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OCTOBER 2018

INSPIRING SUCCESS ON THE ROAD TO RECOVERY

Looking Back, Looking Ahead:

Reflecting on the Progress of Mental Health Treatment and Recovery, Along with New Hope Anchored in Science, Education and Integrated Care

By Terros Health staff

Addiction — to tobacco, alcohol or prescription or illegal drugs — is a disease that contributes to 632,000 deaths in the United States every year, according to the Centers for Disease Control and Prevention.

Yet most physicians don't have adequate training to treat addictions comprehensively, and too few medical schools offer addiction education. According to the National Center on Addiction and Substance Abuse at Columbia University, the medical profession has failed — “in medical school, residency training, continuing education and in practice” — to address addiction.

In Arizona, however, a stellar example of a behaviorally-led integrated approach to wellness, mind and body, is building healthy communities through exceptional patient experiences, quality outcomes and controlled health care costs.

Terros Health, founded nearly 50 years ago, last year helped more than 53,000 Arizonans on the path to better health and an improved quality of life. It started by treating physical and behavioral health conditions as one, rather than in silos. As part of its integrated model of care, Terros Health provides primary medical, mental health, substance abuse and wellness care under one roof.

“We look at the whole person,” said Dr. Saul Perea, Terros Health's Integrated Care medical director. “And we are educating people one by one, helping people one at a time, bringing them in for treatment and ultimately changing lives.”

Terros Health is working hard to change the stigma of mental illness, reduce barriers to treatment and achieve more effective treatment protocols. It's part of a movement that began in 1909 when former psychiatric patient, Clifford W. Beers, witnessed and experienced horrible abuse while being institutionalized. Today, Mental Health America (MHA) is a leading community-based nonprofit that has made an indelible mark on tens of thousands of people.

MHA also led advocacy efforts that have resulted in landmark legislation, including the signing of the National Mental Health Act by President Harry Truman in 1946, the creation of the **National Institute of Mental Health** and allocation of government funds for research into the causes of and treatments for mental illness.

Fast-forward nearly two decades to 1963: Congress passed the Mental Retardation Facilities and Community Health Centers Construction Act, providing federal funding for the development of community-based mental health services.

Then in 1977, President Jimmy Carter established the President's Commission on Mental Health, among the first comprehensive surveys of mental health care. Formation of **The National Alliance for the Mentally Ill** followed in 1979 and the Americans with Disabilities Act was adopted in 1990 to protect mentally and physically challenged Americans from discrimination in a variety of settings.



IMAGE: ISTOCKPHOTO

Progress continued in 1996, when the Mental Health Parity Act, the first federal legislation to bring more equity to health insurance coverage of mental health care, was adopted. The same year, President Bill Clinton moved to end discrimination in such coverage for 9 million federal workers by enacting mental health insurance parity for them.

Mental health parity is important because it ensures equal treatment of mental health conditions and substance use disorders in insurance plans. Although Congress passed this legislation in 1996, the advent of the Affordable Care Act in 2010 delivered on this promise. As a result of the ACA, patients with physical and mental health conditions cannot be denied health care coverage. What's more, behavioral health services are an “essential benefit” required by law.

Education brings awareness, science gives answers

Public policies have come a long way in helping the one in four Americans challenged by mental illness and addiction, yet more must be done. Society's false beliefs about mental illnesses — that only weak people, poor people, damaged people have them — once were widespread.

Fortunately, advancements in neuroscience, the advent of the Information Age, and focused public awareness campaigns are reversing that trend, said Dr. Randy Brazie, Terros Health's chief medical officer. As Brazie explains, addiction isn't selective. “It affects people of all socioeconomic levels, races, genders, ages and occupations,” he said. “A mental illness is no different, in terms of being ‘real,’ than a physical illness, such as cancer or heart disease.”

There is a need: Statistics about substance abuse addictions, mental illness and suicide

- **An estimated 16 percent of Americans ages 12 and older — about 40 million people — have a substance abuse problem, an addiction to alcohol, illegal or prescription drugs or nicotine.**
- **Only 11 percent of people in need receive treatment.**
- **One-third of all inpatient hospital costs are linked to addiction and risky substance use.**
- **Serious mental illness costs in the United States amount to more than \$193 billion in lost earnings per year.**
- **Drug overdoses took an estimated 72,000 lives in the United States in 2017.**
- **Suicide is the 10th leading cause of death in the nation and the second leading cause of death among people between the ages of 15 to 34.**

(Sources: Center on Addiction, National Institute on Drug Abuse, Centers for Disease Control and Prevention)

This realization is bringing mental illness out of the shadows, showing patients they aren't alone, acknowledging they can't just “snap out of it,” and expanding empathy and understanding, he said.

LOOKING BACK, LOOKING FORWARD *continued page 4*



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DID YOU KNOW?

289,067 opioid prescriptions dispensed last month in Arizona

Source: <https://www.azdhs.gov>

Publisher's Note

By Barbara Nicholson-Brown

When "me" became "We"

The longer I'm clean and sober, the more I feel a sense of obligation to help others. Like many addicts and alcoholics in the throes of this disease, my world revolved around me; and the deeper I dove in to it—the more vacant my spirit became. People who cared about me did their best to encourage me to seek help, and the more I heard I had a problem—the farther away I ran. The shame I felt was overwhelming and frightening. "They just don't understand," is what I kept telling myself. "I can stop whenever I want to!" A lie most addicts tell themselves.

When I tried to block out the truth, the closer it got. So I moved, changed jobs, friends, sought out lower and lower companions who let me get drunk and high with them and I never felt safe. Those were very dark years and there were many of them. Thinking about that time in my life still gives me chills. Fear and anger ran through my veins, and gratitude was a word I never used.

I came across this quote that sums it up:

"Recovery is not simple abstinence. It's about healing the brain, remembering how to feel, learning how to make good decisions, becoming the kind of person who can engage in healthy relationships, cultivating the willingness to accept help from others, daring to be honest, and opening up to doing." ~ Debra Jay

When "me" became "We" and I became willing to change is when this magnificent journey of recovery began. I am honored to be on this path with you.



This edition is dedicated to the memory of **Christopher Kennedy Lawford**. Thank you for your service and dedication to the Recovery Community.



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Addictions have long been thought to be related to any number of things: psychological factors, stress and personality traits such as high impulsivity, environmental influences, including exposure to physical, sexual or emotional abuse or trauma, and using alcohol, nicotine or other drugs at an early age.

But just as the field of genetics is pinpointing the causes of cancer and Alzheimer's disease so, too, is science revealing more about addiction and its associated risk factors. These include genetic predispositions and certain brain characteristics that may make a patient more vulnerable to addictive substances.

Neuroscience also is producing a rapid evolution in our understanding of how pathways in the brain may be triggered by substance abuse.

"Addictions are very much driven by how the brain responds to things," Brazie said. "And when a pathway in the brain gets triggered, it can be very difficult to extinguish."

"Dramatic revelations about the role of biology and genetics in mental illness make the hope for better diagnoses and treatments exciting," Perea said. The Center on Addiction reports that genetics account for 50 to 75 percent of the risk for addiction.

"Genetics are so impressive in other areas of medicine, in terms of prediction and treatment," he said. "For example, in a cancer patient, what type of treatment will he or she respond to best, based on his genetic makeup? The same thing is happening in mental health, where we are identifying the gene that causes schizophrenia. The promise is huge."

A new model of care

So is the promise of integrated care. Terros Health's model of care hinges on many years of research at the AIMS Center – Advancing Integrated Mental Health Solutions, at the University of Washington.

The Center's evidence-based model, known as Collaborative Care, was used in a large randomized treatment trial for depressed adults who visited primary care clinics across the United States and abroad. Collaborative Care was shown to double the effectiveness of depression treatment while lowering long-term health care costs, according to study findings reported in the *Journal of the American Medical Association*.

For example, at one year, about half of the patients receiving Collaborative Care reported at least a 50 percent reduction in depressive symptoms, compared with only 19 percent of those in primary care. They also experienced more than 100 additional depression-free days over a two-year period than those in primary care.

When a new patient with anxiety, depression or another mental health condition comes to Terros Health, he/she is seen by a primary care physician for a health screening, then meets with a behavioral therapist where medications, medical history and symptoms are chronicled. Throughout the process, Terros Health physicians, nurse practitioners and clinicians access the patient's electronic health record and

communicate about the course of treatment and progress.

Such was the case with Shannon Ballejos.

An unexpected job loss, a car accident, oxycodone for back pain, followed by heroin use, tore Ballejos' family apart. Thanks to integrated care, she has been off drugs for nine months and is putting her family back together.

Ballejos was devastated when, after moving with her three younger children to a new city for her company, her new job fell through. She returned to Phoenix, was recovering from the disappointment and was planning to start over until the accident.

"When I was no longer able to get the prescription for oxycodone, a friend introduced me to heroin. I was 39, and this was the first time I had used drugs. I changed so much. I was neglecting my children to the point that DCS (Arizona Department of Child Safety) had to step in and take them from me. They were 5, 7 and 11 at the time. It broke my heart, but contrary to every value I thought I had, I still wanted heroin."

DCS referred Ballejos to Terros Health for treatment

"My case manager believed in me when I didn't. I kept relapsing, but she stuck with me and recommended that I enter residential treatment for 30 days at Maverick House.

"Going there was the best decision I ever made. I not only learned the painful lessons of my addiction, but I also discovered what made me happy, little things like crocheting, reading and hiking."

Ballejos' recovery has been supported with Suboxone prescribed by Perea, whom she sees monthly. Another Terros Health physician manages her asthma and other general medical issues.

Ballejos doesn't take her new life of recovery lightly. After Maverick House, she completed two sessions of outpatient treatment, has a recovery sponsor she speaks with every morning and participates weekly in Narcotics Anonymous and Heroin Anonymous.

Family life is becoming normal for Ballejos, who also has three adult children and has been reunited with her three younger children.

Treatment works

The importance of treatment cannot be overstated, Brazie said. "The reason is simple: treatment works."

Christopher Gabriel Jojola had been using Percocet and heroin for six years, and when he tried to stop, he experienced excruciating withdrawal symptoms. "I felt sick and everything hurt. I didn't crave the drug. In fact, I hated the drug. I needed help with my withdrawal."

Jojola, 34, researched health care organizations and chose a Terros Health clinic about a year ago.

"I had not used for 16 hours, which was a requirement before I could get treatment. I walked into the clinic fairly sick. They put me in a quiet room and made me comfortable. The doctor gave me Suboxone (an FDA-approved medication for testing opiate depen-

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dence) and monitored me to adjust the dosage. I felt better and came back the next two days for additional medication adjustment, and then they gave me a two-week prescription to continue helping me with the withdrawal."

When asked to begin intensive outpatient treatment, Jojola questioned whether he could get to the clinic three days a week for the three-hour group sessions. "Cathy, a primary care support specialist, asked me if I had been able to make it to my drug dealer every single day. Of course, I had. I realized I could make it to the counseling sessions."

Jojola credits his successful recovery to his physicians and medication, plus seven months of intensive outpatient treatment, and individual counseling sessions when he needed it. He wondered if anyone at the clinic truly cared about him. "It turns out the staff does care. It is not just a job for them."

Jojola is now working full-time as a commercial plumber and has joint custody of his two children, ages 7 and 9. "My future is looking bright."

Prince Zombo is feeling equally hopeful about what lies ahead.

Zombo is a permanent resident of the United States who was born in Liberia, Africa. When a civil war in his homeland broke out, Zombo and his family moved to New York City.

Soccer is Zombo's passion. He played it in Africa and New York, where he graduated from high school, then coached soccer there. Since moving to Arizona in 2011, he has continued to coach, and enjoys involving children in healthy sports.

In August 2014, life became difficult for Zombo, 41, and his two sons, Prince Jr. and Promys, whom he was raising alone. Because of a medical emergency, Zombo was taken to the hospital, leaving his children with a neighbor.

When DCS became involved in the matter, Zombo appeared in family court. He tested positive for marijuana, his two boys were placed in foster care and he was ordered to receive treatment.

"I didn't think my marijuana use was at the level that needed treatment, but I wanted my boys back. I was willing to do anything for us to be a family again."

Zombo participated in two years of counseling and treatment services at Terros Health, and worked as a behavioral health technician in a group home.

He quit marijuana use and was reunited with his sons in June 2016. The most important lesson he learned in counseling was living a sober life.

Today, he says his life is great, "I have a roof over my head, a job as a manager of a group home and a beautiful family." He has set a personal goal to become a peer recovery coach.

Knocking down insurance barriers

For some, it's hard to imagine the thought of having mental health issues, particularly when there is no history of mental illness in the family. It's how one confronts these challenges that is key to their recovery, Brazie said. "Shannon, Prince and Christopher are shining examples of what can happen when you are set on a path of recovery."

Despite the roadblocks, mental health care in America and Arizona are evolving in a positive way, Brazie added. This includes stepped-up assistance by health insurance companies, which historically have been slow to reimburse providers for mental health services. A new program in Arizona, effective Oct. 1, will change that, when 1.5 million AHCCCS members will move to Complete Care integrated health care plan. It will provide both physical and behavioral health services.

"This is good news for all Arizonans," Perea said. "People should never suffer in silence. As a mental health community, we are here to help them get the services and treatment they expect and deserve."

There is help: Mental health resources

- **Terros Health**, terroshealth.org, 602-685-6000
- **National Institute of Mental Health**, nimh.nih.gov, 866-615-6464
- **Substance Abuse and Mental Health Services Administration**, samhsa.gov, 877-SAMSHA-7
- **National Alliance on Mental Illness**, nami.org, 800-950-NAMI
- **Mental Health America of Arizona**, mhaarizona.org, 480-982-5305
- **Veterans Crisis Line**, veteranscrisisline.net, 800-273-8255

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Drug Prevention Tips for Every Age

Conversations are one of the most powerful tools parents can use to connect with — and protect their kids. When tackling some of life's tougher topics, especially about drugs and alcohol, just figuring out what to say can be a challenge. Here are some ideas:

Preschoolers

Since the foundation for healthy habits — from nutrition to toothbrushing — is laid down during the preschool years, this is a great time to set the stage for a drug-free life.

Scenario: Giving your child a daily vitamin.

What to Say: Vitamins help you grow. You need to take them every day so you'll grow up big and strong but you only take what I give you. Too many vitamins can hurt you and make you sick.

Scenario: Your kids are curious about medicine bottles around the house.

What to Say: You should only take medicines that have your name on them or our doctor has chosen *just for you*. If you take medicine that belongs to somebody else, it could be dangerous.

Early Elementary (5-8 years old)

Five to eight year-olds are beginning to explore their individuality.

Scenario: Your child has expressed curiosity about the pills they see you take every day — and the other bottles in the medicine cabinet

What to Say: Just because it's in a family's medicine cabinet doesn't mean it's safe for you to take. Even if your friends say it's okay, say, "No, my parents won't let me take something that doesn't have my name on the bottle."

- Talk about the drug-related messages they receive through advertisements, media and entertainment sources. Ask your kids how they feel about things they've heard — you'll learn a great deal about what they're thinking.
- Keep your discussions about substances focused on the present — long-term consequences are too distant to have any meaning. Talk about the differences between the medicinal uses and illegal uses of drugs.
- Set clear rules and explain the reasons for your rules. If you use tobacco or alcohol, be mindful of the message you are sending.
- Work on problem solving: Help them find long-lasting solutions to homework trouble, a fight with a friend, or dealing with a bully.
- Give your kids the power to escape from situations that make them feel bad. Make sure they know they shouldn't stay in a place that makes them feel uncomfortable or bad about themselves. Let them know they don't need to stick with friends who don't support them.

Preteen (9-12 year olds)

Preteens, on their quest to figure out their place in the world, tend to give their friends' opinions a great deal of power, while at the same time starting to question their parents' views and messages.

Scenario: Your child is starting middle school and you know that eventually, they might be offered drugs and alcohol.

What to Say: I know we talked about drinking and drugs when you were younger, but now is when they're probably going to be an issue. I'm guessing you'll at least hear about kids who are experimenting. I want you to remember the best thing you can do is just talk to me about the stuff you hear or see. Don't think there's anything I can't handle or that you can't talk about with me."

Scenario: You find out kids are selling prescription drugs at your child's school. Your child hasn't mentioned it and you want to get the conversation about it started.

What to Say: You probably know parents talk to each other and find things out. I heard some kids are selling pills — prescriptions that either they are taking or someone in their family takes. Have you heard anything?"

Scenario: Your child's favorite celebrity—the one they really look up to has been named in a drug scandal

What to Say: Being in the public eye puts pressure on people, and many turn to drugs because they think drugs will relieve stress. The thing is, when a person uses drugs and alcohol—especially a young person it changes how his brain works. Most people who use drugs and alcohol need help to get better.

Tips for Conversations with Your Preteen

- Make sure your child knows your rules — and you'll enforce the consequences if broken. Research shows kids are less likely to use tobacco, alcohol, and other drugs if their parents have established a pattern of setting clear consequences.
- Kids who don't know what to say when someone offers them drugs are more likely to give in to peer pressure.
- Feelings of insecurity, doubt and pressure may creep in during puberty. Offset those feelings with a lot of positive comments about who he is as an individual — and not just when he brings home an A.
- Preteens aren't concerned with future problems that might result from experimentation with tobacco, alcohol or other drugs, but they are concerned about their appearance — sometimes to the point of obsession. Tell them about the smelly hair and ashtray breath caused by cigarettes.
- Get to know your child's friends and their parents. Check in by phone or a visit once in awhile to make sure they are on the same page with prohibiting drug or
- Make sure your teen knows your rules and the consequences for breaking them — and, most importantly, that you really will enforce those consequences if the rules are broken. Research shows kids are less likely to use tobacco, alcohol and other drugs if their parents

have established a pattern of setting clear rules and consequences for breaking those rules. Kids who are not regularly monitored by their parents are four times more likely to use drugs.

- Make it clear you disapprove of all alcohol, tobacco and drug use. As teens are extremely concerned with their physical appearance, remind your teen about the negative effects alcohol, tobacco and other drugs have on appearance.
- Let your teen in on all the things you find wonderful about them. Positive reinforcement can go a long way in preventing drug use among teens.
- Show interest in and discuss your child's daily ups and downs. Learn how to talk to each other, and don't take your child by surprise when you voice a strong point of view about drugs.

- Don't just leave your child's anti-drug education up to their school. Ask what they have learned about drugs in school and build on that with topics, such as how and why chemical dependence occurs; the unpredictable nature of dependency and how it varies from person to person; the impact of drug use on maintaining a healthy lifestyle; or positive approaches to stress reduction.
- Encourage your teen to volunteer somewhere that he can see the impact of drugs on your community. Teenagers tend to be idealistic and enjoy hearing about ways they can help make an impact.

(Source: DrugFree.org)

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Who's Behind the Mask?



By Dr. Dina Evan

This is time of year when we wear masks and scare people. However, the scariest truth is we spend the majority of our lives behind a mask, not being who we really are and not knowing how to get there. Frequently, we are different people with different truths for different people, and we do it with such ease, we almost believe the lies ourselves. Pamela Meyer, author of *Liespotting*, claims in her TED Talk that we're lied to from 10-200 times a day. We create a set of lies for this person or group and a different set of lies for another. It's not that we are trying to be deliberately malicious, but boy, have we gotten creative with our lies.

One of the ways we lie, is we tell people what we think they want to hear. Like children, we even color our lies. For instance, lies of omission, or the ones we justify by not wanting to hurt someone's feelings are considered white lies. Even these seemingly harmless, cute, little lies destroy our integrity and chip away at our self-esteem. They create guilt because we know, inside, we are hiding something about which we feel ashamed.

Frequently, we call in the troops and collude with others and we get them to shade the truth with us. When you create an alternate, agreed upon, reality between you and another person, this makes them complicit and especially if they are a young person — it teaches them that lying is okay. Another kind of lie is when we make ourselves look better by acting proudly, as if we did something on our own, without acknowledging that we couldn't have been successful without the help of others.

What about Exaggeration?

Today, we're experiencing a tremendous amount of exaggeration. When you exaggerate or lie about yourself or abilities, you are left feeling like a fraud, which further diminishes your self-esteem. When people realize you're lying, not only have you lost credibility, but you have also lost trust.

You have taken a step back from being your true self, and into being more of a fraud. It's especially difficult to watch those you love — lie. It makes us sad because we so want something real, especially with those closest to us.

The youngest among us lie the least, simply because they have not yet learned how. So what are we teaching them?

How do we Stop?

Perhaps, part of the issue is that we perceive telling the truth as hurtful. Actually, it's a gift that says, "I respect and love you too much to lie to you." People honestly feel safe and valued by you when they know you will always tell them the truth, even when it smarts a bit. Otherwise, when they know you are someone who lies, they never feel safe about anything you are telling them, even though you might think you are getting away with it.

So here is a real truth for you. Telling the truth is a gift you give to yourself and to those you love. It's part of your soul work and a direct reflection of your integrity or lack of it. When you are truthful, those around you, see a role model for integrity and honesty and they too begin to feel safe about being authentic and coming out from behind the mask. Truth-telling is a part of our

work and it's solely about each of us, not about any other person.

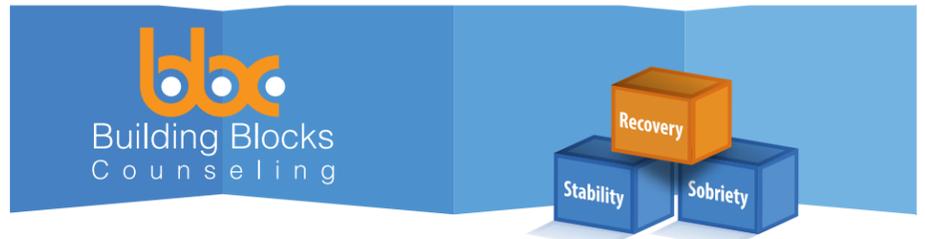
We also want to remember that telling the truth doesn't have to be delivered with a sledge hammer. For instance, When someone says, "Do you think I look fat in this outfit?" A loving and truthful answer might be, "I like you in the blue one better." Or, if someone congratulates you on a team accomplishment, rather than taking all the credit, you might say, "Thanks I appreciate the compliment, but I had a lot of help."

So, given the level of consciousness, or lack of it, in the world right now, maybe you and I can make a commit-

ment to take off our masks and even if we start with the little things. We can care about ourselves and those we love enough to simply tell the truth.

If you need some tools, go to DrDinaEvan.com and watch the videos. And here is one of our truths, writing these columns is an opportunity that requires us to take off our masks each month and I for one, am deeply grateful for that gift.

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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- **Be the master you came here to be and already know you are**



Nothing will change out there, in the world, until we change in here, inside each of us. We need to stop waiting for someone else to fix the world for us. We need to step into being the masters we came here to be. Every conscious decision you make is a world event within and that is why now more than ever it's time to stop playing small and remember who you are and why you came here.

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Community Bridges, HonorHealth Name Arizona's First Addiction Medicine Fellow

Fellowship Begins in October; Applications Being Accepted for Second Fellow

Community Bridges, Inc. (CBI), the premiere provider of integrated behavioral health programs in Arizona, and the HonorHealth Family Medicine Residency Program proudly announce the first fellow in the only addiction medicine fellowship in Arizona accredited by the Addiction Medicine Foundation: Dr. Cooper Johnston. The fellowship, which begins in October, touches on a crucial community need, as the opioid epidemic reaches an all-time high.



Dr. Cooper Johnston

"Addiction has touched my extended family, and I understand the hardships it can cause," explains Dr. Johnston of his decision to apply for the fellowship. "I have a passion for helping people overcome this debilitating problem, and plan on practicing addiction medicine after the fellowship."

Spearheading this first-of-its-kind Arizona program are CBI Chief Medical Officer and addiction specialist Michel Sucher, M.D. and HonorHealth Program Director for the Family Medicine Residency Program Cynthia Kegowicz, M.D.

"This fellowship program is in line with CBI's role as the premiere provider of integrated care and specifically substance use disorder treatment," explains Dr. Sucher. "By affiliating with HonorHealth, this puts CBI squarely in the forefront of academics and research in this vitally important specialty of addiction medicine." Hear what CBI's Chief Medical Officer has to say about the Addiction Fellowship — <https://vimeo.com/286393368>

The misuse of opioids, including prescription drugs and heroin, is one of the most serious public health problems in the United States, according to the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services. The organization says it now claims more lives than motor vehicle crashes.

Apply here to be considered for an Addiction Medicine Fellowship this fall: <https://www.honorhealth.com/academic-affairs/addiction-medicine-fellowship>

Clinical training sites for the fellowship include CBI's addiction and recovery, integrated care and psychiatric emergency centers, as well as HonorHealth's Scottsdale Osborn, John C. Lincoln and Scottsdale Thompson Peak centers.

Fellows will do clinical rotations with outpatient addiction medicine using the cutting-edge Medication Assisted Treatment, as well as inpatient medical detoxification, with elective rotations in women's and children's addiction treatment, addiction-free pain management and CBI's Project for Assistance in Transition from Homelessness, known as PATH.

About Community Bridges, Inc. (CommunityBridgesAZ.org)

Community Bridges, Inc. (CBI) is the premiere provider of integrated behavioral health programs in Arizona, including prevention, education and treatments using cutting-edge, nationally recognized models. Programs include residential, inpatient, patient-centered medical homes, medication assisted treatment (MAT), crisis units, transition points and outpatient services to individuals who are experiencing crisis, opioid use disorder, homelessness and mental illness. CBI believes in maintaining the dignity of human life, and knows recovery is possible.

About Honor Health (honorhealth.com)

HonorHealth is a non-profit health system serving an area of 1.6 million people in the greater Phoenix area. The network encompasses five acute-care hospitals, an extensive medical group, outpatient surgery centers, a cancer care network, clinical research, medical education, a foundation and community services with approximately 11,500 employees, 3,700 affiliated physicians and 3,100 volunteers. HonorHealth was formed by a merger between Scottsdale Healthcare and John C. Lincoln Health Network. HonorHealth's mission is to improve the health and well-being of those we serve.

14th Annual NAMI Valley 5K Walk on Saturday, October 20

Walk to increase awareness in Arizona about mental illness and its devastating effects. Help us bring Arizona's mental illness community together, and raise dollars for NAMI's outstanding and vital support and education programs!

Visit <http://www.namiarizona.org> to join and/or donate to the NAMI Valley of the Sun Stigma Stompers Walk Team. Help us exceed our goal of \$5,000.

The community is coming together at the Arizona State Capitol grounds, 1700 W. Washington St. in downtown Phoenix. Registration starts at 8:30 a.m. The walk starts at 9:15 a.m. Sign up for either the 1.2K or 5K walk.

NAMI, the National Alliance on Mental Illness, is the nation's largest grass-roots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI shapes national public policy for people with mental illness and their families and provides volunteer leaders with the tools, resources and skills necessary to save mental health in all states.



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Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
Adult Children of Alcoholics	aca-arizona.org
Bipolar Wellness	602-274-0068
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
NCADD	602-264-6214
Overeaters Anonymous	602-234-1195
PAL (Parents of Addicted Loved Ones)	480-300-4712
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
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

Together AZ Resources

TOGETHER AZ 602-684-1136	Scottsdale Recovery Center 888.663.7847
Acceptance Recovery Ctr 844-302-0440	Serenity Recovery Services 866-243-6001
ACT Counseling & Education 602-569-4328	Teen Challenge of AZ 800-346-7859
AZ. Dept. of Health 602-364-2086	TERROS 602-685-6000
Office of Problem Gambling 800-NEXTSTEP	UnHooked 602-368-4471
Aurora Behavioral Health 877-870-7012	Valley Hospital 602-952-3939
AzRHA 602-421-8066	VIVRE 480-389-4779
BBC 602-626-8112	Legal Services
Calvary Healing Center 866-76-SOBER	Dwane Cates 480-905-3117
CBI, Inc. 480-831-7566	Real Estate
CBI, Inc. Access to Care 877-931-9142	Scott Troyanos 602-376-6086
Chandler Valley Hope 480-899-3335	
Choices Network 602-222-9444	
Continuum Recovery Ctr. 877-893-896	
Cottonwood Tucson 800-877-4520	
Crisis Response Network 602-222-9444	
The Crossroads 602-279-2585	
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	
Fit FOUR Recovery 480) 828-7867	
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- 480-827-0322	
	or 866-891-4221
Scottsdale Detox 480-646-7660	
Scottsdale Providence Recovery Center 480-532-4208	

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?
 Send your request by email to
 aztogether@yahoo.com

Statistics Show Arizona Is Making Progress in the Opioid Crisis

The latest information suggests the efforts by the State of Arizona is making progress against the war on opioids use.

The Arizona Opioid Emergency Response June 2017 to June 2018 report lists several significant factors that describe what Arizona is doing to eliminate the opioid epidemic crisis in the state. Some key indicators in the report are:

- The percent of patients receiving referrals to behavioral health or substance abuse treatment services after an overdose **increased** from 45% in June 2017 to 73% in May 2018.
- The number of naloxone prescriptions dispensed by pharmacists has more than **tripled** in recent months. July–September 2017, fewer than 900 naloxone kits were dispensed each month. In May 2018, 3,498 kits were dispensed to the public.
- The number of opioid prescriptions filled **declined** 40% between June 2017 and June 2018.
- The number of opioid pills dispensed **decreased** 43% between June 2017 and June 2018.
- The 4 & 4 report is a list of patients who have obtained controlled medications from 4 different doctors and 4 different pharmacies in a given month. The Arizona Board of Pharmacy sends any prescriber with a patient on the 4 & 4 list an unsolicited letter to alert the prescriber of the patient's possible doctor and pharmacy shopping. There has been a 62% **decline** in the number of patients on this report – from 99 in July 2017 to 38 in June 2018.

Further evidence that Arizona is aggressive in dealing with the opioid epidemic can be found in the Arizona Attorney General's office issuing almost half a million dollars to fight the opioid abuse problem in the state.

These are just a few of the key indicators that let you State officials have plans to continue to address this epidemic for as long as necessary.

For more information visit azhealth.gov/opioid

Performing Acts of Kindness to Reduce Depression in Disagreeable People

By Traci Pedersen

When people who are prone to hostility make an effort to engage in acts of kindness toward their close loved ones, it can significantly reduce their depression, according to new research published in the journal, *Translational Issues in Psychological Science*.

For the study, more than 640 mildly depressed volunteers (average age mid-30s) participated in one of three online compassion training exercises or a control group. The volunteers were asked to complete the instructions and report back via an online platform every other day for three weeks.

Two months later, those participants deemed the most disagreeable showed the most significant reductions in depression and greatest increases in life satisfaction when they performed acts of kindness in close relationships.

Highly disagreeable people often lack empathy, even in their close relationships, says lead author Myriam Mongrain, professor of psychology at York University's Faculty of Health. But, she points out, **"everybody needs people."**

"As a result of their hostility and lack of cooperation, disagreeable types risk getting rejected or ostracized," says Mongrain. "There is a lot of conflict in their relationships, and they suffer the consequences. We found that providing concrete suggestions to those individuals, giving them ways in which they could express empathic concern in their close relationships was tremendously helpful."

"Implementing these new behaviours might have left them feeling affirmed and liked in their close social circle. This might have been the antidepressant ingredient in this group," she said.

Mongrain says the findings are particularly noteworthy given that the interventions were taken online and only required 10-15 minutes every



other day. In other words, the interventions are easy to implement, can be administered anywhere and can have profound effects for some individuals.

Loving Kindness Meditation

In another exercise condition involving Loving Kindness Meditation, participants were asked to spend up to 10 minutes meditating on nurturing phrases such as "May you be happy" or "May you be safe." While this exercise was found to benefit all of the participants, the researchers found it was the Acts of Kindness exercise that was most helpful for the disagreeable subgroup.

Researchers say the findings could have immediate practical applications for social scientists, policymakers, psychology researchers, and health practitioners. The widespread application of compassion interventions could contribute to a more humane and kinder society, particularly when targeted at those prone to hostility.

"It's like at the end of the story of the Grinch," says Mongrain. "When he took people in they said his heart grew three sizes bigger, and he also became happy. You can't be an island unto yourself. Sometimes those who are hostile say they don't need people, but at the end of the day, it does affect mood."

"People get very drained from disagreements with their spouse for example, so the toll that it takes is not to be minimized. This kind of intervention could be an antidote for those who are lacking in compassion." *Source: York University*



Recovery is possible

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SALLY'S PLACE

In Phoenix, Sally's Place is a supportive housing program for pregnant women struggling with addiction. The program provides a supportive environment in which women are given the opportunity to parent their newborn. The goal is to re-introduce the woman and her child into the community with safe housing, support, and continued resources.

Sally's Place is a community with six two-bedroom apartments surrounding a communal courtyard. 24-hour on-site staff provides peace of mind and support for women during their pregnancy and new motherhood. The communal nature of the complex promotes a women-helping-women atmosphere where more experienced mothers can advise and support their peers. The women participate in the Women's Outpatient Program and have access to all of NCADD's services including Educational and Vocational training.

Sally's Place opened in 2015 and was named to honor the work of former NCADD CEO Sally O'Malley Whitten Lara. Since its opening Sally's Place provided shelter and support to many women and their babies.

Sally's Place is open to women who: Are pregnant or have recently given birth, have a mental illness, and are actively working on recovery. For more information visit <https://ncadd-phx.org> or call (602) 264-6214.

AURORA

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Aurora Behavioral Health System is Arizona's largest free-standing psychiatric hospital system with 238 beds within two facilities serving adults and adolescents throughout the entire state of Arizona. The Glendale hospital has 100 beds, and the Tempe hospital has 138 beds. Both facilities pride themselves on having full-time internal medicine doctors on staff, in addition to board certified psychiatrists and addictionologists. As a leader in behavioral health for more than 10 years, Aurora has transformed the traditional psychiatric hospital experience into one that takes a more holistic approach. Our expert staff believes in healing the entire person - physically, psychologically and spiritually, while personalizing treatment to achieve the best outcomes. We are committed to the wellness of the community through partnerships, development of new programs, prevention, and treatment. Aurora does this by offering a full continuum of behavioral healthcare services to meet the individual needs.

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

Aurora is the winner of Ranking Arizona's Top Behavioral Rehabilitation Facility for 2018!



HAPPENINGS, EVENTS & SUPPORT

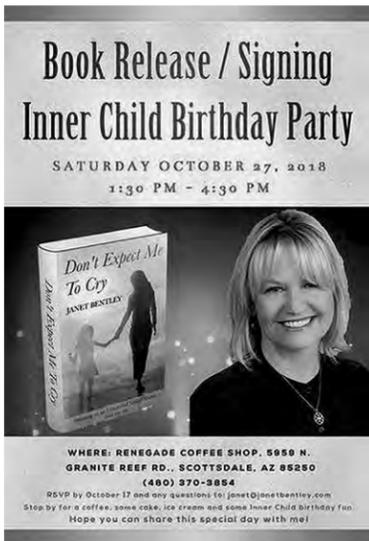
Professional Events

OCT. 16—PCS Networking Luncheon, 12:15 -1:30 pm. 3302 N. Miller Road, Scottsdale. Jacquee Nickerson, 480-947-5739, E:pcs@pcsearle.com

NOV. 4 —Arizona Psychodrama Institute Full Day of Basics — (\$99 per session). API offers “Basics of Psychodrama” every two months and each one is uniquely different.

NOV. 30.— Sierra Tucson 11th Annual—**“Gratitude for Giving”** Celebration Sierra Tucson will recognize professionals in the Phoenix area for their years of giving to others. Join us in honoring your selected peers who have made a significant contribution to our community. 9:00 a.m.-Registration. 9:30 a.m. - 11:00 a.m. Breakfast, Presentation of Awards, Arizona Biltmore, 2400 E. Missouri Ave.

Support Groups & Events



**Book Release / Signing
Inner Child Birthday Party**
SATURDAY OCTOBER 27, 2018
1:30 PM - 4:30 PM

Don't Expect Me To Cry
JANET BENTLEY

WHERE: RENEGADE COFFEE SHOP, 5950 N. GRANITE REEF RD., SCOTTSDALE, AZ 85250
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RSVP by October 17 and any questions to: janet@janetbentley.com
Stop by for a coffee, some cake, ice cream and some Inner Child Birthday fun.
Hope you can share this special day with me!

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

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

SIA (Survivors of Incest Anonymous) 12-step, self-help recovery program for men and women, 18 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, **Saturday, 2:00pm - 3:00pm**, Bethany Lutheran Church, 4300 N 82nd St. 480-370-3854. www.siawso.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-Occuring. Mon., Tues., Thurs. 6:00-9:00 p.m. 602-952-3939. 3550 E. Pinchot Avenue, Phoenix. valleyhospital-phoenix.com

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

FAMILIES ANONYMOUS—12 step program for family members of addicts. 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

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

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, E: 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



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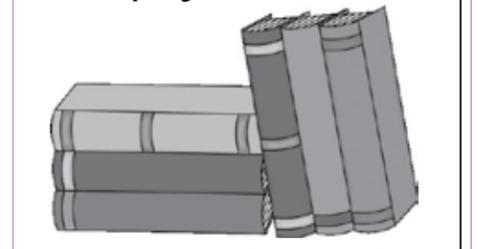
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2 Valley Locations

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602-277-5256

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

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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.

Eating Disorder Support Groups—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.

EVENTS continued page 12



Teen Challenge is Arizona's Faith-Based SOLUTION TO THE DRUG EPIDEMIC

With heroin addiction at epidemic proportions and drug abuse at an all time high, Teen Challenge is seeing results with an 86% success rate!

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SPRINGBOARD Home for Adolescent Girls (Female 12-17)
Tucson, AZ
520-887-8773

PREVENTION Stay Sharp
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To schedule a Drug Prevention Presentation for your group or school, contact the Public Relations office at 602-271-4084

www.tcaaz.org



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Dr. Ralph Earle



Dr. Marcus Earle

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www.pcsearle.com

Starlight Recovery Housing

Introducing Starlight Recovery Housing, gender-specific homes owned by Richard Poppy of Desert Star Addiction Recovery Center. We provide structured, stable sober/transitional living for people who are committed to recovery with the guidance and support of our 24 hour on-site professional staff.

www.starlightaz.com
Tucson, AZ: 520-448-3272

INDEPENDENT TALK
1100 KFNX

KFNX Exclusively Features
Laura Ingraham and Michael Savage
Ranked Top Ten Shows in the Country

THE LAURA INGRAHAM SHOW

THE SAVAGE NATION WITH MICHAEL SAVAGE

To advertise, host a show, or for more information:
Call (602) 277-1100 or visit our website:
www.1100kfnx.com



We're proud to announce that the Department of Veterans Affairs and Valley Hospital have signed the Provider Agreement making us one of the go-to community resources for providing behavioral health treatment to Veterans.

We are truly proud of the treatment we provide to Veterans, Active Duty Service Members, First Responders and civilians.

As a reminder, Valley Hospital's Treatment options include:

**Adult Mental Health
Adult Detox / Rehab
Adult Dual Diagnosis
Exclusively Women's Program
Freedom Care Program
PHP/IOP**

Ages 18 & Older

For any questions or referrals please contact Freedom Care 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**

Recovery is something that you have to work on every single day and it's something that doesn't get a day off.

RECREATE A LIFE WORTH LIVING

Our licensed therapists work to treat the underlying causes of the illness. Our individualized program allows the staff to meet clients where they are and help them to achieve clearly defined treatment goals. When clients successfully complete our 45 to 60-day treatment program they will have developed a foundation for lifetime recovery.

Scottsdale Providence Recovery Center

Substance Abuse & Mental Health



Although often misunderstood, drug addiction, alcoholism, trauma, and other mental illnesses are treatable. Scottsdale Providence is ready to help.

Call 480-532-4208

www.scottsdaleprovidence.com

We welcome you to visit our facility at 8889 E Via Linda, Scottsdale, AZ 85258
Discover why families are referring people they care about to Scottsdale Providence.

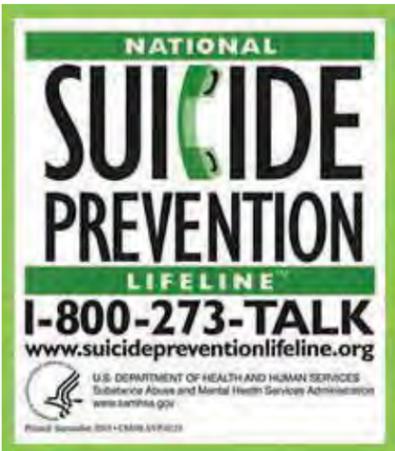
EVENTS from page 10

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.

SEND EVENT OR SUPPORT GROUP INFORMATION TO aztogether@yahoo.com.



(602) 368-4471
215 S. Power Road
Mesa, AZ 85206



unhooked
RECOVERY

(520) 323-9351
4310 E. Grant Road
Tucson, AZ 85712

info@unhookedrecovery.com

www.unhookedrecovery.com

Unhooked Recovery is a residential alcohol and substance abuse program with 2 locations, Mesa, AZ and Tucson, AZ. We are a family-owned residential behavioral health facility in the East Valley and Tucson that caters to the unique needs of men and women suffering with Substance Use Disorders (SUD). Our mission is to treat addiction with the latest innovations in medical management blended with the best practices in traditional models of 12-step recovery.



Our treatment process provides:

- Addiction Professionals
- Master's Level and Licensed Clinicians
- Comprehensive Assessment & Evaluation
- Motivational Enhancement Therapy
- Trauma Informed Clinicians
- Behavioral Health Technicians
- DUI Alcohol Screen, Education, Treatment
- Domestic Violence Treatment Program
- Individual, Family, IOP and Group Therapy
- Cognitive Behavioral Therapy
- DUI Revocation Packets
- Relapse Prevention

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



Whole Health, Whole Person Care

WE PROVIDE:

- ▶ Physical Health Care
- ▶ Addiction Care
- ▶ Mental Health Care
- ▶ Prevention
- ▶ Education
- ▶ Wellness
- ▶ Mobile Crisis

Locations Valleywide
Se proveen servicios en español
602.685.6000
terroshealth.org

[f](#) [in](#) [t](#)



CALVARY
HEALING CENTER

Located in Phoenix, AZ, Calvary Center has been a leader in addiction recovery since 1964.

Calvary's beautiful campus and compassionate, professional staff present an ideal environment for breaking the bondage of dependency. Our treatment programs are for men and women, 18 years and older, who are struggling with addiction to alcohol, drugs or gambling.

Calvary's affordable, proven treatment programs address the practical, physical and spiritual aspects of addiction setting the stage for long-term recovery and restored family life.

Calvary is contracted with most major insurance carriers to provide a full continuum of care including medical detoxification, residential and outpatient services.

CalvaryCenter.com | 1-866-76-SOBER




12

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