

Together AZ

SEPTEMBER 2018

INSPIRING SUCCESS ON THE ROAD TO RECOVERY

Empowering Young People in Recovery

By Barbara Nicholson-Brown

It's National Recovery Month, the annual observance held for the last 29 years to educate Americans 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. Recovery Month reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and **people can and do recover**.

Millions of Americans lives have been transformed through recovery. Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Tens of thousands of prevention, treatment, and recovery programs and facilities around the country take part. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders. (www.recoverymonth.org)

Arizona's Celebration

Now in its 13th year, **Celebrate the Art of Recovery Expo (CARE)** is one of Arizona's largest community events offering educational workshops, resources and solutions in addiction treatment and behavioral health, with the opportunity to meet many of the leading professionals in this industry. Attendees will learn about awareness, education, family recovery and prevention.

CARE is honored to welcome Justin Luke Riley as Keynote Speaker. He offers compelling, articulate thoughts on the topic of recovery to promote the fact that people CAN and DO recover each and every day. Justin has been in long-term recovery from a substance use disorder since 2007, and we are certain he will inspire you. He is Founder of Young People in Recovery (youngpeopleinrecovery.org).

We invite you, your family and friends to join the Celebration on Saturday, September 22 at the Phoenix Convention Center. (www.celebratetheartofrecovery.org) for complete details.

In a recent interview with Justin I asked: **Give us a history of your use of drugs and alcohol, and how old were you when it started?**

By all accounts, I was a great kid, and had an awesome family. What people didn't know was I had a growing substance use disorder. I started misusing substances at eight years old — but it wasn't until I was 14, I began to create substantial obstacles



"Being in recovery is more than abstaining from a behavior —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."

— Justin Luke Riley

in my life. Luckily, I was 19 when I finally entered into my 11 year long recovery journey.

You attended seven treatment centers before reaching long term sobriety, tell us about that.

Though I was fortunate enough to experience multiple treatment and recovery modalities, it was not until I had a spiritual awakening that my life began to change forever. A belief in a higher power and life dedicated to altruism were my two biggest epiphany's.

What advice would you give parents who suspect their child is struggling with addiction?

Talk with them, without judgment. Talk to them to understand, not to dictate solutions. At least not at first. Listen to them, remind them of your love for them, and then begin exploring solutions together.

Having someone in long term recovery to work with you is always a wise way to begin finding solutions.

How do you respond when someone says that recovery needs to remain anonymous?

Though there are programs that work, in large part because of anonymity, I choose to let a lot of people know that I am in recovery so I can give them hope. Again, I believe in anonymity and never want to force someone or a program to abandon that important principle.

How can a family best support a loved one in recovery?

Ask them. Ask them what is helpful for them, because it differs from person to person. However, generally, if you listen to them, learn from them, love them, and also uphold your own boundaries, a family can get through this together.

Many young people see getting high or drunk as a rite of passage, and if they get sober they will be missing out on "fun" or not part of the crowd. How can we change that perception?

This is one of the biggest reasons we need to lift up amazing recovery stories, so people know that people can and do recovery. And to make sure people know that you can still have fun in recovery.

How did YPR start and what is its Mission?

A group of young people that were in recovery wanted to show that young people can and do recovery as well as they are strategically poised to bring revolutionary recovery solutions to the world! Young People in Recovery (YPR) provides the training and networks all individuals, families, and communities need to recover and maximize their full potential. YPR accomplishes this through chapters, programs and advocacy efforts.

How do young people get involved and energized to become part of YPR?

They find out of us from social media and word of mouth. Locally, people can join our chapters and participate in pro social events, learn about advocacy, get support from workshops on employment, housing, education, and even learn about other pathways of recovery by attending an all recovery meeting. Plus, they can apply to lead a chapter of their own.

How do you continue to stay on the road to recovery?

Faith, family, generosity, service to others, and being steeped in recovery advocacy is what works for me.



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Publisher's Note

By Barbara Nicholson-Brown



If you believe it, you can see it!

In the late 90's, I attended a lecture by Dr. Wayne Dyer. He explained how the words above can transform our thinking and what we bring into our lives. I liken that to how the Expo went from an idea to a reality.

This year, I have had the honor and privilege to pass the baton of the Art of Recovery Expo to Community Bridges, (CBI, Inc.), one of the largest statewide providers offering fully integrated medical and behavioral health care. The seed Bill and I planted in 2005 for a recovery month celebration will reach greater heights with CBI, Inc., and advance in providing help to those in need who struggle addiction and behavioral health.

Letting go of something I love so dearly was not a snap decision — yet within my heart, I knew for the Expo to expand, reach and serve more of our community, it was time to leave the nest.

When Bill and I first talked about putting on the Expo, he started scribbling ideas on the back of business card, and said, "You've never done anything like this before?" Of course my answer was No! I could see it, I'm not sure if I believed it at the time. But we put one foot in front of the other and it came to fruition.

It has been wonderful to witness the transformation of the Expo to become **Celebrate the Art of Recovery Expo – CARE**.

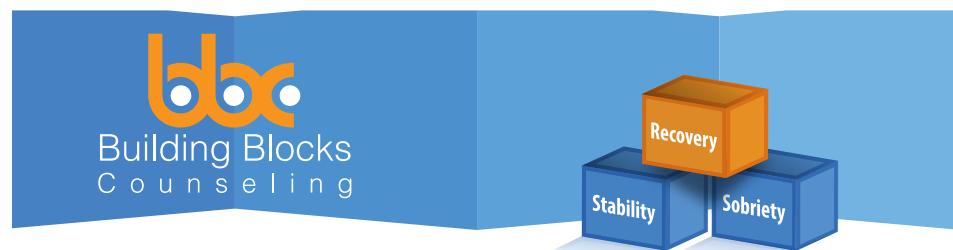
CARE is what we do in this field; whether it be an agency, hospital, treatment facility, 12 step group, private practice, recovery home, sponsor, sponsee or other system of support. We are committed to the well-being and health of our fellow community members.

The Expo has brought numerous people into my life I would not otherwise have had the opportunity to know and work alongside. So stay with us — ***because the best is yet to come.*** One of the most powerful messages we can ever offer is hope.

I want to express a special and sincere thank you to Dr. Frank Scarpati, President and CEO of CBI, Inc. and his team for believing in the vision of the Expo.

I hope to see you all on Saturday, September 22 at the Phoenix Convention Center!

Let's Celebrate **CARE** together!



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Young People in Recovery, Founder



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A Banker, A Baker, A Candlestick Maker?

By Dr. Dina Evan

The “Occupations” line in heaven gets pretty long. Folks in line anxiously anticipating. Will I be a banker, a magazine editor, a hair stylist or a therapist? Perhaps I’ll get to be an artist or an actor. How do you feel about the assignment you got? Are you feeling fulfilled, as if you are doing what your heart and soul want to do? You are right, of course, it doesn’t work like that. However, the real problem is most of us still don’t get *how it does work...* so, here’s the secret.

Continuous school?

This planet is a school, a consciousness school. And no one gives you your assignment, because, your assignment is, you come here to discover yourself, your true self. The classrooms here are not in buildings. They are in every challenge and circumstance we create in our lives.

We discover who we are by how we deal with those challenges and/or blessings. We discover what we came here to do by knowing ourselves well enough to know what breaks our heart open with pain, and makes us want to change things for the better, and/or what fills us with a deep sense of satisfaction — because we are being a role model, a change maker for what is right and good in the world.

And your teachers are sitting right across from you. The teachers here are all the people you call into your life. They are your master teachers, teaching you tolerance, kindness, compassion forgiveness and love. They reflect back to you your needs for being right, needing control, admiration, safety and your ability to understand, stay present and stand in your integrity and values.

A million times in every lifetime we get the opportunity to opt for what we think is safety, the status quo, or we get to choose to create what I call a ‘holy moment’, by pushing our soul forward and standing in our integrity, speaking the truth, stopping the misuse of power or simply being real and honest.

It’s all about being on purpose, by being authentically who you are and doing what you came here to do. If you are bored, miserable, feeling unmotivated or disappointed with yourself or your life, then it’s simply because you are not living your life with purpose.

You are missing the fact that YOUR courageous spirit brought you here to fulfill your purpose and stand in your integrity. Pretty amazing right? And, if you are awake and you realize what an incredible gift this experience is, then you are on the path to enlightenment.

Enlightenment is what all this leads you to, in fact, it’s the whole point.

So the real question is...

Who are you are and are you doing what you came here to do? That is a question each of us ought to be asking ourselves every morning before we even leave the house.

Now don’t start to feel overwhelmed. It may not be your purpose to start a movement or lead a parade or run for congress. However, it may be your purpose to tell that truth you’ve been hiding, perhaps even from yourself, and get it healed. Or, it may be you want to reconsider the judgment you just made about that person sitting in the corner and ask yourself where that came from and what fear in you created it.

Becoming enlightened and living on purpose does not require some grandiose act or gesture on your part. It simply means you have the courage to start to explore where in your life are you not living your values, or what you say you believe in and your truths. It means you take a deep breath and get back into alignment with who you really are at a soul level. Or, you do the work to figure out what is preventing you from being your true self.

Think for a minute what the world would be like if we were all living our values and our deepest beliefs. That’s why I say when you change and are living on purpose, a world event takes place because your part of the world is now vibrating in alignment with all that is good and spiritually aligned again.

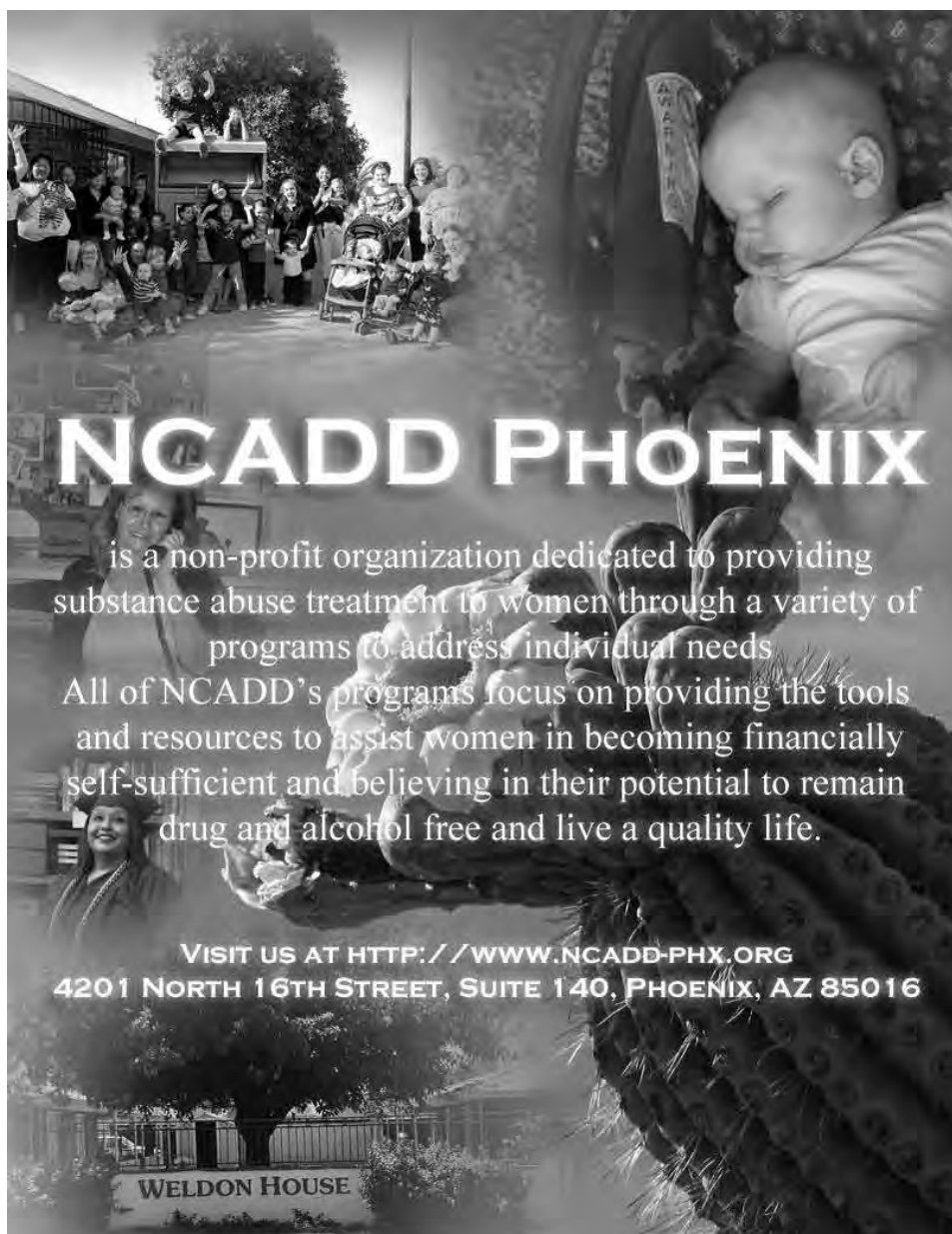
For those of you who want to join me in this journey of getting on purpose and being who we really are, I have created a series of **YouTube** presentations with the tools you need to support your journey. Go to **DrDinaEvan.com** and you will find a link to take you to the presentations. They are free and come with some exercises and other tools to help as well.

If your answer to the question, Who are you are and are you doing what you came here to do, is I don’t know yet, and you’d like a different more empowering answer for yourself, then please come join us as we discover our real purpose and the joy in that discovery together.

Go to DrDinaEvan.com to watch Dina’s new FREE YouTube series on **Living Your Purpose and Becoming Who You Came Here To Be!** Sign up for weekly messages and download exercises, columns and a multitude of topics and quizzes. Call for information on Conscious Counseling (602) 571-8228.



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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In gratitude and the memory of William B. Brown, Jr.
Publisher/Editor/Sales Barbara Nicholson-Brown
Advisors Rick Baney, Bobbe McGinley, George J. Nicholson, Stephanie Siete Website: Webconsul.com

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Risk Factors & Why Teens Use

Common Risk Factors

When it comes to kids and alcohol, parents can't gaze into a crystal ball to find out whether their kids will face problems with drinking or drugs in their teenage years. But there are biological and environmental factors to watch out for to help you figure out if your child may be at a greater risk.

Keep in mind risk factors do not determine a child's destiny — instead, they provide a general gauge as to the likelihood of drug or alcohol use. It is safe to say by addressing risk factors early and paying careful attention to children at higher risk can reduce a child's likelihood of a future problem. Understanding risk factors is important.

Family History

Family history of addiction can place a child at increased risk. While there is a stronger biological risk if a child's parents have addiction problems, he or she is still at an elevated risk if an aunt, uncle, grandparent or cousin has an addiction or is in recovery. Inheriting the gene does not mean the child will automatically become dependent — no single risk factor determines a child's destiny. If there is a history of a dependence or addiction in your family, let your child know since he or she is at a higher risk for developing a problem. These conversations should take place no later than the pre or early teen years.

Mental Health or Behavioral Issues

If your child has a psychiatric condition like depression, anxiety or ADHD, he or she is at more risk for a problem. Although not all teenagers with these disorders will develop a substance use problem, the chances are higher when they have difficulty regulating their thoughts and emotions. Parents with children with psychiatric conditions should be vigilant about the possibility of their teen using drugs or alcohol. Talk with your health care provider.

Trauma

Children with a history of traumatic events (such as witnessing a car accident, experiencing a natural disaster, being a victim of physical or sexual abuse, etc.) have been shown to be more at risk for substance use problems. Parents need to recognize the possible impact of trauma on their child and get professional help.

Why Do Teens Use?

Other People

Teenagers see their parents or adults drinking alcohol, smoking cigarettes


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and, sometimes, trying other substances. Sometimes friends urge one another to have a drink or smoke pot, but it's just as common for teens to start trying a substance because it's available and they see all their friends enjoying it.

Pop Culture

Forty-five percent of teens agree with the statement "Movies and TV shows make drugs seem like an okay thing to do." (PATs 2012) So be aware of the media that your son or daughter is consuming and talk to them about it.

Escape and Self-Medication

When teens are unhappy and can't find a healthy outlet for their frustration they may turn to chemicals for solace. The rough teenage years can take an emotional toll on children, sometimes even causing depression, so when teens are given a chance to take something to make them feel better, many can't resist.

Rebellion

Alcohol is the drug of choice for an angry teenager because it frees them to behave aggressively.

Instant Gratification

Teenagers turn to drug use because they see it as a short-term shortcut to happiness.

Lack of Confidence

Many shy teenagers who lack confidence report that they'll do things under the influence of alcohol or drugs that they might not otherwise.

Misinformation

Perhaps the most avoidable cause of substance use is inaccurate information about drugs and alcohol. Nearly every teenager has friends who claim to be experts on various recreational substances, and they're happy to assure her that the risks are minimal. Educate your teenagers about drug use, so they get the real facts about the dangers of drug use.

I am enough

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Where Healing Lives

By Alan Cohen

My friend Mark has been a physician for over 40 years. He told me a story that helped me understand what real healing is. While Mark was vacationing in Maui, his nephew, a younger man vacationing in Honolulu, had a heart attack. Upon learning this, Mark flew to Honolulu and sat with the nephew's distraught wife in the ICU for 24 hours, until her husband had stabilized. Mark went not in his capacity as a doctor, but as a friend.

As he recounted this story, I recognized the distinction between a doctor and a healer. A doctor treats symptoms. A healer treats the soul. Mark's commitment to the well-being of his nephew and his wife went far beyond fixing the man's body. His intention was to soothe their souls.

Of course doctors, like Mark, can be healers too. When the two vocations show up in the same person, you have a divinely-appointed combination. If you are such a healer, you are blessed, and so are your patients.

Another friend of mine, Don, is a radio personality who has hosted his popular show for years. In addition to playing hit songs, he daily reads an inspirational message on the air. He is known and loved in his community.

Recently Don went through a severe bout with depression. One day he revealed to his listeners that he was depressed and having a tough time. A few days later Don received a letter from a psychiatrist who is the director of a psychiatric hospital. She told him, "Thank you for courageously sharing about your current emotional challenge. I know this can be a very difficult process to go through. I am certain you helped many of your listeners who are dealing with the same experience, giving them permission to authentically express their feelings, the first step to healing. I have enjoyed your show for many years, especially the inspirational quotes you share. I hope you will continue to progress and feel better."

When Don sent me a copy of her letter, I was touched. This person, obviously busy in a position of high importance, did not have to take the time and caring to send Don such a supportive letter. But she did. I told Don, "This woman is a real healer."

Regardless of your profession, the vision you hold of your clients makes all the difference in how successful you will be with them, and the amount of personal satisfaction you receive from your work.

If you see customers as bodies or dollars only, you will operate at a very shallow level of existence. You can get results and make money, but in your quiet moments your soul will ache and you will wonder what you are doing with your life. If, on the other hand, you recognize that your customers are so much more than their bodies or what they can pay you, you have the golden key to success. Within the body lives a spiritual being who yearns to be acknowledged and supported. Pay attention to that person's inner self, and you will sleep well at night, make a contribution to the world, and your material needs will be met.

Doctors are busy and have many pressures and demands. Most doctors really want to help their patients, and they do. They hear about people's problems all day long, which can be daunting and cause a physician to become impersonal. Yet the creation and maintenance of relationships, however brief, is the building block of real satisfaction.

A Sufi story tells of a poet who went to a doctor and complained of all kinds of physical symptoms. "I don't sleep well, I get headaches, I have this rash," and on and on. The doctor asked the poet, "Have you recited your latest poem yet?" "No, I haven't." "Then would you please recite for me?" The poet did so. "How do you feel now?" the doctor asked. "Much better," replied the poet.

All healing is not as simple as reciting one's latest poem, but the dynamic of recognizing and honoring the needs of a client's soul is a much greater element of healing than most doctors recognize. What's happening in our body is intrinsically linked to what's happening in our mind. Richard Bach said, "Your body is your thoughts in a form you can see." To really be healed, we cannot simply address the symptoms. *We must address the source of disease, which always has something to do with a blockage or imbalance of our life force, and denying our spiritual expression. Restoring that expression leads the restoration of physical health.*

Doctors are instruments of God. The doctors I most remember most are those who have touched my soul. We all have the capacity to heal each other and ourselves at the deepest level, and we must. Let us meet where we really live.

Alan Cohen is the author of many popular inspirational books, including the forthcoming The Tao Made Easy: Timeless Wisdom to Navigate a Changing World. Join Alan in Hawaii this December 2-7 for his life-changing seminar Transformer Training to develop your skills and/or career as a teacher, healer, or leader. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

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By Coach Cary Bayer www.carybayer.com

My friend Gary, an acupuncturist and Nature photographer, often has chronic back pain. He sometimes gets relief from chiropractic, acupuncture, and massage, but sometimes pain is so bad he can't stand up straight. Once, while preparing his house for a visit from several childhood friends, pain was so intense he had to lay down.

When people hear that he was recently on a special photography vacation in Scotland's hills where every day there was significant hiking with camera and tripod through rugged terrain to take exquisite photographs he didn't experience back pain.

Coincidence?

Or was doing something he loves so much stronger than back pain? Better yet, doing what he most loves put him so much in the flow of being on purpose that this spiritual fact was greater than physical back pain and acted as a kind of holistic "medicine," more than acupuncture, chiropractic, and massage?

The relationships between Dharma and medicine is worth pursuing. By dharma, I'm referring to the performance of those activities that are most appropriate for a particular person.

Taking pictures with a camera in the Scottish highlands is not my dharma, but it is Gary's. There's much that we don't know about the relationship between what a person does and how his health is.

We do know, however, that an estimated 75-80 percent of disease is caused or complicated by stress. Drug dependence can add to this statistic, as well. We're well aware that health can be jeopardized when someone is out of the flow of things. There are jobs people hate but do — to pay the mortgage that are so harmful and toxic that they lead to heart disease and sometimes even death itself. But what about the other side of this equation?

Can doing what is most right for you keep you healthy longer and even help you heal existing diseases? With National Recovery Month upon us we know that sobriety can keep one healthy longer, too.

Together AZ Resources

TOGETHER AZ	602-684-1136	UnHooked	602-368-4471
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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		
TERROS	602-685-6000		

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
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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

A case in point close to home: I've been meditating since the age of 17 and teaching meditation since the age of 20. From the age of about four till the age of 16, I was getting weekly shots from my pediatrician for hay fever and rose fever symptoms.

These maladies affected me so severely that I literally could not walk past a lawn that was being mowed. My reaction to freshly cut grass was so intense that I would need several packages of tissues to rub my terribly itchy eyes and a bottle of Estivin to take the redness out of them. My nose also became terribly stuffed, so those tissues did double duty. To say that I was a mess was an understatement.

Things began to change when, at the age of 17, I started Transcendental Meditation, a wonderful technique for creating deep relaxation. Shortly thereafter, my symptoms improved somewhat. Within nine months of starting the practice I would say that symptoms had improved by a good 50 percent. Within two and a half years they had disappeared completely. I could have had two-hour picnic with my girlfriend while lawnmowers were working feverishly without any trace of hay fever or rose fever.

How do we explain such a dramatic healing?

Could it be that the practice of meditation, while certainly strengthening my immune system, might have contributed to the healing of these allergies? That would be the logical explanation by anyone who understands mind/body medicine, by anyone who comprehends the relationship between stress and illness, between the relaxing of the nervous system and the reducing of nervousness in that system. Perhaps the itchy eyes and stuffed nose were a nervous reaction to the presence of ragweed and pollen in my environment.

But what about the possibility that, because meditation is my dharma, doing it helped me heal these diseases? Maybe it was the connection to my dharma is what caused the healing. We might conclude, therefore, that living your dharma can help you become healthier and free of certain illnesses. Perhaps it can even extend longevity. And since prosperity includes financial abundance and abundant well-being, we can see that doing your dharma enhances your prosperity on both fronts.

Ways to Challenge Self-Critical Beliefs

By Margarita Tartakovsky, MS

What negative beliefs do you hold about yourself? What negative stories have been swirling inside your mind for years?

- You think you're terrible in general.
- You don't deserve happiness or compassion.
- You don't deserve to rest, to act on a dream, to leave a certain relationship.
- You think you're all alone.
- You think you're inadequate, unlovable and unworthy.

Are these beliefs really true?

Erin McKeen, LMFT, ATR, a licensed marriage and family therapist and registered art therapist, suggested using words and symbols to explore the beliefs you hold — and to recreate them into positive, reality-based beliefs.

For instance, "I'm a bad person" becomes: *"I have done some good and bad things in my life."* Draw a face with one half representing the good, and the other half representing the bad.

"I am alone" becomes: *"I have resources and I don't have to be alone."* You draw your friends, family and community.

"I am not likable" becomes: *"Not everyone has to like me, I can like myself."* Sketch a symbol of self-love, a portrait of yourself with a massive heart.

When you hold such deeply negative beliefs, one activity won't undo them. After all, they've likely been around for a while, and they're likely stubborn this is a helpful start.

Don't worry if you "can't" draw, sketching a few stick figures is totally OK.

Art-making, in particular, is powerful because it lets us access parts of the brain words cannot. "Many people find it feels easier, safer and more comfortable to express difficult feelings through art-making rather than [writing]," art therapist Hannah Wilson, LPC, ATR-BC, told me. It's because stressful and traumatic experiences are stored differently in our brains, which makes it harder to fully access them and their associated feelings with writing alone, she said.

"Art-making, as opposed to verbal processing, helps us get past our egos, defenses, over-thinking and analyzing in order to access what we're really feeling underneath."

Here are several other ideas:

Draw your negative beliefs. What do they sound and feel like? Capture your answers to these questions on paper. Describe your beliefs through the images you create. Putting them on paper is one way to release them. Though this might sound strange, think of the paper absorbing them. Picture yourself letting them go, as they flow from your mind to your notebook. Maybe rip the pages out, and toss them in the trash. After all, you've been carrying these beliefs for too long.

Pick one self-critical belief to explore. Write a story about a character who holds this same belief, and refuses to let go. Write about why they refuse

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to relinquish it, and why they're so convinced it's 150 percent true. Then write about this character changing their belief—and how they finally realized it's absolutely false.

Create a collage with uplifting and empowering quotes and images. Keep your collage somewhere visible, and turn to it any time you need a dose of inspiration or confidence boost.

Draw a portrait of yourself as a child. What beliefs do you want that child to grow up believing? Write them down. Can you start believing them? What might have to change so you do internalize them (which doesn't include changing your weight, shape or size)? Maybe you need to hang out with sincerely supportive people. Maybe you need to start feeling more comfortable in your own skin, and you begin by taking restorative yoga classes and sitting with your sadness (instead of avoiding it or judging it).

Your negative beliefs can feel like a permanent resident inside your mind. You think you'll feel this way forever. And ever. You might think it's hopeless, and things will never change.

But they can. And they will.

Find techniques that resonate with you (which may or may not be the ones above), and keep practicing them. Because they will help you to slowly and gradually chip away at the negativity and falsehoods. And the small steps will create significant strides.

(Source: PsychCentral.com)



Where Healing Starts and the Road to Recovery Begins...

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.

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HAPPENINGS, EVENTS & SUPPORT

Celebrate THE ART OF RECOVERY

September 22, 2018 FREE to the Public
celebratetheartofrecovery.org

Professional Events

Sept. 18—PCS Networking Luncheon, 12:15 -1:30 pm. 3302 N. Miller Road, Scottsdale. Register: Jacquee Nickerson, **480-947-5739**, email: pcs@pcsearle.com

Arizona Psychodrama Institute Full Day of Basics — Sept. 15 or Nov. 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.

Sept. 22— Celebrate the Art of Recovery - FREE to the public. Visit celebratetheartofrecovery.org. Keynote Speaker: Justin Luke Riley, Young People in Recovery Founder. Workshops, Resources and more. JOIN US! Phoenix Convention Center, Hall G, South Building. www.celebratetheartofrecovery.org. 602-684-1136, Barbara Brown

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

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.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

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-for-sobriety.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**.



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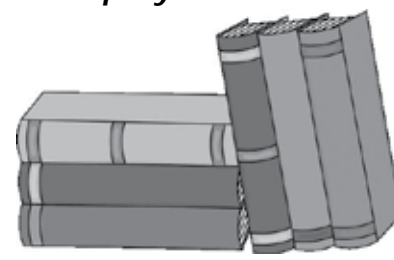
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Valley Hope Alumni Support. Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tues. 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open.

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 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.

EVENTS continued page 12

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Ages 18 & Older

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Tucson, AZ: 520-448-3272

EVENTS from page 10

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—Thursday6:30 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.da@gmail.com.

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

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



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ACA	aca-arizona.org
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