

# Life Resource Ministry

Addiction, Recovery, Mental Health, Support  
Community of Grace  
Peoria, AZ

## RESOURCE DIRECTORY

(last updated 9/16/2022)

# Addiction

What is **addiction**? Common dictionaries define it as “the fact or condition of being addicted to a particular substance, thing, or activity”. An addict is “a person who is addicted to a particular substance, or “to devote or give oneself habitually or compulsively such as to a harmful substance”. These descriptions oftentimes can be too loose or vague to be of much help. There still remains a stigma (mark of disgrace) around addictions that leads people to being dishonest with themselves and discourages them from asking for help.

A narrower definition of **addiction** is “a search for, or a preoccupation with something, that ends up being distressing or destructive to you, and you can’t easily stop.” A brain disease that involves chronic comfort-seeking or self-soothing behavior.

*“I do not do the good I want, but the evil I do not want is what I do.” [Romans 7:19]*

Many addictions exist although some have become commonly referred to as ‘use disorders’ or compulsive behaviors of which there are eight types:

1. **Eating/Dieting** – This includes compulsive overeating, compulsive dieting (anorexia), and the combination of compulsive binge eating followed by compulsive dieting or vomiting (bulimia).
2. **Gambling** – The compulsive need to risk.
3. **Working/Achieving** – The compulsive need to keep busy, accomplish things, or excel at everything done.
4. **Exercising** – The compulsive need to stimulate the body through physical exertion.
5. **Sex** – The compulsive need to have sexual experiences.
6. **Thrill Seeking** – The compulsive need to experience intense stress or thrills.
7. **Escape** – The compulsive need to avoid the daily routines of life.
8. **Spending** – The compulsive need to buy or acquire possessions.

Choosing #7 Escape, a common addiction experienced today that affects many families or extended family members: alcoholism (or any drug, substance or ‘use disorder’). For purposes of starting discussions around addictions, let’s begin with alcohol and expand from there, as approaches for determining and treating all substance addictions are similar and replacing the word ‘alcohol’ with ‘substance of choice’ or ‘drinking’ with ‘using’ is effective.

Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

Official terms used to describe drinking problems have changed in recent years. The separate categories of **alcohol abuse** (that is, getting drunk) and **alcohol dependence** (being addicted) have been replaced in the American Psychiatric Association's DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> Edition) with a single spectrum of alcohol-use disorder that ranges in severity from mild to severe.

The American Psychiatric Association has a set of 11 questions to help people determine if they have an alcohol-use disorder, according to the DSM-5 diagnostic manual. This list of questions could be adapted to apply to any of the compulsive behaviors listed above.

**In the past year, have you:**

- Had times when you ended up drinking more or longer than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of time drinking? Or being sick or getting over the aftereffects?
- Experienced craving—a strong need, or urge, to drink?
- Found that drinking—or being sick from drinking—often interfered with taking care of your home or family? Or caused job troubles or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area or having unsafe sex)?
- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea or sweating? Or sensed things that were not there?

Answering “yes” to two or three of the 11 questions in an alcohol-related DSM-5 questionnaire indicates a mild problem, “yes” to four or five signals a moderate problem and six or more means severe.

## For Reference

### Al-Anon - <https://al-anon.org/>

- For people who are worried about someone with a drinking problem
- Learn how to love others while taking care of yourself

### Al-Anon/Al-Ateen - <https://al-anon.org/newcomers/>

- For people who have alcoholics, drug addicts in their families who are not ready to get help/recovery. These programs teach people the tools to live in the situation without enabling the alcoholic/addict.

### Parents of Addicted Loved Ones – [palgroup.org](http://palgroup.org)

- Parents with an adult child dealing with substance use disorder involving drugs and alcohol
- Contains info about meetings and resources

### Substance Abuse and Mental Health Services Administration (SAMHSA) – <https://www.samhsa.gov/find-help/national-helpline>

- SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP(4357)) (also known as the Treatment Referral Routing Service), or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
- Also visit the [online treatment locator](#), or send your zip code via text message: [435748](tel:435748) (HELP4U) to find help near you. Read more about the [HELP4U text messaging service](#).
- **How to find a confidential helpline service?**
- National Drug Helpline <http://www.drughelpline.org/>
- Alcoholics Anonymous <https://www.aa.org/>
- Celebrate Recovery <https://www.celebraterecovery.com/>
- Cocaine Anonymous <https://ca.org/>
- Crystal Meth Anonymous <http://www.crystalmeth.org/>
- Heroin Anonymous <https://heroinanonymous.org/>
- Marijuana Anonymous <https://marijuana-anonymous.org/>
- Narcotics Anonymous <https://na.org/>
- Pills Anonymous <https://www.pillsanonymous.org/>

# Recovery

A broad definition of recovery is a “return to a normal state of health, mind, or strength.” As it relates to alcoholism, drug addiction, drug abuse, or mental illness, the term ‘in recovery’ is often used as “in the process of recovering from ....” To ‘recover’ is “to get back” or “to regain a normal or usual condition, as of health.”

Focusing specifically on alcoholism (substance abuse), sobriety is defined as “absence of alcoholic intoxication” or “free from alcoholism, not habitually drinking alcohol.” These definitions of sobriety display a wide spectrum. Absence is not abstinence and how can intoxication be measured as to determine it being absent unless total abstinence is attained?

The basic destructive nature of the disease of alcoholism and substance abuse is well known and well documented. It embodies its human victim in body, mind, emotion, soul and affects those in contact with him/her immensely. Of its nature, it is terminal. While it cannot be cured, it can be managed.

Several ‘truths’ can be established as a result of alcoholism or substance abuse.

- Men and women drink (or use substances) essentially because they like the effect produced by alcohol (or said substance) [Alcoholics Anonymous, p. xxiv]
- Most alcoholics (substance abusers), for reasons yet obscure, have lost the power of choice in drink (substance) [Alcoholics Anonymous, p. 24]
- Most alcoholics (substance abusers) have to be pretty badly mangled before they really commence to solve their problems [Alcoholics Anonymous, p. 43]

Treatment and recovery options abound and sources of information are abundant. Where to even start? Know that anyone undergoing an addiction can rarely come out of it alone and of their own volition. If you have any doubts, why not consider taking advantage of treading or at least exploring where others have gone before?

***But the ex-problem drinker who has found this solution, who is properly armed with facts about himself, can generally win the entire confidence of another alcoholic in a few hours. Until such an understanding is reached, little or nothing can be accomplished. [Alcoholics Anonymous, p. 18]***

One interpretation:

*Ex-problem drinker – one who has survived alcoholism/addiction and in recovery*

*Solution – sobriety through abstinence; not picking up the first drink/substance*

*Facts about himself – the things that make him/her an alcoholic/addict*

Ultimately, whatever circumstances you are in, the purpose of this writing is to get the conversation started. As each day is a new beginning, each journey begins with one step forward.

## For Reference

**Meeting Guide App** (circle with a white chair in a blue background icon) – lists all AA meetings in the vicinity of your mobile GPS location. Download from Apple Store or Google Play.

**Al-Anon** - <https://al-anon.org/>

- For people who are worried about someone with a drinking problem
- Learn how to love others while taking care of yourself

**Al-Anon/Al-Ateen** - <https://al-anon.org/newcomers/>

- For people who have alcoholics, drug addicts in their families who are not ready to get help/recovery. These programs teach people the tools to live in the situation without enabling the alcoholic/addict.

**Drug and Alcohol Rehabs in Peoria, AZ** - <https://www.addictions.com/rehabs/arizona/peoria/>

- 4 drug & alcohol rehabs in Peoria, AZ
- Accepts major private insurance, Medicare/Medicaid

**Addiction Center** - <https://www.addictioncenter.com/rehabs/arizona/>

- Addictions, Mental Health, and Treatment; various rehab locations in Mesa, Scottsdale, Chandler, Tempe, Tucson

**Calvary Healing Center** - <https://calvarycenter.com>

- Drug & Alcohol Detox, Phoenix, AZ
- Since 1964, Calvary Healing Center has provided a secure, compassionate and comfortable environment for patients looking for substance abuse treatment.
- Accepts insurance

**Zinnia Healing Serenity Lodge** - <https://www.serenitylodgelakearrowhead.com/rehab-treatment/>

- Substance Abuse Treatment Programs: Detox programs, Inpatient Services, Rehabilitation, Individual Counseling, Group Sessions, Addiction Treatment Therapy
- Accepts insurance

**Renaissance Recovery Center** - <https://www.renaissancerecoverycenter.com/>

- Drug Addiction Treatment & Alcohol Rehab, Gilbert, AZ
- No detox, telehealth (virtual care) is available
- Accepts most insurance, no AHCCCS

**Cornerstone Healing Center** - <https://cornerstonehealingcenter.com/>

- Leading drug & alcohol rehab programs, Scottsdale, AZ
- Offers Residential Rehab, Partial Hospitalization, Outpatient and Intensive Outpatient Programs, optional sober housing
- Accepts most private insurance

**Holdfast Recovery** - <https://www.holdfastrecovery.com/>

- Christian-based drug and alcohol rehab program, Prescott, AZ
- Started with Brendan McDonough, sole survivor of Granite Mountain Hotshots

**Granite Mountain Behavioral Healthcare** - <https://granitemountainbhc.com/>

- Drug & Alcohol Rehab, Prescott, AZ

**Scottsdale Recovery Center** - <https://scottsdalerecovery.com/>

- Scottsdale Recovery Center is a beacon of healing and hope for those who struggle with addiction; offering support and education to their families and a lifeline of services to the community in which they live.
- Detox, Inpatient and Outpatient
- Accepts most private insurance

**SMART Recovery (Self-Management and Recovery Training)** - <https://www.smartrecovery.org/>

- SMART Recovery's approach to behavioral change is built around our 4-Point Program®: (1) Building and maintaining the motivation to change. (2) Coping with urges to use. (3) Managing thoughts, feelings, and behaviors in an effective way without addictive behaviors. (4) Living a balanced, positive, and healthy life.

**Vogue Recovery** - <https://www.voguerecoverycenter.com/>

- Locations in Arizona, Nevada, and California. Offers a full continuum of care that includes detox, inpatient, and outpatient drug & alcohol rehab programs that help people overcome substance abuse.
- Our treatment team is trained in several types of addiction therapies proven to help people struggling with substance abuse and co-occurring mental health disorders. With a combination of traditional behavior therapy and holistic approaches, we tackle substance use disorders from both an emotional and physical standpoint. Our evidence-based recovery program includes:
  - [Individual therapy](#)
  - [Group therapy](#)
  - [Family therapy](#)
  - Eye movement desensitization and reprocessing (EMDR)
  - [Cognitive behavioral therapy \(CBT\)](#)
  - Recreational therapy
  - Art therapy
  - Mindfulness
  - Anger management
  - Acceptance and commitment therapy (ACT)
  - [Dialectical behavioral therapy \(DBT\)](#)
  - Motivational interviewing (MI)
  - Medication-assisted treatment (MAT)
  - Medication management

**Salvation Army Recovery** - <https://www.salvationarmyusa.org/usn/rehabilitation/>

- Offer no-cost programs to tackle the symptoms and causes of alcohol and drug dependence

# Mental Health

## Common Mental Illnesses

- **Attention Deficit Hyperactivity Disorder (ADHD):** Those with ADHD struggle with their ability to focus, overactivity, or are otherwise unable to control various behaviors. There are 3 different forms of the disorder and the diagnosis of which depends on the symptoms exhibited: inattentiveness, hyperactivity, impulsivity, or a combination of the three.
- **Anxiety:** There are several different illnesses that fit in this category (such as social anxiety or panic disorder), but the overall umbrella term is Generalized Anxiety Disorder. While anxiety is a normal and healthy response in warranted situations, those suffering with an anxiety disorder live in a heightened state of being even when not in stressful scenarios. Roughly 40 million Americans 18 and older are impacted by a disorder that falls into this division.
- **Bipolar Disorder:** A condition affecting mood regulation, individuals struggling with bipolar disorder experience intense mood shifts between manic highs and devastating lows. Similar to ADHD, there are several types and diagnoses which depend on both the length and severity of the manic and depressive periods.
- **Body Dysmorphia (BDD):** This disorder is defined by intrusive and incessant thoughts about one's physical flaws, both real and perceived, and interferes with their ability to carry out daily functions. Unable to control negative and hurtful thoughts, people with body dysmorphia do not believe others when they reassure them and live in a constant state of self-deprecation.
- **Depression:** Categorized by feelings of emptiness, hopelessness, and despair, this illness causes people to live perpetually in negative emotion. Often, energy is decreased, activities that once caused joy no longer interest the person, and thoughts of suicide are at a higher risk.
- **Eating Disorders:** Only recently more studied in greater depth and thus more understood, these conditions have a significant impact on the way an individual relates to food as well as body image. Though there are a few different types of the illness, each stems from a place of internal distress and a desire to control not only the food they're eating, but their body's response.
- **Obsessive Compulsive Disorder (OCD):** Considered an anxiety disorder, OCD is marked by recurrent thoughts, impulses, and/or images that interfere with daily life. As many of these intrusions are ritual-based and repetitive actions, people struggling with OCD spend a lot of time trying to equilibrate their irrational thoughts and physical state of being.
- **Post-Traumatic Stress Disorder (PTSD):** Caused by the experience of a devastating, dangerous, or otherwise traumatizing event, those living with PTSD experience physical, fear-based responses even after the catalyzing circumstance. A trigger can cause a fight or flight response even when there is no obvious danger.
- **Schizophrenia:** Due to distorted perception of reality, this condition is one of psychosis. Those suffering with schizophrenia experience hallucinations, delusions, disorganized speech, and jumbled thought processes. Though widely thought to equate to split personalities, individuals with schizophrenia often hear voices or see things that aren't really there as opposed to the presence of other selves found in multiple personality disorder (also known as Dissociative Identity Disorder or DID).

## For Reference

**Mind 24-7** for psychiatric urgent care - <https://www.mind24-7.com/>

- Helps people get established with regular therapists and med prescribers
- Locations in Mesa, Metro and downtown Phoenix. The metro and downtown locations are only kid's services. The Mesa location is kids and adults.

**Charlie Health** - <https://www.charliehealth.com/>

Core mental health conditions they support include: substance use disorder, self-harm, trauma, mood disorders, technology addiction, behavioral issues, depression, anxiety

**Capstone Mental Health** - <https://www.capstonementalhealth.com/>

- Medical and behavioral health care in Mesa
- Offer both in-person and tele-health services

There are several mental health clinics for people with AHCCCS/Medicaid:

- Jewish Family and Children's Services
- Southwest Behavioral Health
- Terros
- Spectrum
- Arizona Children's Association
- Touchstone (kids only)
- Open Hearts Family Wellness

# Support

## For Reference

**12 Steps of AA – Jason Wahler** – <https://www.jasonwahler.com/recovery/12-steps-of-alcoholics-anonymous>

- His take on the 12 Steps of AA and a little experience on how to work them

**Daily Ponderables** – a daily inspiration containing several related and various addiction/recovery educational formats <https://app.getresponse.com/click.html?x=a62b&lc=SPUyir&mc=CK&s=ASm3xW&u=T5K&z=EYajOF&> consisting of:

Daily Reflection – Alcoholics Anonymous-sanctioned sources  
Twenty-Four Hours a Day – Hazelden  
NA – Just for Today – Narcotics Anonymous  
Thought for Today – Various  
Buddha/Zen Thoughts  
Native American  
Keep It Simple  
Big Book – book of AA

**XASpeakers** – <http://ww6.xaspeakers.org/> , various speakers on addition and recovery