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V.2 — No. 5—February 2011



Consider a Gift to Yourself on Valentine's Day
by Dr. Deborah A Russo, PsyD

Uncommon Courage
A Valley mom speaks out on mental illness and stigma



Directions to Happy Lane
by Alan Cohen

Secrets for Sensitive People to Find Relationships that Work:



Why Emotional Empaths Stay Lonely or Alone

(Adapted from Dr. Judith Orloff's book "Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life")

Loneliness gets to some more than others. But why it hangs on isn't always apparent when read by traditional medical eyes. In my medical practice and workshops I've been struck by how many sensitive, empathic people who I call "emotional empaths" come to me, lonely, wanting a romantic partner, yet remaining single for years. Or else they're in relationships but feel constantly fatigued and overwhelmed. The reason isn't simply that "there aren't enough emotionally available people 'out there,'" nor is their burnout "neurotic." Personally and professionally, I've discovered that something more is going on.

Emotional empaths are a species unto themselves. Whereas others may thrive on the togetherness of being a couple, for empaths like me, too much togetherness can be difficult, may cause us to bolt. Why? We tend to intuit and absorb our partner's energy, and become overloaded, anxious, or exhausted when we don't have time to decompress in our own space. We're super-responders; our sensory experience of relationship is the equivalent of feeling objects with fifty fingers instead of five. Energetically sensitive people unknowingly avoid romantic partnership because deep down they're afraid of getting engulfed. Or else, they feel engulfed when coupled, a nerve-racking, constrictive way to live. If this isn't understood, empaths can stay

Orloff continued page 9

High Stakes Addiction? A look at gambling

An interview with Bobbe McGinley, MA, MBA, CADAC, LISAC, NCGC II
ACT Counseling & Education

When you read the words, 'gambling addict' what is the first image that comes to mind? A couple of pictures of a gambler would include: A mob type male, puffing on a cigar in a darkroom playing poker with dim lights and shady looking people as we see depicted in crime laden movies. Or maybe it's a woman in a bold dress that is too tight, with heavy makeup in the wee hours of the morning in a casino, also remembered as that role was portrayed in movies of the history of gambling in Nevada. Because of the stigma all addictions carry, and the fact that Gambling Addiction is so well hidden, rarely do we visualize someone struggling with gambling addiction as an average looking person going about life.

Like other addictions, gambling doesn't discriminate and studies show that the estimate number of people who gamble socially that qualify for being diagnosed with a gambling addiction is not only found in someone over the age of 21, kids under age have discovered ways to gamble as well. The good news is, this population is receiving direction when they come forward or when an adult paves the way for them. School counselors are also directing the young people who they see or hear about, in fact they might have some issues with gambling themselves or with a family member. Peer support from others their age that have similar experiences is paramount to assisting our younger generation in turning their lives around.

Gambling addiction has devastating affects on family, friends and has destroyed lives—as well as livelihoods. Today gambling addiction is not only found in someone over the age of 21, kids under age have discovered ways to gamble as well. The good news is, this population is receiving direction when they come forward or when an adult paves the way for them. School counselors are also directing the young people who they see or hear about, in fact they might have some issues with gambling themselves or with a family member. Peer support from others their age that have similar experiences is paramount to assisting our younger generation in turning their lives around.

When gambling causes difficulties in any major area of a person's life: social, physical, psychological, vocational or a combination of the above, it needs to be addressed.

In recognition of National Gambling Awareness week in March we asked Bobbe McGinley, (an expert in the field of gambling addiction in Arizona) some questions that we hope will help shed light on Gambling Addiction, prevention, assessment and treatment.

How can you tell when a person who gambles has become addicted? If they limit how often they play, can they still be addicted?

The best way that I can most effectively

respond to each portion of this question is by telling you this: "Pathological gambling is believed to be a progressive behavior disorder which has the trademarks of out of control thinking about gambling and urges to gamble. This leads to gambling beyond limits. The result of this out of control gambling is the loss of time and money. The gambling grows to the point where it disrupts, or destroys the gambler's personal life, family life and job pursuits. These problems in turn lead to more and more problem gambling. The most important traits are emotional dependence on gambling, loss of control, and problems with normal activities.



Gambling has similar characteristics such as the obsession to find money in order to remain in the gamble. It is also similar in the compulsion to gamble despite prior loss and severity of consequences. Pathological gambling is described as an impulse disorder.

Is the problem truly gambling addiction, or losing money and the problems and stress this creates?

Losing money and the problems and stress this creates would certainly indicate a gambling problem, and the longer that cycle continues there is potential for gambling addiction. It is after all, signified by the continued gambling, the continued loss and increase of stress that will indicate it is more difficult to stop gambling as the person tries unsuccessfully to get back that first dollar ever lost, and every dollar in between.

Gambling is as old as civilization and part of what it is to be human.

And for many people not a problem, but a form of entertainment. We do not see the people in treatment or counseling that go to any gambling venue for pure entertainment, and then don't think about returning before they even get home. We see the individuals who are thinking about going back. They are either trying to win more or to get even.

Many Wall Streeters began their careers as sports gamblers and graduated to stock trading. Do you think many on Wall Street are suffering from a type of gambling addiction?

Gamblers are natural risk takers, and many begin with simple activities such as sports betting and then may turn to trading stocks and commodities because of the higher excitement and the impression that they are applying great skill. Again, we do not see the successful individuals. We are going to see the individuals affected by very negative consequences over a prolonged period of time.

Is gambling addiction a form of obsessive-compulsive disorder?

Is there a gambling gene?

Studies are continuously being done regarding the genetics. When a person presents with gambling addiction, it mimics addiction to alcohol and drugs, and there certainly have been a multitude of studies over the years regarding the validity of genetics and those addictions.

What are the best ways for families of a gambling addicted person to cope?

If a family member suspects a gambling problem, or has experienced the consequences of a gambling problem, the best recourse is to seek counseling with a trained gambling counselor. They would benefit from attending GamAnon, which is a support group for family members of gamblers and also

High Stakes Addiction? continued page 12



Bobbe McGinley MA, MBA, CADAC, LISAC, NCGC II, is a nationally known speaker, author, presenter and trainer, consulting many different industries about Problem Gambling for the past 16 years. She developed the program for gambler and their family members at Calvary Addiction Recovery Center in Phoenix. She currently serves as their Gambling Program Consultant. Bobbe is the co-founder of PITCH4KIDZ, a program designed for elementary age children of alcoholics and addicts and has worked with adults with addictions for 23 years. A future of hope for teens, reACT is a new level of care for adolescents in the community. For more information call 602-569-4328 or visit www.actcounseling.com

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relationships

By DR. DINA EVAN | WWW.DRDINAEVAN.COM

To Peek or not to Peek

Should significant others and family members have access to your text messages and emails? If that question sent a shiver to you, I suggest you take a look at why, and what your agreements are about this issue in your relationship. In Detroit, Michigan, a husband is going to court in February, being sued for hacking into his then wife's email. The husband used the email in court to prove his wife's infidelity and then she began to get curious about how the emails in question got to him and opps, a lawsuit ensued over her privacy. However, there is a deeper, and perhaps, more muddy issue here and me thinks she doth protest too much, given that he found she was having an affair.

We live in an age of second hand communication; phone, voicemail, email, SMS, IM, micro-blogging and status updates on sites like Facebook in which our lives become a universal in box and the difference between what is personal and what is professional is harder to determine. Is this keeping us emotionally stunted? Are we becoming connection and communication phobic's who are so crippled that we can only express our truths second hand by typing? Some part of me believes this is a real problem given how many times I hear a whiny voice say..."Can't I just send him an email?" On the other hand, is this the new streamlined way of communicating in an age of universal connectivity? The answer is probably somewhere in the middle.

Are there limits?

What are the limits and boundaries about personal communications in relationships? Let's look at the ethics from both sides. If you are communicating information to someone other than your partner that directly affects your partner or your relationship, that is unethical. You are taking the coward's way out to vent your feelings and frustration instead of dealing directly with your issues with the person involved.

If you say your partner blows everything out of proportion, which is what I hear often, and that is why you keep things from him or her, perhaps it's time to ask yourself how much safer your partner might feel if you were transparent. If your partner actually does blow things out of proportion, maybe it time for a suggestion that your partner get some help with his or her insecurities?

When people start having hunches and want to peek at emails, I tend to error on the side of trusting hunches. Experience has shown in twenty-plus years of counseling, whenever a partner was being secretive and the other partner had a hunch, there proved to be a reason for hat hunch. Intuition is a

powerful antenna. People who have nothing to hide, usually hide nothing. There is however a right and wrong way to get to the truth, which usually does not include violating privacy.

I think couples who share beds, bodies and spiritual paths should certainly be open in all other aspects of their lives. At the same time, it's true that we all have thoughts and feelings that are not necessarily helpful to share and which we have the right to keep private. If you establish a value for transparency and at the same time a respect for each other's privacy, then you have the best of both worlds. If either partner becomes concerned, it is always best to go directly to your partner and ask before snooping in any personal information. If you still feel concerned and as if you are not getting the truth, then go back a second time to ask for it while explaining that something still does not feel resolved to you and ask your partner to check to see if he or she may have left out any information they still want to share. If you honestly feel you are being lied to, then ask your partner to reveal their emails and texts to you and if they refuse you have your answer. If someone opts to conceal information rather than reveal it to create trust in a relationship, they probably aren't trustworthy.

If we have no one other than our partner to talk with we can begin to feel isolated and enmeshed, so I encourage partners to have best friends and people they can confide in outside the relationship. Mates can agree about who they feel is trustworthy, or not, in these situations however these agreements have the understanding that we always talk to each other first.

We are becoming a world disconnected and separated and we rely now so much on electronic communication that we miss the wince, the grimace, the smile, the cringe, the sigh, the recoil in pain, the bonding and the sweetness as we look into each other's eyes. These are the energetic connections that keep us real so whenever possible, talk in person. Take the time as an insurance policy on your relationship and to make sure the real work of relationship, character growth and personal and spiritual transformation are not being neglected. Somehow smiley faces don't get it for me so let me just start this new year by saying straight out, how grateful I am to be given a forum and precious readers who allow me to share about the more meaningful things of my life. So, until we meet face to face, type away and send an email or text message telling us about your concerns, and your joy in 2011.

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.

publisher's note



By BARBARA NICHOLSON-BROWN

Keep an open heart

This month we take a look at gambling addiction. March 6th begins National Gambling Awareness month and our interview with Bobbe McGinley of ACT Counseling & Education gives an insightful view on the problem as well as the solutions for treatment. For some people who develop pathological gambling, the occasional time spent gambling can lead to an expensive habit. As with other addictions, people with pathological gambling often feel ashamed and try to avoid letting others know about their problem. It wreaks havoc on the life of the gambler and their families.

Arizona Office of Problem Gambling maintains a 24-hour helpline, 1-800-Next-Step (1-800-639-8783) and visit www.problemgambling.az.gov. Gamblers Anonymous meetings are available throughout the state. In Phoenix: 602-266-9784, Tucson: 520-570-7879, Spanish hotline: 888-665-8356. GA and Gam-Anon meeting lists are can be found online at www.gaphoenix.org. For Gam-Anon information call 480-275-0921 or 480-275-0924.

Valentines Day

It seems like we're just coming up for air from Christmas and New Years and in the blink of an eye here comes Valentines Day. It's a day we set aside to give and receive love; but isn't every day reason enough to show others how much we care? Two of our columnists, Dr. Marlo Archer and Dr. Deborah A. Russo, PsyD of Remuda Ranch look at this 'holiday' with a different point of view—from giving *ourselves* a special gift, to being grateful for those we have in our lives—friends, families, and co-workers and colleagues. Perhaps by remembering the special people in our lives more often, we can see through their eyes just how special we are to them.

In response to the tragedy in Tucson, please see pages 3, 4 and 8. Our prayers and thoughts continue to go out to everyone who was affected on January 8th. If there is a silver lining somewhere perhaps this is the wake up call needed to finally view mental illness as a disease.

The M

Within in 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.

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In gratitude and the memory of
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NEWS

Arizona Department of Health Responds to Tucson Tragedy

On January 8th Arizona and behavioral health were thrust into the international spotlight when twenty innocent victims were shot, six of them fatally, in a Tucson shopping plaza parking lot.

Immediately, questions were raised about the mental health of the alleged shooter, Jared Loughner, not only on that day, but in the days and weeks prior to the incident. What we learned was that despite exhibiting behaviors that indicated Mr. Loughner could benefit from mental health treatment, he was never referred to someone for help nor did he seek treatment on his own.

The Arizona Department of Health Services/Division of Behavioral Health—the State's public mental health authority—intends to change that. As a first step in response to the crisis, ADHS/DBHS directed its contracted Regional Behavioral Health Authorities (RBHAs), to mobilize the network of providers to be available to any person affected by the shooting.

In Tucson, the RBHA, Community Partnership of Southern Arizona (CPSA) instructed its providers to begin outreach to all members of the community to offer crisis counseling or other mental health services. Schools, nearby businesses and faith based organizations were specifically targeted to make sure persons affected by the tragedy, either directly or indirectly, had access to mental health services. Most importantly, CPSA established a telephone hotline staffed by trained professionals to provide support, information and counseling to persons in Pima County experiencing distress. (520-284-3517).

In Maricopa County, ADHS/DBHS worked with the RBHA, Magellan Health Services, to establish a 24-hour hotline for those outside Pima County who had questions, concerns or were in need of help. (1-800-203-CARES or 1-800-203-2273). In the two weeks since the hotline has been in

operation, more than 270 calls were received with many of the callers needing to talk about what happened.

In addition to working with RBHAs, ADHS/DBHS immediately began stressing the importance for all of us to help identify and intervene early when a person exhibits behaviors that indicate the need for mental health treatment. ADHS/DBHS' web site has a number of practical strategies posted on its web site that friends, family members, neighbors and others can use to help a person get mental health treatment. www.azdhs.gov/bhs/

What this terrible tragedy has taught us is that now is the time for all of us to accept mental illness as a public health issue that must be recognized and treated, just like any other chronic medical condition, such as high blood pressure or diabetes. The discrimination associated with mental illness is very real and family, friends, neighbors, classmates, colleagues, and others can help eliminate this stigma in acknowledging the vital role each of us plays in behavioral health promotion, prevention, early recognition, and helping others get early treatment. The earlier any illness is identified and treated, the better the outcome will be. Signs and symptoms of mental illness can slowly develop over weeks and years, not unlike heart disease or emphysema. Mental illness belongs in our every day conversations in the same way we talk about physical health conditions.

ADHS/DBHS intends to do much more in the coming weeks. Preliminary discussions are underway to offer Mental Health First Aid training statewide to any persons in the community. Mental Health First Aid is designed to help persons identify and appropriately intervene when a person exhibits signs or symptoms of mental illness, much in the same way the average person who knows CPR has the training and skills to assist a person having a heart attack. ADHS/DBHS

NEWS continued page 10

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



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Preventing the next tragedy

By BARBARA GREEN Certified Mental Health First Aid Instructor

We're still mourning the senseless Tucson tragedy, wondering what drove the accused killer to engage in such a violent act on January 8th.

Much has been said his mental state yet no one knows what was going through his mind when he pulled the trigger. Even so, it should be emphasized that a person with a mental health condition is no more likely to be violent than any other person.

While associating violence with mental disorders is a myth and wildly overstated, the impact of mental health conditions on our nation is very real. Mental disorders are common. An estimated 26 percent of Americans ages 18 and older, about one in four adults suffer from a diagnosable mental disorder every year. In the U.S. mental disorders are the leading cause of disability.

Mental illness takes a toll on workplaces, costing businesses more than \$79 billion a year, \$63 billion of it in lost productivity. Each year, 217 million work days are completely or partially lost due to mental disorders.

Often after incidents like the Tucson tragedy, people who knew the accused ask themselves what they could have done to prevent the violence. While no one knows what, if anything, could have been done to change the course of events, there is a way for citizens to take action to possibly prevent such tragedies from happening again.

Mental Health First Aid is an evidence-based public education program now being offered in Phoenix. It teaches a five-step process to assess a situation, select and implement appropriate interventions, and help a person in crisis or developing the signs and symptoms of mental illness. The groundbreaking training equips people to provide initial help until appropriate professional, peer, or family support can be engaged. Participants also learn about the risk factors and warning signs

of specific illnesses such as anxiety, depression, psychosis, and addiction.

The training expands people's knowledge of mental illnesses and treatments, and has helped to reduce the stigma by helping people understand and accept mental illness as a medical condition.

More than 12,000 people nationwide are now certified in Mental Health First Aid since the training was introduced. The program is managed, operated, and disseminated by three national authorities—the National Council for Community Behavioral Healthcare (National Council), the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

As a certified instructor in Mental Health First Aid, I see firsthand how the training has opened people's eyes about the realities of mental illnesses. The program has also helped them do their jobs. Whether it is a human resource professional learning how to manage a despondent, unproductive employee, or a law enforcement officer finding new ways to approach someone hearing voices in their heads, the training gives people from all walks of life the confidence and skills to help a person in crisis.

I understand that no amount of training can guarantee that these horrific acts will not recur. Perhaps if Mental Health First Aid ever becomes as popular as First Aid or CPR, more people may be able to step forward and intervene early.

To learn more about Mental Health First Aid and for information about upcoming trainings, contact Barbara Green: 480-710-3296 or azmhfa@gmail.com. Barbara also co-chairs the Arizona Stigma Reduction Committee, which is supported by Olmstead grant funding provided through the Arizona Department of Health-Division of Behavioral Health Services.

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Keys to successfully communicating with your child

By MICHAEL J. MERCHANT, ANASAZI FOUNDATION

Today, more than ever, our children are faced with unseen pressures. A powerful and lasting way to anchor our children is by simply taking time to talk with them. As parents, we often allow the distractions of life to keep us from communicating with our children. Research shows it is the single most effective intervention in influencing our children to make responsible choices and preventing them from making at-risk choices. Children who report having conversations with their parents about the dangers of drugs and alcohol are 54% less likely to ever try drugs and alcohol as teens. And, teens that do not try drugs are likely to never use drugs as adults. There is a direct correlation between our ability to positively influence our children's lives and how often we have open, resonate conversations with them.

Times to Talk

Open conversations often happen during windows of time when we are attentive and responsive to one another. Times to talk are not simply times to speak. Perhaps, they are best described as times of peace; when there is a free exchange of listening, asking, learning, and teaching; when love is expressed and felt; and when hopes, dreams, struggles, concerns, and fears can be shared and received unconditionally. Most of us have experienced times to talk with a parent, a friend, a sibling, a child, and/or a co-worker. In these moments we are most ourselves and we see how we to best helped and how to best help others.

The secret to effective parenting

Many parents spend 90% of their time with their children correcting and disciplining and 10% engaged in times to talk. The secret to effective parenting is to reverse these percentages. Parents who spend 90% of their time together engaged in times to talk, in most situations, only have to spend 10% of their time correcting and disciplining.

The best times to talk are usually when things are going well, not wrong, between times of correction and discipline and times when parent and child are not focused on getting the other person to do something (i.e., change, apologize, show respect, tell the truth, listen, etc.). Times to talk are not times to lecture or punish.

Heart at peace, heart at war

Times to talk are when our hearts are at peace, not at war. When we have a heart at peace we are open and responsive. When we have a heart at war, we usually are only thinking of ourselves. Children respond to the condition of our hearts more than they do the words we speak. When we talk with our children with a heart at peace, we invite them to join us in an open conversation.

Frequency

Our ability to have a positive influence in our children's lives not only rests on the condition of our hearts but on how often we take the time to talk. When times to talk happen daily, every other day, or weekly, we have positive influence to help our children make responsible choices. The secret to effective parenting is to spend more time engaging them in conversation.

Be the one to set the tone

The more time you spend with a heart at peace, the more your children will be drawn to you and will want to talk and be open. Be the first to take responsibility when you don't have a heart at peace. A heart at peace usually comes when we give up trying to manage our children in favor of relating to them as a person with hopes, dreams, struggles, and needs—not unlike your own.

Ask and listen

Ask positive questions and listen. Listen fully to their joys, concerns, and experiences.



Their experiences are as important to them as yours are to you. Listen to understand your child's point of view. Listening gives you insights into their world and shows you care.

Use the five-year rule

Identify the age of your child and how old he or she will be in five years. Ask, "what will my child need to know in five years?" Help them have an appreciation for the healthy things in life. Be the first to teach them about dangers. Help them set age appropriate boundaries, establish rules and consequences, and make important decisions early. Practice role-playing effective responses to situations they may face when they are older. In five years, they may not be willing to listen to what you have to teach them in five years. Do it early and often.

Be at the crossroads

In our demanding and busy lives, one of the hardest, and yet one of the most important and rewarding things a parent can do is to be at the crossroads for their children.

For example, parents who are at the crossroads often find it easier to find times to talk. Times to talk naturally occur when there is at least one parent available at mealtime, after school, or when coming home from a date with friends. Perhaps more importantly, when a parent is at the crossroads they will be more likely to see the non-verbal signs when a child is hurting or angry and may need to talk. It may require adjusting work schedules, turning off the television, or taking a nap during the day so you're awake when your teen comes home late at night. It may not be convenient, but it will pay big dividends.

Involve them

Involve them in activities that help them feel good about themselves. Experiment with several activities before you find one that captures your child's attention, it's worth the effort. Feeling competent in something helps give them something they want to talk about.

Let them know you will be there

Make sure your child knows they can talk with you about **anything**—even if they have done something wrong. Let them know you are willing to come and get them anytime, anywhere, if they find themselves in places or situations that make them feel uncomfortable. Be open, share your feelings, and most importantly express your love.

When things go wrong

Some of the most difficult situations for parents to find times to talk are when they discover their child is failing school, using drugs or alcohol, has wrecked the family car, or has stolen from a neighbor. Times to talk are not when they are under the influence of drugs or alcohol.

Get help from a professional

If a friend or a family member is unable to effectively intervene, you may want to seek the help of a professional such as a counselor, educational consultant, psychologist, or medical doctor. A visit to a professional should not be used as a threat or punishment.

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Down to Earth

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Love Letters: Not just for lovers

It is delightful to get a nice, juicy love letter from a sweetheart. Love letters get tucked away in special boxes, tied up in pretty ribbons, and saved in dresser drawers for decades, and even for lifetimes. It is not uncommon to come across a packet of love letters while cleaning out the home of a loved one who has passed away.

Love letters are something that are really cherished by recipients. That said, love letters need not only come from lovers. It is possible for any person to write any other person a letter that could be considered a "love letter." If you wrote your boss a love letter, you would not want to use steamy, romantic language. If you wrote your sister a love letter, you might not speak of endless embraces, and if you wrote a love letter to your son, there might not be much in the way of flowery language included at all. The important thing is that you write them because a true love letter can be **medicine for the soul**.

Consider writing a "love letter" to an old high school friend. You might begin by just letting the person know you are thinking about them. It might be sweet to list 10 things you really admired about them when you were young together. Perhaps you will wish them a variety of blessings like peace, health, serenity, or grace. You might re-tell a funny story from old times and remind them of something joyful from the past. It's possible the letter will be delivered on the same day they get some bad news about their job or find out that their car needs a new transmission. Your letter will help inoculate them against the bad things that come at them from the world.

It can be an excellent idea to write a child a love letter at any age. Tell them all the things you really love about them. Praise their accomplishments. Gush with pride. Declare your loyalty and your commitment to be a part of their life. Express gratitude to them for all the ways in which they allow you to share in

their experiences. Send them lots of happy wishes for the future. Write the letter in words and sentences they'll understand. It need not be fancy, it only need be true and loving.

If you're up for a challenge, task yourself with writing a love letter to someone with whom you really struggle. Perhaps a co-worker or a family member that gets on your nerves. Be sincere in wishing them good things. Be specific. Act as if you had all the money and power in the world and tell them what you'd give to them if you had endless resources. Describe the things about them that are truly wonderful, the things that make them unique and valuable. Remind them of things they've done that have really benefitted you or others. Let them know how your life has been enhanced because of your involvement with them.

Finally, it would be a sweet treat if you'd write yourself a love letter. It may sound crazy, but it really doesn't matter who sends you a love letter, it still feels good. Be kind and remind yourself of the many good things you do to take care of yourself. Let yourself know how much you appreciate your attention to your needs. List the things you love about yourself. Don't be stingy with your praise and admiration, you deserve to hear how great you are.

When the letters are written, be sure to deliver them. Although it will do you great good to write them, it will spread the good will around if you actually take the time to send the letters to the recipients, even to yourself. I know it may sound silly, but you might be surprised how healing it can be to get a loving letter in the mail, even if you wrote it yourself.

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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Call for nominations for 2011 Father Joseph C. Martin Award for Professional Excellence

Father Martin's Ashley, the non-profit alcoholism and drug addiction treatment center here announced that nominations for the 2011 Father Joseph C. Martin, S.S. Award for Professional Excellence are now being accepted.

The Father Martin Award was first given in 2003 and was created to recognize professionals who exemplify Father Martin's legacy of devotion to 12-step recovery and helping the chemically addicted, and their families, heal. This year's award will be presented at a special Awards Luncheon during the National Conference on Addictive Disorders (NCAD) sponsored by the National Association of Addiction Treatment Providers (NAATP), the Association for Addiction Professionals (NAADAC) and the Vendome Group to be held in San Diego, CA, September 17-21,

2011. Last year's award presentation to Dr. Kurth at the NCAD conference was witnessed by nearly 900 people. The 2011 award honoree will be invited to attend the conference to receive the award as the guest of Father Martin's Ashley.

An independent committee of addiction and mental health professionals will review the nominations and select this year's winner. For more information about, and nomination forms for, the 2011 Father Joseph C. Martin Award for Professional Excellence Award go to www.FatherMartinsAshley.org/award or you may email Ashley.Marketing@fmashley.com to have the nomination forms sent to you by email or mail.

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CALENDAR OF EVENTS

HAVE AN EVENT? CLASSIFIED? Email us: aztogether@yahoo.com
Submissions accepted one month prior to event.

FEBRUARY EVENTS

FEB 2.—Cynthia A Criss, LPC, "Treatment of Sexual Addiction"—ST. LUKE'S BEHAVIORAL HEALTH Center Clinical Breakfast Series. 8:00-9:00 a.m. Behavioral Health Center Auditorium, 1800 E. Van Buren. Free CEU. Breakfast, networking. Chip Coffey, 602-251-8799. pcoffey@iasishealthcare.com.

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. Call Jana at 520-743-2141 or email at jzeff@cottonwoodtucson.com for information and registration.

FEB. 14-18 and Mar 21-25 – Tucson – Cottonwood Tucson – InnerPath Beginnings & Beyond Retreat. Five-day intensive retreat tailored to meet the needs of those individuals who want to make healthy changes in their lives. Facilitated by Rokelle Lerner. Visit cottonwoodtucson.com or call Jana at 520-743-2141 or email at jzeff@cottonwoodtucson.com for information and registration.

FEB. 16—6:30-8:00 p.m. TUCSON—FREE LECTURE SERIES. The Meadows presents—"Sex, Love and Longing: Understanding the Addicted Self" with Debra Kaplan, LISAC. Jewish Heritage Center, 3800 River Road, Tucson 1.5 CEC. For information: Meagan Foxx, email: mfoxx@themedows.com or call 866-633-5533/ 602-531-5320.

FEB. 21—7:00-8:30 p.m. FREE LECTURE SERIES. The Meadows presents—"Feel Confident. Promote Your Life Work. Thrive." with Sarah Jenkins, LPC. Chapparal Christian Church 6451 E. Shea, Scottsdale. For information: Meagan Foxx, email: mfoxx@themedows.com or call 866-633-5533/ 602-531-5320.

FEB. 22—12:00 – 1:30 p.m. Earn 1.5 CEUs with a free lunch! Aurora Behavioral Health System, West Lunch & Lecture Series. "CYBERBULLYING." Learn what cyberbullying is, how it works, why this psychological warfare occurs and how to prevent it. Ruchi Bhargava, Ph.D., Assistant Professor, Clinical Psychology, Midwestern University, 6015 W. Peoria Ave. Glendale. RSVP Erin Boyd 623-344-4416 Cell: 623-256-3469. Email: erin.boyd@aurorabehavioral.com.

Every Week – Tucson – Cottonwood Tucson – InnerPath Developing Healthy Families Workshop. Five-day workshop for families impacted by addictions, psychiatric disorders, anger & rage, and trauma. Facilitated by Cottonwood staff. Visit www.cottonwoodtucson.com or call Jana at 520-743-2141 or email at jzeff@cottonwoodtucson.com for information and registration.

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.

APRIL 9, 8:00-10:00 a.m. - Chandler Christian Church presents: Porn and Pancakes Men's Breakfast the greatest men's breakfast on the planet. Porn and Pancakes is all about the conversation. The morning revolves around Pastor Jake Larson, co-founder of Fireproof Ministries. Great conversation about issues that are dominating our lives. Porn and Pancakes provides the next steps for you to walk away with hope to recover or help those struggling with porn addictions. The breakfast is open to all men and their sons 12 years and up. Cost to attend is \$5 per person, \$10 for fathers and sons. For more information on how to attend call 480-963-3997x141 or larrydaily@chandlercc.org. 1825 S Alma School Rd, Chandler.

ON GOING SUPPORT

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.

Incest Survivors Anonymous ISA meeting in Phoenix—Freedom Hall (corner of 12th Street & Highland). Contact Gloria, 602-819-0401

COTTONWOOD DE TUCSON. On going Alumni meetings: Every Wednesday @ 6pm – 7:30pm on the Cottonwood campus in Tucson. 4110 W Sweetwater Drive. Tucson AZ 85745. 1st and 3rd Tuesday of every month in Scottsdale at 7pm – 8:30pm. 7219 E Shea Blvd, Scottsdale AZ 85260. Contact Sally Hicks 520-743-0411 ext. 2517 or email shicks@cottonwoodtucson.com

WOMEN'S LIFE ISSUES GROUP—For women struggling with life issues related to their spouse's sexual addiction and resulting trauma. Mondays 7-8:30 p.m. 480-730-6222.

TUCSON—ARTS Anonymous a 12 step program for creative people. Fridays, 5:30pm. First United Methodist Church of Tucson 915 E. 4th Street. Tucson. Alison 520-203-7763

(ACOA) Adult Children of Alcoholics and Dysfunctional Families. Saturdays 4:00 p.m. First United Methodist Church of Tucson 915 E. 4th Street. Tucson. Alison 520-203-7763

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.

ACA meeting. Tucson. Every Wednesday 5:30-7:00 p.m. Streams In the Desert Church 5360 E. Pima Street. West of Craycroft. Classroom A (Follow the signs). Micheal 520-419-6723.

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

continued on page 11

Consider a Gift to Yourself on Valentine's Day



By DR. DEBORAH A. RUSSO, PsyD
REMUDA RANCH, PROGRAMS FOR EATING AND ANXIETY DISORDERS

Valentine's Day is a celebration of the heart. A special day we put aside to tell those we care about how much we love and appreciate them. A hug, a love letter, the gift of roses...all familiar ways we express our love to others. Take a moment to consider what it feels like when you think of giving yourself a gift of appreciation. The mere idea of it may feel awkward, or even be inconceivable. I remember a Valentine's Day in particular when a coworker received a bouquet of beautiful red roses at the office. Everyone gathered around, smiling and asking where they came from. She was glowing with excitement, smiled and said, I sent them to myself and it feels great! She was working on taking time to show herself love and appreciation, a concept that prior to recovery was dismissed. We all learned something powerful that day about putting our energy into taking time out to love ourselves versus waiting for someone else to do it.

Many clients we work with spend endless hours trying to fix their bodies to be loved. Our body image is an extension of our self image. And our self image is our evaluation of ourselves developed through our experiences, relationships, personality, and beliefs. It is also impacted by the unique way we take in, and filter messages from others including ways we internalize our ideals. If our self image is measured against narrow and relentless ideals as our body image may be, we may never feel loved, or for that matter, never feel good about ourselves.

Recognizing Healthy Recovery

Healthy recovery includes recognizing what a healthy self image is made of, which includes the ability to nurture and love oneself. Here is a question to ask yourself as a measure of your self image. Ask yourself honestly "Do I value myself as much as I wish to be valued by my Valentine?"

If not, there is always room for self image improvement. These tips can have a powerful impact on how you talk to yourself, what you think and feel about yourself, along with your impression of what others think about you.

- Remain focused on the positives with a glass-half-full attitude vs. half empty
- Take an inventory of your achievements and recall how these successes impact you
- Take on challenges with a can-do attitude—creating doable, measurable goals
- Turn lemon into lemonade! Focus on what you can salvage from a situation you saw as a failure – what you learned, how you grew
- Work toward more balance/congruency between your thoughts, behaviors and what you value



- Allow flexibility in your evaluation of yourself, your actions and feelings. Practicing being even-minded, non-critical, and growth-oriented will allow you to get outside of yourself with some objectivity
- Review your unique characteristics—loyal friend, good work ethic, creative
- Turn your inner critic to a gentle nurturer that supports while challenges you
- Keep a circle of friends who know how to nurture you and be positive
- Create a space in your home and your heart that is comforting, inviting and energizing
- Focus on the gifts of love you are given everyday, not just on Valentine's day

We may spend a great deal of energy waiting for someone else to validate and love us. Occasions like Valentine's Day may be reminders of our deep desires to be loved and valued. A Valentine gift to yourself this Valentine's Day may include rewriting your narrative in a way that invites time and energy to boosting your self image. Even developing and practicing just a few new habits will work to increase your positive self image. And, that could lead to an especially happy Valentine's day!

Deborah A. Russo, PsyD, is a member of the National Speakers Bureau for Remuda Ranch. Dr. Russo has 25 years experience working with eating and anxiety disorders in outpatient and inpatient settings. She works with Remuda Ranch bringing education and outreach programs to assist professionals in helping their clients obtain the resources, treatment and support they need to overcome eating and anxiety disorders. For more information, visit www.remuda-ranch.com or call 1-800-445-1900.

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LETTER TO THE EDITOR

Uncommon Courage

Like most Arizonans, I watched the televised memorial for those who died or were wounded in Tucson. The phrase "uncommon courage" was often repeated during the memorial referring to bystanders who saved lives by their quick action. As I listened, I became aware of a significant omission. By the time the program ended, this omission seemed like a giant black hole. In all the speeches and prayers, no one gave voice to the pain and grief the Loughner family was experiencing. Certainly no one mentioned Jared by name, but referred to him with words like deranged, evil, mentally ill and mad.

Since the sorrowful incident in Tucson, I have reflected on my family's experience with mental illness - feeling again the grief, trauma and stigma we've lived through raising a child who has a serious mental illness. Thinking about our child growing into an adult, just a few years older than Jared Loughner, and how we held the hope of recovery for him until he

could hold it himself.

I've thought a lot about the phrase "uncommon courage" and how it also fits individuals and families who sometimes walk a journey filled with pitfalls, dead-ends, U-turns and cliff hangings when serious mental illness is part of their experience.

Serious or untreated mental illness and substance use disorders can be cruel thieves stealing away the person you knew. It changes everything in your life and the lives of those closest to you.

Parents may have to sleep in shifts so one of them is always watching over their child. Other children in the family may feel left out because the one with the illness requires so much time and attention. People you thought were friends drop you. Extended family members don't understand, yet have opinions about your parenting skills.

Uncommon Courage cont. page 10



From the Heart

By ALAN COHEN WWW.ALANCOHEN.COM

Directions to Happy Lane

During my Life Coach Training seminar in Ojai, California, I took a walk in that picturesque town. As I strolled along a back road enjoying a striking mountain vista, a car pulled up beside me. A forlorn tourist rolled down his window and asked, "Can you direct me to Happy Lane?" I shrugged my shoulders and answered, "Sorry, I can't help you. I don't live around here."



When you open, grow, and expand your consciousness, your relationship opens, grows, and expands. We see life not as it is. We see life as we are. Thus relationships are one of the best ways to facilitate self-healing and personal evolution.

This principle came to light when I coached an unhappy doctor in Japan. The fellow had been pushed into his career by demanding parents and he

As the motorist moved on, I recognized the humorous metaphor of the encounter: You can't direct other people to Happy Lane unless you already know the town. You can't help others find happiness unless you are happy. When you're familiar with the area, it's easy to show the way. If you're not there, you can't be of much help.

In February we celebrate Valentine's Day, honoring lovers and relationships. While we tend to focus on the romantic aspects of relationships, ultimately they serve as powerful teaching tools. If a relationship helps you grow in self-awareness and take back the power you give to others to make you happy or unhappy, it has served you well. Your relationship partner serves as a mirror for your beliefs and attitudes about yourself. If you see beauty and love in your partner, that is what you see in yourself. If you see faults and problems, again you are meeting yourself. Wherever you go, there you are.

In the early days of motion pictures, a small group of cowboys in South Dakota got together to watch their first movie, projected onto a sheet on the wall of their bunkhouse. At one point in the film a band of war-painted Indians stormed over the top of a ridge, hooting and hollering, seemingly charging straight toward the audience of viewers. Suddenly one of the cowboys in the bunkhouse rose, drew his revolver, and fired six shots at the Indians. Moments later the lights in the room went on, the movie disappeared, and the audience laughed to find six bullet holes in the bunkhouse wall.

Are you firing holes in the screen of a relationship?

When you resent, resist, or attack your relationship partner, or anyone, you are firing holes in the screen. You are fighting an image in your mind. Rather than engaging in a war with a play of light on a screen, trace the image back to the film moving through the projector in your head. You made up a story and then dove into it. The issue is not about the other person. The issue is about you.

With such a realization you are immensely empowered. You cannot change other people to meet your expectations, but you do have the power to change your mind.

hated his job. Yet, due to rigid societal expectations and his parents' continued pressure, he felt he was unable to leave. When I asked him if there was any other profession he would rather have, he lit up and answered, "I would love to be a party planner." Stunned, I asked him, "Why would you prefer that over medicine?"

"Sometimes I throw parties for my staff," he explained, "and it gives me a great deal of pleasure to see them happy."

Suddenly the dynamic behind his dilemma became clear to me. I told him, "When you throw a party that makes your staff happy, in that moment you realize that you have the power to make someone happy. The someone you would really like to make happy is yourself. Now turn that power loose on yourself." He and I explored ways he could take better care of himself and amplify his joy, and he left the session relieved and uplifted.

Likewise, a workshop participant told me, "I am angry with myself because when I was a child I vowed I would become President of the United States by the time I was 48 years old. Now that birthday has come and gone and I see no hope of me achieving my goal."

"Why do you want to be President?" I asked.

"I would like to free the world of oppression," he replied.

"Then perhaps you could begin by freeing yourself of the oppression of self-judgment," I suggested.

This month as you consider your lover, or your desired lover, or any of your relationships, remember that to guide someone to well-being, you have to already be there. If you want more love from your partner, give it to yourself first. If you want more freedom, claim it. If you want more understanding, understand. Then, when someone comes to you looking for Happy Lane, you will be able to point them in the right direction.

Alan Cohen is the author of many popular inspirational books, including the 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 for Life Coach Training beginning in September. For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



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Orloff from page 1

perpetually lonely; we want companionship, but, paradoxically, it doesn't feel safe. One empath-patient told me, "It helps explain why at thirty-two I've only had two serious relationships, each lasting less than a year." Once we empaths learn to set boundaries and negotiate our energetic preferences, intimacy becomes possible.

Emotional Empaths

For emotional empaths to be at ease in a relationship, the traditional paradigm for coupling must be redefined. Most of all, this means asserting your personal space needs—the physical and time limits you set with someone so you don't feel they're on top of you. Empaths can't fully experience emotional freedom with another until they do this. Your space needs can vary with your situation, upbringing, and culture. My ideal distance to keep in public is at least an arm's length. In doctors' waiting rooms I'll pile my purse and folders on the seats beside me to keep others away. With friends it's about half that. With a mate it's variable. Sometimes it's rapture being wrapped in his arms; later I may need to be in a room of my own, shut away. One boyfriend who truly grasped the concept got me a "Keep Out" sign for my study door! For me, this was a sign of true love. All of us have an invisible energetic border that sets a comfort level. Identifying and communicating yours will prevent you from being bled dry by others. Then intimacy can flourish, even if you've felt suffocated before. Prospective mates or family members may seem like emotional vampires when you don't know how to broach the issue of personal space. You may need to educate others—make clear that this isn't about not loving them—but get the discussion going. Once you can, you're able to build progressive relationships.

If you're an empath or if the ordinary expectations of coupledness don't jibe with you practice the following tips.

Define Your Personal Space Needs

Tips for empaths to feel at ease in a relationship:

Tip 1. What to say to a potential mate

As you're getting to know someone, share that you're a sensitive person, that you periodically need quiet time. The right partner will be understanding; the wrong person will put you down for being "overly sensitive," won't respect your need.

Tip 2. Clarify your preferred sleep style

Traditionally, partners sleep in the same bed. However, some empaths never get used

to this, no matter how caring a mate. Nothing personal; they just like their own sleep space. Speak up about your preferences. Feeling trapped in bed with someone, not getting a good night's rest, is torture. Energy fields blend during sleep, which can overstimulate empaths. So, discuss options with your mate. Separate beds. Separate rooms. Sleeping together a few nights a week. Because non-empaths may feel lonely sleeping alone, make compromises when possible.

Tip 3. Negotiate your square footage needs

You may be thrilled about your beloved until you live together. Experiment with creative living conditions so your home isn't a prison. Breathing room is mandatory. Ask yourself, "What space arrangements are optimal?" Having an area to retreat to, even if it's a closet? A room divider? Separate bathrooms? Separate houses? I prefer having my own bedroom/office to retreat to. I also can see the beauty of separate wings or adjacent houses if affordable. Here's why: conversations, scents, coughing, movement can feel intrusive. Even if my partner's vibes are sublime, sometimes I'd rather not sense them even if they're only hovering near me. I'm not just being finicky; it's about maintaining well-being if I live with someone.

Tip 4. Travel wisely

Traveling with someone, you may want to have separate space too. Whether my companion is romantic or not, I'll always have adjoining rooms with my own bathroom. If sharing a room is the only option, hanging a sheet as a room divider will help. "Out of sight" may make the heart grow fonder.

Tip 5. Take regular mini-breaks

Empaths require private downtime to regroup. Even a brief escape prevents emotional overload. Retreat for five minutes into the bathroom with the door shut. Take a stroll around the block. Read in a separate room. One patient told her boyfriend, "I need to disappear into a quiet room for ten minutes at a party, even if I'm having fun," a form of self-care that he supports.

In my medical practice, I've seen this creative approach to relationships save marriages and make ongoing intimacies feel safe, even for emotional empaths (of all ages) who've been lonely and haven't had a long-term partner before. Once you're able to articulate your needs, emotional freedom in your relationships is possible.

Judith Orloff MD is author of the New York Times bestseller *Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life* (Harmony Books, 2009) upon which this article is based. Dr. Orloff synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition and energy medicine. An Assistant Clinical Professor of Psychiatry at UCLA, she passionately believes that the future of medicine involves integrating all this wisdom to achieve emotional freedom and total wellness. For Judith's lecture schedule and more inspiration visit www.drjudithorloff.com

About Judith Orloff MD

Judith Orloff MD is the author of the New York Times bestseller *Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life* (Harmony Books, 2009) and the international bestseller *SECOND SIGHT: An Intuitive Psychiatrist Tells Her Extraordinary Story and Shows You How To Tap Your Own Inner Wisdom*. Her other books are *Positive Energy and Intuitive Healing*. Her work has been featured on *The Today Show*, *CNN*, and in

Oprah Magazine and *USA Today*. Dr. Orloff synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition and energy medicine. An Assistant Clinical Professor of Psychiatry at UCLA, she passionately believes that the future of medicine involves integrating all this wisdom to achieve emotional freedom and total wellness. www.drjudithorloff.com

Judith Orloff MD, author of *Second Sight* (a book on dreams) and assistant clinical professor of Psychiatry at UCLA, is the perfect guest to discuss dreams and her role in the companion documentary to the new blockbuster film "Inception." She worked with one of the actors in the film, Joseph Gordon Levitt, on what dreams are and how to remember and interpret them. Also what is lucid dreaming and is dream sharing possible.

Dr. Orloff can be reached at judith@drjudithorloff.com or 310-822-0154 and www.drjudithorloff.com

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| ACT Counseling & Education | 602-569-4328 |
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| 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 |
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| 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 |

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| 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 | 602-735-1681 |
| 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 |
| Valley Hospital | 602-952-3939 |
| WINR | 480-464-5764 |
| Workaholics Anonymous | 510-273-9253 |

TUCSON

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| 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 |
| The S.O.B.E.R Project | 520-404-6237 |
| 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 |

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| Vitamin I.V. Bag | |
| Small (250cc) | \$35 |
| Large (500cc) | \$45 |
| Therapeutic/Detox Massage | \$60 |



News from page 3

will provide details on the dates, times and locations on its web site.

Women's author to Speak on 'Detachment' in Mesa

Karen Casey, Ph.D., author, lecturer, seminar leader (www.womens-spirituality.com) will be presenting at the Broadway Palms Dinner Theater in Mesa on February 26.

Casey will discuss "*Detachment: What It Means; How to Practice It*," at a luncheon buffet sponsored by Recovery Rocks Bookstore.

A native of Indiana, Casey began her recovery in Minneapolis in 1974 in the rooms of Al-Anon. She attended her first meeting of Alcoholics Anonymous in May of 1976. She has been sober and a "double winner" since then.

Her first book: *Each Day A New Beginning: Daily Meditations for Women*, was published by Hazelden in 1982. It was the first book ever published specifically for women in recovery. Since the publication of that first book, which has sold more than 3 million copies, Casey has published another 23 books and her 25th book, a memoir, is underway.

Casey served as a Trustee on the Hazelden Foundation Board for nine years. She has been the recipient of numerous awards for her work in the field of addictions, including being chosen as A Woman of Distinction by the Alpha Xi Delta Fraternity in 2001 and America Honors Recovery Award in 2007.

Along with writing books and keeping current with her blog which can be assessed on her website, Casey devotes her time to developing workshop presentations based on her many books. She has lectured and offered workshops in Germany, Ireland, Mexico and Canada and throughout this country.

Working with others in the many 12 step meetings she attends weekly is a passion as compelling as her passion for writing. She says her commitment to "spreading the word" is what she feels born to do.

Relationships, and how to make them more peaceful, fruitful and joyful are at the core of the work that Casey is devoted to. Her primary concern is that people feel too disempowered to make the changes, personally and collectively, that can make this world a better place for all of us to inhabit. Her body of work currently is focused on helping people change how they see their role in the relationships that have attracted them in order for them to willingly see what they might do different in those relationships.

Casey is available for workshops, or talks. Email her at karen@womens-spirituality.com or call 239-398-6327 to book an engagement. Tickets for Casey's appearance are available through www.recoveryrocksmesa.com or by calling 480-273-3343.

Help Support Children of Alcoholics Week. February 13 to 19

An estimated 25 percent of all children in the U. S. (about 27.8 million) are affected by or exposed to a family alcohol problem. SAMHSA supports the National Association for Children of Alcoholics (NACoA) during

its Children of Alcoholics (COA) Week. COA Week celebrates the recovery of the many thousands of children (of all ages) who have received the help they needed to recover from the pain and losses suffered in their childhood, and it offers hope to those still suffering from the adverse impact of parental alcohol and drug addiction.

During this annual celebration of hope and healing, NACoA would like citizens and organizations to spread the word on how frequently children are affected by a parent's suffering from alcohol/drug addictions. Here are some ways to make a difference:

Speak out as an organization and as an individual. Advocate for the children and families affected by alcoholism and other drug dependencies.

Stimulate a proclamation. Join with other groups in your town or state to persuade the mayor, governor, or state legislators to make an official proclamation of COA Week 2011. For more details call NACoA (1-888-554-2627).

FDA to Limit Acetaminophen in Prescription Drugs

To prevent overdoses, the Food and Drug Administration (FDA) has issued strict new limits on a common ingredient in prescription painkillers, *The New York Times* reported.

The FDA has ruled that prescription painkillers may contain only 325 milligrams of acetaminophen—about half of what many contain today.

Acetaminophen is a very popular ingredient in prescription pain medication and is also available over-the-counter in products such as Tylenol. Some patients increase their risk of overdose by supplementing prescription pain pills such as Percocet or Vicodin—which contain narcotics combined with acetaminophen—with an over-the-counter drug that contains acetaminophen, the agency said.

Overdoses, which can cause severe liver damage, kill over 400 people and hospitalize another 42,000 in the United States every year.

Drug-makers will have three years in which to adjust their formulas or take their products off the market. They will also have to add more explicit warnings about overdose risks to their packaging.

"F.D.A. is taking this action to make prescription combination pain medications containing acetaminophen safer for patients to use," said Dr. Sandra Kweder, deputy director of the FDA's Office of New Drugs.

In 2009, an advisory panel recommended that the FDA outlaw acetaminophen as an ingredient in prescription painkillers. The FDA chose a more moderate course by limiting the allowable amount of acetaminophen in such pills.

"We don't believe we're making these products less effective," Kweder said. "The amount of acetaminophen in these products has gradually crept up over the years."

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- Outdoor exercise area
- Furnished/Unfurnished






Uncommon Courage from page 8

They may stop dropping by when in town or exclude you from family events. Daycare and school can be a nightmare. Your place of worship may politely request you attend without your ill child. Scouts may allow your child to participate for a while, but only if a parent is present at all times.

If you adopted this child, you may be advised to return him to the adoption agency, as if he was a shirt that didn't fit. You may have to place your child in a psychiatric hospital or a residential treatment center for care – both are locked facilities with the feel of a jail more than places of healing. You may even have to send him to another state for treatment. You might arrive home just in time to prevent him from hanging himself from your front yard tree. You may get to know people you never imagined would be in your life, like mental health advocates, lawyers, all kinds of specialists, policemen, school district superintendents. Some of them are wonderful people and you thank God they have been put in your path for they are the ones whose uncommon courage supports and moves recovery forward with skill and compassion.

Because you must be ever vigilant, you can no longer breathe deeply. Your family life revolves around the ebb and flow of this child's mental illness and there are many times you find it difficult to hold onto that hope of recovery. Your own body begins to show signs of illness triggered by tremendous long-term stress, and you start receiving diagnoses like diabetes, fibromyalgia, depression or anxiety. Your marriage may fall apart.

With luck, as you travel this road of mental illness with your child, you come across other travelers. You cry together because you each thought you were traveling alone. Now your life is blessed by the uncommon courage of others having similar experiences and holding the hope becomes easier.

On this journey, the diagnosis and medications change frequently. People providing care child constantly move in and out of your life, forcing you to become the expert. In this role, you learn about a variety of diagnoses, medications, treatments, nutrition, service providers, laws, rights, assessments, eligibility requirements for social services and ferret out specialists - all while struggling to keep your job and maintain a family life as possible. You are exhausted and stressed out.

Then one day, the miracle you have prayed for comes to pass – the hope of recovery begins to become reality! The right mix of medications is discovered and your child begins to make great strides. One day, he even thanks you for loving him through all those hard times. Another miracle: you begin to breathe again.

I share my family's journey so you will understand that mental illness is not the result of bad parenting, nor is it a choice or a bid for attention. It is life changing and takes an uncommon courage to navigate the road. The ignorance of stigma is cruel and only makes the journey that much harder.

Reach out to those you know are challenged by mental illness or addiction. Reach out to their families. Include them all in celebrations and memorials, in communities and places of worship, in schools. Be a friend.

Learn about mental health so you can take care of yours and know what to do if you recognize the signs of illness in yourself or others. Be a person of uncommon courage by breaking through the barriers of stigma to help make the hope of recovery a reality.

Demonstrate your uncommon courage by including the Loughner's in your prayers.

Cynthia Fullen, an Arizona parent



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Events from page 7

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.

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

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** 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. 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. 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). 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 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.



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- **Healthy Connections for Moms-to-Be-Case Management and service referrals for pregnant women with addictions**

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The Fourth (States) The Charm

The fourth (state of consciousness), say the wise, is not subjective experience, nor objective experience, nor experience intermediate between these two, nor is it a negative condition which is neither consciousness nor unconsciousness. It is not the knowledge of the senses, nor is it relative knowledge, nor yet inferential knowledge. Beyond the senses, beyond the understanding, beyond all expression, is the Fourth. It is pure unitary consciousness, wherein awareness of the world and of multiplicity is completely obliterated. It is ineffable peace. It is the supreme good. It is One without a second. It is the Self. Know it alone!" —*The Upanishads*

Unless you're Rip Van Winkle or in a coma, you're familiar on a daily and nightly basis with the three changing states of consciousness: dreamless sleep, dreaming, and waking. Underlying this trio is a fourth state—described in the quote above—that most people have never even glimpsed.

The Fourth Reality

This fourth reality is non-changing, beyond time, and your true Self. It's also bliss. When you take that into account, it's a shame that so many people are unfamiliar with it. When you live without it as a cushion, you're like a soccer ball being kicked around. When you live with it, you live a steadfast peace, regardless of what's going on in your life. Instead of being booted around like that soccer ball, you have much more happiness, energy, creativity, clarity, peace, and vitality, to boot.

This same principle of the importance of the fourth is also evident in the national pastime of baseball, in which an inning is meaningless if you put runners on each of the three bases without scoring any of them. It's only when a runner safely reaches the fourth base (home plate)—the one he started from when he came to bat in the first place—that a run goes up on the scoreboard. We have an expression in our language that goes, "The third time's the charm." As far as baseball and consciousness are concerned, however,

the truth really is that "the fourth time's the charm." Or better yet, "the fourth state is charming."

How to Awaken the Fourth

The connection to your higher Self in this fourth state of consciousness is possible at any moment of the day or night in the waking state, or at any moment of the night—or day, for nappers—in the sleeping or dreaming states. That's because your true Self—the infinite silence and peace of your inner non-changing Being—underlies every moment in time of the three changing states. The easiest way to contact this state beyond activity, perception, thought and feeling—this state of pure Being—is to allow your changing mind to settle into the non-changing peace of the Self. Meditation is the best way to do this because, being in a seated position, you're not going anywhere and, with your eyes closed, you've begun the process of reducing perception. When you use a mantra to quiet the thinking process, you further increase the odds for making contact with the fourth state of consciousness at the source of thought itself.

For purposes of full disclosure, I have been contacting this fourth state since I was 17, when I learned Transcendental Meditation (TM). Three years later, I began teaching it, as well, and have taught many hundreds of others through 2009. I also trained dozens of TM teachers. In 2010, inspired by my experience as a TM teacher, I launched Higher Self Meditation, which accomplishes this contact with the Fourth as effectively as TM, and at a third of the cost.

If you're one of those people who hasn't yet connected to the infinite silence, peace, and bliss of your higher Self—the non-changing fourth state underlying your changing experiences of waking, dreaming, and sleeping—why not come home? When a runner does that in baseball in the bottom of the ninth to win the game, his teammates mob him and give him high-fives. If you do this in Higher Self Meditation, you will feel high—and you'll be on your way to experience state of consciousness five, in which the non-changing fourth state co-exists on a 24/7 basis with the changing three states. But that's a whole other column.

Recovery Resources

| FINANCES / TAXES | |
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| First Arizona Credit | 602-248-0203 |
| Suzie Adams – Taxes | 602-277-0521 |
| Bernie Scarborough CPA | 480-540-8628 |
| LEGAL SERVICES | |
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| ACT Counseling | 602-569-4328 |
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| 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 | |
| Chandler Christian Church | 480-963-3997 |
| Celebrate Recovery Glendale | 602-620-4076 |
| at CrossPoint Christian Church | |
| Chicanos Por La Causa | 602-233-9747 |
| Community Bridges | 480-831-7566 |
| Cottonwood de Tucson | 800-877-4520 |
| 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 |
| NAATP | 717-392-8480 |
| NCADD | 602-264-6214 |
| NotMYKid | 602-652-0163 |
| Pathway Programs | 480-921-4050 |
| Phoenix Metro SAA | 602-735-1681 |
| Promises | 866-390-2340 |
| Psychological Counseling Services | |
| (PCS) | 480-947-5739 |
| Remuda Ranch | 800-445-1900 |
| Rev Sandi Britton, M.Ed., M. Div. | 602-485-1161 |
| River Source-12 Step Holistic | 480-827-0322 |
| Run Drugs Out of Town | 480-513-3909 |
| Sage Counseling | 480-649-3352 |
| Sierra Tucson | 800-624-5858 |
| SLAA | 602 337-7117 |
| Sober Living AZ | 602-478-3210 |
| Sundance Center | 480-773-7329 |
| Sex Love Addicts Anonymous | 520-792-6450 |
| St. Luke's Behavioral | 602-251-8535 |
| Stonewall Institute | 602-535-6468 |
| Teen Challenge of AZ | 800-346-7859 |
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High Stakes Addiction? continued from 1

for concerned persons affected by gamblers behaviors. These resources can be found on the internet under "problem gambling," by phoning 1-800-NEXTSTEP, or getting in touch with the Arizona Council on Compulsive Gambling.

What treatment options are available in Arizona for the gambling addict?

There are several specially trained counselors throughout Arizona that can be located by county by calling 1-800-NEXTSTEP or by visiting the Arizona Office of Problem Gambling website at www.problemgambling.az.gov. They can also find assistance by calling the Arizona Council on Compulsive Gambling at 1-800-777-7207 and visit their web site at www.ACCG.org. When there are not any other financial resources available, like savings or insurance, etc. a person may qualify for funded treatment after an assessment to determine best options.

If a gambler has lost everything or the family has lost everything how would they pay for treatment?

When the gambler or family member seeks treatment, a qualified gambling counselor would be able to assess whether there are any resources available like savings or insurances, and when these resources have been extinguished, they could determine their qualifying for treatment funding.

With the economy in such a downturn, are more people taking risks with money to supplement their income?

That may be true in some cases; however a person prone to addictive behavior is susceptible no matter what the economic reality of the country may be.

There's a saying, "Scared money never wins," do you agree?

I am not familiar with this expression

but I do know through 16 years of working with compulsive gamblers that chasing losses never gets the person ahead financially. The opposite occurs and they find themselves deeper in debt and sometimes even in major legal trouble.

Do people in recovery from another addiction such as alcohol or drugs turn to gambling as a way to escape? Is this considered a relapse or a whole different addiction?

There is evidence in studies that people who have one addiction may be more vulnerable to turn to another behavior that may become addicting. Many treatment programs view self-defeating behaviors as relapse or set backs and take this process very seriously on behalf of the patient or client.

Since kids are not old enough to enter any gambling venue, are they getting into trouble with this and how are they accomplishing any gambling?

Well, our youngsters are pretty creative and their problems don't only stem from gambling with money and getting into debt. The debt issues can arise from playing cards or dice games with peers for money, or by using parent's credit cards, which they also use to gamble on-line through internet resources. Although they usually are not authorized to use the credit cards they do anyway. They are also realizing consequences by being on-line too long and not doing their homework and even missing school and other obligations like sports and interacting with friends in the community, due to their fascination with the games they play.

Our young adults, who are not old enough to enter gambling venues, report that they go to the Casino and Horse Track and occasionally to the Off Track Betting Parlors without any trouble. They are not reporting winning big because they would have to show identification and then their age would be recognized. If a parent suspects their child may be gambling, I suggest they seek professional as soon as possible. ■

ARIZONA GAMBLING RESOURCES

Arizona Office of Problem Gambling
1-800-Next-Step (1-800-639-8783)
www.problemgambling.az.gov

Gamblers Anonymous
www.gamblersanonymous.org
Phoenix 602-266-9784
Tucson 520-570-7879
Spanish hotline: 888-665-8356

GA and Gam-Anon
www.gaphoenix.org

Gam-Anon
480-275-0921 or 480-275-0924

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Problem Gambling Warning Signs

- Have you ever felt the need to bet more and more money?
- Have you ever lied to people important to you about how much you gambled?
- Have you repeated unsuccessful efforts to control, cut back or stop gambling?
- Do you gamble as a way of escaping emotional or physical pain?
- Have you ever relied on others to provide money to relieve a desperate financial situation caused by gambling?
- Have you ever jeopardized or lost a significant relationship, job or career opportunity because of gambling?
- Have you gambled to get money with which to pay debts or to solve other financial problems?
- Have you borrowed money to finance your gambling?
- Has gambling ever made your home life unhappy?
- Do you gamble to try to get your money back?

(source: www.problemgambling.az.gov)

St. Luke's Behavioral Health Center

Serving the needs of adults, adolescents, children and seniors

St. Luke's Behavioral Health Center offers a full spectrum of inpatient and outpatient services using a holistic approach to treatment that addresses each person's physiological, psychological, spiritual and social needs. Services include:

MENTAL HEALTH

- Adult Outpatient
- Adult Inpatient
- Child/Adolescent Inpatient

CHEMICAL DEPENDENCY

- Adult Outpatient
- Adult Inpatient Detox
- Adolescent Outpatient

OTHER SERVICES

- Generations/Geropsych – inpatient psychiatric and medical care for patients ages 55+
- Momentum – outpatient treatment for long-term mental illness

Intake representatives are available 24 hours a day to schedule appointments for assessment. St. Luke's Behavioral Health Center does not have an Emergency Department and does not offer emergency services.



Call 602-251-8535 or 800-821-4193 to schedule an appointment for a free assessment. stlukesbehavioralhealth.com

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Center for Applied Behavioral Health Policy

upcoming trainings:

- February 3, Community Event – Healthy Mind, Healthy Body: Promoting Wellness in Our Teenagers – Emily Shaffer-Hudkins, Ed.S.
- February 4, Training for Service Providers: Understanding the Mind-Body Connection: Promoting Wellness in Youth - Emily Shaffer-Hudkins, Ed.S.
- February 16-18, Three Day Motivational Interviewing Academy

more info:
email: linda.williamson@asu.edu,
visit www.cabhp.asu.edu or call 602-496-1483

ASU Center for Applied Behavioral Health Policy
ARIZONA STATE UNIVERSITY