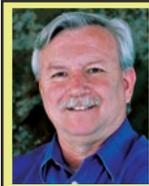


Together AZ



Inspiring Success On The Road To Recovery

V.2 — No. 3—December 2010



Understanding Anxiety
by Dr. A. David Wall



Feed the Hungry
by Alan Cohen



Children and Emotional Health
by Bobbe McGinley

Tips for a Stressless Holiday Season

This is the season to be stressful. Planning ahead, setting expectations and seeking support can reduce the levels of stress and depression during the holiday seasons, according to Valley Hospital in Phoenix.



“The holiday season can be fun with parties, gifts, good food and friendship” says Dr. Gwen Levitt, Medical Director at Valley Hospital. “And with its joys also comes the stress of spending too much money, staying out late, and indulging a little too much. It is important to maintain a healthy balance during this time so you do not become overly stressed and overwhelmed. Take care of yourself and practice moderation in all good things so you can start off 2011 in a healthy frame of mind and body.”

The three most common stress triggers during the holidays are finances, relationships, and physical demands. Valley Hospital offers some tips to keep the joy alive:

- **Plan ahead.** Avoid last-minute pressure by creating a plan and timeline. Set aside days for shopping, baking, entertaining, and relaxation. “I love to bake and never need an excuse. I start making cookies in the fall and freeze them in batches. This spreads the extra calories from tasting samples over weeks rather than days.”
- **Set a budget.** Creating a budget, and sticking to it, can eliminate much of the stress related to holiday spending. Pay cash when you can to reduce holiday spending surprises on the January credit card statement. Don't forget you can't buy happiness, so shop wisely. “I think the holidays really should be for the children. Besides most of the adults in my life do not need another trinket so we take the money we would use to buy a gift and donate the cash to a worthy charity.”
- **Keep it simple.** Prioritize the activities that will have the most meaning and

Stressless Holiday continued page 8

Sober and Grieving

By DAN STONE, MSW, LCSW, LISAC, CT

It has been said that the only guarantees in life are death and taxes. This applies to everyone whether they are in recovery or not. Various aspects of the grieving process, however, hold special challenges for recovering alcoholics and addicts.

Everyone grieves uniquely. In the past it was thought that there are predictable stages that griever must go through to achieve acceptance of the loss. Twenty-three years of personal and professional experience tells me that, when it comes to the process of grieving, one size does not fit all. In my private practice and also at Cottonwood Tucson where I work as a grief counselor, I have conducted grief therapy with newly clean and sober clients, and found, time and again, that they respond to their losses differently. I have discovered that, in working with clients like these, the treatment of grief requires an individualized approach.

Grief, Addiction and Recovery

In 1997 I had been working at Cottonwood for two years. One of the assignments that patients at that time presented in primary group was a timeline in which the patient depicted significant life events and how these events impact on their lives in the present. Viewing these timelines, I often observed that directly after the occurrence of tragic life losses in these patients' lives, it appeared that their substance use spiked—sometimes dramatically. In some cases the loss triggered a downward spiral of using and depression that ultimately resulted in admission into treatment. I was drawn to learning more about how grief, addiction and recovery effect each other and how I could help newly sober people negotiate their grief more adaptively. I came to believe that if life losses were not adequately addressed in treatment, the neglect of this would be a contributing factor in potential relapse. My own experience of loss also reinforced my emerging viewpoint.

My father died in February of 1986, a time when, sadly, I was not yet sober. My response to that loss was that I used more of the substances I was then addicted to. Throughout the initial mourning rituals of my religion, I was physically present but emotionally checked out and unavailable.

In November of 1987 I hit my bottom and began a new journey of recovery and hope. As my body and mind healed, an interesting phenomena occurred when I had about three months of sobriety. I was now remembering my dreams as my sleep pattern began to normalize.



“Suddenly the world is no longer as safe and predictable a place as it had earlier seemed. We are propelled into a strange and terrifying landscape. Nothing is the same as before.”

One night I dreamt that I was in a New York City subway car. The car was empty with the exception of someone sitting next to me. That person's role in the dream was to listen to me as I spoke of the new hope I was experiencing in recovery. In the far corner of the car a person was reading a newspaper. The paper was shielding their face.

As I spoke of my new life, the person in the corner put down the newspaper and stood up. It was my father but not as I remembered him. He was not the eighty-two year old who had recently died from pancreatic cancer. He looked like he did in photos I had seen of him in his twenties, healthy, robust with dark hair – the prizefighter he had been in his youth. I said, “Dad! What are you doing here! You're dead!” He replied, “I just wanted to tell you to keep doing what you're doing. It's going to be O.K.”

I woke up with tears running down my face. Shortly afterwards I went to his grave at the cemetery. Standing by his tombstone I wept as I spoke to him about my life. I walked back to my car feeling relieved - as if a weight had been lifted from my shoulders.

Over the next ten years I continued my pursuit of recovery and eventually entered my current profession as a therapist. In 1988 my mother died of a stroke at the age of 81. I left Tucson to go to her bedside as she lay in a coma. During a seven-day death vigil, I stayed in touch with my recovery support system and received support from new friends I met at 12-step meetings in Florida. When my mother finally died, I was there to hold her hand and talk to her in her last moments.

My mother's death helped me to realize that as an alcoholic working a spiritual program I was able to cope with adversity differently than when I was using substances. I was supported every step of the way and I found that I could be there for my family as well as for myself. This was a real contrast to the time when I lost my father and was self-medicated and thoughtless of the needs of others.

In grief, recovering people experience the same struggle as “normies.” We too are faced with the tasks of accepting the reality of the loss, experiencing our feelings, coping without

the loved one we have lost and accommodating to a world that has changed.

The Rituals

Participating in mourning rituals often involve interactions with family members. Many cultures celebrate the passing of a loved one with wakes, funerals and the like. Participating in these ceremonies can often be problematic for those new in recovery. To be thrust into a situation where family members might be drinking is difficult enough. When this is compounded with unresolved family conflicts and mistrust of the recovering person, the chances of relapse increase. Even when we are mindful of this risk, we often feel an obligation to attend and somehow we must find a way to cope.

Many recovering addicts and alcoholics come to the realization that their grieving process had been delayed or postponed until their recovery began. This fact, I think, is evident in my story and also in the stories of many clients I have worked with. As a grief counselor I have adopted the position that I am “companionship” people in the first fitful steps of their journey through grief. By accompanying them on the first stage of their journey through the grief process, I am able to help them to narrate the story of their loss without judgment. This task is of paramount

Sober and Grieving continued page 12

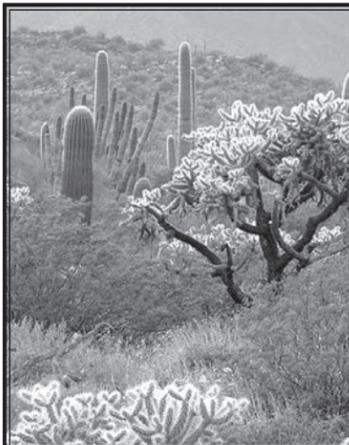


Dan Stone, MSW, LCSW, LISAC, CT is a social worker and counselor who specializes in addictions and grief. He has had a private practice in Tucson since 1999. Dan is a counselor at Cottonwood Tucson, a co-occurring disorders treatment facility for adults and adolescent females. Cottonwood Tucson offers a unique treatment approach

to recovery, putting health and wellness as the central component of healing from addiction and behavioral health disorders. For more information about Cottonwood Tucson and the programs they offer, visit www.cottonwoodtucson.com or call toll free 1-800-877-4520.

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relationships

By DR. DINA EVAN | WWW.DRDINAEVAN.COM

The Gift of Gasps

We need comfort, gentle greetings and hugs, food created by caring hands, intuitive pinches of herbs and an atmosphere that feels like home. I didn't realize how much I needed that until I walked into a restaurant on 16th Street in Phoenix called Gasps. The minute I entered it took me back to sitting on the patio of the best Italian Restaurant in West Hollywood, surrounded by friends, breathing air filled with sweet conversation and good feelings. For the past 10 years, since leaving L.A., I have longed for that feeling.

Sometimes gifts don't come wrapped, they come in Italian hugs from Maria, or Gasper's sweet smile popping up at your table or the luxury of watching a diverse group of people care about each other and feel as if they were invited to the Maria's home. Where else can you go where the wife of one of the couples you've never met, sitting at the next table, insists you try a bite of her cannoli? It's amazing.

Maybe this is the time

Are we so caught up in surviving that we have forgotten the things that feed our soul? Genuine hugs. A loving touch on the shoulder as someone walks by. A greeting that expresses true joy that you've arrived. Being treated like you matter. These sweet moments, that should be commonplace, are so rare these days that we are surprised when they arrive. For many, life has become rude. It smacks people around, takes their homes, their jobs and their aliveness and leaves them stunned, still standing, but questioning the purpose of it all. Maybe this is the time to reach out to each other with the warmth and caring that somehow got lost in the shuffle between fights about health care, the housing market and divisive politics. Minds, bodies and spirits are tired. They deserve to be nurtured.

This holiday we are doing Christmas differently. We are making soup and our gifts are only those that can fit into a stocking. We are going to get the games out, get the laughter started and reconnect. For years, we have all been chasing happiness and we forgot it was across the table. We all want happiness. We all want to avoid suffering. These hard times act as a reminder that real happiness isn't found in a gift box or a stock portfolio. Letting go of the externals and moving into the oasis of loving kindness, genuine connection and grace is the only thing that truly feeds our soul.

We have to expect that life will be messy and hard. We have to expect that people will disappoint us. We have to expect that those we love are less than perfect and so are we. It's not a negative or defeatist attitude. This is simply life happening and we have to learn to

embrace the uncertainty of it all. However, in the midst of life happening we must feed our spirits so that when life catches bit, we have the strength to pick ourselves up and move on. There is a need for balance.

We also need to let go of expecting things will ever be the same. They won't. We have transitioned into a whole new era, one in which most of us will have to work harder and longer, have fewer extras and less down time. We won't be able to count on the government or the financial systems taking care of us. That's actually not bad news. It's time we grew up and had more self-reliance. Who is truly more capable of taking better care of you than you? We lost trust in ourselves and we need to get it back.

This is an era when we can co-create the reality in which we live. Instead of "I hope the war ends soon," we can be ending the war-like attitudes we still hold inside, the prejudices, the judgments, the separations.

We can increase self-reliance by looking back, behind us, at all the challenges we have overcome in life and reminding ourselves that whatever rises in the road before us today... we can handle.

It's time to gather the conscious heroes and heroines around us. The people who are willing to be different, the conscious pioneers in families, businesses and life who are standing up for the things that really matter. Things like truth, honesty, presence, personal responsibility and compassion. These awake pioneers stand up for matters of character, the heart and soul. We need them in our personal circles. We need to be one of them ourselves.

"Things often fall apart so that they can come back together more perfectly."

We can embrace the lessons life is offering us in every moment. Every experience we are having is in service to the growth of our soul even when we don't see it. War, peace, love, hate, wealth, poverty, grief and joy are all things we can learn from. We can learn through our responses to all of it. In the midst of our responses, we discover who we really are.

There is a sign in my office that reads, "Things often fall apart so that they can come back together more perfectly." Perhaps this is all happening in perfect order and if we embrace it, we'll not only get to the other side, but we will come out better for the experience.

Look across the table, take time to focus on the blessings, your next breath, the next

Gift of Gasps continued page 4

publisher's note



Facing the Feelings

By BARBARA NICHOLSON-BROWN

For anyone who has faced a personal loss, whether it is a loved one, pet, or relationship—feeling the feelings and moving through them can be difficult work. Grief is not one size fits all. It can be a devastating process for anyone, especially those in early recovery.

Many of you know this year I lost my "best friend, partner, husband and confidant." Bill was so many things to me all wrapped up in one wonderful man. If anything... this loss was surreal for me the first few months and it still can be at times.

When the shock and numbness began to wear off I had no idea what was in store. While I had read books which talked about the stages of grief, I've come to realize my experience with grief is as individual as my fingerprints. This hasn't been easy—yet through it all one thing has remained intact—my sobriety.

With the support of friends, family and colleagues, and a kind and loving Higher Power my commitment to recovery is more precious than ever.

I've learned the stages of grief sway back and forth. Everything is different. Learning to accept what is—can be a challenge. Yet, within all the feelings of loss, I am in gratitude for the 16 wonderful years I shared with a man I know I'll be with again, in God's time.

My thanks to Dan Stone for an insightful feature on grieving and how we can maintain our sobriety through the trying times of our journey. Reaching out for help is often the prescription we need to carry us through the valleys that are part of life.

The M

Within these pages you will find Magellan of Arizona's insert The M. As the Regional Behavioral Health Authority for Maricopa County, Magellan Health Services of Arizona serves as a critical point of connection to the more than 80,000 individuals who have experienced life challenges as a result of mental illness and substance abuse. Magellan gives these individuals voice and choice to realize their desired outcomes and supports them with caring, unrivaled customer service that is sensitive to the diversity of our communities.

Sobriety and the Holidays

Whether you are new in recovery or someone with 30 years, holidays can be filled with emotional highs and lows. It is always advisable for those of us in recovery to have a plan in place which includes a strong support system and plenty of phone numbers. There are plenty of safe gatherings across the Valley for the recovery community, join in and experience the gift of recovery this holiday season. Stay safe, be happy and health

From all of us at *Together AZ*, HAPPY HOLIDAYS

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www.togetheraz.com
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FOUNDER & CEO: H.P.

In gratitude and the memory of
William B. Brown, Jr.

Publisher/Managing Editor
Barbara Nicholson-Brown

Contributors

Josh Azevedo
Cary Bayer
Alan Cohen
Dina Evan, Ph.D.
Dr. Marlo Archer

Bobbe McGinley, MA, MBA, CCGC, NCCII, LISAC

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Ariz. Legalizes Medical Marijuana After All

A measure to legalize medical marijuana in Arizona passed after trailing in the polls throughout almost two weeks of vote-counting, *The Arizona Republic* reported Nov. 13.

The Arizona Medical Marijuana Act, or Proposition 203, passed by 4,341 votes out of 1.67 million counted; provisional ballots, cast by voters whose eligibility had to be verified, turned the tide. Arizona is now the 15th state in the nation to legalize medical marijuana, although the federal government has not approved its use.

Under the measure, physicians can prescribe marijuana for patients with "debilitating medical conditions, including cancer, glaucoma, HIV/AIDS, hepatitis C and Alzheimer's disease." Patients, who will be required to register with the state health department, will be able to purchase up to two-and-a-half ounces of marijuana every two weeks at licensed dispensaries, or to cultivate their own plants if they live too far away from approved outlets.

Under the measure, only 124 dispensaries—which must be run by non-profits—will be formed at the outset. The number of dispensaries allowed by the measure is proportionate to the number of the state's operating pharmacies. The state has 120 days from Nov. 29 to finalize its rules governing medical marijuana, and should commence a review of applications from patients and would-be dispensaries as of April 2011.

Carolyn Short, who chaired **Keep AZ Drug Free**, the campaign opposing Proposition 203, said the new measure was only a "concept" and that it would make marijuana available to everyone.

Andrew Myers, who managed the Arizona Medical Marijuana Policy Project's campaign for Proposition 203, acknowledged that some voters were worried that the proposed program would be loosely run and resemble programs established in California and Colorado. He said the new program

would be strictly regulated. "It's up to us now to prove them wrong and assuage those concerns," he said.

Momentum Builds Against Alcohol Energy Drinks, "Blackout in a Can"

The onslaught of national attention to Alcohol Energy Drinks (AEDs), dubbed "blackout in a can" by many, continues to pick up steam. After a series of national media reports from the *New York Times*, *ABC*, *CBS* and other major outlets about several recent alcohol poisoning cases linked to AEDs, the products are back in the news full-force.

In 2008, a group of state attorneys general, aided by The Center for Science in the Public Interest and other groups, successfully pressured Anheuser-Busch and MillerCoors to drop premixed, sweetened alcohol energy drinks from their product lines.

Since then, AEDs with even higher alcohol concentrations, such as Joose and Four Loko, have gained popularity with college-age and younger youth as a cheap and easy way to get drunk. The sugary, fruit-flavored beverages mask the flavor of alcohol, and the caffeine fuels a dangerous perception of being able to "party all night"—that is, drink harder and longer. With AEDs getting renewed attention from many corners of the media as colleges, state alcohol control boards, and advocacy groups spring into action. (Source: *JoinTogether.org*)

'You've Got Drugs!' V: Prescription Drug Pushers on the Internet

This report by The National Center on Addiction and Substance Abuse (CASA) at Columbia University documents the widespread advertising and offers of sale for controlled prescription drugs, like OxyContin and Valium, Xanax and Vicodin, and Ritalin and Adderall, online and without a prescription.

- CASA identified a total of 365 web sites either advertising or offering controlled prescription drugs for sale on-line; only

NEWS continued page 10

When it comes to addiction, there's no discrimination...



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Children and Emotional Health

By **BOBBE MCGINLEY**
Clinical Director/CEO of ACT – Counseling & Education

To thrive children require pleasure and fun and be stimulated by age-appropriate challenges. They also need to experience legitimate suffering. Over indulging or over-submissive parents are abandoning and abusing their children by not allowing them to experience normal amounts of pain that life brings.

A child needs their parents to be dependable, to count on them as they test their personal limits. Testing of limits is a requirement for identity formation. It demands there be a reasonably healthy solid person available for a child to push against.

A sense of warm contact tells them there is someone they can depend on. Our hope for getting our dependency needs met depends on this. If we feel the warmth of an emotionally available person, we begin life with a sense of trust. We believe the world is friendly and warm. If our mothering person is not there for us emotionally, we will experience mistrust. We will have to create a fantasy bond, an illusion of connectedness, in order to go on. *Here comes our next generation of alcoholics and addicts.*

Kids have a need for physical space. This is the foundation for physical boundaries. Each person is unique, with a basic need for individuality, autonomy and difference.

There is strong agreement the children we once were live in us as a complete energy state of feelings, thoughts and desires. If our developmental dependency needs were not met, the energy which would have accrued in the resolution of each developmental stage is blocked and is mostly composed of blocked emotions.

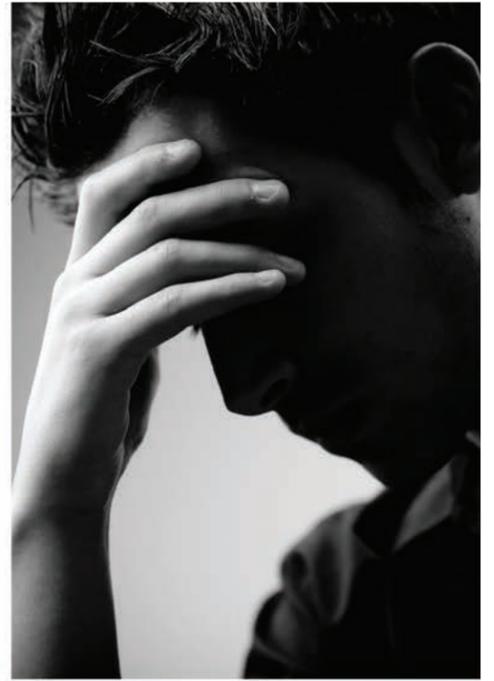
In infancy, the emotional need is trust. If this is not met, one moves on to their next stage—wounded. It will be more difficult to experiment and separate from mother if a child does not have trust. Later in life, every time that person goes into a new situation, issues of infancy will surface. *And here comes our next generation of alcoholics and addicts.*

Children need to be valued for the special person they are. They need to see all of their emotions in the eyes of their caretakers as they interact with them. All of their emotions, needs and drives need to be echoed back so they develop a sense of themselves and establish an inner unity. If parts of a child are accepted (when they giggle and coo) and other parts are rejected (when they have a temper tantrum) those parts get split off. Each time they feel those parts of themselves; their internalized parents eyes and later, voices reject them. The rejected parts of self (most often our sexuality, anger and aggressiveness) operate underground. They continue to grow outside our consciousness and have a life and power of their own.

Too much shaming creates the internalized shame that is covered by obsessive control and perfectionism. Here you can plainly see the generational cycle. The compulsive controlling parent shames the child who will be an adult with a compulsive controlling immature child inside. Again, here comes our next generation of alcoholics and addicts.

In healthy family systems, guilt forms the conscience. It makes one accountable and responsible. Guilt is developmentally more mature than shame. It presupposes the presence of some internalized values. Guilt is

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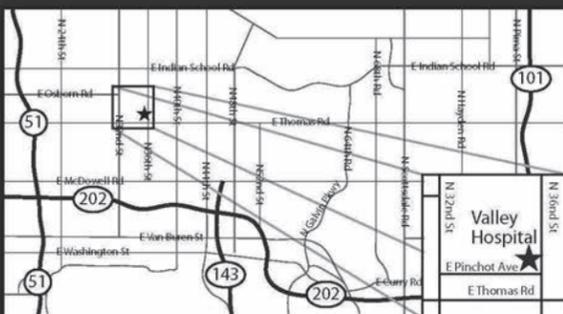


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the feeling of regret one has about behavior that violated a sense of personal value. A program developed to teach children these differences and validate them as "precious people" is a wonderful beginning to stopping a destructive cycle and bringing a family back to values and standards before addiction can tear them apart.

Bobbe McGinley is a nationally known speaker, presenter and trainer, consulting many different industries about problem gambling. She has been published and currently travels the country assessing treatment programs and writing gambling treatment components. For more information 602-569-4328 or visit www.actcounseling.com.

Contact Bobbe for information on PITCH4KIDZ program. ■

Gift of Gasps from page 2

sunset, the people who love you and then go get busy helping someone else who needs you. Nothing fills your heart like being in service. Peace of mind comes from the peace in your heart.

Perhaps, when Henry Miller said, "I have no money, no resources, no hope. I am the happiest man alive," he knew something. He knew that happiness comes from the things unseen and just between you and me, I think he had just been to Gasps. Happy Holiday from all of us at *Together AZ*. We wish you mind-boggling love. ■

Dr. Evan is a life/soul coach in Arizona working with individuals, couples and corporations. For more information call 602-997-1200, email her at drdbe@attglobal.net or visit www.DrDinaEvan.com.



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2010 Arizona Youth Survey reveals troubling levels of violence among youth

According to a statewide survey that included more than 60,000 students, Arizona students are experiencing and/or participating in frequent incidences of violence and bullying as self-reported in the 2010 Arizona Youth Survey.

The Arizona Criminal Justice Commission (ACJC), with support from the Governor's Office for Children, Youth and Families, Arizona Department of Health Services (DHS), the Department of Gaming's Office of Problem Gambling and with technical assistance from Bach Harrison LLC., conducted the 2010 Arizona Youth Survey to assess health risk behavior and measure the prevalence of substance abuse—including alcohol, tobacco and other dangerous drugs—behavior among Arizona 8th, 10th and 12th graders.

The survey includes questions concerning other risky behavior such as bullying, violence and gambling. The 2010 survey was administered in Arizona's 15 counties representing 372 schools for a total sample of 63,784 valid survey respondents statewide. State and county profile reports are available at www.azcjc.gov. The full state report will be available in late December.

Teen dating violence and bullying

- Nearly one in five youth (17.3 percent) reported being physically assaulted by a boyfriend or girlfriend in the 12 months prior to completing the survey.
- More than one of every four youth (29.1) youth report being bullied at school in the past 12 months
- Nearly 15 percent (14.9) of youth reported attacking someone with the intent to seriously hurt them in the 12 months prior to taking the survey.
- More than one out of every ten youth (11.9 percent) reported having seen someone shot or shot at in the past 12 months.

"The AYS data suggests that our children are being exposed to extremely violent incidents," said Stevenson. "Approximately two-thirds of our youth have seen someone punched, kicked, choked, or beaten up, nearly 18 percent witnessed someone being attacked with a weapon, and more than one of every ten youth reported having seen someone shot or shot at in the 12 months prior to completing the survey."

"We must do more to address bullying behavior in our schools and create an environment where youth feel safe to learn," said Stevenson.

Overview of Significant Arizona Drug Use Findings

The 2010 survey indicates decreases in drug use in both lifetime and past 30-day use in more than half of the substances measured. There were increases in the reported use of marijuana, hallucinogens, heroin, ecstasy, sedatives, over-the-counter drugs and chewing tobacco. The overall results indicate a slight increase in some substance use and a slight decrease in other areas of substance use since the 2006 Arizona Youth Survey.

"The survey is the best source of data in this state on youth behavior and the circumstance under which they live," said Phillip Stevenson, director of ACJC's Statistical Analysis Center. "These data should be reviewed and discussed by prevention and service organizations across the state to inform their policies and practices."

This type of detailed, quantitative research is preferable for decisions in public policy. Various state and local prevention coordinators will be able to analyze the AYS report results to tailor prevention programs to the needs as reported in the AYS.

"As we continue to face serious fiscal challenges and budget cuts, this level of detailed data that the AYS provides allows policy makers to determine the most effective ways to use limited funding. AYS data allows for this type of informed decision-making," said ACJC Executive Director John Blackburn Jr.

Alcohol Use

Alcohol (31.9 percent) continues to be the substance used by the largest percentage of youth in the 30 days prior to completing the survey, although that total has decreased slightly from 2006 (34.4). The percentage of students in all three grades who admit to having consumed alcohol at least once in their lifetime was 58.2 percent, a decrease from 61.7 percent in 2006. The numbers are higher for high school seniors only. Nearly three out of four 12th graders reported drinking alcohol at least once in their lifetime.

Cigarette Use

Cigarette use increases with increased grade level. In the month prior to taking the survey, 14.7 percent of Arizona students have used cigarettes, and 34 percent have used cigarettes at least once in their lifetime. The lifetime use dropped from 39.6 percent in 2006. While there has been no significant decrease in 30-day use of cigarettes, there have been meaningful decreases in lifetime cigarette use between 2006 and 2010, which represents a downward trend for nearly a decade.

"The survey is the best source of data in this state on youth behavior and the circumstance under which they live."

Marijuana Use

After modest decreases for several years, reported marijuana use increased among 8th, 10th and 12th grade students between 2006 and 2010. In the past 30 days, 14.8 percent of 8th, 10th, and 12th graders have used marijuana at least one time, a modest increase from 13.1 percent reported in 2006. For lifetime use, a total of 29.9 percent of Arizona students reported using marijuana, compared to 29.2 percent in 2006. Marijuana use had been trending downward for several years until 2010.

Inhalant Use

While use of other drugs tends to increase with increased grade level, a common pattern for inhalant use is to peak in middle school and decline significantly after the 8th grade. In 2010, 1.5 percent of 12th graders used inhalants in the past month and 5.6 percent of 8th graders reported using inhalants in the past month. The difference in inhalant use trends may be related to the fact that younger students have more access to inhalants than they do other drugs.

Methamphetamine Use

The 2006 AYS administration was the first in which survey respondents were explicitly asked about their lifetime use of methamphetamine. Compared to the 2006 results, the 2010 results indicate a decline in meth use among all grades. In 2006, 1.3 percent reported having used in the last 30 days and 4.3 percent of survey respondents reported ever using methamphetamine. In 2010, .4 percent of students reported using methamphetamine in the previous 30-day period, and 1.5 percent reported ever using methamphetamine.

Past-month use rates by grade indicate that in 2006, 1 percent of 8th graders had used methamphetamine; 1.7 percent of 10th graders had used methamphetamine and 1.4 percent of 12th graders had used methamphetamine.

In 2010, lifetime use rates by grade indicate that .7 percent of 8th graders have used methamphetamine; 1.6 percent of 10th graders have used methamphetamine and 2.5 percent of 12th graders have used methamphetamine. These are significant reductions. ■



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The Alternative

The alternative I suggest is not to immediately say, “No,” but rather, to invoke the powerful principle of saying, “Yes, when...” which is the process of teaching children what they need to demonstrate in order to get the “Yes” answer. Some parents try to use this approach by telling their kids they can have a pet when they have enough money to feed it

or when they keep their room clean, but they don't go the step further and actually teach the child how to do those things. Thus, the child never learns. The second part of the process is to set up the circumstances by which the child could actually learn and demonstrate whatever is necessary.

Let them be a pet owner in training

Set up a laboratory in which they can learn the required behaviors. The following are suggestions, but you can certainly make the tasks simpler or more complex, depending on how much of the pet care you're actually willing to take on yourself.

Tell your child it is a life and death matter that a dog gets daily food, water, and disease-causing waste is removed in a timely manner and that you cannot risk the life of a real dog until the child proves himself able to perform such tasks. Have the child draw and name a dog. Have the child use his or her own money to buy a food dish, a water dish, and a small bag of food. If the child also wants to buy the animal a toy or two, great, just remember to tear them up in about a week.

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3. Eat a healthy diet rich in whole grains, vegetables, and fruits, and substitute healthier mono-unsaturated and polyunsaturated fats for unhealthy saturated fats and trans fats.
4. Take a daily multivitamin, and get enough calcium and vitamin D.
5. Maintain a healthy weight and body shape.
6. Challenge your mind.
7. Build a strong social network.
8. Protect your sight, hearing, and general health by following preventive care guidelines.
9. Floss, brush, and see a dentist regularly. Poor oral health may have many repercussions, including poor nutrition, unnecessary pain.
10. Discuss with your doctor whether you need any medication—perhaps to control high blood pressure, treat osteoporosis, or lower cholesterol—to help you stay healthy.



Task the child with putting out fresh food and fresh water every morning and every afternoon. Check the bowl every morning and every afternoon. Each time you find food and water in the bowls, empty them and compliment your child. If you find that the virtual dog has no food or water, inform the child that the dog has died and that they need to start over. Have the child draw a new picture and name another dog. Tell the child that soda cans are going to represent poop. Place soda cans in the yard several times a day and check every night that the child has cleaned up the pet area. If he has not, inform him that the dog has gotten sick and that if the poop is not cleaned by tomorrow, the animal will die and they'll need to start over.

Let them know they need to carry out their virtual pet owner duties for 30 consecutive days before they will be able to get a pet. Any kid who successfully completes such a challenge is probably ready for a pet and the ones who aren't willing to work that hard will stop asking. Either way, problem solved! ■

Dr. Marlo Archer is a licensed psychologist specializing in working with kids, teens, and their families. She can be reached at www.DrMarlo.com or 480-705-5007.

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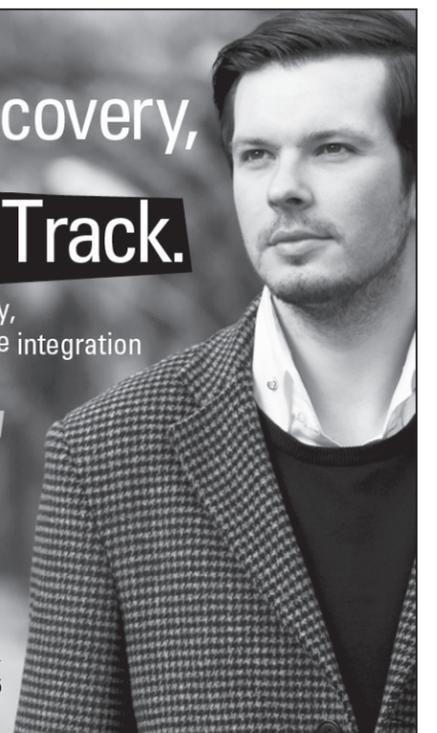
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CALENDAR OF EVENTS

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DECEMBER EVENTS

DEC. 1—FREE—ST. LUKE'S BEHAVIORAL HEALTH Center Clinical Breakfast Series, 8:00-9:00 a.m. **Dave Wilsterman, Chaplaincy Coordinator Cultural Competency Series 3: Spiritual Dimensions of End of Life Care.** Behavioral Health Center Auditorium, 1800 E. Van Buren. Free CEU. Breakfast, networking. Chip Coffey, 602-251-8799. pcoffey@iasishealthcare.com.

DEC. 2-5 and FEB. 10-13—Tucson—Cottonwood Tucson – InnerPath Developing Healthy Relationships Retreat. Four-day intensive retreat for couples who need to work on communication, boundaries, anger, maintaining connection and recreating passion. Facilitated by **Rokelle Lerner**. Visit www.cottonwoodtucson.com or call Jana at 520-743 2141 or email at jzeff@cottonwoodtucson.com for information and registration.

DEC. 6-10—Tucson—Cottonwood Tucson – InnerPath Beginnings & Beyond Retreat. Five-day intensive retreat is tailored to meet the needs of those individuals who want to make healthy changes in their lives. Facilitated by **Rokelle Lerner**. Visit www.cottonwoodtucson.com or call Jana at 520-743-2141 or email at jzeff@cottonwoodtucson.com for information and registration.

DEC. 10—Phoenix—“Gratitude for Giving” Celebration, 8:30 a.m. Arizona Biltmore. Join us in honoring professionals in the Phoenix area for their years of giving to others. Visit www.SierraTucson.com for more nomination/registration information.

DEC. 13—7:00-8:30 p.m. FREE LECTURE SERIES. The Meadows presents—“**Stress Management**” with Charlie Atkinson. For information: Meagan Foxx, email: mfoxx@themeadows.com or call 866-633-5533/ 602-531-5320.

DEC. 17—11:30 TO 1:00 “SPEED DATING” FOR THERAPISTS ©. Light, informal and fun marketing opportunity, get to know each other as people as well as professionals and become part of a collective long-term referral base. Inner-Work Counseling 3231 S. Country Club Way #111 Tempe AZ. Bryon Sabatino 480-221-1013. No fee, no RSVP.

LOOKING AHEAD

JAN. 10-14, and APRIL 11-15—Tucson—Cottonwood Tucson – InnerPath Women's Retreat. Five-day retreat has been designed especially to meet the needs of women who are re-evaluating their relationships, their priorities, and their sense of self. Facilitated by **Rokelle Lerner**. Visit www.cottonwoodtucson.com or call Jana at 520-743-2141, email: jzeff@cottonwoodtucson.com for information and registration.

JAN. 10—Marriage Counseling Workshop with M. Gary Neuman, LMHC. Chapparal Suites, 5001 N. Scottsdale Road, Scottsdale. Presetned by Jewish Family & Children's Service Aleinu Network. 3 Contact hours. Cost \$40.00 RSVP online www.jfcaz.org. By phone 602-567-8327.

FEB. 2 – 6, 2011—Tucson—Certified Sex Addiction Therapist (CSAT®) Training, Module 2, for professional therapists, presented by IITAP,

hosted by Sierra Tucson at Sierra Tucson and Tucson El Conquistador Golf and Tennis Resort. Training Facilitator: Stephanie Carnes, Ph.D. 30 CECs available at this 5-day Module 2 Training; Modules 3 and 4 to be presented at a later date. Registration required by January 19, 2011. For information, visit www.SierraTucson.com or contact IITAP staff at 480-575-6853 or (toll-free) 866-575-6853.

ON GOING SUPPORT

DEC. 1, HAZELDEN'S Phoenix Alumni and Friends Monthly Meeting. First Wednesday of each month. Best Western Papago Inn, Lloyd's office, 7017 E McDowell Road, Scottsdale. Twelve Step format and is peer led. Contact lorenberg@earthlink.net or farleylloyd@gmail.com.

PATHWAY presents **CHOICES.** Teen workshop/support group, activities night open to all teens ages 12 to 21. 480-921-4050 or email: zeebies@msn.com. Gilbert location.

Beginning January 8 - 10AM. Incests Survivors Anonymous ISA meeting in Phoenix—Freedom Hall (corner of 12th Street & Highland). Contact Gloria, 602-819-0401

WOMEN'S LIFE ISSUES GROUP—For women struggling with life issues related to their spouse's sexual addiction and resulting trauma. Facilitated by Jacqueline Scorza, MC, LAC (Under the supervision of Raymond Branton, Psy.D) and Jennifer Smithson, M.ED., NCC, LPC. Mondays 7-8:30 p.m. Ongoing basis to new group members. Jacqueline or Jennifer 480-730-6222.

ROADMAP to LIFELONG SOBRIETY. For individuals who desire Relapse Prevention. Facilitated by Cristi A. Soiya, MAPC, LPC, LISAC, NCC. 10149 N. 92nd St. Ste. 103. Scottsdale. Ironwood Square Office Park \$75 per group session. 602-989-2837. 6:00-7:30 p.m.

ACOA (Adult Children of Alcoholics) Thursdays, 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd, Scottsdale. Contact: John V. 602-403-7799

FAMILIES ANONYMOUS—12-step program for family members of addicted individuals. Two locations: Phoenix and Scottsdale. For details call 800-736-9805.

PILLSANONYMOUS—Tues: 7:00 p.m., Glendale Community Church of Joy, 21000 N. 75th Ave. Tuesday: 7:00 pm, Mesa- Open Discussion. St. Matthew United Methodist Church, 2540 W. Baseline Road Room B 14, Mesa. Jim 480-813-3406, Meggan 480-241-0897. Wed: 5:30 p.m. North Scottsdale Fellowship Club, Room 3, 10427 N. Scottsdale Road, Thurs: 7:00 p.m., Phoenix, Desert Christian Church Rm. D-2, 1445 W. Northern. Janice 602-909-8937.

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Friday meetings 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other Hurts, Hang-ups and Habits. 1825 S. Alma School Rd. Chandler. 480-963-3997. Pastor Larry Daily, email: larrydaily@chandlercc.org.
continued on page 11



By Dr. A. David Wall

REMUDA RANCH, PROGRAMS FOR EATING AND ANXIETY DISORDERS

Understanding Anxiety

After church, my family and I sat around a table drinking coffee with a long-time friend, discussing nothing of importance. Somehow the subject of reading came up. My 22-year old son, Ian, who never misses an opportunity to poke fun at his 18-year old sister, declared that Emily was addicted to reading, but only to the books that involved teenage angst. His use of the word angst caught my friend off guard. We joked about us never having used a word like angst when we were teens.

Angst is, "...a strong feeling of worry about what you should do, how you should behave, or what will happen in the future." [i] Most of us have gone through periods of angst, whether it's about the purpose of our lives, a specific circumstance, or a momentous and enduring change. Angst is one of those words where the meaning is captured by its sound. Angst provokes an image of wrestling with some conflict that threatens our sense of well-being and balance. Angst also involves a deep awareness that we are not fully in control.

In and of itself anxiety is not pathological. Many years ago, a patient in her late 20s asked me for help with her anxiety disorder. I asked her to describe her anxiety and its cause. She told me her husband was physically abusing her and having an affair with her best friend. "You don't have an anxiety disorder" I exclaimed, "Your anxiety is doing exactly what it was designed to do." I went on to explain that her anxiety was a healthy response to a very unhealthy situation.

Anxiety is a warning signal that motivates us to avoid or escape danger. Once we are safe, the anxiety usually begins to subside. However, anxiety can be excruciatingly chronic. There isn't always a quick escape, and anxiety can linger and become a period of angst.

Anxiety can also cause psychiatric disorders when the experience of anxiety goes well beyond what the situation creating the anxiety warrants. Many people have a fear of meeting new people. However, if this anxiety causes significant impairment to the individual's life or causes marked levels of distress, social phobia may be diagnosed. [ii]

Genetics plays a primary role in the development of anxiety problems/disorders. An experience I had on an airplane can illustrate how this happens. We were taxiing to the runway when the pilot pulled over and announced that a warning light had come on. Ultimately we learned that the problem was the warning light itself, which lit up unnecessarily. We have warning lights in our brains that the same thing. Like the plane, our neurological warning lights can be activated by false information. This happens to all of us, but some are born with warning lights that fire off too quickly and often erroneously. This is referred to as overestimation of harm/risk.

Post-Traumatic Stress Disorder

(PTSD) can occur in response to extreme trauma. Genetics do not cause people to experience trauma, but genetics play a significant role in determining whether the trauma results in PTSD (e.g., nightmares and flashbacks). People are also born with a strong propensity to develop Obsessive Compulsive Disorder (OCD) which involves extremely distressing, persistent and unwanted thoughts, images (e.g., picturing themselves engaged in a behavior that is repugnant to them), or impulses (e.g., hurting a loved one). Unlike an angry person trying to control his behavior, these feelings are completely alien and abhorrent to the individual.

The genetic evidence is strong for OCD and specific problem areas in the brain have been identified. What the individual with OCD inherits is an extreme tendency to doubt things like whether or not she shut off the stove. Even when there is no realistic reason to worry, they cannot shut off the doubt. There is an overwhelming need to reduce the anxiety resulting in repetitive rituals. Fortunately, there are highly effective treatments for OCD and other anxiety disorders.

How do we deal with everyday anxiety?

A certain amount of anxiety is normal and even necessary; however, when anxiety outlives its purpose of warning us about danger or anxiety greatly exceeds the circumstance causing the anxiety, it becomes destructive. Here are a few ideas:

1. **Get plenty of rest,** eat balanced meals and exercise; we are more vulnerable to anxiety when we are not doing well physically.
2. **Take a realistic inventory** of what will happen if the situation you are worried about occurs.
 - a. Specifically, list what you fear will happen.
 - b. Even more important is to list valued parts of your life which will not be affected (e.g., your family will be with you, your friends won't abandon you, etc.).
3. **Talk to someone.** Talking it out is one of the best things you can do. While it's okay to seek advice from a wise friend, in most cases you just need someone to listen. However, having someone throw out suggestions can result in both of you being frustrated.
4. If the anxiety is getting to the point that it is impacting your health, your relationships, causing depression, etc., **seek professional help.**

[i] <http://www.macmillandictionary.com/dictionary/american/angst>. [ii] Fear of meeting new people is only one of many situations which can be classified as social phobia.

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Stressless Holidays from page 1

memories and don't feel you have to go to every holiday event. Avoid activities and events that will cause stress. Politely decline when the invitation or activity doesn't fit your plan.

- **Delegate.** Don't try to be a hero by doing all the shopping, cleaning, and decorating yourself. Get your spouse, friends and family involved and make the holidays a family project. Better yet, do less and simplify.
- **Avoid crowds.** Shop early or during off shopping hours, when it is less stressful. Purchase gifts through catalogs or online, avoiding jammed parking lots and stores. Along with crowds comes the germs that cause colds and flu so wash your hands often, use hand sanitizer and cover those sneezes and coughs!
- **Do something you love.** Be sure to save time for your own favorite activities, whether it is reading a book, watching a favorite movie, or going to special Christmas or holiday events.
- **Exercise, rest, and eat healthy.** Exercise and sleep can reduce stress and fatigue and make the holidays more enjoyable. Limit your intake of sugar, and caffeine.

Try to maintain your regular schedule and not stay up late too many nights. "Make sure to take time for yourself."

- **Reach out for support.** It's normal to feel sad during the holidays, especially if you have lost a loved one during the year. Take time to share your feelings. If you feel isolated, depressed, or lonely, seek support from friends and family, or consider talking to a professional. If the sadness persists and is accompanied by other depression symptoms, schedule a depression screening. If you find you are anxious, irritable, unable to sleep, feel constantly sad and hopeless and unable to cope, contact your doctor or a mental health professional.

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From the Heart

By ALAN COHEN WWW.ALANCOHEN.COM

Feed the Hungry

This is the time of year when many of us turn our attention to feeding the hungry. When most people think about feeding the hungry, we consider giving canned goods to the poor or serving at a soup kitchen. And what a benevolent service that is! Yet there is a hunger far more pervasive in our culture than the hunger for physical food, a malady from which hundreds of millions of people suffer every day. It is the hunger for presence and connection.

Recently I was sitting in a club lounge at Chicago's O'Hare Airport on a hectic day. Adverse weather conditions had delayed most flights, and the sitting areas were crowded with frustrated travelers. As I got settled, I noticed a woman across the aisle from me. She appeared to be an executive, talking on her cell phone loudly, giving orders to her subordinates. The lady seemed generally irritated and upset, demanding, and rather rude. She went on for quite a while in this manner over a number of calls to different people.

A few minutes later a cleaning lady came through the lounge. A Hispanic woman, roughly the same age as the executive, she bore a kind smile and offered a pleasant, "Hello, how are you?" to the folks she passed. As she picked up the trash and wiped down the counters, she seemed at peace with herself and her work, a sharp contrast to the executive and many of the other travelers.

I marveled at the irony of the scene. Here were lots of business travelers in a club lounge that cost a lot to enter; the patrons likely earned significant salaries, lived in upscale houses, and were successful professionals. By contrast, this humble cleaning lady wore a smock bearing the company name "Scrub," probably earned minimum wage, and lived in a rented apartment. Yet she seemed like the happiest person in the room. If ever there was a teaching that happiness comes from the inside out, here it was.

As we move into the holiday season...

We will exchange gifts, most of which you can touch with your fingers. Yet, as I learned from the cleaning woman, the gift of presence runs far deeper. If you are not present, you are absent, and if you are absent you have missed the most precious gift of all: this moment. A fellow in one of my seminars recounted that he had been feeling unfulfilled in his marriage for many years and he was disappearing daily. One day his 11-year-old daughter told him, "You're not here, daddy. You're a ghost."

We're all familiar with Ebenezer Scrooge's Christmas Carol encounter with the ghosts of Christmas past, present, and to come. If we were to put a modern spin on the story, Scrooge might meet himself as the

ghost of Christmas absent. Christmas and the holidays may come and go, but if you are not here, all the protocols and festivities are meaningless.

I have had my own lessons in the importance of being present and the tragedy of being absent. After I moved to Hawaii, I bought a lovely house in the country and I offered a married couple a rental unit on the property in exchange for caretaking. At that time I was very busy, traveling a great deal. During my times at home, I was constantly debriefing from the last trip or preparing for the next one. As soon as I felt present, it was time to go out again. I was on a treadmill.

One day the wife took me by the arm and invited me to stroll the grounds with her. As we walked, she made a statement that proved to be one of the greatest gifts of my life. She said, "Look at this magnificent property, Alan! Here are trees, birds, flowers, and glorious sunrises. It is heaven on Earth. But how much do you enjoy it? You're hardly here, and when you are here, you're rushing to come and go. We're your caretakers, and we enjoy your property more than you do. I wish you would experience the peace and joy that we do here."

Now that got my attention. My caretakers were enjoying my home more than I was! That day I made a commitment to use my free time for soul satisfaction, not work, and now, after years of practice, I am finally enjoying my property as much as my caretakers did.

I'm not suggesting you need to move to Hawaii to be happy. To the contrary, the goal is to find connection wherever you are. Busy places are the most likely to distract us from connection, and the most powerful places to practice it. A supermarket checkout clerk counted that out of over 200 people she served on her shift, 57 were talking on their cell phones. Many of them, she reported, were discourteous, acting as if she was interrupting them from something more important, while she was simply trying to help them. It's not what you get done that makes or breaks a life. It's how you get it done.

Most people are hungry for human contact, many are starving for it, and some are dying for it. This holiday season let's feed the hungry, starting with our own hunger for depth, meaning, and connection. Then maybe we can attain the extraordinary success of the cleaning lady.

Alan Cohen is the author of many popular inspirational books, including his new metaphysical thriller, *Linden's Last Life*. Listen to Alan's weekly radio show Get Real on Hay House Radio at www.hayhouseradio.com, and join him on Maui in March 2011 for the Life Mastery Training. For more information about Alan visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



Cristi A. Soiya

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It's the Holidays – Are your boundaries with the Alcoholic/Addict wrapped up tight?

By CAROLE BENNETT, MA

Well, here we are again. No sooner have we unwrapped our last miniature Snickers of Halloween candy when we are being bombarded with Christmas. Sometimes I think it would be nice if the holidays came around like the Olympics every 2 or 4 years; or if we could skip them altogether and just hang a sign out our front door saying "gone fishing... please come back after January 3rd".

But, since none of those options are really doable, we are confronted with yet another holiday season where we hope that all things; people, food and presents will be perfect. After all, that's what the ads promise.

Hmmmm... a lovely thought, but what if there is an alcoholic/addict in your life and you are both anxious and looking forward to spending all or part of the holidays together?

During this time of year, I have had many clients look for guidance in how to establish and secure their boundaries with their loved one whether it is a family member or friend. They are desirous of including them in the family festivities, but are anxious nonetheless; torn between the pull of family unity and the possibility of uncertain behavior. They have witnessed all too often other occasions like birthdays, anniversaries or just plain Sunday night dinner when the alcoholic/addict arrived in their addiction, became intoxicated or just sported a really poor and dower attitude and all hell broke loose due to anything or nothing. Since the past is a teacher, we can't help but be apprehensive yet hope maybe this time will be different.

Who is in control?

Though it is your utmost desire for all to have a joyous and memorable holiday, you will be more comfortable and confident if you keep in mind that YOU are in control, not the alcoholic/addict. This active role on your part has you establishing fair, yet concrete boundaries well before the scheduled event; NOT a few days or even hours before your addicted loved one comes through the door.

Pick boundaries that are important to you and MUST be adhered to by the alcoholic/addict or they will not be welcome to participate in the family festivities. Keep it simple, doable, short and to the point. There is no need to defend yourself regarding your decisions and if you don't engage and stay neutral you will be perceived as having a plan that is well thought out and smacks of self respect.

Please don't bring up old examples of how the alcoholic/addict let you down in the past as in doing so might provoke an argument which serves no purpose.

Like with any boundary, it must be accompanied with clear ramifications if those conditions are not met. IMPORTANT... make sure that you both understand what those consequences are so no one can dispute a misunderstanding or feigned ignorance as to the intention of the plan. In addition, it might be a good idea to tell the other family members what that arrangement is so everyone is on the same page and there can be no surprises.

Don't let your boundaries be built on quicksand where you acquiesce because the alcoholic/addict spins an excuse as to why they have not lived up to his or her end of

the bargain and resorts to tugging at your heartstrings or by yelling and screaming. Please don't fall prey to thinking "Oh well, I'll overlook this because it's the holidays" or "It's the holidays and I just don't want to be unhappy or make my loved one unhappy".

Nothing is more disastrous or can ruin a festive spirit faster than family and friends witnessing the alcoholic/addicts outrageous behavior or uncontrolled actions and left with no outs other than trying to sweep it under the rug.

Here are some simple, respectful boundaries that you might want to consider:

- Arriving at the designated time, being well groomed and dressing appropriately.
- Being clean and sober is paramount to participation. If you smell alcohol on their breath or they act intoxicated or high you will not let them in, or if they live there, you will ask them to stay away from the festivities until the event is over.
- A cheerful and kind demeanor is also an entry ticket as anger or a "woe is me"; chin on the buttons attitude is not welcome.

If they don't like your holiday rules and regulations, be committed to a response like "That makes me sad that you won't be joining us, but that's your choice". They now have to shoulder all the responsibility for their decision even though they may try to blame you. As disheartening as that outcome may be, you are taking care of yourself and the other members of your family and in the long run you will have earned a new found respect not only from the alcoholic/addict, but family members and friends as well. After all, there is a bigger picture here, than just appeasing one person in a larger family unit.

In contrast, suppose you're loved ones' clean and sober program is in its infancy; ask them if they have reservations about the evening. Maybe they are anxious about "Uncle Joe" attending, for he always gets intoxicated, as this might pose a strong trigger of relapse. Respect the recovering alcoholic/addicts' discomfort if they share that a specific individual's presence generates a strong resentment, or someone they used to party with which can teeter them toward a "slippery slope." It might be wise to formulate options that both you and your loved one are comfortable with, like maybe not inviting "Uncle Joe" or others where the alcoholic/addicts sobriety may be tested, compromised or personality conflicts may spark a verbal angry confrontation.

Conversely, if there is someone that may be attending that has difficulty being in the same room with your loved one, don't try to make that square peg fit into a round hole just for the sake of "All good will toward men". Even with good intentions, anything can blow up between people that struggle with each other on any other day.

Since you still might want to share some of the holiday with your loved one, an option might be to have a quiet pre or post Christmas dinner alone; just the two of you (or smaller family group) where there is no possibility for friction or altercation coming from that specific person.

Holidays can be wonderful and fun. But they are certainly more enjoyable if there is warmth and love, coupled with respect and dignity toward each other. After all, it should

be a time of reflection on the abundance of gratitude that the year has brought. Hopefully the alcoholic/addict can participate with their family and friends as they would like and as you would like as well. However, it's ok if it doesn't happen this year for this particular holiday. After all, there is a myriad of other occasions to celebrate from Ground Hog's day to 4th of July that are right around the corner.



If I can be of service, please visit my website www.familyrecoveryolutions.com and I invite you to explore my new book *Reclaim Your Life – You and the Alcoholic/Addict* at www.reclaimyourlifebook.com.

www.reclaimyourlifebook.com.

Quick Fact:

Alcohol abuse is a pattern of problem drinking that results in health consequences, social, problems, or both.

However, alcohol dependence, or alcoholism, refers to a disease that is characterized by abnormal alcohol-seeking behavior that leads to impaired control over drinking.

When You Need Help

PHOENIX / VALLEY AREA

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AZ NicA	480-990-3860
Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
ACA	602-241-6760
Anasazi Foundation	480-892-7403
Aurora Behavioral Health	623-344-4400
AZ Office of Problem Gambling	800-NEXTSTEP
AWEE	602-258-0864
Banner HELP LINE	602-254-4357
Bipolar Wellness Network	602-274-0068
CCARC	602-273-9999
Cocaine Anonymous	602-279-3838
CoDA	602-277-7991
COSA	480-232-5437
Commun. Info & Ref	602-263-8856
Community Bridges	480-831-7566
Cottonwood de Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Crystal Meth Anonymous	602-235-0955
Emotions Anonymous	480-969-6813
EVARC	480-962-7711
Gamblers Anonymous	602-266-9784
Greater Phx. Teen Challenge	602-271-4084
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Magellan Crisis Hotline	800-631-1314
Marijuana Anonymous	800-766-6779
The Meadows	800-632-3697
Narcotics Anonymous	480-897-4636
National Domestic Violence	800-799-SAFE
NCADD	602-264-6214
Nicotine Anonymous	877-TRY-NICA
Our Common Welfare	480-733-2688
Office Problem Gambling	800-639-8783
Overeaters Anonymous	602-234-1195
Parents Anonymous	602-248-0428

Psychological Counseling Services (PCS) 480-947-5739

The Promises 866-390-2340

Rape Hotline (CASA) 602-241-9010

Remuda Ranch 800-445-1900

Runaway Hotline 800-231-6946

Sexaholics Anonymous 602-439-3000

Sex/Love Addicts Anonymous 602-337-7117

Sex Addicts Anonymous 602-337-7117

SANON 480-545-0520

Sober Living of AZ 602-478-3210

Suicide Hotline 800-254-HELP

St. Lukes Behavioral 602-251-8535

Step Two Recovery Center 480-988-3376

Stonewall Institute 602-535-6468

Teen Dating Violence 800-992-2600

TERROS 602-685-6000

WINR 480-464-5764

Workaholics Anonymous 510-273-9253

TUCSON

Alcoholics Anonymous 520-624-4183

Al-Anon 520-323-2229

Co-Anon Family Groups 520-513-5028

Cocaine Anonymous 520-326-2211

Cottonwood de Tucson 800-877-4520

Crisis Intervention 520-323-9373

Information Referral Helpline 800-352-3792

Half-Way Home 520-881-0066

Narcotics Anonymous 520-881-8381

Nictone Anonymous 520-299-7057

Overeaters Anonymous 520-733-0880

Sex/Love Addicts Anonymous 520-792-6450

Sex Addicts Anonymous 520-745-0775

Sierra Tucson 800-842-4487

Suicide Prevention 520-323-9372

Surv. of Incest Anonymous 520-881-1794

Tucson Men's Teen Challenge 520-792-1790

Turn Your Life Around 520-887-2643

Workaholics Anonymous 520-403-3559

To get listed email: aztogether@yahoo.com



LIFE 101

By COACH CARY BAYER WWW.CARYBAYER.COM

Karma, Mantras, Gurus & Zen: The East and West have Met

When the guru who I studied with (Maharishi Mahesh Yogi) taught me how to teach his Transcendental Meditation in the decade of the '70s, the word guru made people's eyes glaze over. I remember teaching his meditation technique from India in those early days and people would look at me as if I had four arms. Perhaps they thought I was hanging out with those Indian gods and goddesses with the four arms who they thought also used that meditation. Now you hear the word guru every single day in the media.

Today, however, so many years later, there are still many people whom I meet—who I play tennis with, etc.—who also haven't heard of what I do now: life coaching. (Note to self: You don't always have to be so ahead of your time?) Fortunately, the media is catching up: In the March 10, 2008 issue of *The New Yorker* two cartoons spoke to my two careers. An Edward Koren cartoon featured two of his inimitable hippie-looking middle-aged women having coffee in the kitchen of the one whose son is being fed.

Her comment to her friend: "I'm not his mom anymore—now I'm his life coach."

A couple of pages later, a Roz Chast cartoon under the title, "In the Guru District," 11 people are seated in cross-legged semi-lotus position on a mountaintop, each on his own little spot in front of his own private cave. Boxed copy labels each one as a guru. There's the media guru, investment guru, diet guru, sex guru, technology guru, relationships guru, fashion guru, child-care guru, car guru, wine guru, and political guru.

It's remarkable how, in a few short decades, words like guru, mantra, Zen, and karma, to name just a few from the East, have become part of our daily lexicon. "East is east and west is west and never the twain shall meet," says the old maxim. And old it is—and outdated, too. We live in a global marketplace of ideas and words that are part of a wisdom culture—like Zen, karma, mantra and guru, among others—are now part of our lives, too. Good old southern boys, who wouldn't know their karma from their dogma (thanks to Swami Beyondananda for that one), use these words with the same ease as the words they use to talk about their hunting or fishing.

Jon Stewart finishes each of his half-hour programs on *The Daily Show* on Comedy Central with "Your Moment of Zen." Zen is also a line of high-tech video and audio consumer products; it's a starting theme for Drupal for software coding; it's a chain of health food restaurants in Manhattan; it's a fast food chain of restaurants in Austin.

Some of the most stressed-out pundits on Wall Street, guys who study computerized charts moment-by-moment and pop ant-acids and who knows what other pharmacological aids to prevent them from burning out, are routinely called investment gurus. The Guru is a feature film, *The Love Guru* is a feature film; the guru is an energy drink; it's a road and triathlon bike maker in Quebec; Guru.com is an online marketplace for freelance writers and editors; Windguru is an online weather forecasting service.

"We live in a global marketplace of ideas and words that are part of a wisdom culture—like Zen, karma, mantra and guru, among others—are now part of our lives."

Mantra is a tool for monitoring various aspects of multicast at the router level; it's a record label; it's a software programming language; it's a substitute for mission statements in corporations; it's a venture group that acquires and develops green technologies and services that reduce environmental impact of energy production and resource consumption; it's a Sonoma County winery; Manta 986 is a restaurant in mid-town Manhattan. Baseball players remind themselves over and over again to stay back in the batter's box and keep their eyes on the ball—this repetitive instruction is known as their mantra.

Karma is practically everywhere—it's a song by Alicia Keys, a song by NLT; it's a hybrid plug-in manufactured by Fisker Automotive, a "green American premium sports car company," that claims to burn no fuel whatsoever for the first 50 miles of driving—producing, what we expect to be, great karma. You can drive your Karma to the Karma Lounge restaurant in lower Manhattan.

Once there, you can use the mantra your guru gave you, or watch your breath the way your Zen roshi taught you, all in all, chilling out and sending out good karma. ■

Cary Bayer is a Life Coach who conducts a national private telephone coaching practice from his two offices: in the mountains of New York State in Woodstock (845-679-5526) and by the ocean in south Florida (954-788-3380). Visit www.carybayer.com or email successaerobics@aol.com.

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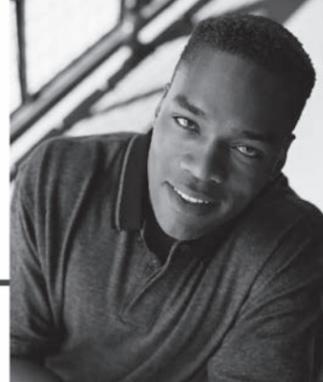
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NEWS from page 3

two of those sites were registered Internet pharmacy practice sites.

- Despite a decline in the past year of the number of Web sites advertising or selling controlled prescription drugs, 85 percent of Web sites selling such drugs do not require a prescription.
 - Of the 15 percent of sites offering drugs for sale that do indicate that a prescription is required, half simply ask that the prescription be faxed—increasing the risk of multiple use of one prescription or other fraud.
 - There are no controls to block the sale of these drugs to children.
- The report offers a range of recommenda-

tions and calls on Congress to enact legislation closing this illicit channel of distribution.

The full report can be downloaded as a PDF at no cost. Visit <http://www.casacolumbia.org/articlefiles/531-2008%20You've%20Got%20Drugs%20V.pdf>. ■

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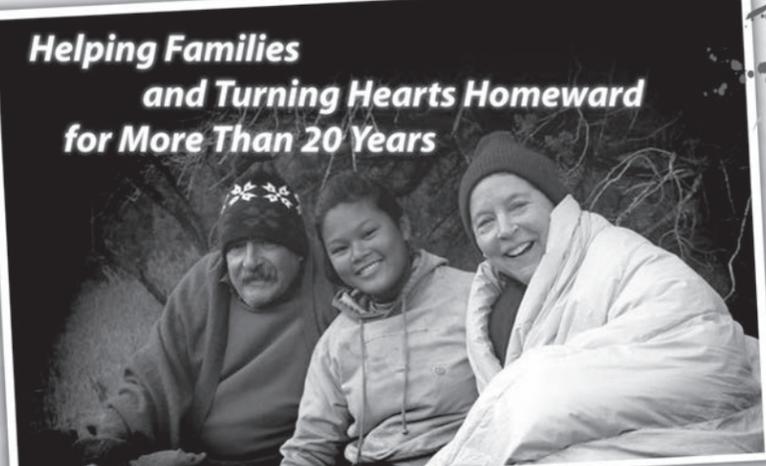
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Depression and Bipolar Support Alliance Maricopa West Chapter peer support groups. 480-593-4630.

Bridge to Recovery Support Group—18 or older whose lives have been touched by alcohol and drugs. ADHD, Social Anxiety, Bipolar Disorder, Depression, Spirituality. Group Therapist: **Cristi A. Soiya, MAPC, LISAC.** 602 989-2837.

GA meeting Sunday night. ACT Counseling & Education. 5010 E. Shea, D 202, 6:30 to 8:00. Details call 602-569-4328.

Spanish Speaking GA—448 W. Peoria Avenue, Suite 203, Glendale. Contact Sue, 602-956-4931.

CELEBRATE RECOVERY—City of Grace Mesa Campus, 655 E. University. Fridays, 6:00-10:00 p.m. Chapel Bldg. 7. City of Grace Scottsdale Campus, 9610 E. Cactus Rd. Scottsdale. Tuesday's 6:30-10:00 p.m. Linda Rinzel 480-464-3916.

Are sexual behaviors in and out of relationships causing you problems? **Sex Addicts Anonymous** is a fellowship of men and women recovering from addictive sexual behavior. Visit www.saa-phoenix.org 602-735-1681 or 520-745-0775 in Tucson.

Tempe Valley Hope Alumni Support Groups, Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tuesdays 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open to anyone in recovery.

Special Needs AA Meetings. Volunteers will call or visit those with chronic illness, injury who are homebound. Contact Cynthia SN/AC Coordinator 480-946-1384, email Mike at mphaes@mac.com

North Phoenix Visions of Hope Center—Recovery center for 18 or older enrolled in Magellan. Recreation, special events, peer support. 15044 N. Cave Creek Road #2. Phoenix. 602-404-1555

Survivors of Incest Anonymous. 12-step recovery group for survivors. Tucson Survivors Meeting, Sundays 6:00 to 7:15pm. St. Francis in the Foothills, 4625 E. River Road (west of Swan), room 42 in back (north side) of building. Carlos 520-881-3400

MENTAL HEALTH AMERICA OF ARIZONA—Maricopa County-Peer Support Groups. 480-994-4407.

OVEREATERS ANONYMOUS—Teen Meeting, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. www.oaphoenix.org/ 602-234-1195.

CLUTTERERS ANONYMOUS—Thurs. 6:30 p.m. North Hills Church, 15025 N. 19th Ave, Rm F-103, Phoenix. 602-601-1414.

SLAA—Sex and Love Addict Anonymous is a twelve step oriented fellowship based on the model pioneered by AA. For meetings or to learn more call 602-337-7117. www.slaa-arizona.org

FOODADDICTS Anonymous—12 step group. www.Foodaddictsanonymous.org

GAM-ANON Meetings: Sun. 7:30 p.m. Desert Cross Lutheran Church, 8600 S. McClintock, Tempe. Mon. 7:30p.m., Cross in the Desert Church, 12835 N. 32nd St., Phoenix, Tues. 7:00 p.m, First Christian Church, 6750 N. 7th Ave., Phoenix, Tues. 7:15 p.m. Desert Cross Lutheran Church —Education Building, 8600 S. McClintock, Tempe, Thurs. 7:30 p.m.

DEBTORS ANONYMOUS—Mon., 7-8:00 p.m., St. Phillip's Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 pm, University Medical Center, 1501 N. Campbell. 520-570-7990, www.arizonada.org.

Sierra Tucson Alumni Support Group—Scottsdale 2nd-4th Tuesday of month, 6-7 p.m. Tucson 2nd Sunday of month 6:30 p.m. For information www.Sierratucson.org



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Addicted Like Me

The Mother-Daughter Journey Continues

BY KAREN FRANKLIN

Many blessings have come as a result of writing our book about family and teen addiction. We have had the occasion to appear and present at numerous events at ASU, the Southwestern School of Behavioral Health and The Franciscan Renewal Center, just to name a few and more opportunities are in the works. We wrote *ADDICTED LIKE ME, A Mother-Daughter Story of Substance Abuse and Recovery* for two main reasons; to honor our family members who lost their lives due to this horrible disease and to help families who are in the grips of addiction—to let them know there is hope and recovery is possible. Every so often we receive a communication regarding the impact the book has had on someone. The email below particularly touched us. It has been edited slightly to protect anonymity.

"Little did I know that my world would change in the next couple of days after we spoke. I anxiously began to read your book that same night and cried the rest of the weekend as I poured myself into it. You see I grew up and lived in a family and legacy of addiction both drugs and alcohol that is still alive and well with my siblings, nieces, nephews, uncles, etc. What was about to change was my realization that maybe my daughter was using drugs. She had really struggled with many things but not that, I thought.

So I confronted her and to my surprise the answer was yes. I found out it was not just pot, but ecstasy and acid, and she could not stop. Next week, she begins treatment. I thought about you often as I read your book. I figured my story was nowhere near as what you had endured and got strength. I have brought you and Lauren's struggle into my daily thoughts and prayers for peace but also as a testament of strength.

As my transformation for healing has been facilitated I feel just as much that this is my new journey as well as my daughter's. I had been praying about my healing related to everything about addiction since it is still so powerful in my life. One of the reasons I am now divorced is due to my ex-husband's excessive drinking and substance abuse. I really connected and came to acceptance with your journey to recognize our own part in the history of addiction."—Anonymous

It is always great to hear the stories of hope and recovery but we also hear about the devastation of addiction. Some years ago dur-

ing the writing of our book, we reached out to a dear friend who had a teenage daughter struggling with addiction. We recently received an email from her parents who were visited by the Tempe Police Crisis team with the news their daughter had taken her own life. She was a vibrant, beautiful, bright young woman who had recently received her Bachelor's degree from ASU. Stories such as these continue to ignite our passion to help people to realize that this is a life or death disease that does not discriminate.

When Lauren started using, I didn't want to think that she was responsible for her bad choices. My first inclination was to blame her friends, the school and sometimes I even blamed myself. I thought that maybe if she experienced some consequences, she would stop abusing substances. Once I sought professional help I learned addiction is a progressive disease that will only get worse with time if left untreated.

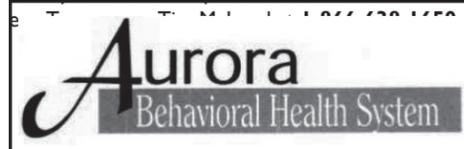
As we delve into new territory our journey has connected us with Interventionist Carey Davidson of InterventionASAP. We are working alongside him to develop seminars designed as public events to help educate and provide resources to clergy, professionals, families and individuals who are seeking answers. As a mother-daughter team, we are not only speaking to share our experience but have recently begun facilitating teen breakout sessions during events that provide a non-judgmental environment where young people can be honest in their struggles in dealing with today's peer pressure surrounding alcohol and drugs.

There is much work to be done to help those dealing with substance abuse issues. Sometimes we feel we are only scratching the surface but we are honored to be on the front lines of this battle to help families face and deal with their legacy of addiction that has marched down through the generations. There are new family legacies of recovery to be made.

Karen Franklin and Lauren King are the authors of the book Addicted Like Me, a Mother-Daughter Story of Substance Abuse and Recovery. For information visit www.addictedlikeme.com

Recovery Resources

FINANCES / TAXES	
First Arizona Credit	602-248-0203
Suzie Adams – Taxes	602-277-0521
Bernie Scarborough CPA	480-540-8628
LEGAL SERVICES	
Dwane Cates	480-905-3117
REAL ESTATE	
LaRae Erickson	602-625-9203
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ACT Counseling	602-569-4328
Alcohol Recovery Solutions	480-496-9760
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AZ. Dept. of Health	602-364-2086
Office of Problem Gambling	800-NEXTSTEP
Aurora Behavioral Health System	623-344-4444
Banner Health Helpline	602-254-4357
CeDAR	1-877-999-0538
Celebrate Recovery with	
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Community Bridges	480-831-7566
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Cristi Soiya, MAPC, LPC, LISAC, NCC	602-989-2837
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Decision Point Center	928-778-4600
Dr. Dina Evan	602-997-1200
Dr. Janice Blair	602-460-5464
Dr. Marlo Archer	480-705-5007
Ecumenical Chaplaincy for the Homeless	602-417-9853
Franciscan Renewal Center	480-948-7460
Gifts Anon	602-277-5256
Glenstone Village	520-647-9640
Hospice of Arizona	602-678-1313
Intervention ASAP	602-606-2995
Intervention Services of AZ	480-491-1554
Jaywalker Lodge	866-529-9255
Sarah Jenkins, MC, LPC	480-370-7630
Geffen Liberman, LISAC	480-388-1495
Magellan of Arizona	800-564-5465
The Meadows	800-632-3697
MindBody Medicine Center	480-607-7999
NAATP	717-392-8480
NCADD	602-264-6214
NotMYKid	602-652-0163
Pathway Programs	480-921-4050
Promises	866-390-2340
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importance in successfully negotiating the grief process. Addicts and alcoholics often experience complicated grief as a result of their self-perceived failures and lapses in being a "good" child, parent, partner, sibling or friend. It is common to hear statements beginning with "If only I had..." or "I should have..."

Sometimes people will have had an ambiguous relationship with the deceased. The fact that the deceased family member might have struggled with his or her own issues and inappropriate behavior can also complicate the grieving process. Clients sometimes need encouragement to talk about their painful experiences so that healing, forgiveness and acceptance can ultimately be achieved. Working with a counselor who understands the grief process can help the griever address these issues so that resentment and shame are not suppressed for fear of being disrespectful to the dead.

In my work at Cottonwood and in my private practice, I begin any grief counseling with a consultation to assess the client's need and to fully hear their story. Developing a strong and trusting therapeutic relationship with a client is essential to a successful outcome. In some cases the death is a sentinel event that has profoundly disrupted the life of a client. Prior to the loss the client may have enjoyed a fairly contented life. Understandably, their worldview assumed that their children would outlive them, that they would enjoy a long life with their partner and that their parents would live to a ripe old age. Death results in the bursting of these expectations. Suddenly the world is no longer as safe and predictable a place as it had earlier seemed. We are propelled into a strange and terrifying landscape. Nothing is the same as before.

Tools and Support

One of the tools I have found to be helpful for clients whose presumptive reality has been shattered is an exercise called a Loss Characterization. The Loss Characterization is basically a character sketch the client composes about him or herself that is written in relation to a loss. The client writes this in the third person from the perspective of a close and loving personal friend who knows the client intimately. When the assignment is completed I ask that they share it with me. Together we can explore what meaning the author perceives of their experience of loss.

In one recent session a client had experienced the death of a teenage son. At the conclusion of sharing the loss characterization with me she expressed anger at God for taking her child from her. As she was a religious woman, the thought of anger towards God was a difficult one for her to express. She felt intensely guilty about being disrespectful toward God. I gently encouraged her to dialogue with God using the technique of an empty chair gestalt. After some initial reluctance, she was able to go with it. Along with expressing her anger, she was able to ask questions like, "Why did you do this to me?" and, "When will you give me the strength to go on?" Concluding this exercise the client reported feeling comforted and relieved. In fact, she reported that afterwards she felt that her relationship with her Higher Power was healing.

On several occasions I have suggested that my grieving clients write a letter to their deceased. I provide these clients with a format that cues them to write about what is missed, what is not missed, regrets, and appreciation. I encourage clients to write what feels appropriate and authentic. When the letter has been completed, I ask my clients to share it with me. This is also a time when I have used the empty chair technique with positive results. I begin the gestalt by asking the client to describe the physical appearance of the deceased including their posture, clothing and expression. Sometimes a photograph is available and we use it. I then ask them to determine what distance between the chairs is comfortable. The client then begins to read the letter. At the conclusion of the reading I will ask the questions to assist the client in getting further in touch with their feelings.

If I feel it is appropriate, I will ask them to speak in the voice of the deceased, telling the client what they need to hear from their loved one. We conclude the exercise by processing what has happened. Clients often report feeling relieved as a consequence of doing this exercise.

Activities in a grief-specific group setting are also helpful in assisting clients in addressing their losses. One exercise involves identifying a person's greatest pain by giving it a name, shape, color and sound. After sharing their descriptions of pain, clients are then asked to give their pain a new shape, color, sound and name. I encourage them to use this as a tool in reducing the intensity of the feelings when overwhelmed.

Sometimes during the mourning process one has to deal with well wishers who sometimes make statements that are thoughtless and inappropriate. An example of this might be, "Don't cry. Everything will be ok." Another remark might be, "They are in a better place." It's o.k. if the griever chooses to believe this. Sometimes, this kind of thoughtless statements are just a sign of the well wisher's anxiety in experiencing the grief of others.

Recovering people need to give themselves permission to cry if they need to. For so long we medicated our feelings. Some of us were raised in environments where crying was considered unmanly or childish. Many of us have heard the expression "Pull yourself up by your bootstraps." When the world is full of sorrow, statements like these can be cruel and insensitive. What I found to be helpful is the presence of people who care. Support is always available at 12-step meetings. Sometimes the words of comfort are not needed but the hugs are.

Discovering Triggers

In recovery we learn to identify triggers that could lead us to relapse. Grief has its own triggers. They can arrive without warning, reminding us of our pain. Photos, films, articles, songs and anniversaries can prompt thoughts of our pain. At these times the pain brought on by these reminders of our loss can elicit thoughts of using substances. In relapse prevention workshops that I have facilitated we address the grief-related risk factors that can precipitate a return to using substances. Among these are difficult emotions, conflict with others and testing control.

There are ways for alcoholics and addicts to cope with loss so that the experience can be meaningful. We have learned to value a relationship with our higher power. Turning to the God of our understanding can provide comfort even when our prayers express only anger and confusion. Journaling has proven to be beneficial. Writing can be therapeutic on both a physical and emotional level. After the death of my mother I returned to the twelve steps. Completing a fourth step inventory and sharing it with a sponsor proved helpful.

There are many books related to bereavement. Some may seem to reinforce the idea that grief is a predictable process. I tend to suggest other books that recognize the uniqueness of the grieving process while providing identification for the reader. One of these is *Sanity and Grace* by the singer Judy Collins. Several years ago she lost her 30 year-old son to suicide. Her experience as a recovering person proved key in her ability to cope with that tragedy. I have recommended this book to many recovering people who have similar losses. Another title that is helpful is *The Year of Magical Thinking* by Joan Didion. Clients who have lost spouses have been able to relate Ms. Didion's experience to their own.

For younger grievers, including adolescents and young adults, the book *Green Angel* by Alice Hoffman has been helpful. Several years ago I introduced this book to Cottonwood's Sweetwater Program for adolescent females. One of our young patients returned to a session with notes she had taken detailing her identification with the main character's mourning process.

I often describe grief as similar to an old water heater with a safety valve. Periodically we open the valve to let some water out so the heater doesn't burst. Similarly the griever needs to let the feelings out. We alcohol-

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ics and addicts are notorious for repressing our feelings until they come out sideways. I recommend that after the initial grieving period, when the family and friends are no longer available, that the griever allows him or herself a specific period of time each day to sit quietly with their feelings. This allows us to gradually accommodate and return focus to the business of life. Above all else we need to be kind to ourselves and recognize that we have a right and a need to grieve our losses. Unpleasant events and feelings are part of life. **Our primary responsibility is to not pick up a drink or a drug no matter what. ■**

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