

Together A Z



Inspiring Success On The Road To Recovery

March 2012

INSIDE THIS EDITION

7.5 Million Children
Live with an
Alcoholic Parent



Is Your Food Making You
Anxious, Panicked
or Depressed?

What Do Science and 12 Step Recovery Have in Common?

By DAVID SACK, M.D. CEO, Elements Behavioral Health

It seems like scientific advances in the study and treatment of addictions are announced nearly every day, but so far these have had caused little stir in the recovery community. But why? As a psychiatrist who is the CEO of treatment programs strongly identified with abstinence and recovery, I have spent many hours lying awake trying to understand it.

First, many of these “breakthroughs” involve the basic science of how drugs affect the brain, how genes contribute to disease, and how different chemicals affect drinking behavior in rodents. Mice are not people. When a drug that powerfully depresses drinking in mice is tried in humans, the results tend to be partial and incomplete. While scientists celebrate each step as a building block for future discoveries, addicts and their families are looking for solutions now.

This is not the whole story. The success of AA and other 12 Step programs lies in their ‘singleness of purpose.’ “Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.” [The Traditions support that. AA is not a treatment. It is forever non-professional. Untangling the myriad causes for addiction is not the mission, nor is advancing science. To researchers in the field this has been frustrating and daunting. How do you understand a “program” that is not a treatment, and whose members make no investment in the investigative process?

The core of the difference lies with very different notions of what addiction is. As one

character in Pirandello’s play *Six Characters In Search of an Author* observed, “The problem is with words.” The American Society of Addiction Medicine recently advanced a new definition for addiction— “Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.” In this concept of addiction, this dysfunction leads to other characteristic biological, psychological and spiritual changes. By contrast AA attaches primacy to the idea that alcoholism is a spiritual malady of self-centeredness.

These differences in core perception lead to very different approaches to treatment. However, there are also areas of agreement between the medical view and recovery view of addiction.

- **Alcoholism (and by extension addiction) is a disease.**
- **Anyone who has ever been addicted is much more likely to become addicted to another drug (or alcohol) than someone who has never been addicted.**
- **In general, people who abstain from drugs have better outcomes than those who continue to use.**
- **Alcoholism (and other addictions) involves complex changes in behavior and mood.**
- **Many more people try to get sober/abstinent than succeed.**

Their perspectives diverge when it comes to:

- **What is the goal of treatment? Is it complete abstinence, social recovery (work and family) or fewer health problems?**
 - **Are people who take opiate replacement therapy abstinent (if they are not abusing other drugs)?**
 - **Is controlled drinking or drug use possible (even if it is ill advised)?**
 - **What does a Higher Power have to do with it?**
- It will probably be some time before changes in our knowledge of addiction allows us to sort out these differences. In the meantime, we can help the greatest number of people by focusing on an imperfect union that emphasizes these shared beliefs:
- **Treatments that teach new behaviors and change “addicted” patterns of thinking are effective.** AA is organized to teach and model adaptive behaviors and strategies.
 - **Memory problems that result from drinking interfere with planning and new memory formation.** AA recognizes this problem through a program of steps and a philosophy of one day at time.
 - **It takes time to recover from addiction, with relapse rates being highest in the first sixth months and then falling markedly.** AA’s focus on length of sobriety time is a constant reminder that longer is better and hope is just around the corner. Celebrating a year of sobriety acknowledges the difficulty and protracted nature of the restorative process.
 - **The amount of time in treatment (therapy or AA) is strongly associated with better outcomes.** A strong part of AA is its focus on a moral and spiritual program to overcome deficits caused by addiction. People who engage in volunteer activities have better long- term outcomes and are more likely to be abstinent.

Although the rewarding effects are central to how people become addicted, it is the changes in memory, behavior and feelings that keep people in their addictions.

It is my hope that researchers and the 12 step recovery community keep open minds and learn from each other. By focusing on what works we allow treatment providers to give clients multiple tools for recovery and the best opportunity for success.

David Sack, MD, currently serves as CEO at Promises Treatment Centers. His experience in substance abuse treatment includes implementing comprehensive ambulatory detoxification within general medical settings, substance abuse treatment of adjudicated youth and adults, and developing specialized residential and outpatient treatment programs of dually-diagnosed clients in both rural and urban settings. Visit promises.com or call 866-390-2340.



How I Found Serenity

By TERRY A. KIRKPATRICK

When he was growing up on the streets of Hoboken, New Jersey, Joey’s friends couldn’t pronounce his last name, Pantoliano, so they called him “Joey Pants,” and it stuck. He believed that his route out of the projects was Hollywood – he would be a star — and at age 17 he crossed the Hudson River into Manhattan and began his training as an actor.

It would not be too many years before he did make it to Hollywood, and we would all get to know Joey Pants through such films as *The Matrix*, *Memento*, *The Goonies*, *Risky Business*, *Bound* and *The Fugitive*. In 2003 he won an Emmy for his role as Ralph in *The Sopranos*.

In 2010 he made a different kind of film – *No Kidding, Me Too!* – about mental illness and the stigma attached to it. Three years before that he had announced that he suffered from clinical depression and that he was speaking out about it to try to counter the prejudice against brain disease.

This year he is publishing his second book *Asylum: My Hollywood Tales from the Great Depression: Mental Dis-Ease, Recovery, and Being My Mother’s Son* (Weinstein Books, March 2012). In a way, the book is a continuation of the documentary, but it’s a lot more.

Together: What is serenity?

Joey: I just think it’s peace of mind, where my mind is not wasting away with anxiety about the future or thoughts of my past jumping out of dark corners at me. Just now I’m reviewing the book from the copy editor, and I was looking at what was wrong with me. My wildest dreams had come true. I was one of only 700 actors in a union with 120,000 members making a living at what I love to do. I didn’t have a shot at the brass ring -- I had the brass ring. It was in my hand. Then why was I so miserable when I was surrounded by goodness? It wasn’t my mother’s fault, it wasn’t my father’s fault, it wasn’t even my fault.

Actually I know what the lack of serenity feels like way better than what serenity feels like. The seven deadly sins — envy, sloth, the sexual desire; you see a pretty girl and you’re living in this moment of wondering what it would be like and you wind up feeling guilty. When am I going to be old enough that these feelings disappear? I know it’s not sixty.

How did you try to find serenity?

In the tenth grade, when I went to high school in Cliffside Park, New Jersey, it was the first time we actually had an exterior playground, so running was my first experience with a feeling of wellness. I started jogging



in high school and then made a career of running three to five miles, four to five times a week to help me to feel good.

Acting helped me to feel good. I was somebody else. I knew my character. Being my character was way better than being me. It was the only time that I knew who I was, where I was, where I was going. I had this unusual freedom between the times the director would say “action” and “cut.” Or when the curtain went up and the curtain came down. Acting was an outlet, a joy and pleasure, especially when it felt right.

It was because I had better information, better intel. Real life is kind of scary, because you don’t know what’s going to happen next. And there was this terrible beast inside of me, this terrible person. So early in my career I went to group therapy to try to make it go away.

How I Found Serenity continued page 9

publisher's note



BONDAGE OF THE BOTTLE

By BARBARA NICHOLSON-BROWN

I was a slave to alcohol. It was my Master. It had me in a tight hold and never wanted to let me go. It smothered me. The tighter the grip, the more I was dependent on it. I loved it.

If there had been a label on whatever bottle I was drinking, instead of noticing a vintage year or the alcohol content, maybe this is what I read, **"Drinking This Will Make You Think You're Having Fun. The More You Drink The Better You Will Think You Feel. There Might Be Consequences, But Who Cares?"**

After only a few binges the trouble began. The warning signs I refused to see from then on would have read more like this...

"By ingesting this liquid you will immediately go into a blackout. You will become obnoxious. The friends you have will be out of your life soon. Your family will lose any and all hope on you living past the age of 35. You will "come to" and not remember how you got home—alive. You will drive under the influence. You will not be trusted. You will lose a few jobs. You will drink alone and isolate. You will get sick often and have hangovers that hurt like hell. Even though you will promise over and over never to drink me again, I have you in my embrace. You are mine. I am your best friend and I want you dead."

Yes, these mind and mood altering substances want us dead. Just today I heard of another tragic death, someone I had known for over 18 years. What happened I wondered? He like many others didn't make it out of this disease alive.

I can only say what works for me today: taking my seat at a 12 step meeting at least five days a week; owning up to the responsibility of helping another find sobriety; being less interested in myself and discovering ways to make a difference in the life or another, no matter how big or small. Being grateful for this day and the last 21 years of them I've had clean and sober. Remembering I'm only a drink away from losing every gift I've been given. Not blaming anyone or anything for the choices I've made. Giving up my starring role as 'The Victim'. Sharing my story, and listening to yours. Learning what acceptance and forgiveness really means. Believing I'm worthy and deserving of a wonderful life. Never giving up hope. Will you join me on this journey? None of us can do this alone.



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Teens Driving Under the Influence of Marijuana

According to a recent study, nearly one in five (19 percent) of teens say they have gotten behind the wheel after smoking marijuana.

As reported in USA Today, the national study of nearly 2,300 11th- and 12th-graders was commissioned by Liberty Mutual Insurance and Students Against Destructive Decisions (SADD). It showed that a growing percentage of teens do not see marijuana use as a distraction while driving, with 70 percent of teens saying it is "very" or "extremely" distracting, down from 78 percent in 2009.

Stephen Wallace, senior advisor for Policy, Research and Education at SADD, said the findings reflect a "dangerous trend toward the acceptance of marijuana and other substances compared to our study of teens conducted just two years ago...both in

terms of the increased use of marijuana and from the perspective that many think this is not a danger."

Other studies, like the University of Michigan's "Monitoring the Future" of 47,000 eighth-, 10th and 12th-graders, reflect this trend. That study revealed marijuana use rose in 2011 for the fourth straight year, with daily use at a 30-year peak level among high school seniors.

Of those teens who have driven after smoking pot, 36 percent say it presents no distraction when operating a vehicle. Nineteen percent say alcohol is no distraction, and 13 percent of teens report driving under the influence of alcohol.



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Parents have more influence over their child than friends, music, TV, the Internet and celebrities.

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NEWS

Teens and Secondhand Smoke in Cars

More than one-fifth of middle and high school students were exposed to secondhand smoke in cars in 2009, according to a new study by the Centers for Disease Control and Prevention (CDC). This represents a significant decrease from 2000, when 40 percent of teens were exposed to cigarette smoke in cars, the Associated Press reports.

Exposure to secondhand smoke in cars has been associated with breathing problems and allergy symptoms, according to the report, which is published in the journal *Pediatrics*. The CDC calls for more restrictions to prevent this exposure.

The findings come from national surveys of students, who were asked how often they rode in cars while someone was smoking in the past week. The most common answer was one or two days, the article notes.

"The car is the only source of exposure for some of these children, so if you can reduce that exposure, it's definitely advantageous for health," CDC researcher Brian King said. According to the CDC, opening a car window does not protect children from cigarette smoke inside. The article notes several states have adopted laws that ban smoking in cars while children are present.

Father Martin's Ashley announces call for nomination for 2012 award

Father Martin's Ashley, the non-profit alcoholism and drug addiction treatment center, announced nominations for the 2012 Father Joseph C. Martin, S.S. Award for Professional Excellence are now being accepted.

The Father Martin Award is given annually to a professional who embodies Father Martin's legacy of education, treatment with dignity and support of 12 Step recovery. Last year's winner was late author and speaker, Earlie Larsen, and there have been eight other award honorees to date. This year's award will be presented at a special award presentation during the National Conference on Addictive Disorders (NCAD) in Orlando, Florida on September 30. Last year's conference drew more than 1,000 attendees and is the ideal venue for recognizing an addiction professional who has made a significant impact on the field, patients and families.

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 2012 Father Joseph C. Martin Award for Professional Excellence Award go to www.FatherMartinsAshley.org/award or email marketinginfo@fmashley.com to have the nomination forms sent to you.

Speaking Out for Addiction Recovery

With the 2012 election season heating up, recovery community organizations and allies are mobilizing their members and local residents to exercise our civic rights and responsibilities, and we've been reminded of how important it is to be engaged in our nation's civic life.

In the U.S. Congress and numerous state houses, there are calls to drug test people who receive unemployment benefits, housing and other support. These proposed policies are misguided, ineffective and would waste precious taxpayer resources. We know what works to promote and sustain addiction recovery is access to services and support, not erecting more barriers. Suspicionless drug testing is expensive and ineffective because it merely aims to identify individuals without getting them the help they need.

For the more than 20 million Americans in recovery, our families, friends and allies, we need to speak out publicly about the issues that matter to us most and engage policy makers and the media in them.

Faces & Voices of Recovery has developed two tools that you can use to do just that.

The 2012 Recovery Voices Count Guide to Non-Partisan Civic Engagement has everything you need to run a civic engagement campaign that will register and educate voters, and encourage individuals to vote on Novem-



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ber 6. Recovery community organizations and allies have registered tens of thousands of voters who've turned up to the polls since the campaign was launched in 2008.

You can find out how to educate candidates for public office on the issues that matter to us by using this year's candidate questions to get them on the record.

One question is, "Twenty million Americans are in recovery from addiction to alcohol and other drugs, yet many still find it difficult to get an education, a good job, a driver's license or to vote due to discriminatory state and federal policies and laws. Do you support or oppose the repeal of these laws, which basically prevent people who have paid their debt

to society from contributing to their families and communities in a positive way?"

We encourage you to organize or attend an event in your community this election cycle. In 2010, Friends of Recovery Vermont hosted a Gubernatorial Candidates Forum at the Burlington, VT, recovery community center. Broadcast live on Vermont Public Radio, the candidates went on record about issues that were important to their community.

The Community Listening Forum is another tool. Modified town hall meetings put experts front and center. People in recovery, family members and allies speak out about their experiences and needs to a formal listening panel composed of policymakers, program

administrators and elected officials. Their testimony, as recovery experts, informs other meeting participants, media and listening panel about what's working and what's not, and ways in which to build recovery-oriented and supportive communities.

We've partnered with 34 local, state and regional recovery organizations in four states to host Community Listening Forums and have produced a free, easy-to-use toolkit so other organizations can hold forums of their own. At the February 2011 Community Listening Forum in Portland, Oregon, we witnessed speakers who were excited to get involved in the public dialogue and have

NEWS continued page 12

CALVARY

Addiction Recovery Center

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

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

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Do You Believe In Miracles?

By TONY BRATKO, MSC, NCC, LAC

Do you believe in miracles? I do. I know that in my struggles with over 30 years of addiction to opiates, cocaine, alcohol and marijuana, I was unable to stop using drugs even though I knew they were killing me and they were robbing me of my soul and my spirituality.

Every time I took that next pill, puff, drink, or snort, it took a little piece of my soul until there was nothing left except for self loathing and despair. Every day I told myself that I did not want to live the life I was living and wanted to stop using drugs but as soon as the withdrawals became to unbearable, I always believed I had no choice but to use again. This cycle of finding ways and means to continue using, leaving my morals and values negotiable at all times, was evident in the last 10 years of my addiction.

Now the Miracle

On October 31, 2006 at 6am, I awoke to severe withdrawal symptoms from opiate use which included shaking, shivering, anxiety, restlessness vomiting, cold sweats, and other bodily issues that I chose not to describe here. This is not the miracle; this was an everyday event. This special morning, I jumped out of bed and began a frantic effort pacing around the house obsessed with getting my dealer on the phone in order to get well, with no success. As I was walking through my kids playroom, my 8 month old daughter raised her hands for me to pick her up and I walked right by her. I stopped dead in my tracks and reverted right back to bed. I lay in bed contemplating ending my suffering followed by a prayer for guidance. After the prayer, something different happened that morning than any other morning for the past 10 years. I got out of bed and asked my very patient wife, who was pretty much done with me by this time, to get me help. I was never able to do this simple task of asking for help on my own.

The Miracle Continues....

My wife, who should be sainted for staying with me and putting up with me through my addiction, called our insurance company to find a treatment center for me. Once she was given a treatment facility in network with our insurance, she called and was told that there would not be a bed available until 6pm that night. From 6am to 6pm, I endured the most severe withdrawal symptoms I ever experienced. My normal pattern would be to give up and go out to find drugs to make me well. Not this time. I lasted until 6pm for my appointment at the treatment facility. Once I was in the facility, I had to endure the intake process which took another 5 hours until I was admitted into the detoxification unit and given the medication to decrease my

withdrawal symptoms.

During the 5 hour intake process, I had the opportunity to leave and find the drugs that would make me well, Not this time. I stayed. I did not know it at the time but this was all the work of my Higher Power which I choose to call God.

The miracle continues. When I settled into my room at the facility, I dropped to my knees and asked God to direct me in my path to recovery. My prayers were answered. Being raised Catholic, which included attending Catholic grammar school, my drug use lead me away from God and spirituality. Being spiritual and a child of God conflicted with my behavior in active addiction as it does most addicts and alcoholics. I honestly, openly, and willingly participated in every aspect of my treatment and followed the suggestions of the professionals with vigor and excitement to change my life. Upon discharge from detox, I attended my first 12-step meeting and have never turned back. I participated in out-patient treatment, attended Narcotics Anonymous daily, got a sponsor, began working the steps, and became of service for other addicts. I also participate in marriage counseling with my awesome wife.

The Miracle Continues....

Over the past five years, I went back to school and received my Master's of Science in Counseling degree, became a licensed therapist, and most importantly remained clean and sober, living a life of recovery in all areas of my life. I still attend NA meetings regularly, work the steps, sponsor men, and have been active in service work. I have become a better father, husband, son, and a man of faith in God. So I ask you again. Do you believe in miracles? I do. I am a miracle today. From a man who was destined to live and die as a junkie, I have the greatest life I could have ever imagined.

Miracles Do Happen!

Calvary Center has been treating patients with addictions for over 47 years. Through most of those years, treatment has occurred in a residential setting. However recently, Calvary has expanded services to include inpatient medical detox, partial hospitalization (day treatment) and intensive outpatient services. Calvary works with all major insurance companies. To Contact Calvary Center call 1-866-76-SOBER (866-767-6237), or visit www.calvarycenter.com.

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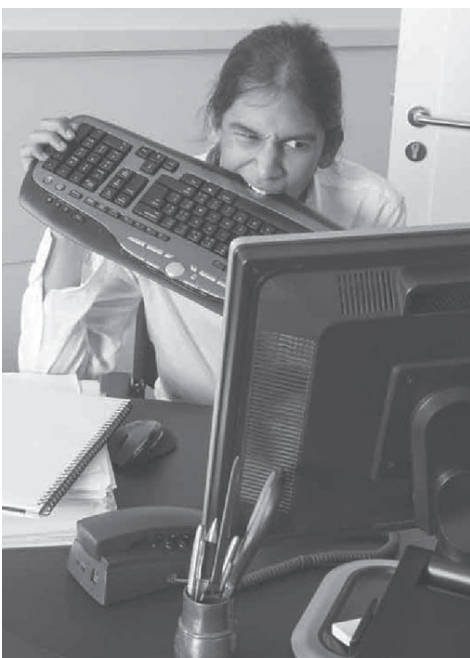
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Is Technology Stressing You Out?

By DEBORAH A RUSSO, PsyD, REMUDA RANCH TREATMENT PROGRAMS

Technology and stress don't have to be synonymous



Technology has changed our lives in profound ways providing us with new ways of communicating with each other and across the world. Mobile devices, smart phones, computer notebooks, gaming consoles, Mp3 players, and PC's have the potential to take over our work and play. They do enhance our lives, yet these gadgets have also been blamed for increasing our stress. They remind us of our work to do 24/7. They require more hours to do more things because we can, and require less social interaction and physical activity that are both vital to good emotional and physical health. Terms like 'crack berry' do well to describe the unhealthy attachments we may have toward these devices and their unrelenting and addictive like qualities.

Harris Interactive conducted a Harris Poll indicating that 80% of Americans get stressed when waiting for their computers to complete a command and 51% admit to reacting in stress (i.e. hitting the table, screaming). Tension and stress can be ignited from something as simple as a low battery on a mobile device.

Our fast speed culture combined with our tech world can be particular taxing on our body, mind and spirit. We may feel off balance both emotionally and physically. Busy doing vs. being, we may not even be aware of our body's stress warning signals. Many of us live in a constant state of tension leading to a body, mind and spirit in di-stress. Stress overload can also make us more vulnerable to triggers as normal daily stress becomes amplified. Stress can also increase vulnerability to relapse as well.

Would you know if you were in a constant state of stress? Chronic negative stress

TECHNOLOGY continued page 7

Parents Are Key in Fighting Synthetic Drugs

Parents are a key part of the fight against the emerging threat of synthetic drugs, said Gil Kerlikowske, Director of National Drug Control Policy. He spoke at a working group session Thursday on synthetic drugs, which was co-hosted by The Partnership at Drugfree.org.

"Synthetic drugs like 'Spice,' 'K2,' and 'bath salts' are a serious threat to the health and safety of young people throughout America," Kerlikowske said in a news release. "We will continue to coordinate a comprehensive government-wide response, but we cannot do this alone. Parents and adult influencers must understand the serious threat these drugs pose and act today to talk to teens about the serious health and safety consequences of drug use – in whichever form it may come."



The session included high level officials from government agencies, as well as representatives from the private sector, who met to discuss how to coordinate the Federal, state and local response to these drugs.

The Partnership at **Drugfree.org** introduced

a new information kit for parents and adult influencers, which contains tools to help them talk with teens about synthetic drugs, and how to recognize the warning signs of use. The kit includes a slidecast about these drugs and provides information on what to look for, their street names, and what their effects are.

The kit is available at The Partnership at **Drugfree.org** and is part of a "Parents360" community education program funded by the U.S. Department of Justice, Bureau of Justice Assistance.

National Problem Gambling Awareness Week March 4-10, 2012

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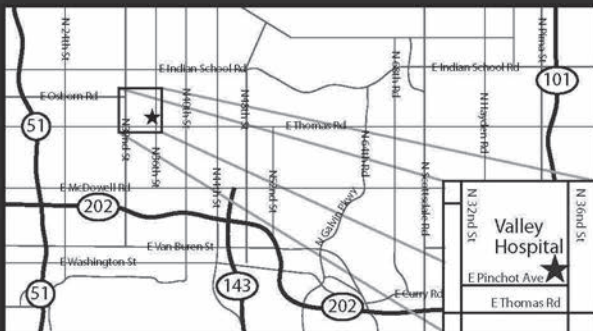
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Online Poker is NOT Addictive! Is it?

By BOBBE MCGINLEY, MA, MBA, CADAC, LISAC, NCGC II

Online poker addiction: the reality of the darker side: In honor of Problem Gambling Awareness Week March 4 – March 10, this column speaks on the myths and notions about on-line poker, *and how it cannot possibly become a problem.* This reminds me of clients who do not think a person can *possibly be an alcoholic if all they drink is beer.*

Online poker or any game, can be addictive when not gambling responsibly and one of the reasons it is banned in so many countries and states in the U.S.

Poker can give similar feelings as that of being on drugs or pills. Look at the characteristics of most poker players and you can compare them to cocaine addicts. Their appearance tends to be underweight, jittery, incapability of thinking of other things besides their addiction, and twitches to name a few. Not everyone is prone to these problems because gambling problems don't rear their ugly heads in everyone — but it can wreck some people's lives. Online poker addictions are becoming more prevalent in today's society of the poker boomers.

A Look at a Few Side Effects of Poker Addiction

Some side effects with online poker addiction are the inability to eat and the constant uneasiness. Poker can cause extreme stress and make you lose your appetite. Imagine a weird trance you enter where all you think about is poker. Even thoughts of doing something constructive with your day makes things worse and you end up playing even more. Having a full meaningful conversation with someone after or right before a poker session is inconceivable. Outsiders might as well forget trying to talk to an online poker player during a session. They don't know you exist and it is not that they don't care, they're in the depths of addiction.

Where Did the Time Go?

Poker players live in a different world and view it differently. Even when they're not playing, they're thinking about it. Numbers run through their minds while sleeping. Past bets haunt them as they wonder what they could have done differently. Many players can sit at a poker table never realizing or caring 12 or 24 hours has gone by. In fact, a truly addicted player could probably go another 12 hours if there wasn't work to consider or their body completely shuts down.

Many poker players are cursed with the memory of all the bad hands as opposed to the good ones. It's a vicious cycle, a drug, and an addiction that can only be fueled by bigger wins and bigger losses.

Hangovers of Online Poker

The aftermath of a long night of playing can feel worse than a real drunken hangover. Staying up until 3:00 am playing online poker will take its toll and can will eventually make you sick. That combined with the slouching posture not eating, and not stretching will cause your body to eventually disfigure. Are you losing at online poker? Ask yourself the

big question, am I ready to invest in getting help? There is no shame in admitting you can't moderate your gambling behavior on your own and you need professional help.

Ways to Help Yourself

Internet poker sites now help players by placing automatic holds on player accounts who deposit too quickly. There are deposits maximums you can set up for yourself to stop you from losing too much in a given week. I would suggest contacting the poker rooms and casinos requesting they ban you from their location to keep you from playing. Call or email all the places and websites you have accounts with and put an end to it. You can also contact your bank asking them not to accept any transactions from poker sites. Cut off the source and over time with this kind of support the urges will lessen.

Recovery from the Addiction

There are also many gamblers anonymous sites online but personally I believe that the only way to really take care of something is by doing it yourself and outside of the problem area. There has got to be balance in your life or you will go crazy. Try to put your life back in perspective. Bring yourself to realize what you used to be like and what life was like before the obsession took over.

If you are an addict you're probably not looking too good in the mirror right now. First your body goes and your mental state follows. Think to yourself, do you really want to be one of those people that don't care about themselves and look like they just woke up in a dumpster?

Quitting online poker can leave an empty feeling inside. Don't worry it's only temporary if you stop gambling and reach out to get help. Staying away from your online addiction over time will provide you with a new found joy of being free from the addiction and it will give you a great sense of joy.

Attend the rooms of Gamblers Anonymous and follow what has worked for so many over the years. If you have family that have not left you yet, bring them into the rooms of GamAnon, and they will receive the support and knowledge they need to begin their healing.

My final thought: Perhaps the reason why poker is so addicting to you is you're a competitive person and love winning. Challenge yourself to a healthy life!



Bobbe McGinley MA, MBA, CADAC, LISAC, NCGC II, is a nationally known speaker, author, presenter and trainer, consulting many different industries about Problem Gambling. She currently serves as their Gambling

Program Consultant. Call 602-569-4328 or visit www.actcounseling.com.



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TECHNOLOGY from page 5

can manifest physically in the form of fatigue, difficulty sleeping, GI distress, headaches, muscle aches or increased heart rate and heart palpitations. Emotionally we may be tenser than we realize, experiencing agitation, having a short fuse, nerves on edge, depressed or experiencing free floating anxiety that persists through the day. Mentally stress takes a great toll on our brain in ways of foggy thinking, slowed reaction times, poor concentration, reduced interest, and lost ability to focus including memory impairment and maladaptive thinking. We also experience stress spiritually. Signs may include decreased joy, loss of peace, separation from our life goals and values, and disconnection from relationships with others in ways that are so vital to the spirit and recovery.

Technology may remind us of all the things we have to do, but it can also assist us in managing our stress response throughout the day. Meditation and relaxation technology tools add to the features of what technology can do for us! Here are several programs you may want to explore to assist in tension reduction and help build new stress management skills in fun and interesting ways.

- **emWave by Heartmath includes a lightweight hands-free tool to practice stress management on the go!** An ear sensor measures changes in your heart rhythm with the goal of shifting from stress to relaxation. Color changes on a LED screen, along with challenge levels encourage progression to higher levels that can be tracked. It has a CD application to practice skills as well. For example, as you relax a garden comes into focus with levels of colors emerging along with nature sounds.
- **Healing Rhythms by Wild Divine is an interactive computer program to practice relaxation using breathing patterns to lower body stress responses.** A finger sensor charts heart rate, pulse and sweat levels while playing a variety of games. One game allows relaxation to slow down balloons in flight, while thinking happy thoughts lifts them.
- **Deepak Chopra's 'Leela'** (meaning "play") is another interactive computer program using a game format with meditation, movement with sound and visual feedback to assist you in obtaining balance and relaxation.

"Terms like 'crackberry' do well to describe the unhealthy attachments we may have toward these devices and their unrelenting and addictive like qualities."

- **Wii's Endless Ocean** is a game the whole family can play. Fun, education and relaxation are this game's goals. Underwater divers interact and as you progress, you experience more of the underwater world, and learn about species and their habits. Salvaging treasures, night diving and guiding tours encourage moving to the next level of exploration and skill. The serene, calming background music can be downloaded to your MP3 player as well.

Technology tools can assist us in making a stressful day into a relaxed one. So next time you go to log on, plug in or dial up... consider taking some time to play a game or two that will give your brain and body a rest while enhancing your stress management skills. Then when you have to pick up that blackberry you can do it in a mindful, relaxed and spiritually fit state.

Please Note: The information contained in this article is intended to provide readers with helpful information and inspiration. This article is not to be used to diagnose or treat. It is recommended to consult licensed medical, and/or mental health professionals for assistance.

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.

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EVENTS CALENDAR

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

MARCH 7—St. Luke's Behavioral Health Center Clinical Breakfast Series. 8:00-9:00 a.m. *Ethics Series 1: Latest Updates in Mental Health Issues and the Law Charles Arnold, J.D.* Behavioral Health Center Auditorium, 1800 E. Van Buren. **1 CEU.** Breakfast, networking. **FREE. 602-251-8799.**

MARCH 5— 2012 Symposium "Hope for Problem Gambling." National Problem Gambling Awareness Week. Conference presented by *Arizona Office of Problem Gambling.* Black Canyon Conference Center, Phoenix. Registration www.problemgambling.az.gov.

MARCH 24—The Self-Realization Fellowship (SRF) Phoenix Temple Open House from 10 a.m. to 2 p.m. At this free event, attendees will have the opportunity to learn simple yet profound methods of meditation, based on the teachings of Paramahansa Yogananda (*Autobiography of a Yogi*). Outdoor kirtan (devotional chanting); a screening of the film *Glimpses of a Life Divine*, about Sri Yogananda; prayer service, refreshments. Phoenix Temple of SRF, 6111 N. Central Ave., Phoenix. **602-279-6140, www.phoenixtemple.org.**

MARCH 26-30 – Tucson – Cottonwood Tucson – InnerPath Beginnings & Beyond Retreat. This 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**, email at jmartin@cottonwoodtucson.com for information and registration.

APRIL 16-20 – Tucson – Cottonwood Tucson – InnerPath Women's Retreat . This 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 or email at jmartin@cottonwoodtucson.com for information and registration.

MAY 19 Saturday, 9:30-4:30 at The Sedona Creative Life Center, Sedona, "*Are you tired of being tired? Awaken to Balance in the Healing Vortexes*" with Dr. Marissa and Mary Richardson: Are you ready to jump off the hamster wheel of life?...whether you are the "multi-tasker," the "giving to much of yourself to others" or the "living to much in the future" woman, this day is for you. Dr. Marissa and Mary Richardson will lovingly guide you through a day of experiential Chakra balancing exercises, Balance Tai Qi Qong: moving meditation in the vortexes and the gift of sharing within a circle of women. Early Bird Price \$108 if paid in full by March 20; \$148 if paid in full by May 19; \$188 at the door for those not pre-registered. Register at <http://www.4balance.org/sedonaretreat2012.html>.

ON GOING SUPPORT

Emotional Healing Journaling Workshop Monday night from 6:30-8pm at my office- 9401 W. Thunderbird Road. Suite 186. Peoria, AZ. \$20 per week. Includes a copy of Good Things Emotional Healing Journal; Addiction workbook. Elisabeth Davies, MC. (602) 478-6332. www.GoodThingsEmotionalHealing.com

Franciscan Renewal Center Support Groups: Divorce, Separation and Significant Relationship Endings. Deals with the pain of divorce, separation, and relationship endings in a positive, healing way, among supportive and caring people. Mondays, 6:30 - 8:00 p.m. *Facilitators: Judith McHale, MA, LPC and Tom Mitchell, Ph.D, LPC. GRIEF Support.* For individuals grieving the loss of a loved one.

Tuesdays, 5:30 - 7:00 p.m. *Facilitator: Sylvia Hernandez, LICSW and Judith McHale, MA, LPC. DEPRESSION Support.* Helps with issues surrounding depression, stress and anxiety. Every other Tuesday (call counseling office for dates), 6:30 - 8:00 p.m. *Facilitator: Mike Finecey, MA, LPC, LISAC. GESTALT THERAPY Support.* Gestalt Therapy is an existential and experiential psychotherapy that focuses on the individual's experience in the present moment and the environmental and social contexts in which these experiences take place. This group will help attendees acquire the tools to make self-regulating adjustments that enhance their lives. Wednesdays, 6:30 - 8:00 p.m. *Facilitators: Deborah Weir, MC, LPC and Barry Evans, MC, LPC.* Franciscan Renewal Center, 5802 E. Lincoln Drive, Scottsdale. **480-948-7460. www.thecasa.org**

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). Gloria, **602-819-0401.**

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

COTTONWOOD TUCSON. Ongoing Alumni Meeting: the first Wednesday of each month 6:00-7:30 p.m. on the **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. Come early at 5:00 p.m. for dinner.

Contact Jana Martin 520-743-2141 or email jmartin@cottonwoodtucson.com

OCD Support. Banner Scottsdale, Room 539. Group held 2nd and 4th Thursday of each month 7:00 p.m. to 9:00 p.m. 480-941-7500. 7575 E. Earll Drive, Scottsdale,

TUCSON—ARTS Anonymous a 12 step program for creative people. Fridays, 5:30 p.m. 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). Michael **520-419-6723.**

Overeaters Anonymous is a 12 Step program that deals with addictions to food and food behaviors. OA has 18 meetings scheduled throughout the week. For more information call 520-733-0880 or check our web site www.oasouthernaz.org

Families Anonymous—12-step program for family members of addicted individuals. Two locations: Phoenix/Scottsdale. 800-736-9805.

Events continued page 14

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How I Found Serenity from page 1

What really was inside me was that I only had one interest in life, one thing I really cared about, and that was Joey Pantoliano. I put Joey Pantoliano in front of everything and everyone I knew. In front of my mother, my father, my children. Joey Pants was the love of my life. I loved him more than sex drugs and rock and roll.

But serenity eluded you, even though you looked for it. In the book you talk about the “seven deadly symptoms.” What are they?

1. Food, either over-eating or starving myself to feel better, feel serenity.
2. Vanity, being the popular guy, respected by everyone.
3. Shopping and shoplifting, compulsively spending to feel better or going with the “five finger discount.” And then bragging about it.
4. Success — fame and admiration to avoid nihilistic thoughts.
5. Sex.
6. Alcohol. To wind down.
7. Prescription drugs to avoid my pain and avoid the calories the white wine spritzers would give me. To help me enjoy success and make myself too tired to worry about losing what I had. To kill the psychic pain.

But I never knew serenity. The first time I ever heard the word serenity was in the 12-step program. I thought death was the only way to achieve serenity. And the only way to achieve death was to die.

You’ve found something different.

I didn’t go to the 12-step program to stop using substances. By the time I got there I had stopped drinking for three years and I had come out of rehab for prescription drugs. What was appealing to me was the ability to share the sickness inside of me and not be judged. These people share theirs with me. A friendly agreement is made that what you hear there stays there.

I’ve just been offered an opportunity to be in a movie, but there’s all this secrecy around this movie, so before I can talk with the director and producer they want me to sign a confidentiality agreement. I’m having a hard time understanding why they want me to sign some legal document to keep me from opening my trap. They could just say, let’s keep this to ourselves, like they did on The Sopranos. I never had to sign a piece of paper for The Sopranos. David Chase, the producer, would say we worked really hard and our audience is dedicated and likes being surprised, so please don’t share this information with any of your family members. Just keep it to yourself. It’s fair to our customers. That I understand. That’s standup. Not some piece of paper.

Do you experience serenity today?

Well, if feel pretty good talking to you. I just went downstairs and held my newborn grandchild and had a nice talk with my daughter. Right now I have it. I’m pretty good. I’m sitting in my chair looking at the computer. I’m talking to you. I’m listening to Bogie (a Soft Coat Wheaten Terrier) who is on the chair next to me in my office. I hear him. He’s snoring. That’s good, too. It’s a nice place to be.

Being in the moment.

Uh huh. My daughter and grandson. More important than Joey.

How do you manage your serenity?

I had all of these negative behaviors that in the beginning gave me an imitation of the effect, an artificial feeling. And then I needed to do more of it, take more of it, to make the bad feeling go away. What I found most in the 12-step program, the number one thing, is the presence of God in my life. There’s nothing I do in the 12-step program that I didn’t do in group therapy. Except the 12-step practice is kind of my religion. I love the idea that I can go to a place where everybody has their own understanding of God.

I no longer wake up in the morning with my first thought being, “Shit, I’m still here.” Now I think, “Your will be done.” I make a daily agreement with this power, the power

Joey Pantoliano on brain disease: “I’ve come to believe that the term mental illness is stigmatizing. People go around saying, “He is mentally ill.” We don’t do that with other diseases. You don’t say, “I am breast cancer. You say I have breast cancer.”

of the universe. “I’m going with your flow,” I say. “I’m not going to try to get in the way of it. Your will be done.” And I take a minimal amount of antidepressants, a baby aspirin, I brush my teeth, I go to a 12-step meeting, and I go to yoga three or four times a week.

Why did you write the book?

I needed the money.

Uh huh.

I have this idea in my head that I can share with others what I’ve gotten out of the 12-step program. And it’s a continuation of the documentary. I wanted to set the record straight, because I was diagnosed with this particular brain style, which in the field of science is called clinical depression, which consists of my brain not producing equal parts of serotonin and dopamine, thereby rendering it kind of unbalanced. I don’t have enough of it so I have to produce more to be balanced and have a peaceful and serene mind.

It seems that everything my body does, everything that I do, comes back to feeding my brain. My brain’s very sensitive. It reacts to the caffeine I put in my body, the sugar, the air I breathe. I have to eat balanced meals. As far as alcohol was concerned, it wasn’t the alcohol, it was the sugar inside of it that took me up and then came the crashing low. I found out not drinking alcohol that if I just took Vicodin it would help me curb my appetite. So when I stopped doing that and started going to the 12-step program the first thing I did was put on 40 pounds.

So now I’m going to Alcoholics Anonymous and Over Eaters Anonymous and then I started spending uncontrollably and so I’m going to Over Spenders Anonymous and then I started wanting to shoplift again after all these years – my first impulse in 30 years. I resist it, of course, but the impulse is there. They don’t have Shoplifters Anonymous. So if there’s anyone reading this article who has one going on please contact me.

I’m trying to get into meditation. If I am exposed to some kind of traumatic experience as a child or as an adult it’s going to affect me. A parking ticket or someone giving me the finger on the Merritt Parkway. Today instead of having a drink I’ll say a prayer.

I heard a guy who believes he has to get on his knees every morning to pray. And thank his Father. That’s the God of his understanding. Our Father. Everything is “we,” Our Father, and he tells Our Father he’s going to try to go His way.

So what he does is he throws his wallet under the bed so he has to get on his knees every morning. Is that brilliant?

Do you do that?

No, because I have nothing in my wallet. I certainly do get on my knees every morning, however, because I gotta get out of bed, don’t I?

“No Kidding, Me 2!: Mental Illness Documentary” – can be ordered from Amazon or www.nkm2.org.



Terry A. Kirkpatrick is a former feature writer for The Associated Press and managing editor of The Reader's Digest. He is the editor in chief of the New York edition of Together. Visit www.together.us.com

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7.5 Million Children in U.S. Live with Alcoholic Parent

A new government report finds 7.5 million children in the United States—10.5 percent—live with a parent who has experienced an alcohol use disorder in the past year.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 6.1 million of these children live with two parents, one or both of whom have experienced an alcohol use disorder in the past year.

The other 1.4 million children live in a single-parent home, with a parent who has had an alcohol use disorder in the same time period, Reuters reports. Of these children, 1.1 million lived in households headed by a female.

The report was released in conjunction with Children of Alcoholics Week, February 12-18, 2012.

Children who live with a parent with an alcohol use disorder are at a greater risk for depression, anxiety disorders, problems with cognitive and verbal skills, and parental abuse or neglect, according to SAMHSA. They are also four times more likely than other children to develop alcohol problems themselves, the agency notes.

“The enormity of this public health problem goes well beyond these tragic numbers as studies have shown that the children of parents with untreated alcohol disorders are at far greater risk for developing alcohol and other problems later in their lives,” SAMHSA Administrator Pamela S. Hyde said in a news release.



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Wolves in Sheep's Clothing Understanding Manipulators

By DR. DINA EVAN

How you feel in your relationship. Does your partner enrich your life? Does he or she bring you joy. Do you feel better, more peaceful and fulfilled when you are with him or her? Do you share the same values, visions and ethics? Does your partner treat you with respect and reverence? If your answer is yes to these questions, you are in a great relationship. If you say you are experiencing confusion and chaos, a lack of fulfillment and joy, you may be with a manipulator.

Many of us, rack our brains trying to figure out what to call this passive-aggressive form of abuse that is so hard to identify, but is nonetheless crazy making. I hear it in my office. I experience it in my personal life, and have been trying to put my finger on exactly what it is that is so troublesome about people with this character flaw. It's called manipulation!

This kind of manipulator communicates with a smiling, Who me, demeanor and hides behind a shroud of innocence, good intention and catchy new age or program sound bites. They will say they love you and then treat you like you are invisible. They will talk about how important you are to them, but never show up to offer real support. When confronted with bad behavior, they will respond with they do it because you do it and the focus is now on you.

This kind of person seldom takes so much as a modicum of personal responsibility. Manipulators trivialize your concerns or feelings and make them insignificant which leaves you trying to explain yourself over repeatedly thinking there must be something you didn't explain well. After all, it is inconceivable to you that this person cannot see the pain you are in, much less be unwilling to do anything about it. Didn't they just say they loved you? This of course leaves you appearing to be the one who neurotically just can't let things go.

Of course, you can't let it go because the anger keeps coming at you and the aggression keeps being acted out in passive-aggressive ways that are debilitating to you and the relationship. This elusive, pervasive hidden aggression leaves you feeling violated and frustrated and often with the only out being that you ultimately separate yourself, physically and emotionally feeling exhausted. This kind of denial kills your relationship and drains your spirit. It is the most insidious, unfair and dangerous. It can make you feel crazy. Overt abuse is easier. You can name it. You can see it. Others can validate it.

The manipulator in your life never does these things in front of others consequently, he or she may be thought of as kind and caring and when and if you try to explain this behavior to others they may wonder what is

it you are complaining about.

There are many myths about manipulators. Perhaps they were abused as children, some may have been. Perhaps their previous partners hurt them. Hmmm, maybe. Perhaps he or she is filled with painful feelings. Perhaps he or she feels so strongly about you that she can't help himself. However, the truth is simply they act this way because they want to maintain control and power. Manipulators have an exaggerated idea of how important their feelings are and they act them out all the time. That is why for years therapists and partners have been making the mistake of trying to fill these individuals up with good feeling about themselves, thinking they had low self-esteem, so they will stop manipulating. The result was they just increased their manipulative behaviors because they felt validated and important.

If you choose to stay with a Manipulator, you have to remember there are no short cuts to healing this issue and the truth is unless this person is deeply committed to his or her healing process, very few changes occur, no matter how badly you may be hurting. You will not change a manipulator by trying to figure him or her out – their emotional problems do not make them manipulate. Their addiction to control does.

The most important thing you can do for yourself is getting to an AI-Anon meeting and start to work on yourself and your own boundaries. There is probably nothing wrong with you, and this is not your problem to fix other than strengthening your own boundaries and self esteem. Remember, you have rights in a relationship - the right to emotional support, the right to have your own view even if it differs from your partner's, the right to live free from contempt and the right to feel safe in your relationship.

The point is Do Not Put up with being manipulated under any circumstances by anyone. The longer you remain in an abusive relationship the harder it becomes to get out because your self-esteem takes such a hit that you lose courage and the strength to set boundaries for yourself. You must learn to value and see yourself for all of the goodness in you. Do not allow yourself to fall for the thinking that you deserve to be abused in any way. See yourself as someone who is deserving of love and trust and a great relationship. That's the truth.



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

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The New Plastics

By ALAN COHEN

In a classic scene in *The Graduate*, young Ben is at his college graduation party when a friend of his parents takes him aside and earnestly whispers, “Plastics.” That industry will be the next rage, the fellow hints, and if Ben is smart he’ll get in on the ground floor.

Fast Forward to 2012

A young acupuncturist phones my Hay House Radio show, *Get Real*, and confesses her fear that she will not be able to earn enough money to provide for her family, including her little child. I whisper to her, “Transformational services” and leave a pregnant pause for the message to sink in.

I go on to tell the woman that in the years to come we will see increasing change, disorientation, and turmoil as many social systems and institutions will likely disintegrate. They will be replaced by new systems rooted in truth, vision, and service rather than fear, greed, and illusion. As people are pushed out of old comfort zones and lifestyles they will be hungry for answers, relief, and skills to shift into more authentic and rewarding careers, relationships, and living situations. At such a time anyone connected to spiritual principles and tools will be in high demand and of great service.

If you are a teacher, healer, massage therapist, coach, speaker, minister, or counselor offering services to uplift individuals or groups, the universe has a job for you. In the world as we have known it, where many

people are clinging to methods and systems based on shallow values and false security, you may not be sought out, acknowledged, or paid well for your work. But in the coming epoch in which people need integrity more than hype, they will be happy to pay you to soothe their journey and accelerate their evolution.

Until the Deeper Consciousness is Established, Faith is Required

The old has died away, or is dying, and the new has not yet come to replace it. Imagine you are at a party where you have grown tired, bored, or disillusioned with the people and conversations in the room. You step out of the room in search of new friends and peers who match your values and offer stimulating, empowering interactions. In the corridor you can faintly hear people in another room, but you cannot see them. As you transition between rooms you may feel alone, insecure, or frightened. You might be tempted to turn back — but you couldn’t even if you tried. The genie is out of the bottle. So you have to just keep moving ahead, trusting that you are on your way to higher ground. The trail will become wider and you will find your “just right” tribe.

Regardless of apparent chaos, a grand design is unfolding. Upheaval is the turning over of the ground in preparation for planting new seeds. The winter may have been harsh and cold, but the spring will soften the soil. The ego resists change because it has a vested interest in maintaining the status quo, even if

the status quo is dysfunctional. Yet the higher mind or inner spirit recognizes that anything taken away is replaced by something greater. As Rabindranath Tagore noted, “Faith is the bird that feels the light and sings when the dawn is still dark.”

To clarify your role in coming world, ask yourself, “Where does my passion call me? How can I serve others in the highest way possible? What tools can I offer that will bring them greater peace and aliveness? Regardless of what I was told about how the world is supposed to work, what do I know, from inside out, about how life really works?”

During this crucial shift we are taking back the power we have vested in external institutions. The only real authority resides in the wisdom and power within you. As you trust your heart and vision more than dogma and dictates, you will have all the guidance you need and the ability to help others access all the guidance they need.

A Chinese blessing suggests, “May you live during interesting times.” That we do. In many ways our times seem unstable and worrisome, but they are also rife with the possibility of change for the better. *A Course in Miracles* tells us, “All change is good.”

In another classic film, *Ferris Bueller’s Day Off*, Ferris phones his friend Cameron to ask him if he wants to skip school and go out and play. When Cameron complains that he’s too sick to get out of bed, Ferris tells Cameron that he just can’t think of anything

worth getting up for.

If the world or your life seems sick or tired, it may be only because we have accepted a world that doesn’t offer us anything to get up for. But if we recognize that something new and wonderful is calling to us, we will find the energy and means to create what we would choose rather than what has been cast upon us.

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Alan Cohen is the author of many popular inspirational books, including the just-released *Enough Already: The Power of*



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quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1 808 572-0001.

I SEE LIVING PEOPLE

By
DR. MARLO ARCHER

In the 1999 thriller, *The Sixth Sense*, a little boy, is able to see people who have passed away who don't know that they're deceased. Folks who have seen the film remember the abject terror in Cole's voice when he discloses, to his therapist, "I see dead people."

Cole goes on to explain that the people he sees are "walking around like regular people. They don't see each other. They only see what they want to see. They don't know they're dead." Asked how often he sees them, Cole replies, "All the time. They're everywhere."

This movie chilled me to the bone when I first saw it and I've watched it several times since. It's one of those movies where you keep noticing new things in it each time you view it. The thing that brings it to my mind today as I write a column for a recovery newspaper is that sometimes I feel like little Cole in my work with addicts. Sometimes I experience the horror of realizing that the person sitting in front of me is actually not living his life at all, being crushed under a deadly addiction, and is, for many intents and purposes, already dead.

Addicts Walk Around like Regular People...

They have jobs, families; hobbies, pets, and they even go to church and volunteer for charities. However, their primary relationship is with their substance of abuse, not with their employer, spouse, children, pets, or friends. They really look like everyone else, but they're not really living in their relationships. They are loyal and faithful to their substances and everything else is secondary. You probably know a half-dozen or more.

They don't see each other. Alcoholic buddies having cocktails at happy hour each thinks the other is perfectly fine. Neither one thinks the other has a problem. A guy who uses coke doesn't judge a guy who uses ecstasy. If they all take their families camping together, but smoke weed after the kids go to sleep, no one thinks anyone else is being irresponsible.



They only see what they want to see. Never mind all the money they spend on their substances, if they bring any money home to the family, they see themselves as a good provider. Maybe they got pulled over under suspicion of DUI but didn't get a ticket. They don't see the huge consequence they could have faced.

They instead see the experience as continued evidence of their ability to drink and drive without incident. They don't see that their spouse might be turned off by an intoxicated lover and instead see their spouse as distant or frigid — and may even accuse the spouse of having an affair.

They don't know they're dead. While an addict is stuck in the fog of their addiction, they do not realize how deadened they are to emotions, to relationships, to connection, to experiences, to life itself. They often think their life is grand and would be seriously disturbed to find out someone else sees them as not living. Heck, many of them think they're really livin' it up with all their exciting partying, but that is such a shallow and empty life that eventually leads to despair. They're dead and they just don't know it.

So, when I see an addict actively engaged in his addiction, full of denial and clinging to his drugs of choice, I can't help but feel the terror of the little boy in the movie when he said, "I see dead people." And, the truth of it is that I see them all the time. They're everywhere. All I can do and all you can do is to live your life as best you can, free from addictions, or in recovery from your addictions, and hope that one day the addict looks at you and says, "I see living people" and decides he wants to join them.



Marlo Archer is licensed psychologist serving kids, teens, and families, married and parenting couples, and individual adults. For more visit www.darmarlo.com.

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NEWS from page 3

their voices heard. They learned their stories have power, and by coming together with a common message and voice, they can make a difference. Following up on the forum, the group organized an effort to send more than 1,300 postcards and hundreds of emails to state legislators about funding priorities. They went to the state capitol to share their success stories and explain what a difference treatment and recovery support services made in their lives. When Oregon's budget was announced, community-based treatment didn't lose one dollar from the previous budget cycle. The state's recovery community continues to build on this momentum.

The recovery community has made tremendous progress in building an organized and unified voice in the 10 years since Faces & Voices of Recovery was founded. With the support of hundreds of recovery community organizations about the country, join us in making Recovery Voices Count in 2012.

For more information, visit www.facesandvoicesofrecovery.org.

DEA Targets Large Industry Players in Fight Against Prescription Drug Abuse

When the Drug Enforcement Administration (DEA) recently charged a major health care company and four pharmacies with violating their licenses to sell controlled drugs, it marked the most aggressive efforts by the agency to combat prescription drug abuse, *The Wall Street Journal* reports.

The DEA said Cardinal Health had an unusually high number of shipments of controlled painkillers to four pharmacies. The agency suspended Cardinal Health's controlled substance license at its distribution center in Lakeland, Florida. The center serves 2,500 pharmacies in Florida, Georgia and South Carolina. After the DEA suspended the company's license, a federal judge granted

a temporary restraining order against the DEA's suspension order.

The agency also moved to suspend four pharmacies in Sanford, Florida, including two CVS pharmacies, from selling controlled substances. A federal judge has granted CVS a temporary restraining order, which will allow the company to continue to sell controlled prescription drugs at two pharmacies in Florida. Judge Amy Berman Jackson, of the U.S. District Court in Washington, D.C., said it was likely CVS will be able to show that the DEA did not establish the "imminent danger to public health" that is needed to suspend pharmacies' registrations.

According to the *Wall Street Journal*, the DEA said the pharmacies were dispensing "staggering" amounts of oxycodone. The agency also said in 2011, Cardinal shipped enough oxycodone to Sanford to give 59 of the pills to every man, woman, and child there.

The DEA's strategy targets not only individual doctors and patients, but also retail chains and suppliers. The agency wants these companies to closely monitor where their drugs are going, and to quickly act on signs they are being diverted.

Both Cardinal and CVS deny any wrongdoing, and say they did react quickly when they saw signs of problems with controlled drugs. Cardinal said it needs better guidance from the DEA on how it should police the pharmacies and hospitals it distributes drugs to.

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By SHARON HELLER, PhD

Do you feel anxious, tense, irritable and nervous? Do panic attacks make you afraid of being alone or leaving your house? Do you sometimes feel too down in the dumps to get out of bed and face another tearful day of gray skies? Does the slightest noise send you into a meltdown?

If you answered yes to any of these questions, you may, according to research by the National Institute of Mental Health be among the close to one third of the US population that suffers anxiety or depression. If so, a doctor has likely put you on psychotropic medication such as tranquilizers or anti-depressants. This could be a problem. You may not have mental illness.

For many people, something physical can mimic symptoms of anxiety, panic and depression. Take food. A major and often overlooked mimicker of anxiety, the food we put or don't put into our mouths greatly impacts biochemistry and can make us calm or jittery, enthusiastic or down, energetic or wiped out, explains Elizabeth Somers in her book *Eat Your Way to Happiness* (Harlequin, 2009).

If we eat largely from nature's bounty — organic fruits, vegetables, seeds, nuts, beans, whole grains, organic meats and unprocessed dairy — we feed our nervous system the nutrients it needs to balance thinking and emotions. If we eat largely from the low-nutrient, high-calorie intensely sweet, salty, and fatty foods that comprise the majority of the Standard American Diet (SAD), food that lacks necessary nutrients, our brain gets starved of what it needs to function properly.

It Gets Worse

According to Neal Barnard, MD, author of *Breaking the Food Seduction* and president of the Physicians Committee for Responsible Medicine, the foods that many of us eat daily on the standard American diet, like cheese, meat, chocolate, and sugar, are addictive. These foods contain chemical compounds that stimulate the brain's secretion of opiate-like, "feel-good" chemicals like dopamine, creating in our brain the same biochemistry that characterizes substance abuse. Eating pizza, ice cream, french fries, nachos, hot dogs, Big Macs, fried chicken and the like creates craving for more and more of the food, in spite of getting fat, unattractive, and ill.

Over time, we build tolerance and need more bad stuff to get a temporary buzz. If we abstain from bad food, strong cravings and agitation — withdrawal symptoms—drives us to eat even more: "*Just one bite*," is the same as the alcoholic's, "*Just one sip of wine*."

At the same time, stuffing our stomachs with high calorie, low nutrient food means that we don't eat sufficient amounts of fruits, vegetables, beans, seeds, nuts and whole grains that we need to think clearly, feel emotionally balanced, and have the energy and focus to do what we need to do to function in the world. Vitamins, especially the B vitamins, the minerals zinc and magnesium as well as other trace minerals, and the omega-3 essential fatty acids profoundly influence well being.

What happens when our brains don't get sufficient nutrients? Here's a bitter taste.

Vitamins— B1 (thiamin) is essential for extracting energy from glucose, the brain's fuel. Insufficient amounts can lead to blood sugar imbalance, fatigue, weakness, brain fog, memory loss, anxiety, irritability, emotional instability, poor attention & concentration, aggression and personality changes.

Food that contain B1 Include:

- Sunflower, Sesame seeds
- Pine nuts and Pecans
- Pinto and Lima beans
- Millet
- Filberts
- Wild rice
- Rye
- Brewer's yeast

B2 (riboflavin) is necessary for releasing energy from carbohydrates, and to make many nerve chemicals and hormones that regulate thinking and memory. Insufficient amounts can lead to depression, irritability, confusion, and disorientation.

Food that contain B2 Include:

- Cayenne pepper
- Almonds
- Wild rice
- Mushrooms
- Millet
- Collard greens, Watercress, Kelp
- Dandelion greens and Kale
- Brewer's Yeast

B3 (niacin) is necessary for oxygen transport of the blood. Insufficient amounts can lead to muscle weakness, apathy, fatigue, brain fog, memory loss, anxiety, irritability, emotional instability, depression, delirium, appetite loss, dizziness and dementia. Niacin greatly reduces anxiety and depression by helping to regulate GABA, a brain chemical that works by limiting the nerve cell activity in the areas in the brain associated with anxiety. As the body does not produce B3 on its own, it must be replenished everyday through the diet.

Food that contain B3 include:

- Cayenne pepper
- Wild rice
- Sesame, Sunflower, Pumpkin seeds
- Mushrooms, Peas
- Millet
- Kelp
- Meat, Chicken, Fish
- Peanuts
- Wheat germ and Brewer's yeast
- Legumes
- Leafy green vegetables
-

B5 (pantothenic acid) is vital to synthesize hormones and support the adrenal glands. Insufficient amounts can lead to fatigue, irritability, restlessness, nervousness, insomnia and depression.

Food that contain B5 include:

- Legumes
- Liver, Meat, Chicken
- Whole grains

B6 (pyroxidine) influences the immune and nervous systems and is needed to convert the amino acid tryptophan to the neurotransmitter serotonin, our mood regulator. Insufficient amounts can lead to fatigue, depression, irritability, learning problems, noise sensitivity, PMS, seizures.

Food that contain B6 include:

- Cabbage, Beets
- Orange and lemon
- Brewer's yeast
- Whole grains
- Legumes, Nuts and Seeds
- Avocado
- Dark, leafy green vegetables
- Turkey

Folic Acid — Low folate, or folic acid, a B vitamin, leads to a low serotonin level in the brain and depression. It is the most common vitamin deficiency in manic depression patients. Insufficient amounts can lead to memory loss, depression, irritability, and anemia.

Food that contain Folic Acid include:

- Lentils
- Green veggies
- Oranges, Grapefruit
- Nuts, Sprouts and Beans
- Whole-wheat bread
- Wheat germ and Bran
- Nuts
- Fortified cereal
- Meat

B12 (cobalamin) is necessary to form the myelin sheath surrounding nerve cells to speed transmission of chemical messages from one nerve cell to the next. Insufficient amounts can lead to disorientation, numbness, tingling in hands and feet, moodiness, confusion, agitation, dizziness, and anemia.

Food that contain B12 include:

- Meats (organic, grass fed)
- Most fish, especially trout, mackerel, herring
- Egg yolks
- Yogurt

If you are a strict Vegan and do not eat flesh products, you can get some B12 from dulse (sea vegetable), algae and wheatgrass. But most nutritionists recommend that you take a daily B12 supplement, preferably a spray for quick absorption.

Minerals

Calcium is the most abundant mineral in the body and plays a crucial role in nerve transmission, muscle contraction, heart rhythm and hormone production, in addition to other functions. Insufficient amounts can lead to insomnia, agitation, palpitations, muscle spasms and weakness, irritability, nervousness, arm and leg numbness, hyperactivity, depression, memory impairment and delusions.

Food that Contain Calcium include:

- Sesame seeds
- Sea vegetables
- Collard greens, Kale, Turnip greens
- Quinoa
- Almonds, Filberts
- Parsley
- Citrus peel

Magnesium plays a major role in nerve and muscle function and is one of the first minerals depleted in processed foods and also one of the first to deplete under stress. Insufficient amounts can lead to anxiety, muscle tremors, confusion, irritability, short attention span, sleep problems and pain. Getting enough magnesium in your diet or supplementing plays a huge role in emotional well being.

Food that contain Magnesium include:

- Dulse
- Kelp
- Almonds, Walnuts and Filberts
- Sesame seeds
- Lima, White and Red beans
- Millet
- Chocolate (part of why eating chocolate makes you feel better)

Potassium is found primarily within cells. It is energizing and necessary for nerve impulse transmission and heart muscle contraction.

Insufficient amounts can lead to insomnia, nervousness, fatigue, cardiac arrhythmia and depression.

Food that contain Potassium include:

- Bananas, Cantaloupe, Grapefruit, Watermelon
- Avocado
- Winter squash
- Kelp, Mustard greens
- Oranges
- Potato peelings
- Peas and Beans
- Fish
- Beef liver
- Milk

Phosphorus is a major mineral found mainly in bones and teeth, and is the most common mineral in the body after calcium. Insufficient amounts can lead to anxiety, irregular breathing, fatigue, tremulousness, and weakness.

Food that contain Phosphorus include:

- Fish, Meat/Poultry
- Milk and Eggs
- Nuts
- Beans and Peas

Zinc is a trace mineral required for an array of metabolic processes including enzyme function, digestion and blood sugar regulation. Constant stress will deplete it and may be the cause of eating disorders like anorexia, bulimia, and obesity. A study at the University of Kentucky funded by the National Institutes of Health found that most patients with eating disorders were zinc deficient. In some bulimic patients, liquid zinc supplements alone eliminated cravings and binge-purge behavior, while another study published in 1987 in the Journal of Adolescent Health Care found supplemental zinc to alleviate anxiety and depression in anorexic girls.

Insufficient amounts can lead to eating disorders and altered taste and smell sensitivity.

Food that contain Zinc include:

- Seafood, Meat and Poultry
- Brewer's yeast
- Whole grains and Bran

Essential fatty acids the good fats— are brain food and help to regulate mood by building the brain receptor sites for serotonin. Deficiency causes brain cells to malfunction and can result in depression and anxiety symptoms. In countries where fish is a staple in the diet, as in Japan the rate of depression is low. In Germany, where fish is not a mainstay in their diet, rate of depression is high.

The modern fast food, processed diet is far higher in omega 6 essential fatty acids and some scientists think this may account for increasing levels of depression in our society. Adding fish oil to the diet of those with manic depression or bipolar disorder, and even schizophrenia effectively helps treat these maladies. Similarly, panic attack has been linked to a deficiency of alpha-linolenic acid, the essential omega-3 fatty acid found in high concentrations in flaxseed oil. In one study, three out of four patients with a history of agoraphobia for ten or more years improved within two to three months after taking flaxseed oil daily.

Your body can't make essential fatty acids you must get them from your food.

Food Sources Omega-3:

- Hemp and Flax
- Chia
- Pumpkin seeds and Walnuts
- Unsaturated oils
- Green leafy spinach
- Low mercury deep sea fish such as:
- Salmon, Mackerel, Herring, Sardines and Krill

*Sharon Heller, PhD is a developmental psychologist and author of **Anxiety: Hidden Causes** (Symmetry, 2011—paperback or free download on Kindle) and **Too Loud, Too Bright, Too Fast, Too Tight, What to do if you are sensory defensive in an overstimulating world** (HarperCollins, 2002).*

For more information on holistic solutions for anxiety, panic and sensory processing disorder, go to www.sharonheller.net.

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Recovery Resources

RECOVERY SERVICES

ACT Counseling	602-569-4328
Alcohol Recovery Solutions	480-496-9760
Amity Foundation	520-749-5980
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
Bill Ryan, Interventionist	602-738-0370
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
Clean and Sober Living	602-540-0258
Clean Adventures	877-442-8767
Community Bridges	480-831-7566
Community Bridges Access to Care Line	
	877-931-9142
Cottonwood de Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Complete Testing Solutions	480-507-2307
Decision Point Center	928-778-4600
Dr. Dan Glick	480-614-5622
Dr. Dina Evan	602-997-1200
Dr. Janice Blair	602-460-5464
Dr. Marlo Archer	480-705-5007
Dr. Mamiko Odegard	480-391-1184
English Mountain Recovery	877-459-8595
Franciscan Renewal Center	480-948-7460
Gifts Anon	480-483-6006
Glenstone Village	520-647-9640
Hospice of Arizona	602-678-1313
Intervention ASAP	602-606-2995
Geffen Liberman, LISAC	480-388-1495
Magellan of Arizona	800-564-5465
MASK	480-502-5337
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
River Source-12 Step Holistic	480-827-0322
Run Drugs Out of Town	480-513-3909
Sage Counseling	480-649-3352
Seabrook House	800-761-7575
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
Teen Challenge of AZ	800-346-7859
Turn Your Life Around	520-887-2643
TERROS	602-685-6000
Valley Hosptial	602-952-3939
WINR	480-464-5764

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
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REAL ESTATE

LaRae Erickson	602-625-9203
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RESOURCE DIRECTORY LISTINGS

EMAIL: aztogether@yahoo.com

A Woman's Plimsoll Line

By FLOYD GODFREY, LPC LifeSTAR – Mesa, Arizona

The “Plimsoll Line” was invented by Samuel Plimsoll. Sometimes sailors will call it the “waterline.” It is a simple marker on the side of naval ships, indicating the limit to which a ship may be loaded. The Plimsoll line is adjusted on each boat depending upon its makeup, and also for specific water types and temperatures. Temperature impacts where the marker is placed because warm water provides less buoyancy, being less dense than cold water. Salt water also impacts where the marker is placed, because fresh water is less dense than salty seawater.

The purpose of a Plimsoll Line is to ensure that a ship will stay afloat. All captains must know the limitations of their ship. Without this knowledge, an inexperienced captain endangers his crew and cargo. All commercial ships are required by law have the Plimsoll Line symbol painted on each side of the ship. This protects the public's safety. This symbol must also be permanently marked, so that if the paint wears off it remains visible. The load line makes it easy for anyone to determine if a ship has been overloaded.

Below is an example of the “Plimsoll Line” drawn on the side of a commercial ship.

Most women will struggle finding out about their husband's sexual addiction and

behaviors. The information about his infidelity can be traumatic. She can feel overwhelmed and “loaded up” with heavy cargo. Her own personal “Plimsoll Line” is uniquely her own. Metaphorically, this would refer to her ability to “stay afloat” amidst the trauma of what is going on. Her ability to emotionally handle the situation will be different than other women. Just like naval ships have different factors determining where the line is drawn, there are many different factors that contribute to a woman's ability to work through trauma. Such factors could include childhood events, history of abuse, age, physical health, ability to self-care, mental health, financial distress and family cohesion.

Because each woman is unique, her Plimsoll line will be unique. What one woman can tolerate will be different than another woman. However, the line is there; when she is overloaded beyond her capacity she will capsize. When she capsizes, it will look like trauma response. Women should be cautious NOT to compare themselves to other women, as every woman is unique in this regard.

What is a woman to do? Work toward self-awareness, which will give her insight toward important self-care items. Consider areas of physical attention: sufficient sleep, healthy eating, exercise, hygiene, etc. Consider areas of spiritual connection: church activity, scripture study, prayer, etc. Consider areas that personally energize: hobbies, friends, activities, music, clubs, counseling, etc. Working toward self-care in these areas will help her prevent capsizing. When a woman feels ready to “capsize,” she must slow down, get support, engage self-care, and find balance.

What is an addict to do for his wife?

Demonstrate patience and practice safety. When his wife is upset, she may be exhibiting a trauma reaction. Recognize it as such, and work for understanding and validation. Prac-

tice the “safe language” outlined in workbook nine of LifeSTAR, and learn to recognize YOUR wife's response by doing the exercises. Remember that her healing may take time, and it can only occur when the relationship is safe. How do you develop a “safe” relationship? Needless to say, your sobriety will go a long way in creating safety. However, even when you slip your honesty and transparency help your wife feel safer with you. Sharing with her the tools you utilize in your recovery will also help.

Don't expect that a woman's trauma response will go away just because a man is sober. It takes time. You must patiently walk with her. This may require your own self-care. Does her trauma response trigger faulty core beliefs? If so, a man must slow down, get support, use his own tools, engage his own self-care, and find balance.

In summary, be aware of the “Plimsoll Line.” Don't overload. To stay committed to your recovery doesn't always mean a woman must be tough-enough. Sometimes it means she must be smart-enough to know her limitations!

Floyd Godfrey is the Director of the LifeSTAR Mesa, Arizona office with Family Strategies & Coaching. The Mesa office has been implementing LifeSTAR programming since 2005, and has served nearly 700 individuals struggling with these issues. For more information visit www.familystrategies.org or call toll free 877-271-9389.

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