

# Together AZ

AUGUST 2018

Inspiring Success on the Road to Recovery

## Demystifying Detox

By Becky Kartagener, Executive Director *Footprints to Recovery*

**N**early 21 million Americans struggle with addiction. To get a sense for the magnitude of this, that's more than the number of people, who have all types of cancers combined. The epidemic of addiction to drugs and alcohol has overwhelmed our nation placing no discrimination on age, race, gender, education or income. In an effort to combat it and in some cases capitalize on it, there's been an abundance of treatment approaches and options that have flooded the market. It's not uncommon for individuals, their loved ones and even professionals to be conflicted or confused about what is needed and where to start.

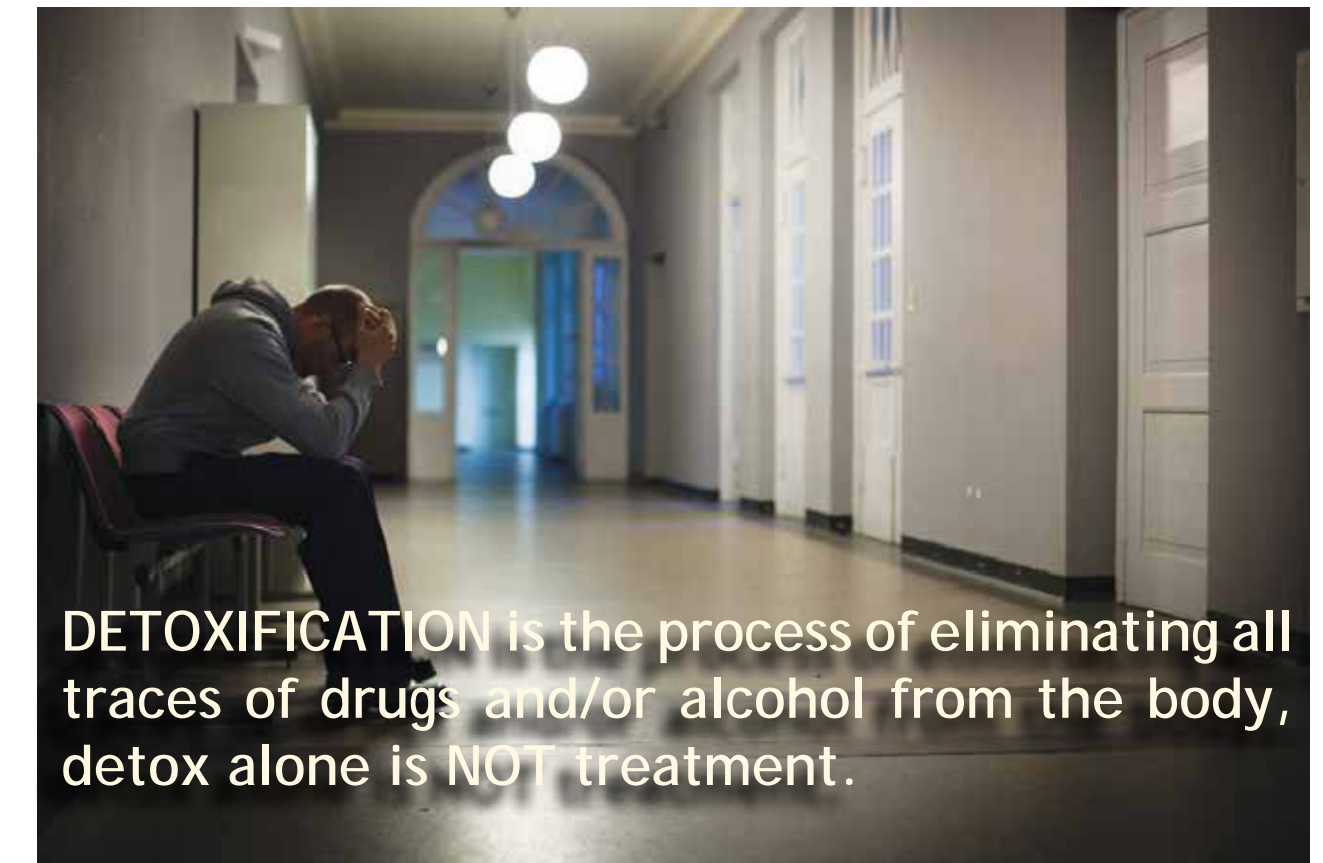
For many individuals, the first step and perhaps the most crucial prior to addressing any underlying issues of alcohol and drug addiction is medical detoxification. Medical detoxification, often times referred to as medical detox, is the process of eliminating drugs and alcohol from the body while managing symptoms of withdrawal.

### Physiological Affects

To shed light on the necessity of this, we must take a look at the physiological effects of chronic substance abuse. The continued use of drugs and alcohol can easily, and often does, lead to the building of tolerance and dependence. Tolerance can be defined as a reduced response to a substance due to repeated use. Essentially, the individual must take a higher dose of the substance in order to achieve the same feelings they initially felt. In the case of heroin and other opioids, tolerance develops rather quickly leading to the increase in doses. Following tolerance is typically dependence, the physical condition in which an individual's body has adapted to the persistent presence of drugs or alcohol.

Our bodies are extremely adaptable; they're constantly trying to reach a state of homeostasis or more simply put, regular functioning. When our bodies are exposed to drugs and alcohol for a continuous period of time they throw off the bodies regular functioning; therefore, our internal system adapts. This can include modifying levels of neurotransmitters, hormones and other processes in the body to make room for the presence of the drug or alcohol.

With the development of tolerance and dependence the individual now needs a regular exposure to the substance in order for their system to maintain its new level of "regular functioning". Any drop in exposure to the substance now results in the individuals system becoming unbalanced and the consequence is symptoms of withdrawal.



When an individual begins to experience withdrawal they are likely to exhibit flu-like symptoms such as; agitation, anxiety, confusion, depression, aching muscles, watery eyes, runny nose and difficulty sleeping. However, unlike the common flu, withdrawal symptoms can be extremely uncomfortable, painful and in some cases life threatening. This is even more so true in cases of addiction to alcohol, benzodiazepines and opioids where the withdrawal symptoms can include seizures, hallucinations and fatal delirium tremens. Drugs such as cocaine and amphetamines do not tend to cause fatality due to the withdrawal process; however, they can still present severe difficulties.

### Going Cold-Turkey

It has been found that many individuals who attempt to detox themselves by immediately stopping all drug or alcohol use, otherwise known as going 'cold turkey', are at the most risk of severe and fatal withdrawal symptoms.

For some, the withdrawal effects may last a few days or weeks, while others may struggle with lingering symptoms for months. The time frame for withdrawal may last even longer than anticipated without the presence of medical support. Furthermore, the severe intensity of symptoms often times lead individuals to quickly pick their substance of choice back up again. This is extremely dangerous, as the body has likely lost some of its tolerance for the substance; however, individuals tend to reintroduce the substance

back into their body at their regular dose, putting the individual at a high risk for overdose. As we've been so frequently exposed to as of lately, it should come to no surprise that overdose is the most common cause of death amongst those addicted to drugs.

***"For many individuals, the first step and perhaps the most crucial prior to addressing any underlying issues of alcohol and drug addiction is medical detoxification."***

### Medical Detox

It is for the reasons above that medical detox is often one of the most crucial, beneficial and lifesaving steps in an individual's recovery from addiction. As previously stated, medical detox is the process of eliminating drugs and alcohol from the body, while managing withdrawal symptoms.

Withdrawal symptoms are often managed with medications and coupled with 24-hour supervision by licensed nurses, therapists and physicians. The staff is trained in helping clients cope with the effects of early drug or alcohol detox; therefore, they're able to ensure withdrawal symptoms are comfortably taken care of and traces of the substance of abuse are effectively

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# Publisher's Note

By Barbara Nicholson-Brown



## Stick with the Winners

**A**long with the guilt, shame and fear I felt when I finally surrendered to the truth about my addictions — I felt lost and alone.

Little did I know how everything in my life would evolve for the best. Maybe it was a combination of my innocence and ignorance — I knew *absolutely nothing* about recovery.

As I began to feel more comfortable, and a 'part of' — men and women with way more years sober than I ever thought possible, would tell me to "stick with the winners." I thought it meant, look for those who had a better car, clothes or job than I did. I wanted those things, *but that wasn't the point*. They meant, the winners were those who put their recovery first.

Sobriety was no guarantee I would have more money or a better job. The guarantee was, if I was willing to do 'the work', follow suggestions, listen, and trust the process, the gifts of recovery would reveal themselves.

I've been blessed with more than I ever imagined, and I am not talking 'stuff'. I'm talking about integrity, honesty and commitment. I'm talking about the men and women who 'walk the talk' and share their hope and experiences with me.

A few weeks ago, one of my Winners, a very dear friend passed away. He was sober over 37 years — someone I respected, admired and learned from.

When my husband Bill died, he helped me during the difficult months that followed. He listened, shared his wisdom and checked in on my well-being often.

I am very saddened by his passing and extremely grateful for his friendship.

These are the priceless relationships, the gifts; the kind I would have never known in the throes of my addiction. Stick with the winners!

### Together AZ

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# The Whole Tooth and Nothing But the Tooth

By Dr. Dina Evan

**A. J. Jacobs**, wrote a story in 2007, in *Esquire* called, "I Think You're Fat." It was a story about radical honesty. But, mostly, it was a story about telling your truths with a sledge hammer, like the little girl depicted in the story who told the writer his teeth were yellow.

A study with 1000 participants reported the average number of lies told by each person every day is more than 100. It was published in the *Journal of Basic and Applied Psychology*. The experiment involved hundreds of people revealed the scientists found that 60 percent of all subjects lied within 10 minutes.

## Let's face it!

We live in a world of liars, mostly led by liars. And now this disease which I believe is contagious and also deadly to our souls and spirit, and it has stolen our sense of safety.

Lying is not a simple matter of fudging a little something here or there or even telling a white lie now and then. This issue of what I call excruciating truth telling is a foundation piece of our character.

If you are not a person who tells the truth, how does one know when you really love a person, or the dish you just prepared? How does one know when you really love that thesis or column your daughter just wrote? How does one know that you really didn't spend that extra hundred that is missing in the account, and on and on? And, then, it gets really serious. How do we know what our elected officials are doing behind our backs or what other countries are doing behind our backs, and now we are into some pretty important issues that affect the whole world. This is not a little issue!

## How do we change it?

The first thing we do is stop being concerned about going along with the crowd or being popular or even loved. If you are popular or loved because you always tell people what they want to hear, you are not love at all. You are just co-dependent and feeding someone's ego.

Secondly, we need to stand up for what we believe. People will get angry with you but if you deliver your message with compassion and hear their belief with compassion and an intent to truly understand, that whole dynamic will change. We do not have to believe the same to love, or at the very least, respect each other.

You need to remember that you made the decision to come to this planet to find out who you are and do what you came here to do.

*"The more we create light and ethical, conscious energy on the planet, the faster it will change everything."*

You will never be able to do that if you are afraid to stand in your truth, because telling your truth is exactly what you came here to do. You get to stand out from the crowd. That's what you came here to do. You get to tell a truth that is different from the crowds. That's what you came here to do and if you don't do it — it doesn't get done. And the biggest loss is that you missed the opportunity to fulfill your purpose and reason for being here.

## Let's face it...

This planet is the college of consciousness. It's up to you to choose and your choice is life changing. If you choose integrity, you not only fulfill your purpose in coming here, but, you also create a world event within... meaning there is another person in the world, living on purpose and in wisdom and light. Why do we care about that?

Well there are two reasons. The first one is that your entire life is a process of waking up. You leave this planet with the same level or frequency of awareness you have achieved while you are here. And you begin your next life at that same level or frequency, so you can continue to move forward evolving your soul toward enlightenment or you do have that other option of just continuing to mess around.

And the second reason is what Einstein proved, **Like energy draws like energy**. That means the more we create light and ethical, conscious energy on the planet, the faster it will change everything. Right now we are living exactly what we believe. At this moment we believe in division, greed and separation. We can change that, but the Divine wisdom in the process is that WE must change ourselves first. And when you get scared, just know there is an army of people out here doing the same thing with you.

And, watch the DrDinaEvan.com video series on our site very soon to talk about all this great information.

If you are not on our weekly message list to be informed about all the special new things that are happening, go sign up now at DrDinaEvan.com.



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

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## Forging Connections in Recovery: A New Dialogue An Evening with Dr. Kevin McCauley

Hosted by ASU's Collegiate Recovery Program Recovery Rising and The Meadows Behavioral Healthcare

Thursday, September 20 - 6-8:30pm  
ASU's Historic Old Main Auditorium

The Meadows and Recovery Rising bring Dr. Kevin McCauley to ASU for an evening filled with education and celebration. Dr. McCauley wrote and directed two films: "Memo to Self" about the concepts of recovery management, and "Pleasure Unwoven" about the neuroscience of addiction which won the 2010 Michael Q. Ford Award for Journalism from the National Association of Addiction Treatment Providers. He will present on the ever changing dialogue surrounding recovery and substance use disorder.



Doors open at 6:00 PM, which will give attendees the opportunity to enjoy refreshments, learn about recovery resources at ASU and in the community. Dr. McCauley's presentation will run from 7:00-8:30 PM, with questions and answers after.

Free and open to the public! For more information and to RSVP: recoveryrising@asu.edu



**MEADOWS**  
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September is National Recovery Month, held annually to educate that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. We know a strong community, sense of purpose, and leadership contributes to effective treatments that sustain recovery.

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# SPOTLIGHT ON TUCSON

## Desert Star Addiction Recovery Center and Starlight Recovery Housing

Each human being is a unique combination of strengths, experiences, preferences — and, unfortunately, afflictions. Many people who seek treatment for an addiction to a substance or for disordered eating also suffer from anxiety, depression, post-traumatic stress disorder, or other mental health concerns. Treating just one problem without addressing the others is like trying to row a boat with one oar: you're likely to end up drifting in circles.

**Desert Star Addiction Recovery Center** believes in individualized treatment. They offer a menu of services including intensive outpatient programs, stand alone groups, individual therapy, and access to registered dietitians, psychologists, and psychiatric nurse practitioners. As a person stabilizes, they are able to transition into hybrid programs to address their full spectrum of problems.

### Partial Hospitalization Programs

These behavioral health and addiction stabilization programs typically last one to two weeks and consist of 4-6 hours per day of therapeutic programming, five days per week, in addition to sessions with a therapist, medication management, and other treatment.

### Intensive Outpatient Programs

**Grace Program:** 8-week intensive outpatient program for men. A focus on life transitions, sexual /relationship addiction, healthy boundaries, masculinity, and more.

**Mariposa Program:** 8-week intensive outpatient program for women 18 or older who struggle with unhealthy relationships, codependency, low self-esteem, addictive behaviors in relationships, or difficulties with commitment, sexuality, or emotional intimacy.

**Mesquite Program:** 12-week intensive outpatient program for men and women with disordered eating, including anorexia, bulimia and binge eating. It combines process and educational groups with supportive communal meals, nutritional sessions with a registered dietician, and individual therapy.

**Oasis Program:** 8-week intensive outpatient program for men and

women with addictions to drugs or alcohol. The program incorporates groups, individual therapy, and medication management, and features both daytime and evening hours to better accommodate the schedules of busy adults.

### Outpatient and Standalone Groups

The **Men in Transition Group** is a once-per-week, 10-week program for men who want to move beyond basic recovery to a more fulfilling, less lonely life, and experience deeper connections with safer, more satisfying relationships.

**Food for Thought** is a once-per-week group for people who want to explore their relationship to food and/or related body image issues.

**Healthy Intimacy** meets once per week and is designed for women to explore their intimacy issues.

Desert Star recently opened Ocotillo Mood Program, a mental health intensive outpatient program for adults with mood, anxiety, and/or post-traumatic stress.

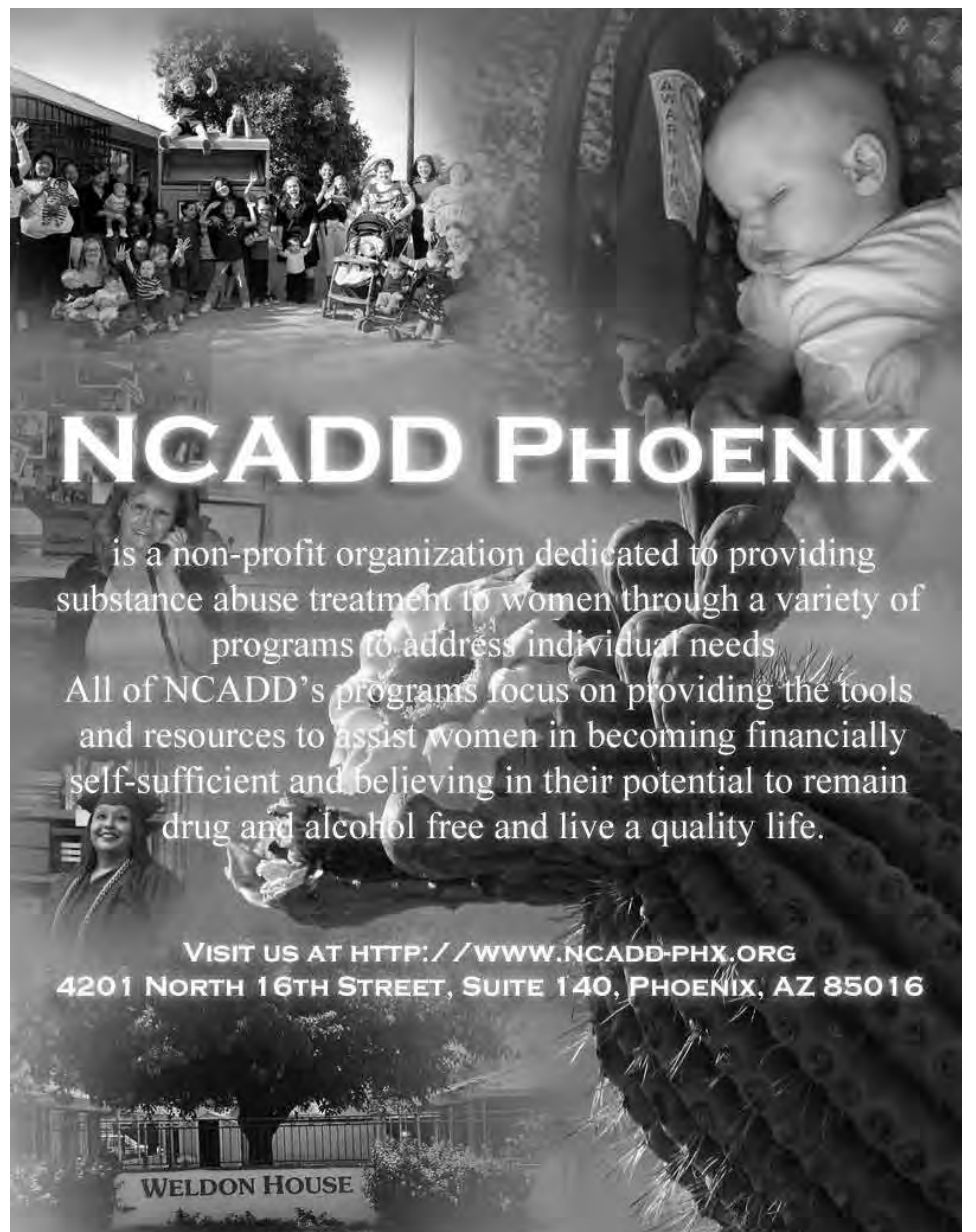
### Starlight Recovery Housing

This structured sober living home is owned by Richard Poppy of Desert Star. A gender-specific men's home, this well-appointed and serene house within walking distance of Desert Star provides a safe, stable, and structured place to recover from addictions to drugs or alcohol while attending a treatment program.

### Getting Started

Call our office to schedule a free, introductory meet and greet appointment to see the facility and see if our programs are a fit for you. We will also be able to discuss financial information at that time, including payment plans and estimated insurance coverage.

*Desert Star is an in-network, preferred provider with Aetna, Blue Cross/Blue Shield, Cigna, Healthnet/Ambetter/MHN, Humana, Tricare, Value Options, and United Healthcare/Optum/United Behavioral Health. [www.desertstararc.com](http://www.desertstararc.com). 520-638-6000*



**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)  
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## USDA Rural Development offers hope and help battling the opioid epidemic in rural Arizona communities

***Last year in Arizona 1,492 deaths from opioid overdose occurred. Arizona ranks tenth in the nation in drug induced deaths.***

According to the Arizona Department of Health Services' data, people in rural areas are more likely to overdose on prescription pain medications than those in cities. The drug-induced deaths can be seen in higher number in Mohave, Yavapai, Gila, Navajo and Pima Counties. Anne Hazlett, Assistant to the Secretary for Rural Development, noted "the opioid epidemic and the broader issue of addiction in rural communities is more than a health issue; it is also a matter of rural prosperity — it is threatening economic development and changing the very fabric of small towns across our country. It is hammering the competitiveness of rural businesses by hindering worker productivity and limiting the availability of qualified employees...and sadly, impacting the next generation of rural leaders by tearing families apart and leaving children in the chaos of temporary care."

USDA is uniquely positioned to impact communities through two primary routes: 1. USDA can provide resources to assist rural leaders in building an immediate response with prevention, treatment, and recovery services. We accept applications on a rolling basis within our Community Facilities programs which can help build hospitals and clinics, police stations, facilities for diversion and other treatment programs. 2. USDA can partner with rural community leaders with resources to address many of the deeper and long-term issues making these places vulnerable to the opioid crisis in the first place. We have programs for rural electric, water and wastewater, and broadband infrastructure as well as housing, education, and economic development. Because no two communities are the same, we believe the most effective solutions lie at the local level.

I am reaching out to encourage rural Arizona communities to partner with USDA to help solve this crisis.

We have invested millions in rural communities recently on projects that offer hope and help for addiction, including funding for the Regional Center for Border Health which caught the attention of Anne Hazlett. We have been working on new ways to problem solve, including making our vacant USDA homes available to community health organizations to use as recovery homes.

We have launched an opioid-specific webpage ([www.usda.gov/topics/opioids](http://www.usda.gov/topics/opioids)) with resources and best practices and invite you to contribute if you're doing something innovative and impactful to address the crisis in your community. The complexity of this issue can be overwhelming for those working on the front lines of the battle, but there is hope. At USDA we stand with you in this battle. We believe in the rural communities of this great nation and in the promise of our people. We are committed to being a partner to rural community leaders in building healthy and prosperous communities now and for generations to come.

JC Sherman III, Arizona State Director, USDA Rural Development

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# Over and Over

## Repeating the Same Dysfunctional Relationship Patterns

By Sharon Martin, LCSW

**D**o you seem to repeat the same dysfunctional relationship patterns — even though they leave you frustrated and hurt?

- Why do some people end up in one codependent relationship after another?
- Why does a woman with an emotionally distant mother repeat the same pattern with her own children?
- Why do so many adult children of alcoholics marry alcoholics?

And why are people who grew up in violent families more likely to repeat these patterns — as abusers or victims of abuse?

On the surface, this doesn't make any sense. No one who grew up in a dysfunctional family or has been traumatized wants to repeat these patterns.

### Why do we repeat destructive patterns?

There are several different factors that contribute to our tendency to repeat destructive behavioral patterns.

We repeat what's familiar. Even though we know it's dysfunctional and not working well for us, we repeat behaviors because they feel familiar and we know what to expect from them. This is what I call "the devil you know" and we often choose it over the unknown simply because it's known to us.

We repeat what we learned as children. The beliefs, coping skills, and behavior patterns that we learned in childhood become deeply entrenched because we learned them when we were vulnerable, and our brains weren't fully developed. And after years of using them, they are hard to change.

We repeat what was traumatizing in an unconscious effort to gain mastery over it. If you felt rejected, unloved, or powerless as a child, you may recreate experiences and relationships where you feel similarly in an unconscious effort to change the outcome — to heal yourself by gaining the acceptance or love of someone or to feel in control. But, instead, we tend to choose partners and friends who treat us as our parents did and we continue to play our part as we always have and recreate the same outcome — not a different one.

We think we deserve to suffer. Traumatized children are often told that they are bad and deserve to be abused or they are the reason dad drinks or the family has so many problems. And even if we aren't directly blamed, we internalize our family's shame and blame ourselves.

Our self-esteem is eroded, so we believe that we deserve emotional pain, abuse, failed relationships, and shame in adulthood.

### We repeat what we don't repair

Unfortunately, dysfunctional rela-

tionship patterns are learned and passed from one generation to the next. And we will probably repeat them until we heal the underlying trauma and feel lovable and worthy of being treated with respect and kindness.

We repeat dysfunctional relationship dynamics because they're familiar. Even when you know something is "wrong" or unhealthy, it's hard to change; it's always easier to keep doing what you've always done than to learn and apply new skills. This is especially true in stressful situations. When your nervous system is overwhelmed, your emotions feel out of control, and your body is flooded with adrenaline, it's extremely challenging to behave in a different way. This is in part due to our neurobiology.

### What fires together, wires together

You may have heard of the phenomena "what fires together, wires together". This refers to the way neurons in your brain create stronger, more efficient, and more familiar pathways the more you think about or do something. We've all experienced this when we practice a skill. For example, the more you practice shooting a basketball, the easier it becomes to score. The brain also creates connections between our feelings and specific situations, people, or places. For example, the smell of lemon Pledge might transport you back to your Grandma's house if her zealous use of the cleaner created a neural pathway or strong association in your mind between her and Pledge. Likewise, we repeat maladaptive patterns (of thinking and behaving) because these pathways are the strongest.

If you were abused or neglected as a child, the neural pathways for those relationship patterns were strengthened and your brain becomes accustomed to them. So, you're likely to seek out relationships with a similar pattern without even realizing it.

Children need to feel safe. They need parents who are attentive and responsive to their needs. And children need predictability. In dysfunctional families, these things are often lacking. And as a result, children are often tense, anxious, and afraid; they don't feel safe. We cope by trying to control other people and situations — so we can regain a sense of safety.

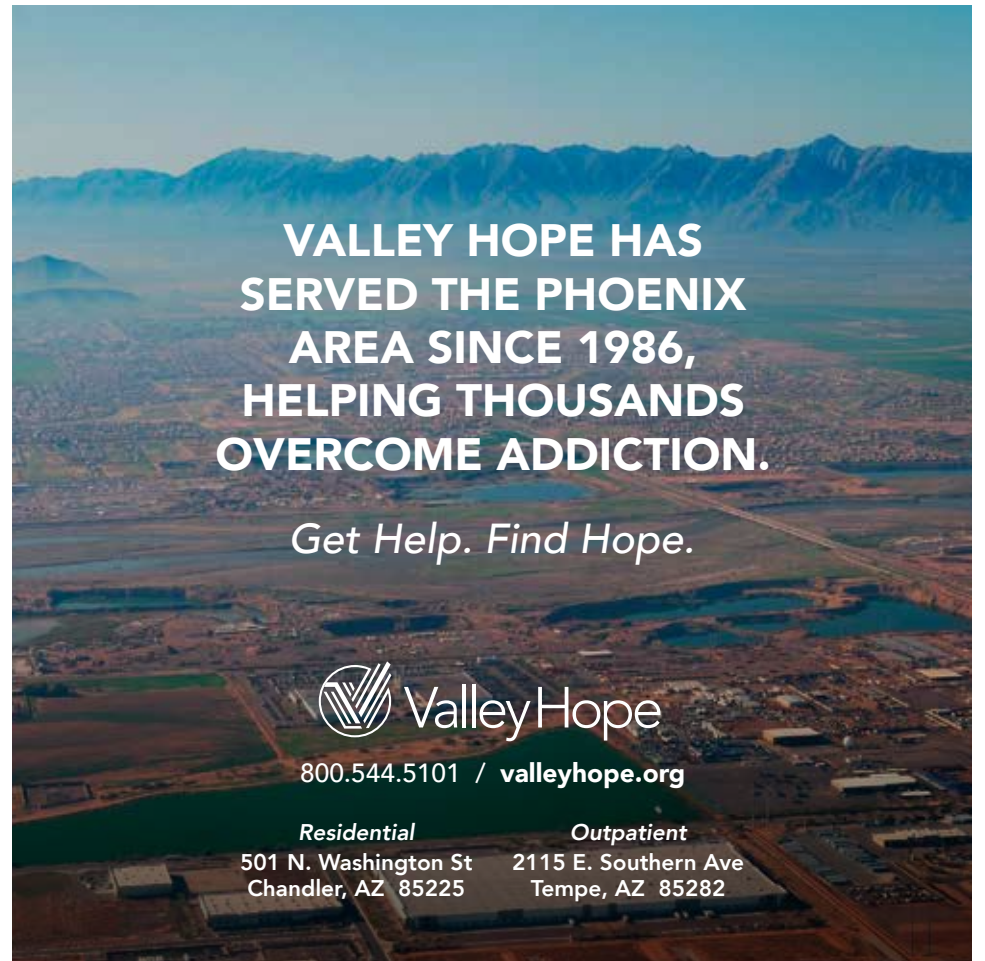
When we recreate dysfunctional relationship patterns from our past, we're unconsciously trying to re-do these experiences, so we can feel in control, so we can fix what we couldn't fix as children. We think (again, this is mostly unconscious) that this time if we can be lovable or perfect, we won't make the same mistakes — and thus avoid the abuse or rejection that we suffered as children.

# Arizona's Opioid Hotline Receives Hundreds Of Calls

When Arizona's new 24 hour opioid hotline, "The Arizona Opioid Assistance and Referral Line," went live on March 28, 2018, it was the first of its kind in the nation. Since then it has received 670 calls with 400 of the coming directly from the public.

The hotline was created by the Arizona Department of Health Services and Arizona's Poison and Drug Information Centers as a part of Governor Ducey's initiative to battle the opioid epidemic. One call center is located at the Arizona Drug and Poison Center at the University of Arizona Campus in Tucson, with another call center is located in Phoenix. Pharmacists, doctors, and nurses take calls about opioid issues ranging from individuals seeking help with opioid problems to doctors with questions about prescription limits and identifying dangerous drug combinations.

"It's free and confidential to anyone who is seeking help for either their own treatments or physicians who are looking for help prescribing these particular meds," said Keith Boesen, Director for the Arizona Poison and Drug Information Center.



## Is Opiate Addiction Among Seniors an Invisible Issue?

We know that addiction does not discriminate on any age group. While the opiate crisis might bring to mind young people misusing drugs, we need to remember many older adults are taking these same medications for health reasons and are becoming addicted.

Do seniors become addicted to opiate pain medication? Absolutely. But we're not seeing seniors trying to buy pills on the street or buy heroin or committing crimes

Drug and alcohol treatment programs for senior adults are situated all throughout the state of Arizona according to the Substance Abuse and Mental Health Services Administration directory.

The SAMHSA website lists treatment facilities operating in the state, which offer specific programs for elderly and older adults living in the state.

Specialized treatment for older adults may include specific medical detox programs, or hospital inpatient care. Other services may include inpatient rehab programs that may specialize in treating pre-existing medical conditions and health problems. Many drug rehab centers within the state of Arizona can help treat senior adults with co-occurring mental and substance abuse disorders.

If you see an older family member in trouble, seek professional help.

<https://www.samhsa.gov/find-help>  
<https://findtreatment.samhsa.gov/>

I am enough

**The Meadows Outpatient Center is in-network with insurance providers including Blue Cross Blue Shield, Humana, and TRICARE, making The Meadows' cutting-edge services and resources accessible to more people than ever before.**


We want to assist you on your journey to recovery from addictions, trauma, and mood or other behavioral health issues, and empower you to create a full, authentic, joyful life. The Meadows Outpatient Center provides comprehensive outpatient program services to adults aged 18 years and older. Patients benefit from The Meadows Model, combined with a time-tested outpatient milieu, that together create a blueprint for ongoing, successful, and long-term recovery.

The Meadows outpatient program is designed for individuals who require a "step down" from one level of treatment to the next before they are ready to return home and apply their recovery skills to everyday life. Every individual's current issues and circumstances are taken into consideration to be sure they are offered the safest and most appropriate program for their clinical needs.

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removed from the client's body. Nutritional monitoring, individual and group psychotherapy are often available for clients during medical detox as well. As withdrawal symptoms are managed, the client's risk of relapsing to avoid the painful symptoms is dramatically reduced. Furthermore, under the care of licensed medical staff the sometimes-fatal symptoms of withdrawal are essentially diminished.

### Medicine Used

During a medical detox, a physician oversees the entire withdrawal process. Typically, this involves medication regimens that allow the user to comfortably and safely remove drugs and alcohol from their system. The medication used to treat withdrawal are linked to the particular type of substance that was used, the length of time of abuse and the volume of use. The goal is to minimize risks of complication and maximize comfort levels.

### How Long?

A common question posed is, "how long does someone need medical detox?" The short answer is, it varies for everyone. As we previously discussed, medical detox is the process of eliminating drugs and alcohol from the body while eliminating withdrawal symptoms; therefore, it's typically seen as a period of stabilization.

Unlike other treatment programs there's no set duration for medical detox, rather the length of time required is dependent upon the individual's medical and addiction history. Factors that may influence the length of stay needed include; duration, frequency and the length of use, weight and age, and the presence of co-occurring mental health and medical issues. The average length of stay has been shown to be anywhere between three to ten days.

### Where do you go?

There's a variety of settings and locations where individuals can detox; however, individuals should be aware there are more benefits to some settings over others. The settings can be broken down into two categories: inpatient and outpatient. Inpatient detox includes; residential treatment facilities, hospitals, and standalone detox centers. Outpatient settings typically involve going into a facility daily to meet with a physician, receive medication and then returning to your home environment. Compared to outpatient settings, studies have shown that inpatient settings tend to be the most effective treatment method.

Inpatient detox settings offer individuals with 24/7 support and treatment for other medical conditions. Furthermore, individuals are removed from their environments where they may face triggers and barriers that increase the risk of relapse.

### What's the process?

Medical detox is typically done in three steps: **evaluation, stabilization, and transitioning.**

The process begins with a thorough evaluation where key information is gathered in order to assist in the treatment planning process and to accurately assess the individual's addiction. Treatment providers will gather information including: medical and substance use history, mental health history and family and social situations. In addition, a full physical is often completed.

The evaluation process is more than just gathering information; it also serves as a means to identify any underlying medical or psychological conditions that may be co-occurring along with an individual's abuse. Upon completion of the evaluation, the client then moves into the stabilization period. The stabilization period encompasses the medical and psychosocial processes of helping an individual safely and effectively withdrawal from substances. Based on the evaluation, the individual's treatment team creates a treatment plan and begins the administration of medications to help ease withdrawal symptoms. Many medical detox centers also focus on proper diet and nutrition during this time as well. The treatment team is consistently monitoring the individual's progress throughout this period and adjusting the treatment plan as needed. The process also includes education in regards to detoxification, treatment and recovery. Upon successful detox from substances the final stage of medical detox involves preparing the individual for transition into addiction treatment. Many programs will work with individuals to transition them to their own treatment programs or connect them with treatment programs in the community.

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### Aftercare

It is important to note that the completion of medical detox is largely for the physical dependence of addiction and is most effective when followed up with addiction treatment such as; residential, inpatient or outpatient treatment programs. Once the individual's body is successfully detoxed it becomes less challenging for them to involve themselves in addiction treatment, where many of the underlying issues associated with their addiction are addressed. Treatment methods often include individual, group and family therapy.

### Conclusion

In conclusion, the importance of safely and effectively detoxing oneself from drugs and alcohol is stressed again, as it cannot only save a life, but decrease the risk of continued use and relapse due to withdrawal. If you, a loved one or a client of yours is considering addiction treatment there's help available.

**Footprints to Recovery**, a nationwide addiction treatment provider, conveniently located in the Greater Phoenix area of Mesa, Arizona offers cutting edge medical, holistic and therapeutic approaches to medical detox. Board certified medical staff, as well as licensed and credentialed clinicians provide advanced, customized and comfortable drug and alcohol medical detoxification for young adults and adults.

Programming includes; complete history and physical medical exam, 24/7 medical care from the nation's top physicians and clinicians, customized treatment planning, co-occurring and dual diagnosis care and individual and group therapy.

In addition to the best medical detox protocols for minimizing withdrawal symptoms and health risks, the facility will offer non-medical approaches to care including; yoga, meditation, acupuncture, massage therapy, chiropractic services, pet & equine therapy, spirituality groups, 12-step programming, 12-step programming alternatives, and writing workshops. With an emphasis on aftercare, the organization works with a variety of vetted treatment partners to ensure a seamless transition to the continued treatment of the clients' choice.

Footprints to Recovery offers 24/7 - 7 day a week free and confidential consultations, as well as 24/7 transportation services. To learn more or take that next step towards recovery for yourself or another visit [FootprintsToRecovery.com](http://FootprintsToRecovery.com) or call 855.628.2899. **There are Better Days Ahead.**



# The Importance of Behavior Change in Sobriety

Regardless of what Demi Lovato overdosed on, it's important to remember that drug addiction is not a voluntary behavior but a chronic disease that millions of people struggle with across the U.S. In fact, the 2014 National Survey on Drug Use and Health found that approximately 21.5 million people aged 12 or older had a substance use disorder in the past year.

As prominent as this issue is, only about 10 percent of people with a substance use disorder ever receive any type of specialty treatment, according to the U.S. Surgeon General, which is critical to help them manage their disease and live a normal, healthy life.

Here's what you need to know if you or someone you love is struggling with drug addiction.

## Why is drug addiction considered a disease?

There's a key difference between drug misuse and drug addiction, explains A. Thomas McLellan, PhD, a substance abuse researcher and founder and chairman of the Treatment Research Institute. While drug misuse involves using an abusable substance voluntarily in a way that could hurt yourself and/or others, drug addiction develops after recurring periods of misuse to the point that it begins to affect your brain circuits, specifically ones that control motivation, inhibition, reward sensitivity, stress tolerance, and cognition.

"Through the persistent erosion of function in those areas, you see characteristic patterns that are common to all addictions: impulsiveness, inability to control behavior, swearing you're never going to use again and then using, things like that," McLellan says.

It's unknown exactly how long it takes for a behavioral problem of misuse to become addiction—it depends how severe and how often the substance abuse is, as well as the type of drug—but once someone develops an addiction to a drug, it's considered a chronic illness that requires long-term treatment and management.

Addiction is very comparable to other chronic diseases like diabetes, hypertension, and asthma, it's possible to treat and manage successfully, but there isn't a cure.

## So why does relapse happen so often?

Relapse rates are between 40 and 60 percent the year following discharge from a typical addiction treatment program, with the vast majority of those occurring within the first 30 days, explains McLellan, who says relapse is part of chronic care. The relapse rates for other chronic illnesses are similar to those for drug addiction.

A recovering addict is most vulnerable when they return to their home environment after treatment and begin hanging around the same people, in the

same locations, with the same music and memories of doing drugs there. "These act as powerful triggers to a whole physiological set of responses that produce withdrawal and craving," says McLellan. "They begin to feel that they're in withdrawal because it's a condition-learned thing."

Over 40 percent of people suffering from drug addiction also have a mental health condition, according to the Surgeon General, whether that's an eating disorder, chronic depression or anxiety, or posttraumatic stress disorder (PTSD). Physical illness is common as well. "These can also trigger a relapse into the substance, sometimes to self-medicate, or sometimes just to relieve the pain," McLellan says.

## What are the warning signs of a drug relapse?

If you're concerned that a loved one in recovery may be in danger of relapsing, keep an eye out for major changes in mood or behavior, including hanging around certain friends or going to places they used to frequent when using drugs, says McLellan.

Significant life changes, including the loss of a job or end of a romantic relationship, can also be triggers. "These are all loss of 'recovery capital' that protect and sustain recovery," he explains. "When you lose all the things that keep you functioning normally, that's not good for anybody, but that's a

BEHAVIOR CHANGES page 11

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**For more information, or to schedule a 24/7 confidential assessment, please contact Patient Services - 480.345.5420**

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## SAVE THE DATE:

**Community Bridges, Inc.**  
**Offers Free Recovery Expo to Public on Sept. 22**

*Celebrate National Recovery Month, Attend Workshops, Find Resources at the Phoenix Convention Center*

Community Bridges, Inc. (CBI), the premiere provider of integrated behavioral health programs in Arizona, invites the public, medical professionals, family members and others to the 13th annual Celebrate the Art of Recovery Expo (CARE) to meet leading professionals in addiction treatment and behavioral health on Saturday, Sept. 22 from 9:30 a.m. to 4 p.m. at the Phoenix Convention Center.

Participants will celebrate National Recovery Month by attending workshops, engaging in one-on-one Q and A sessions, and finding the right treatment resources from dozens of on-site providers, including private and public agencies, treatment facilities, outpatient clinics, marriage and family therapists, specialists and more.

**Saturday, Sept. 22, 2018**

**9:30 a.m. to 4 p.m. Free event**

**Phoenix Convention Center, Hall G, South Building**

CARE's keynote speaker, Justin Luke Riley, is in long-term recovery from substance use disorder. He promotes the fact that people can and do recover each and every day, just like he did at age 19. "Being in recovery is more than abstaining from a behavior," explains Justin. "It's about resiliency. We want to show people that the things they've gone through can actually be transformed as the building blocks to changing the world."

Visit [celebratetheartofrecovery.org](http://celebratetheartofrecovery.org) for details. Recovery is possible!

Contact: Lauren Jeroski at 480-332-2629 Stacy Lloyd at 602-451-1115



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special threat for a person in recovery."

According to the American Addiction Centers, other warning signs can include:

- **Romanticizing drug abuse and talking about it positively.**
- **Believing that they could use drugs again without falling back into addiction.**
- **Isolating themselves or avoiding their sober support system.**
- **Quitting hobbies they started doing while in recovery.**
- **Expressing doubt or disdain for the recovery process.**

**How to help a recovering addict**

Because recovering drug addicts are most vulnerable in the first month or two after receiving treatment in a recovery program, they must get involved with some kind of recovery support organization like Narcotics Anonymous or SMART Recovery, McLellan emphasizes.

"These are groups of peers who have also undergone this and can do things doctors and healthcare professionals can't do," he says. "They'll meet you for coffee, help you get an apartment, introduce you to a girlfriend or boyfriend who isn't a substance user. They'll do all kinds of things, and that's a very powerful aid to continued sobriety and recovery."

Family members should take a very active role in their loved one's recovery. In addition to supporting the person, they should also make sure that they're still attending their support group. "That external view of watching a person during this vulnerable period helps them begin a new lifestyle that's dedicated to supporting healthy living instead of a drug habit," McLellan says.

As the person begins to build more recovery time and "recovery capital"- finding a job, resuming supportive relationships, maintaining good health- the threat of relapses reduces drastically, says McLellan. It doesn't go to zero (again, there's no cure), but it's very unlikely that after an extended period of successful recovery, someone will return to social substance use.

"You can be in stable recovery the rest of your life, very happily. It's not like you're gripping your chair with bullets of sweat on your forehead, hoping you don't go back to alcohol or drug use," McLellan explains. With the proper treatment, management, and ongoing support system, people in recovery often go on to live happy, successful lives.

If you or someone you know is struggling with substance abuse or addiction, call the Substance Abuse and Mental Health Services Administration's 24-hour treatment referral hotline at **1-800-662-HELP (4357)** or visit [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) for free and confidential help.

# Organization Planning more Healthcare Options for Homeless

**Circle the City**, a non-profit community health organization dedicated to providing high quality, holistic healthcare to people experiencing homelessness in Maricopa County, is opening a new 50-bed Medical Respite Center on the Maricopa Human Services Campus in downtown Phoenix.

The facility will feature 50 new mattresses, a newly remodeled kitchen that will accommodate dietary restrictions for patients and a 10-exam room outpatient clinic serving vulnerable men, women and children experiencing homelessness in the community.

Circle the City CEO Brandon Clark said, "It can be compared to an impatient residential level of service for people transitioning out of the hospital. If you and I are would typically go home and get care from friends and loved ones. Homeless people have nowhere to go to receive that care."

With the downtown expansion, the organization hopes to serve more than 7,000 people who annually seek assistance. "When all of these elements come together we believe we have the opportunity to address holistically physical, mental, emotional, spiritual care, and give each person the best chance of recovery and escaping homelessness entirely," Clark said.


According to its website, Circle the City was founded by Sister Adele O' Sullivan of Saint Joseph of Carondelet. Sister Adele stashed away donated funds while working as a family physician serving the homeless and eventually garnered enough support from the city to incorporate as an independent 501C3. The organization's first homeless medical respite center was constructed around 2011 in Central Phoenix.

Visit [www.circlethecity.org](http://www.circlethecity.org) to donate and learn more.

## Extreme Heat Hurts Homeless Neighbors the Most



City officials refer to Code Red season as an "invisible, slow-moving crisis." In Arizona, an average of 118 people die every year from excessive heat. The danger disproportionately targets Phoenix's most vulnerable populations: seniors, those with disabilities, and homeless people. Visit [www.phoenixrescuemission.org/codered/](http://www.phoenixrescuemission.org/codered/) to see how you can help.



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## HAPPENINGS, EVENTS & SUPPORT

### Celebrate THE ART OF RECOVERY

September 22, 2018 FREE to the Public

[celebratetheartofrecovery.org](http://celebratetheartofrecovery.org)

#### Professional Events

**AUG. 10— 8:30-10:30 a.m.—TUCSON BEHAVIORAL HEALTH NETWORKING BREAKFAST**— Westward Look Resort, 245 E. Ina, Tucson. Register [www.desertstarARC.com](http://www.desertstarARC.com). \$20. E: [KOWen@DesertStarARC.com](mailto:KOWen@DesertStarARC.com).

**AUG. 12-16 The 50th Annual Southwestern School for Behavioral Health Studies (SWS) Conference.** JW Marriott Starr Pass Resort & Spa in Tucson. Agenda includes a dynamic group of expert speakers on topics significant to mental health, addiction, criminal justice, child welfare, cultural diversity and ethics. Earn 30+ hours of continuing education for your attendance. [www.azsws.org](http://www.azsws.org).

**AUG. 31—International Overdose Awareness day.** Hosted by Aurora Behavioral Health with a joint partnership with Addiction Haven, and Sonoran Prevention Works. 5:30 PM – 8:00 PM Aurora Behavioral Health West, 6015 W Peoria Ave, Glendale, AZ 85302

**Arizona Psychodrama Institute Full Day of Basics — Sept. 15** or November 4 (\$99 per session). API offers “Basics of Psychodrama” every two months and each one is uniquely different. Attend as many as you like and learn something different every time. **Cultural Competency And Diversity & Ethics.** Join Marlo Archer & Adena Bank Lees in Tucson at the *Southwestern School for Behavioral Health Studies* August 12 for 3 CEs in Cultural Competency & Diversity, 3 CEs in Ethics.

**Sept. 22— Celebrate the Art of Recovery - FREE** to the public. Visit [celebratetheartofrecovery.org](http://celebratetheartofrecovery.org) for details. Keynote Speaker: Justin Luke Riley, Young People in Recovery Founder. Workshops, Resources and more. JOIN US! Phoenix Convention Center, Hall G, south Building.

#### Open Support Groups & Events

**LGBTQ IOP Program.** Dedicated specialty program designed to meet the mental health and substance abuse, treatment needs of the LGBTQ+ population. Mon., Tues., Thurs. 6:00-9:00 pm. Transportation available. Call **602-952-3939/602-952-3907**. Valley Hospital, 3550 E. Pinchot Ave. Phoenix. [www.valleyhospital-phoenix.com](http://www.valleyhospital-phoenix.com)

**SIERRA TUCSON**— Alumni Groups. Scottsdale, Tues., 6:00- 7:00 p.m. Valley Presbyterian Church. 6947 E. McDonald Drive, Paradise Valley. 480-

991-4267. Meet in Counseling Center (Parlor Room). Rob L. 602-339-4244 or [stscottsdalealumni@gmail.com](mailto:stscottsdalealumni@gmail.com).

**SIERRA TUCSON**— Continuing Care Groups—Phoenix. Thurs. – Resident Alumni. Psychological Counseling Services, 3302 N. Miller, Scottsdale. 5:30 –7:00 p.m. Group facilitated by staff of PCS. No charge for Resident Alumni. Courtney **520-624-4000**, Ext. 600205 or email: [Courtney.Martinez@SierraTucson.com](mailto:Courtney.Martinez@SierraTucson.com).

**SIA (Survivors of Incest Anonymous)** 12-step, self-help recovery program for men and women, 18 years and older, who were sexually abused as children. The only requirement for membership is you were sexually abused as a child and want recovery. Scottsdale, Tues 2:00-3:00 p.m., Bethany Lutheran Church, 4300 N 82nd St. **480-370-3854. [www.siaawso.org/](http://www.siaawso.org/)**

**FAMILY RECOVERY GROUP**—Facilitator, 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. Jim Corrington LCSW, **602-740-8403**

**HEALTHY INTIMACY GROUP**— Tucson—Weekly women’s group. Explore intimacy issues and help heal relationship and intimacy wounds. **Desert Star Addiction Recovery Center. 520-638-6000.**

**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.**

**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](http://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. Scottsdale Sun. 4:00 p.m., 10427

N. Scottsdale Rd., N. Scottsdale Fellowship **480-225-1555 /602-647-5800**

**NICOTINE ANONYMOUS (NicA)** Fellowship for those with a desire to stop using nicotine. Phoenix Sat., 5-6:00 p.m. 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](http://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.** 1st / 3rd Wed., 7:30 p.m. Ina Levine Jewish Community Campus, 2nd floor. 12701 N. Scottsdale Rd. **602-971-1234 ext. 280.**

**COSA** (12-step recovery program for those whose lives have been affected by another person’s compulsive sexual behavior) Thurs. 11:00 a.m. 2210 W. Southern Ave. Mesa. **602-793-4120.**

**LIVING GRACE SUPPORT GROUP**— A Christ centered approach for individuals and families affected by mental illness. Oasis Community church, 15014 N. 56th St. Scottsdale. **602-494-9557.** 2nd & 4th Tuesday 6-8 p.m.

**WOMEN for SOBRIETY** —women-forsobriety.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.**

**ACOA** Thurs., 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. [www.aca.arizona.org](http://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](http://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.



### Arizona's Original 12 Step Bookstore

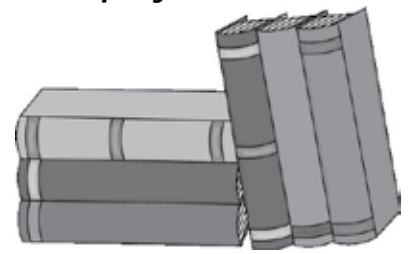
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**602-277-5256**

10427 N. Scottsdale Road  
(SE corner of Shea & Scottsdale Road)  
**480-483-6006**

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[facebook.com/GiftsAnon/](https://facebook.com/GiftsAnon/)

**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](http://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**, E: Mike at [mphaes@mac.com](mailto:mphaes@mac.com)

**SLAA**—Sex and Love Addict Anonymous 602-337-7117. [slaa-arizona.org](http://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](http://www.arizonada.org).

EVENTS continued page 16



## Improv, The Comedy of Now and the Ability to Flow

A key rule of improvisational comedy acting is to say “Yes and” to whatever your scene partner says, rather than “Yes, but” and flow with it. Even if you don’t like the suggestion you must accept it and build on it. This is a metaphor for living the happiest life—to say yes to whatever life provides each moment

Your previous karma brought you each new moment, so be at peace with your past creation. Saying yes to what you’re presented also makes for the happy marriage, where spouses say yes to each other’s wishes.

A second rule of improvisational classes: when the teacher says, “Scene,” actors stop what they’re doing, let go of desires to say something, and simply be.

If the scene shifts from, say, being on a blind date to being passengers on a train, they must flexibly move into this new mind set and location. This adaptability trains actors to react quickly, stay unattached to the previous reality, and freely enter a new one. This is another wonderful metaphor for living the higher life, whereby a spiritually evolving soul remains unattached and adapts to life’s changing flow without complaining, getting stressed out, or depressed. Most people lack flexibility to flow, improv actors cultivate that gift for the stage and life, the evolving soul taps it for personal peace.

### Second City

Fifteen years ago I spent a week studying with teachers from Chicago’s Second City at the Omega Institute, the spiritual education center. The world’s best training ground for comic actors, Second City’s Chicago center graduated Bill Murray, Steven Colbert, Tina Fey, Amy Poehler, Key & Peele, Mike Myers, John Belushi, Joan Rivers, Chris Farley, and Harold Ramis, among many comedy stars too numerous to mention.

Their Toronto counterpart cultured Martin Short, Gilda Radner, Dan Aykroyd, John Candy, Eugene Levy, and Catherine O’Hara, among others. Dozens of Saturday Night Live cast members were graduates.

I learned from these improv teachers how to stay more open-minded in the present, without collecting funny things to say once my partner finished speaking the way I did in stand-up comedy when I bantered with the audience. By remaining open-minded, I listened more consciously, and reacted naturally to my scene partner’s offerings. This helped me think even more quickly than I was used to as a comic on stage and as a life coach in my practice, responding to needs of clients in each particular moment.

### The Power & the Comedy of Now

*“Each moment and whatever happens thrills me with joy.”—Walt Whitman, “Song of Myself”*

This Now moment is infinite. Eckhart Tolle wrote a best-seller about this called The Power of Now. Talented improv comic actors demonstrate the infinite comedic power of Now. Because each moment has infinite possibilities, you can be, think, say, or do almost anything. Consciousness itself is infinite at its source in the transcendent part of your mind, where your higher Self just is. The enlightened person lives from there, enabling him to be far more spontaneous than the average person. The improv actor cultivates the ability to tap what’s infinitely available in each moment, to find funny things to say or do as he shares the stage with another performer. This provides enormous laughter for you in the audience as you watch comedy being created literally on the spot. Nothing is scripted, planned, or rehearsed. Watching an actor find comedic gems in the moment you’re being with him is thrilling for you in the audience, because your mind is right there with his in every scene.

If you’d like to enrich your life in many ways, consider enrolling in an improvisational comedy class. This will culture the ability to find more of the humor that’s latent in every situation, to listen more consciously, to stay unattached, and to more easily go with the flow in life. As the comic in you grows, so will some of the cosmic, as well.



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Bipolar Wellness	602-274-0068
Compass Christian Church	480-963-3972
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-385-8454
Crisis Text Line	Text HOME to 741741
Crystal Meth Anonymous	602-235-0955
Domestic Violence	800-799-SAFE
Emotions Anonymous	480-969-6813
Families Anonymous	602-647-5800
Gamblers Anonymous	602-266-9784
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Marijuana Anonymous	800-766-6779
Narcotics Anonymous/Phoenix	480-897-4636
Narcotics Anonymous/Casa Grande	520-426-0121
Narcotics Anonymous/Flagstaff	928-255-4655
Narcotics Anonymous/Prescott	928-458-7488
Narcotics Anonymous/Tucson	520-881-8381
Overeaters Anonymous	602-234-1195
PAL	480-300-4712
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
Sex/Love Addicts	602-337-7117
Sex/Love Addicts	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Suicide Hotline	800-254-HELP



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# ACoA's and Children of Trauma: 7 Things to Be Grateful For

By Dr. Tian Dayton

How many times have I heard people share they "do not regret the past"? "Whatever brought me into recovery" says Sharon M., "has helped me to make such positive life changes that I truly feel appreciative more than resentful, much more in fact. I know it sounds odd but I even feel grateful to the pain that led me to see so much about myself, other people and this thing we call life, that I have learned to live and love a day at a time."

So what can ACoA's or anyone who has grown up with childhood trauma and has chosen to learn from the mistakes of others rather than repeat them be grateful for?

**1. A Sense of Gratitude and Appreciation for an Ordinary Day:** When you have lived with the pain and angst of addiction, you have stared into the jaws of hell. You have seen first hand how bad choices can destroy a life. This is true not only for the addict but for all those who live with an addict. When you have been a part of recovery, you have seen first hand how good choices can make a life. At the very center of this feeling is how it impacts each day. An ordinary, normal day, one in which problems are normal ones, dinner finds its way onto a table and there is normal conversation, some laughter, some quiet, some chit-chat, comes to have an almost spiritual quality. It feels soothing, real, alive and worthwhile.

We no longer take these days for granted. We know the beauty of an ordinary day.

**2. Relationship Sobriety:** When we lack emotional sobriety because we have lived with the constant stress of addiction, our relationships lack emotional sobriety as well. As our own inner world feels less manageable, our relationships come to mirror this unmanageability. We don't know where we leave off and others begin, the inevitable overlapping of inner worlds that happens naturally in intimacy, becomes codependent rather than inter-dependent. Tensions become exaggerated and easy good times make us anxious because we do not expect them to last. We look for problems before they look for us, it's part of the hyper-vigilance that is the legacy of trauma.

In recovery we learn new ways of being with ourselves and with others. We learn to tolerate and manage emotions, to talk out feelings rather than act them out. As our trust in ourselves increases our ability to trust ourselves with others does as well. We learn how to have boundaries that take care of both ourselves and the relationship; boundaries become porous rather than rigid.

**3. Learn What NOT To Do:** We learn as much by negative examples as by positive ones. Growing up with addicted parents and witnessing first hand the cost to the family can make us, if we accept that lesson, never want to be the agent of such destruction in

ACOA continued next page

## Stand by Them. We'll Stand by You.

### Show Your Support for Veterans in Crisis

The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs responders. Veterans and their loved ones can call **1-800-273-8255 and Press 1**, chat online at [VeteransCrisisLine.net](http://VeteransCrisisLine.net), or send a text message to **838255** to receive support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care. Show your support for our Nation's Veterans and their families by raising awareness of the Veterans Crisis Line. View and download ready-to-use materials at [VeteransCrisisLine.net/SpreadtheWord](http://VeteransCrisisLine.net/SpreadtheWord).

#### Spread the Word Online

Download a variety of online banner ads and badges to use on your website and link to the Veterans Crisis Line. Banner ads and badges are available in standard sizes for public sites.

#### Download Print Materials

You can download Veterans Crisis Line materials and print them from your own computer. Multiple versions of full-color and black-and-white posters and flyers are available for download, as well as a public fact sheet.

#### Show Your Support on Social Media

Share information about the Veterans Crisis Line with followers on your social media networks. You can share Facebook posts and tweets, download profile and cover images for your pages, and share supportive graphics on your feeds.

#### Display Veterans Crisis Line Logos

Want to include the Veterans Crisis Line logo on your own materials or website? The Veterans Crisis Line logo is available for download in a variety of formats.



#### Contact Your Local VA Suicide Prevention Coordinator

Suicide Prevention Coordinators (SPCs) are at every VA Medical Center across the country and can support your post's outreach efforts and provide suicide prevention training and collateral materials. Visit [VeteransCrisisLine.net/ResourceLocator](http://VeteransCrisisLine.net/ResourceLocator) to find your local SPC.



..... Confidential chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net) or text to 838255 .....



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We all can take action to help prevent suicide, but many people don't know what they can do to support the Veteran or Service member in their life who is going through a difficult time. A simple act of kindness can help someone feel less alone. Suicide prevention can start with one simple act of support: **Be There.**

Veterans, Service members, and their loved ones can call 1-800-273-8255 and Press 1, send a text message to 838255, or chat online to receive free, confidential support 24/7, even if they are not registered with VA or enrolled in VA health care.

The responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances — from those coping with mental health issues that were never addressed to recent Veterans dealing with relationships or the transition back to civilian life.

Since its launch, the Veterans Crisis Line has answered nearly 2.8 million calls and initiated the dispatch of emergency services to callers in crisis nearly 74,000 times. The Veterans Crisis Line anonymous online chat service, added in 2009, has engaged in more than 332,000 chats. In November 2011, the Veterans Crisis Line introduced a text-messaging service to provide another way for Veterans to connect with confidential, round-the-clock support, and since then has responded to more than 67,000 texts.

To reach as many Veterans as possible, VA is coordinating with communities and partner groups nationwide — including community-based organizations, Veterans Service Organizations, and local health care providers — to let Veterans and their loved ones know that support is available whenever, if ever, they need it.



# Together AZ Resources

TOGETHER AZ	602-684-1136	TERROS	602-685-6000
Art of Recovery Expo	602-684-1136	UnHooked	602-368-4471
ACT Counseling & Education	602-569-4328	Valley Hospital	602-952-3939
AZ. Dept. of Health	602-364-2086		
Office of Problem Gambling	800-NEXTSTEP	<b>Legal Services</b>	
Aurora Behavioral Health	877.870.7012	Dwane Cates	480-905-3117
AzRHA	602-421-8066	<b>Starlight Mortgages</b>	
BBC	602-626-8112	Tom Sabo	602-524-8035
Calvary Healing Center	866-76-SOBER	<b>Real Estate</b>	
Carla Vista Sober Living	480-612-0296	Scott Troyanos	602-376-6086
CBI, Inc.	480-831-7566		
CBI, Inc. Access to Care	877-931-9142		
Chandler Valley Hope	480-899-3335		
Choices Network	602-222-9444		
Continuum Recovery Center	602-903-2999		
Cottonwood Tucson	800-877-4520		
Crisis Response Network	602-222-9444		
The Crossroads	602-279-2585		
Decision Point Center	928-778-4600		
Dr. Marlo Archer	480-705-5007		
Dr. Janice Blair	602-460-5464		
Dr. Dina Evan	602-997-1200		
Dr. Dan Glick	480-614-5622		
Julian Pickens, EdD, LISAC	480-491-1554		
Footprints Detox	877-539-3715		
Gifts Anon	480-483-6006		
Governor's Office of Youth, Faith & Family	602-542-4043		
Hunkapi Programs	480-393-0870		
Lafrontera -EMPACT	800-273-8255		
The Meadows	800-632-3697		
Meadows Ranch	866-390-5100		
Mercy Care	602-222-9444 or 1-800-631-1314		
NCADD	602-264-6214		
PITCH 4 KIDZ	480-607-4472		
Psychological Counseling Services (PCS)	480-947-5739		
Rio Retreat Center	800-244-4949		
River Source-12 Step Holistic	480-827-0322 or 866-891-4221		
Scottsdale Detox	480-646-7660		
Scottsdale Providence Recovery Center	480-532-4208		
Serenity Recovery Services	866-243-6001		
Teen Challenge of AZ	800-346-7859		

## TUCSON

ACA	aca-arizona.org
Alcoholics Anonymous	520-624-4183
Al-Anon	520-323-2229
Anger Management	520-887-7079
Center For Life Skills Development	520-229-6220
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Desert Star	520-638-6000
The Mark Youth & Family Care Campus	520-326-6182
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
Sonora Behavioral Health	520-829-1012
Starlight Recovery Housing	520-448-3272
Suicide Prevention	520-323-9372
Men's Teen Challenge	520-792-1790
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559

### Want to be a resource?

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ACOA continued next page

our own lives. There are many problems we encounter in life that we have to accept and cope with as best we can, but both addiction and enabling have an element of choice. We can choose recovery and health.

**4. A Sense of the Depth and Wonder of Life:** If as Socrates said, "the unexamined life is not worth living," then living with addiction makes the choice ever more stark. Choosing addiction is choosing a slow walk to the grave. Choosing to examine and understand all that drives us to our own destruction opens the door, in fact flings the door open to choosing life.

**5. A Sense of Community:** You always have a place to go. Alanon, ACoA and CODA are world wide self help organizations that offer safe haven, connection and a sense of community. If you move, travel or find yourself with either time or personal need, you can enter "the rooms" and find like minded people, you can find caring and support.

**6. A New Design for Living:** It's not only the addict who finds a "new design for living": through recovery. Children, spouses and family members can and do as well. Recovery is about awareness, acceptance and action. Choice. Recovery allows and encourages us to examine life, to become humble and vulnerable enough to grow and stretch and be open to change. We become capable of embracing the mystery of life. [www.alanon.org](http://www.alanon.org)

**7. The Gift of Recovery** Including Mindful Living: All of the above points are what those of us who no longer "regret the past nor wish to close the door on it," would see as a part of recovery. Living on purpose is its own

reward, making one positive choice leads to another and taking responsibility for our own happiness puts us in the driver's seat.

So make a gratitude list today. Whether you choose to say thank you to someone who does something nice, or express appreciation to someone you care about or even think grateful thoughts, the science behind gratitude is clear.

A one time grateful thought and act of gratitude or appreciation produces a 10% bump up in happiness and 35% reduction in depressive symptoms.

These happy effects and feelings, according to the study conducted by Martin E. Seligman, the father of positive psychology and his team, disappear within three to six months. That's a pretty good return on an investment if you ask me. It also makes clear that the benefits of regular, even weekly "attitudes of gratitude" and their corresponding acts, can be literally medicine to our body and our mental health.

So say thank you to someone today, including yourself and see what happens!

*Dr. Dayton is a Senior Fellow at The Meadows. She is the author of fifteen books including Neuropsychodrama, The ACoA Trauma Syndrome, Emotional Sobriety, Trauma and Addiction, Forgiving and Moving On and The Living Stage. She has developed an approach for incorporating experiential work into treatment programs and group work, Relationship Trauma Repair RTR.*

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 PHX— Monday 7:00 p.m. 2927 E. Campbell Dr. Ste. 104, (Mt. View Christian Church). Jen (602) 316-7799 or edaphoenix@gmail.com. Wed. 7:00 p.m. Liberation Center, 650 N. 6th Ave, Phoenix. (cross street McKinley). Jennifer (602) 316-7799. Tempe— Thursday 6:30 p.m. Big Book/Step Study. Rosewood Centers for Eating Disorders, 950 W. Elliot Rd, Ste. #201, Tempe. E: info@eatingdisordersanonymous.com. Tucson— Tues. 5:30 - 6:30 p.m. Steps to the Solution. Mountain View Retirement Village, 7900 N. La Canada Drive, Tucson. leeverholly@gmail.com. Thurs. 5:30 - 6:30 p.m. EDA Big Book Step Study. Mountain View Retirement Village, 7900 N. La Canada Drive, Tucson. (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. (928) 684-9594 or (800) 845-2211. Yuma — Wed. @ 5:00 - 6:00 p.m. 3970 W. 24th St. Ste. 206 Yuma. Alyssa (928) 920-0008 or email 2014yumae.d.a@gmail.com.

**GODDESSES & 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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- DUI Revocation Packets
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**If you or a loved one has a substance abuse and mental health problem and would benefit from residential treatment, please call for assistance. We are here to help! You can also check out our website at [unhookedrecovery.com](http://unhookedrecovery.com)**

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