is vital to their recovery, if transportation is needed, make arrangements ahead of time with your employer or hire someone to drive them to appointments, programs or meetings. You may need to make plans to take time off from work to attend family meetings which are a part of your child's aftercare program. Continued involvement matters.

Your child may need help in finding healthy friends and activities, given many of their friends are likely still using substances.

If your child is living in sober housing, an Intensive Outpatient Program (IOP) or whatever the step down plan is, become familiar with the requirements and rules for this type of living community.

Even though your son or daughter is the one receiving treatment, the rest of the family will greatly benefit from regular counseling and support groups of their own. This can be a difficult time of transition and it's critical everyone is supported, has help coping and addressing any issues that come up.

4. Try CRAFT skills to improve communications in your family.

Community Reinforcement and Family Training, or CRAFT, is a scientifically proven approach to help parents with skills to stay involved in their child's recovery in a positive, ongoing way. CRAFT provides families with tools to better understand your

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child's reasons for substance use, ways to improve communication and to reward non-using behaviors while discouraging substance use. Equally important are the tools around self-care to handle negative emotions like anger, guilt, depression, and to address feelings of isolation.

5. Develop a contract and recovery plan

You'll want to establish some boundaries and rules with your child. Some families find it helpful to develop a contract including both positive reinforcement or rewards for good behavior and consequences when they push boundaries or break the rules.

In addition to a contract that simply states what is expected, create a Recovery Plan. A Recovery Plan is for both you and child to put down in writing what you both agree to do (or not do) to help support and maintain continued recovery and personal growth.

Plan to sit down during a calm time soon after they get home to develop a plan as a family. Here are some questions to ask your child as you develop your plan:

- *How can I be helpful?*
- *What would be stressful or unhelpful for you?*
- *Can we agree on what will be discussed and what won't?*
- *Can we talk about how we will communicate with each other in both easy and difficult situations?*

- *Would you prefer to keep your treatment and recovery private from others outside our family?*
- *If you are willing to talk about it, with whom and how much information will you provide?*

Are there upcoming family gatherings where alcohol will be served that might be too difficult or be triggers? Decide as a family if you will decline an invite or attend with a plan in mind to protect your child's recovery first. Can you think of fun activities to do together as a family? After all, your son or daughter may need to stay away from the friends they were hanging around before they went to treatment.

6. Take it one day — perhaps one minute — at a time.

The first few weeks and months of recovery will probably be the hardest. Your son or daughter will most likely go through periods of emotional ups and downs. They may be angry at times (at him/herself, at you, at others, or just angry), sad at other times, or even may seem manipulative or distant.

Other times they may be grateful and more like the person you used to know — savor those moments! Be sure to point out any and all positives, and offer hope and compassion. There isn't a "one size fits all" road map to recovery.

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Stigma within a Stigma

By Renee Sieradski, EA

My husband was diagnosed with bipolar disorder after we had been married for 8 years. When I told others I found their reactions unsettling. Most had a deer in headlights look. Why the surprised and embarrassed response?

"The stigma of mental illness" is what I read online.

The dictionary defines stigma as "bad reputation, shameful, mark of disgrace." But I would reason, "My husband became ill, he didn't choose to have the disorder, so I couldn't understand why my friends didn't want me to talk about it. His father and brother had the same diagnosis. It would seem it was in his genes. So why would he be in disgrace?"

Soon after his diagnosis, we found that medications weren't working. The psychiatrists tried every medication on the list. Nothing fixed his suffering. He was given a special term, refractory bipolar, meaning he didn't respond to conventional methods. Then, something I had never heard of was suggested to us- ECT shock treatment

We went ahead with the treatment. When I told my friends their jaws dropped in horror, with comments such as, "I didn't know they did that anymore". I discovered here was another stigma for receiving this treatment.

Since the initial course of shock treatment in 2010, he has had 4 series of maintenance ECT treatments. As I write this article, he is currently undergoing a series of ECT's. So, I am again reminded of the surprised reactions I received years ago.

We are stigmatized for talking about having mental illnesses and stigmatized for receiving the necessary treatment for these illnesses.

I've decided if someone asks where he is, why he's missing from church or social events, I will simply say he is having therapy to help with depression. Unfortunately saying the words depression or the blues is easier for society to handle.

What exactly does "pennies on the dollar" refer to?

Pennies on the dollar is a reference to the IRS Offer in Compromise program. It allows eligible tax debtors to pay the IRS an amount of money that is less than what they owe in order to wipe out the entire tax liability.

In advertising, you'll hear companies talk about settling for 20%, 10%, or even less. These ads, and the sales people you talk to on the phone, are trying to sell you an Offer in Compromise service package. Many of their web sites even have interactive calculators where you type in how much you owe the IRS, and it'll spit out a, "You may only have to pay \$xxx" message.

The phrase "pennies on the dollar" was actually determined several years ago by the IRS to be a form of deceptive advertising. They explicitly instruct licensed practitioners the use of this phrase is a violation of ethics. However, since the IRS doesn't have jurisdiction over firms market these services, it comes into the FTC's pur-

view to look out for these deceptive marketing practices.

Sales people are trying to convince taxpayers that what you settle for is some fixed percentage of your tax debt. However, this is blatantly incorrect. There is absolutely no provision in the tax code for allowing a taxpayer to pay a set percentage of their tax liability and calling it good. It has never existed, and most likely never will.

Instead, the amount of your Offer in Compromise settlement is calculated using a very, very strict formula...and the formula is NOT a secret — it's available on a worksheet in IRS publication 656B.

Based on this formula, if you have equity in assets that exceeds your tax debt, you simply don't qualify. Period. End of story. For most individuals, the common thing is going to be equity in a home or rental properties, equity in a collection of classic cars, stamps, coins, guns, art, etc. If the value of ANY of those assets is greater than your tax debt, you do not qualify for the Offer in Compromise program and cannot settle for "pennies on the dollar" — there is no way around this.

In the same vein, if you are a high-income earner, it's also highly unlikely you will qualify for the Offer in Compromise program. The reason for this is the IRS only allows certain amounts of money every month as "eligible expenses" for housing, cars, food, etc. If your lifestyle exceeds these amounts, the IRS doesn't care — they will only allow you to claim the National Standard expenses. Any monthly income over those amounts goes into your offer amount.

In these circumstances, you may qualify for a period of up to 12 months to make a "lifestyle adjustment" and reduce your living expenses to come into line with IRS standards. This will often involve selling luxury homes and getting rid of toys such as cars or boats. Keep in mind these items are all covered by your tax lien, so any proceeds from the sale of these items technically is owned by the IRS, and should be paid to them. A good tax representative, such as a Federally Licensed EA, can assist you with structuring these sales so both you and the IRS get something out of it.

Beware of anybody promising your tax debt can be settled for some fixed percentage of the debt. That's not the way it works, and it never has. Anybody trying to sell you on that idea is selling you swampland in Florida, and you should seek assistance elsewhere.



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

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Calling All Heroes & Heroines

By Dina Evan, Ph.D

Most of us are holding on by the seat of our pants today, waiting for the next feud, flood or failure of our government to return to compassion and humanity. This is a difficult time, but what do we do besides wait for someone else to fix it? What if something bigger than that is going on here? What if you knew this time is a reminder the only way things change is through us? What if the whole time we were saying let's leave it up to God, God was saying, Okay, but how about a little help from you!

I think this is a great time! Because it's fun or easy? **NO!** But because it is calling each of us to step into our personal hero or heroine and change something. Don't gasp. You don't have to start a march or craft an amendment. However, what we each of us has to do is become the hero or heroine we are within.

Jim Weiss reminds us in his 2015 article on the nature of a hero... "Rosa Parks is such a hero. She did not change the laws in the USA, but she began the process one day on a bus ride home. Confronted by the demand to give up her seat—something she knew was wrong — she firmly said, "No." That one syllable, spoken quietly, was more powerful than the angry shouts of today's talk show hosts, more long-lasting than damage done by bombs and bullets, more inspiring than demagogues' easy answers. Rosa Parks was one of us." She was a heroine!

What are the internal values or principles necessary for the making of a hero? Let's look.

- A hero doesn't finesse the truth for personal protection or political gain. He or she tells the truth exactly as it is.
- A hero is never silent in the face of abuse or prejudice to anyone. They do not stay silent in the face of oppression of any kind.
- A hero looks beyond what is, to what can be different.
- Heroes ask for help and find the strength to overcome challenges and difficult conditions without becoming a victim. They face the smallest and largest of fears with unbridled determination, even while they are afraid.
- Heroes and heroines make decisions, both small and large that cause us to stand in mute applause and awe, just like Rosa Parks. Those decisions are based solely on what is right and principled, rather than

personally advantageous.

- Heroes use compassion and integrity as the motivation and base for having a positive effect on every personal, professional and political issues.

Heroes and heroines don't necessarily have great degrees, certificates of accomplishments, hefty stock portfolios or grand achievements. They are everyday people just like you and me. In fact, if you stop a minute, you will be able to identify a regular everyday person in your life who was a hero to you, one who changed your life or ideas dramatically.

For instance, one of my heroines is my spinster (lovingly interpreted to be independent warrior) fourth grade, teacher Ms. Franklin, who wore long skirts and old fashion laced up heels, but who braved the dirt playground to come and ask me — after I had sort of given up — whether even though things were pretty bad at home, "Do you think it could be time to stop acting like you are not smart, because I know better?" Or, my 80 year old, spiritual sister who braved the California To-panga Canyon Mountain Trails with me to teach spiritual truths to people who sometimes came to the door nude. To my amazement she talked a growling, frothing at the mouth dog down one time by reaching in her pocket and offering him the nuts she used to keep her energy up after telling me, "We are all God's creatures Dina, settle down."

I am proof, that just one hero or heroine can change a life. This time is not about what other people are doing or not doing or what is God doing for us. It's about who we are being or not being. Get your cape and the next time you have a chance, be the hero or heroine you already are. Who knows what great things might happen!

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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Recovery Month and Unknown Soldiers

By Tracy Smith

This recovery month was a bit strange for me. You see last year my calendar was full of events and rallies that I often traveled to and attended. This year I took a backseat and instead, in a different role of advocacy, I worked long hours with clients and organizations to place speakers throughout the country to inspire change.

I missed the PRO-ACT walk and the SAMHSA Press Club and Luncheon, and other key events that I would have really liked to attend— but the conversations, emails and voice mails I received reminded me there are all different positions in a marching army of advocacy. I realized from listening to these calls and messages — that the impact of my new role — to sit quietly and put new captains out front — was not only the right strategy — it was exactly as all was meant to be and incredibly satisfying. Yes, I realized, I'm exactly where I'm supposed to be.

It also made me reflect and realize advocacy can be done in so many different ways. There are individuals quietly writing letters and making phone calls who you never see on social media but they're out there and they care. There are socially responsible businesses that donate and support important causes and host speakers to educate their audiences. There are individuals writing

and developing new training to assist those in recovery. In a remote part of the country, in a quiet community there are meetings around a kitchen table discussing better supports and programs for individuals. There are counselors who go late into the night motivating another on a call they chose to answer. So many quiet foot soldiers we may never ever see or hear are doing amazing work along side loud captains who are very visible.

To our army marching along, loud or quiet, known or unknown — I want to thank you all for your efforts to promote recovery and understanding! Remember, we are all in this together — to inspire change!



Tracy Smith is a Public Speaker. She is the Founder and Owner of a national speaker bureau dedicated to inspiring change. Her agency, Speakers for Change,

offers a roster of social responsibility. If you would like to hear more about solutions to the current opioid and prescription drug epidemic from impactful speakers who understand the power of their words and want to inspire change, please contact tracy@speakersforchange.org



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INTEGRATED CARE from page 1

to him and he was sentenced to seven years in prison.

Robert remarried after he got out of prison, but he still needed treatment. He made the decision to become part of Terros Health's Maverick House. There, he confronted his alcohol and drug addiction. And perhaps most importantly – for the first time – he came to terms with the violence he experienced as a child.

The day Robert graduated from treatment at Maverick House was the day he also decided to keep his recovery going by living at Maverick House Sober Living. At Sober Living, he has a healthy environment of 27 caring men committed to supporting each other and living positive lives without alcohol or drugs. Robert's wife lives nearby and they have a positive relationship. But, Robert's home — for now — is Sober Living, because that is where he has the structure and the fellowship of men committed to supporting each other in recovery.

Integrated care can provide key to treating an epidemic

Integrated health care creates healthy communities by providing welcoming “one stop shops” for the needs of a person's mind and body. In turn, this leads to what is known in health care circles as the Triple Aim – an excellent customer experience, quality care outcomes and controlled health care costs.

A patient's integrated health care team will include a primary medical care provider and may include mental health care providers, community health workers, a case manager, wellness/prevention coach and counselors. All elements of care are coordinated across the broader health care system including specialty care, hospitals, home health care, community services and other supports. The team works together to anticipate patients' needs, communicate findings and to ensure no aspect slips through the cracks.

A good example of how integrated health care can heal an individual, family and even community is when it comes to the opioid epidemic. This dangerous class of drugs includes prescription pain relievers such as oxycodone and hydrocodone. You might have been prescribed these after a surgery, even one as minor as wisdom teeth removal. But did you know this same class of drugs also includes heroin? On the street, heroin is cheaper – hence the revival of heroin addiction, overdose and death.

Opioids are destroying lives in cities and states throughout the nation.

Arizona is no exception. Sadly, two people in our state died every day from prescription opioid or heroin overdoses last year. All told, opioid overdoses claimed the lives of 790 Arizonans in 2016 – a 74 percent increase since 2012.

If you or anyone in your family has been prescribed these medications, talk to your physician about precautions to take. Following an integrated health model like that adopted by Terros Health can help doctors identify the signs of drug use and abuse in their early stages – signs such as drowsiness or sedation, slurred speech, uncharacteristic problems with attention and memory and constricted pupils.

If you would like experience to experience the transformative power of integrated health care, or if you need mental health or addiction care services, **please call Terros Health at 602-685-6000. www.terros.org**

DeEtte Person is a freelance writer living in Scottsdale, Arizona

Scottsdale Recovery Center offers the full scope of residential style and intensive outpatient treatment for substance use issues (drug addiction & alcoholism), as well as for those struggling with dual-diagnosis disorders



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Drug-sniffing dog helps families learn if loved ones are using drugs

Amy Halm believes the road to recovery starts with discovery.

Halm is a K-9 handler by trade.

She started **Desert Drug Dog** roughly 8 years ago in Chandler after adopting a retired narcotics police dog. It's a unique business that offers sniffing snouts in a private and discrete manner.

"I would love to lose this job because there's no need, but there is a big need," Halm said.

We put Amy and handler Hannah Arendall to the test.

Cottons balls soaked with the scent of drugs across an 800 square foot apartment were hidden. Amy then took Caela, a Belgian Malinois, across the apartment. In 20 minutes, all three drug scents were found.

"People actually get so creative that they take apart machines," said Arendall.

Halm brings dogs like Caela to homes, shelters, schools and recovery centers.

Both Scottsdale Recovery and Community Bridges utilize Halm's business. Unfortunately, Halm is also going to homes where the users are often teens.

She had the following advice for parents: "Help them learn coping skills because what I see are people are using drugs because they don't know how else to cope with things in their life."

She also recommended that parents visit online and in-person resources to seek out help. (source ABC 15 Arizona, Chris Gros)



About Desert Drug Dog

A confidential drug detection service working with schools, treatment centers, businesses, and families throughout Arizona.

Their professionally trained teams work with schools, treatment centers, businesses and private parties throughout the state of Arizona, providing you with one more tool in your toolbox to prevent, detect and deter the use and abuse of drugs. To learn more about how Desert Drug Dog can support your current efforts to maintain a drug-free environment call 602-908-2042 and visit <http://desertdrugdog.com/>



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WELDON HOUSE



By Alan Cohen

Getting Sober

I recently learned of the death of a musician I admire. Ruud was a trombonist in André Rieu's orchestra. Besides being a talented musician, he was something of a comic spark plug, performing clever antics in skits the orchestra wove into their performances. I enjoyed watching him on YouTube for years. He died suddenly at a relatively young age.

I was surprised at how moved I was at the news of Ruud's passing. I found the incident sobering. We usually use the word "sober" as the antithesis of being drunk. When an event sobers us, it dashes cold water on our face to extricate us from the drunkenness of the meaningless activities we often engage in. We are awakened from the addictive behaviors we use to distract ourselves from our pain. The list of our addictions, hard and soft, is substantial: Drinking, drugging, email, Internet, smartphone, gaming, anxious eating, overworking, compulsive shopping, disconnected sex, neurotic cleaning, mindless babbling, arguing, continual drama, on and on — all tricks we play on ourselves to stay hypnotized by emptiness. We each have our preferred escape.

Then something happens that forces us to face ourselves and our lives. A death, divorce, accident, business setback, health issue, legal problem, or weather disaster. Some crisis or emergency. Then we have to think about what is really important and what our priorities are. While such challenges are painful, they are also liberating. They jolt us to dig into our soul rather than hang out at the shallow surface of our lives. When we go through such difficulties, we resist and curse them. After we graduate from the lessons they bring us, we find deep gratitude.

None of us knows how long we or our loved ones will be here. It could be a very long time or a short time. Some people disappear quickly, without notice. For that reason we must appreciate the people and gifts in our lives while we have them. Don't take anyone or any situation for granted. Bless it while you have it. Tell your close ones that you love them. Thank them for the good they bring you. Imagine that you might not see each person after this encounter. What would you say if you knew this would be your last meeting?

Hopefully you will have lots more time with these people. Just don't wait until they are gone or almost gone to express your heart to them. Likewise, don't wait until you find your soulmate, lose 20 pounds, get your ideal job, make your first million, or attain nirvana before you appreciate **who you are**. Now is your big moment to fall in love with yourself. Right where you are. As you are.

In Arthur Miller's play *After the Fall*, a character says, "I dreamed I had a child, and even in the dream I saw that it was my life, and it was an idiot, and I ran away. But it always crept into my lap again, clutched at my clothes. Until I thought, if I could kiss it, whatever it was my own, perhaps I could sleep. And I bent over the broken face, and it was horrible. . . but I kissed it. I think that one must finally take one's life into one's arms."

We all have traits in ourselves, our relationships, and our lives that we believe are unlovable. But if we can find beauty and goodness in ourselves and others, even with those traits, we find release that does not come as long as we use judgment to separate ourselves from healing.

We are now heading toward the holiday season, which brings unique joys and challenges. Family issues arise and unhealed relationships get in our face. Perhaps you had a loss or a relationship end during the past year. The season conjures countless distractions—shopping, parties, social obligations, travel, lavish food, financial issues, and many other temptations to stay foggy. Yet we also have many opportunities to get sober, to get clear on our values and the kind of relationships and activities that are truly meaningful to us.

In my town during the holidays the police set up roadblocks to check for drunk drivers. Likewise, it might not be a bad idea for each of us to check in with ourselves occasionally to see if we are staying sober, remembering what is real in the face of illusions to the contrary. A *Course in Miracles* tells us we have set up the world as a place to hide from ourselves, each other, and love. The Course also tells us we have many invitations each day to cross the border between illusion and truth, connect, and live in ways befitting the noble, magnificent spiritual beings we are.

When André Rieu learned that his beloved trombonist of 22 years had died in the midst of the orchestra's tour, he cancelled the remainder of the tour—a bold move when many thousands of fans were waiting and millions of dollars were on the table. But André decided it was more important to honor the orchestra's fallen brother and be there for Ruud's family. He reminds us that every moment of life is an invitation to get sober.

Alan Cohen is the author of A Course in Miracles Made Easy: Mastering the Journey from Fear to Love. Join Alan and friends in Hawaii, Feb 26- March 2 for a rare retreat, Unplugged. For more information about this program, books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alan-cohen.com.



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Adult Dual Diagnosis
Exclusively Women's Program
Freedom Care Program
PHP/IOP**

Ages 18 & Older

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Community Liaison Ken Flack @602-292-6757**

Secure Fax: 602-952-3922

24 Hours / 7 Days a Week Referral & Admission Center: 602-952-3939

**Valley Hospital
3550 E. Pinchot Ave.
Phoenix, AZ 85018**

Community Calendar

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

Professional Events

OCT. 17— Professional Networking Luncheon — Psychological Counseling Services (PCS) Networking luncheon 12:15- 1:45 p.m. Email request for invitation to pcs@pcsearle.com or call 480-947-5739.

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. Alumni meet in the 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-Occurring. 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, 12:1-1:00 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



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Medical Center, 1501 N. Campbell. 520-570-7990, www.arizonada.org.

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



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CVS Sets Limits on Opioid Prescriptions

CVS announced it will set limits on opioid prescriptions and add in-store disposal units for consumers so they can drop off unwanted and unused medications.

CVS said it wants to ensure that opioids are being prescribed and used appropriately, consistent with guidelines for prescribing opioids set by the Centers for Disease Control and Prevention. According to a company news release, CVS will limit the supply of opioids dispensed for certain acute prescriptions to seven days; limit the daily dosage of opioids dispensed based on the strength of the opioid; and require the use of immediate-release formulations of opioids before extended-release opioids are dispensed.

USA Today reported the company will instruct pharmacists to contact doctors when they come across prescriptions that appear to offer more medication than would be deemed necessary for a patient's recovery.

Study Drugs Helpful or Harmful?

Teens' lives are jam-packed and many are stressed out and anxious. Instead of coping in healthy ways, some are abusing prescription stimulants not prescribed to them — also known as “study drugs.” These are medicines that are used to treat Attention-Deficit Hyperactivity Disorder (ADHD) such as Adderall, Concerta and Ritalin — but are abused to pull all-nighters and cram for exams. Most don't see this behavior as risky.

But what happens when high-school and college kids (who don't have ADHD) take prescription stimulants not prescribed to them? What are the real dangers?

Dr. Nora Volkow, Director of the National Institute on Drug Abuse says:

- The data is showing that overall stimulant medications do not improve cognitive performance. If you have someone that is performing optimally, and give them a stimulant, the performance may deteriorate.
- If you're giving stimulant medica-

tions to a kid that doesn't have ADHD, at the time in their life when their brain is developing very rapidly that may interfere with those developmental processes.

- When someone is abusing stimulants, the effects can be not very dissimilar to those you observe with cocaine or methamphetamine — all stimulant drugs.
- When dealing with adolescents, which is the period of higher risk, you have to be particularly careful, because even though they may not have the genetic vulnerability, they're at a stage in life where exposure to drugs can create changes in the brain that may result in addictive behaviors.
- “[Stimulant abuse] can produce full-blown psychosis. So you can end up in an emergency room because you are basically completely paranoid. It can be severe, and devastating to the person.

Talk with your teens about how relying on study drugs to help “manage” life can establish a lifelong pattern of dependency and prevent them from learning important coping skills.

Explain they are at a stage where exposure to drugs can create changes in the brain that can lead to addiction.

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.

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- Alumni Program

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Resources

TOGETHER AZ	602-684-1136
Art of Recovery Expo	602-684-1136
ACT Counseling & Education	602-569-4328
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	800-631-1314 - 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. Dina Evan	602-997-1200
Julian Pickens, EdD, LISAC	480-491-1554
Gifts Anon	480-483-6006
Governor's Office of Youth, Faith & Family	602-542-4043
Hunkapi Programs	480-393-0870
Lafrotera -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
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Scott Tyoyanos	602-376-6086
Tax Intervention	
Renee Sieradski, EA	602-687-9768
www.tax-intervention.com	

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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

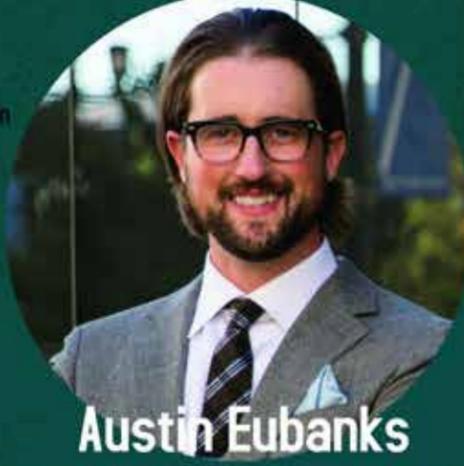
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Banner Behavioral Health Hospital
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Compass Recovery
Copper Springs
Crisis Response Network
Crossroads, Inc.
Crystal Meth Anonymous
Debtors Anonymous
Decision Point Center
Desert Drug Dog
Desert Star Addiction Recovery
Dr. Dani's Therapyt & Psychological Services
Dr. Phil's Path to Recovery
East Valley Intergroup PI/CPC
Elements (Promises)
Families Anonymous-North Scottsdale Fellowship Cub
Family Recovery Resources



Austin Eubanks





JIM KREITLER STEPHANIE SIETE DR. KIMBERLY JOHNSON

Family Recovery Resources
Fit Four Recovery
Genoa, a Qol Healthcare Company
Gifts Anon, Inc.
Governor's Office of Youth & Family
Grand Canyon University
Healthy Futures
Holistic Recovery Centers (HRC)
Hunkapi Horse Programs
In Recovery Magazine
Institute for Behavioral Healthcare
Intensive Treatment Systems
Intervention ASAP
iTether
KFNX Independent Talk Radio
Lakeview Health
Las Vegas Recovery Center (LVRC)
Life House Foundation of Arizona
Lost Inside Ministry
Mercy Maricopa Integrated Care
Millennium Health
Narcotics Anonymous
National Council on Alcoholism and Drug Dependence
Natural Awakenings
Open Hearts Family Wellness
Pathfinders Recovery Center
PCS
Pills Anonymous (PA)
Pinnacle Peak Recovery
Recovery in Motion Treatment
Recovery Ways
River Source 12 Step Holistic
SAA
Sage Counseling
Scottsdale Recovery Center
Steps to Recovery Homes
Stonewall Institute
TASC, Inc.
Teen Challenge of Arizona
Terros
The Ripple Effect
Traditions Transitional Living
True AfterCare
Valley Hospital
Women for Sobriety
www.DrMarlo.com

For Celebrating Recovery Month with us

Save the date:
September 22, 2018

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BBC provides counseling and treatment to those facing challenges related to Substance Use Disorders, and Mental Health Concerns.

- Intensive Outpatient Treatment
- Individual, Couples and Family Counseling
- DUI/DV Evaluations, Education and Counseling
- SMART Recovery Meetings
- Specialized Programs for LGBTQA

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