

# Reunite, Reconnect in Recovery

*Resources 2021*



# CARE 2021

## Celebrate the Art of Recovery

[celebratetheartofrecovery.org](http://celebratetheartofrecovery.org)

[communitybridgesAZ.org](http://communitybridgesAZ.org)



## Now Offering Virtual Visits

Contact your Care Team or CBI Clinic to schedule your visit today.

**CBI**  
COMMUNITY BRIDGES, INC.

## Patient-Centered Medical Homes

Access comprehensive primary care through CBI Patient-Centered Medical Homes (PCMH).

### PCMH Services include:

- Primary care
- Annual wellness checkups
- Physical wellness groups
- Counseling
- Acute medical conditions
- Psychiatric care
- Family support and education
- Peer support
- Case management
- Chronic disease management
- Diabetes management
- Vaccinations

### What is a medical home?

Patient-Centered Medical Homes (PCMH) put your needs first, coordinated by your primary care physician to ensure you receive necessary care when and where you need it.

At all CBI PCMH primary care practices, you gain a team that provides integrated, accessible primary, behavioral and peer support services.

- Participate in your health and recovery
- Access medical, physical, behavioral care in one home base
- Gain coordinated care

**CBI is here for you.**

COMMUNITYBRIDGESAZ.ORG • 24/7 CARE ACCESS • 877-931-9142

# Resources for Recovery



## CBI

**Integrated Behavioral Healthcare Agency**  
*Maintaining the Dignity of Human Life Since 1982*

Community Bridges, Inc. (CBI) uses an integrated approach to behavioral health and addiction treatment. We take each person's unique traits and issues into account, providing primary and behavioral care, therapy, education, housing, medication, and peer support services. CBI's dedicated team of medical and behavioral health professionals work together, guided by CBI's mission to maintain the dignity of human life.

[www.communitybridgesaz.org](http://www.communitybridgesaz.org)  
(877) 931-9142



mercy care

## Mercy Care

Mercy Care is a not-for-profit health plan offering integrated care to children, adults and seniors eligible for AHCCCS benefits. Our broad network of providers offers services and supports for members with: Physical and general mental health and substance use concerns (Mercy Care Complete Care)

- Long Term Care/elderly, physically disabled (EPD/ALTCS)
- Developmental/cognitive disabilities/ long term care (DDD/ALTCS)
- Medicare and Medicaid (Mercy Care Advantage)
- Serious mental illness (RBHA)

[www.mercycareaz.org](http://www.mercycareaz.org)



**CBI**

COMMUNITY BRIDGES, INC.

## Housing Our Homeless

Homelessness often results in substance abuse, and substance abuse and behavioral health issues can lead to homelessness.

**Access to housing** is fundamental to helping vulnerable men, women, and families rebuild their lives.

CBI housing programs include:

- Temporary
- Transitional
- Permanent supportive housing

People We Serve

- Individuals and families experiencing homelessness
- Pregnant or postpartum women with substance use disorders, and their children
- Survivors of human trafficking, and their children
- Veterans



## Molina Complete Care

### Molina HealthCare

Our mission began nearly 40 years ago when our founder, Dr. C. David Molina, opened a clinic for low-income locals. Today, we are a national managed care leader focused exclusively on helping those in need lead better, healthier lives.

Molina designs innovative strategies that promote better care and empowers members to take the lead in improving their own health. We also invest in best-in-class technology to ensure the stability, security, and scalability of the systems that enable us to provide our members with quality care at a reasonable cost. At Molina Healthcare, we improve the health and lives of members covered by government programs. It's not just a line of business; it's our only business.

Molina Healthcare contracts with state governments and serve as a health plan, providing a wide range of quality health care services to families and individuals who qualify for government-sponsored programs, including Medicaid. Medicaid/Medicare dual eligibles and the State Children's Health Insurance Program (SCHIP). Molina Healthcare serves 4 million lives and offers Medicaid plans in Arizona, California, Florida, Idaho, Illinois, Kentucky, Massachusetts, Michigan, Mississippi, Ohio, New Mexico, New York, South Carolina, Texas, Utah, Virginia, Washington and Wisconsin.

In Arizona, Molina Complete Care is one of the AHCCCS Complete Care Health Plans serving the Medicaid and Dual Eligible Medicaid/Medicare members in the Central region which covers Maricopa, Pinal and Gila counties.

[mccofaz.com](http://mccofaz.com)

(800) 424-5891 (TTY: 711)



## You Don't Have to Travel the Road Alone

### The Importance of Support in Recovery

*You will lessen your risk for relapse by surrounding yourself with a healthy set of friends and family who support and help you through this new phase in life. When you do, you'll find that:*

- **Facing challenges isn't as difficult.** When you are faced with a challenge, you might become overwhelmed and stressed. These feelings might trigger your unhealthy reaction of drinking or doing drugs. Having people to rely on helps you handle the situation.
- **Friends help lower anxiety in social situations.** You might have started using alcohol or drugs to reduce social anxiety, but it took over your life and caused more pain. Having a friend or family member with you in a social setting helps reduce the stress of being alone or feeling awkward.
- **Family and friends keep you in check.** Sometimes you become too confident in recovery or fall back in old behavior patterns, which increase the risk of relapse. Loved ones provide valuable insight about your behavior and help you address the issues.
- **Having loved ones who support your recovery is a positive thing,** especially when you hit a rough patch. They can empower you to work through the issues that are keeping you down.
- **It feels good to have people who want to be around you and who care for your success.** Their presence and active role in your recovery can boost up confidence and self-esteem that alcohol and drugs chopped down.



## Recovery is possible

Mercy Care is pleased to partner with Community Bridges Inc. during National Recovery Month. Working together, we can provide support and resources to help you on your recovery journey.

Because we **care.**

[www.MercyCareAZ.org](http://www.MercyCareAZ.org)



## **Arizona Women's Recovery Center**

RECOVERY for WOMEN

Outpatient Substance Abuse Treatment

Arizona Women's Recovery Center is a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address individual needs. All of AWRC's programs focus on providing the tools and resources to assist women in living financially independent, drug and alcohol-free lives.

Arizona Women's Recovery Center offers a Women's Outpatient Program and recognizes that recovery for women requires forging a path to independence and empowerment. In addition to dealing with addiction issues, AZWRC's program focuses on the development of life skills, resolution of life issues, creating goals, re-enforcing values and building self-image.

The program was developed on a time frame of at least one year. This allows the women to master skills vital to their recovery, to strengthen a support system, to increase their ability to financially provide for themselves and their children, to practice parenting skills with continued monitoring, to increase self-esteem and to learn to believe in themselves.

<https://azwomensrecoverycenter.org/>

602-264-6214



## **Calvary Healing Center**

At Calvary Healing Center, every treatment option we offer is built on a single premise: to be successful, we must involve the whole person — body, mind and spirit. Since 1964, we've strive to create a secure, compassionate and comfortable environment to recover from different forms of addiction and substance abuse. With a highly trained staff (many in recovery themselves), and a trauma-informed approach to care, we are dedicated to helping patients and families heal.

Whether you're looking for a Christian residential treatment program or outpatient counseling services, the staff at our rehab center provides targeted substance abuse treatment and behavioral health services to get you on the road to recovery. Call us for a no-cost, confidential assessment.

[www.calvarycenter.com](http://www.calvarycenter.com)

602-279-1468



SCOTTSDALE  
RECOVERY

RECONNECT • REBUILD • RECOVER

## **Scottsdale Recovery Center**

Scottsdale Recovery Center strives as one of the Leading and Cutting Edge Substance Abuse Treatment Center located in the heart of Scottsdale Arizona. Specializing in Luxury Addiction Treatment programs, EMDR Therapy, Dual Diagnosis combined with a Holistic Care focusing on Residential, Partial Hospitalization, Intensive Outpatient, Individual Group, Family Therapy, Telehealth, Aftercare and Alumni support. We strive to create a strong foundation for our patients and families offering tools and criteria to assist with long-term success in sobriety.

[www.scottsdalerecovery.com](http://www.scottsdalerecovery.com)

1-888-NODRUGS 602-346-9142



Molina Complete Care

Connecting families to quality care for  
over 40 years. **Lean on Molina.**

Conectando a familias con cuidado de calidad  
por más de 40 años. Apóyate en Molina.

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**[LeanOnMolina.com](https://LeanOnMolina.com)**





# Choose Calvary for Your Recovery

## The Calvary Difference:

- We have been helping people on their road to recovery since 1964.
- We offer an optional faith-based, spiritually-led healing component.
- Our facility provides a full continuum of care including detox, residential and outpatient programs.

Find out how Calvary Healing Center can help you or your loved one. Call us at 602-279-1468 today.



**CALVARY**  
HEALING CENTER

720 E. Montebello Ave., Phoenix, AZ 85014  
calvarycenter.com

Physicians are on the medical staff of Calvary Healing Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Calvary Healing Center. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 203427-4945 7/20



We provide medication-assisted treatment and an individualized treatment plan for each patient suffering from opioid addiction. Our physicians and care coordinators work closely with other medical and behavioral health providers and social services organizations to support every aspect of our patients' recovery.

Our addiction treatment specialists treat alcohol dependence with medication and a variety of evidence-based psychological and social treatments, including counseling time with providers.

[www.cleanslatecenters.com](http://www.cleanslatecenters.com)



## Teen Challenge of AZ

Teen Challenge of Arizona is a world-wide organization, providing services to individuals struggling with addictions. It offers a variety of programs, which includes basic educational presentations, crisis interventions, interviews, inductions, training and re-entry. Located in Tucson, AZ, the organization provides neighborhood outreaches, drug and gang prevention education, church presentations and civic organization presentations as well. Teen Challenge of Arizona operates six residential program centers in the State of Arizona, three centers for men, one for women and women with small children and one for adolescent girls and one for adolescent boys.

[www.tcaz.org](http://www.tcaz.org)  
(800) 346-7859



**Together AZ**

## Together AZ Newspaper

Since 1991, **Together AZ** newspaper is a monthly publication distributed across Arizona. Every issue, and our website is filled with educational articles on personal growth, self discovery, and spirituality to meet the needs of the ever growing addiction recovery community. One essential ingredient of recovery is knowing you are not on this journey alone. Rehabs and recovery programs are vetted as the most experienced and thorough drug and alcohol rehab programs in Arizona.

**"Inspiring Success on the Road to Recovery"**

[www.togetheraz.com](http://www.togetheraz.com)  
602-684-1136



# RECOVERY for WOMEN

## *ARIZONA WOMEN'S RECOVERY CENTER*

We are a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address family sustainability. All programs focus on providing the tools and resources to assist women in living financially independent, drug and alcohol-free lives.



**WELDON HOUSE**  
For women in recovery  
and their children.

**SALLY'S PLACE**  
For pregnant women  
and infants.

**LEGACY HOUSE**  
Short-term, supportive  
housing for women in out-  
patient treatment program

**HER HOUSE**  
For women in recovery

**Treatment | Housing | Education**

**602-264-6214   [arizonawomensrecoverycenter.org](http://arizonawomensrecoverycenter.org)**



The most important and unique aspect of horseback riding is the relationship between the rider and the horse. At HUNKAPI Farms we focus on this often-neglected aspect in all of our equine-centered programming. We firmly believe that it's impossible to interact with a horse and walk away unchanged. The Hunkapi programs all have one aim – to use the bond between horse and human as a catalyst for positive growth in the lives of our participants.

Our participants come from diverse backgrounds, abilities and from as young as 3 years through adulthood. We serve clients with a wide range of diagnoses including, but not limited to: Autism Spectrum Disorder, Attention Deficit Disorder, Oppositional Defiant Disorder, Emotional Disorder, Addiction Disorder, and Post Traumatic Stress Disorder.

**Horse programs, Counseling, Equine Assisted Psychotherapy, Therapeutic Riding**

**Call 480-393-0870 Email: [love@hunkapi.org](mailto:love@hunkapi.org) [www.hunkapi.org/](http://www.hunkapi.org/)**



## Teen Challenge

Helping Youth, Adults & Families



Rev. Jim Moyer, Director  
PHOENIX TEEN CHALLENGE

### HOME OF HOPE

Women & Women with Children

**520-252-3523**



### PHOENIX MEN'S CENTER

Men 18 +

**602-708-9475**



### SPRINGBOARD

Home for Girls (12-17)

**520-730-4269**





SCOTTSDALE  
RECOVERY CENTER

SCOTTSDALE  
RECOVERY CENTER

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ARIZONA'S  
PREMIER ADDICTION  
TREATMENT FACILITY

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*1-888-NODRUGS*

*[www.scottsdalerecovery.com](http://www.scottsdalerecovery.com)*

# Support Groups:

## ANCoR

[www.coda.org](http://www.coda.org) ancorintergroup@gmail.com

CoDA: Co-Dependents Anonymous, a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We rely on the 12-step Recovery model and 12 Traditions for knowledge and wisdom.



## Arizona Adult Children of Alcoholics Intergroup

[www.aca-arizona.org](http://www.aca-arizona.org)

Arizona Adult Children of Alcoholics and Dysfunctional Families (ACA or ACoA), is an international 12-step recovery program for individuals who grew up in alcoholic or dysfunctional homes. ACA is based on the belief that the disease of alcoholism and family dysfunction infected us as children and continues to affect us as adults.

## AZ Regional Service Committee of Narcotics Anonymous

[www.arizona-na.org](http://www.arizona-na.org) (520) 979-2363

Arizona Regional Service Committee of Narcotics Anonymous is non-profit organization for whom drugs became a problem. There are 203 home groups with a total of 404 meetings per week throughout the Arizona Region. We meet regularly to stay clean.

## Co-Anon Family Groups

[www.co-anon.org](http://www.co-anon.org) (480) 442-3869

Email - [coanonfamilygroupsinfo@gmail.com](mailto:coanonfamilygroupsinfo@gmail.com)

The Co-Anon Family Groups have but one purpose-to help the family members and friends of someone who is addicted to cocaine or other mind-altering substances. We do this by practicing the Twelve Steps of Cocaine Anonymous ourselves, by understanding addiction and carrying the message of hope and personal recovery whether the addict is using or not. It is through this fellowship that we learn to cope with our difficulties by sharing our experience, strength, and hope with others.

## Cocaine Anonymous

[www.Caarizonaz.com](http://www.Caarizonaz.com)

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so they may solve their common problems and help others to recover from their addiction.

## Crystal Meth Anonymous

[www.cmaaz.org](http://www.cmaaz.org) (602) 601-9913

12-step based recovery from Crystal Meth and all other mind-altering substances.

## Debtors Anonymous

[www.arizonada.org](http://www.arizonada.org) (602) 234-6566

Are you sick of bouncing checks, paying late fees, and having creditors knocking at your door? Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering. We come together to learn that compulsive debiting is a spiritual problem with a spiritual solution and we find relief by working the D.A. recovery program based on the 12-Steps.

## East Valley Intergroup of Alcoholics Anonymous

[www.aamesaaz.org](http://www.aamesaaz.org) Office - (480) 827-1905 24-hour AA hotline - (480) 834-9033 E-mail - [info@aamesaaz.org](mailto:info@aamesaaz.org)

12 Step recovery program for alcoholism.

## Families Anonymous | North Scottsdale Fellowship

[www.mynsfc.com](http://www.mynsfc.com) (602) 647-5800

Families Anonymous (FA) is primarily for those who have a feeling of desperation concerning the destructive behaviors of someone very near to them, whether caused by drugs, alcohol, or emotional problems.

## Pills Anonymous

[www.pillsanonymous.org](http://www.pillsanonymous.org)

Pills Anonymous is a fellowship of men and women who share their experiences, strength, and hope with each other so that they may solve their common problem and help others to recover from pill addiction. The only requirement for membership is a desire to stop using pills. There are no dues or fees for PA membership; we are self-supporting through our own contributions. PA is not affiliated with any religious group, politics, organization or institution. This is a program which works by regularly attending meetings and working the 12 Steps of Recovery with other pill addicts. Our primary purpose is to carry the message to the addict who still suffers.

## Salt River Valley Al-Anon Information Service (SRVAIS)

[www.srvais.org](http://www.srvais.org) (602) 249-1257

Friend and family support for people affected by another's drinking/using. We have but one purpose: to help families and friends of alcoholics.

12 Step Zoom Meetings available at <https://www.12step-online.com>



# Hotline 1-800-273-8255

## **National Suicide Prevention Hotline: 1-800-273-8255**

The National Suicide Prevention Hotline fields calls 24/7 for anyone with suicidal thoughts or who are in crisis. They offer help for Spanish-speakers and anyone who is deaf or hard of hearing.

## **Crisis Text Line: Text Hello to 741741**

Crisis Text Line fields messages about suicidal thoughts, abuse, sexual assault, depression, anxiety, bullying and more. What makes it unique is that it's entirely text-based, which makes it easy for anyone who doesn't feel comfortable or safe talking on the phone to use it. Text 741741, or message Crisis Text Line on Facebook for help. You'll be matched with a volunteer counselor, who is supervised by a licensed, trained mental health professional.

## **YouthLine: Text teen2teen to 839863, or call 1-877-968-8491**

YouthLine provides a safe space for children and adults ages 11 to 21, to talk through any issues they may be facing, including eating disorders, relationship or family concerns, bullying, sexual identity, depression, self-harm, anxiety and thoughts of suicide.

## **Childhelp National Child Abuse Hotline: 1-800-422-4453**

For issues related to child abuse, Childhelp connects you with a professional counselors to help in a crisis, and provide information on how to get help.

## **National Domestic Violence Hotline: 1-800-799-7233**

For anyone who is a victim of domestic violence or sexual assault (or know someone who is), these hotlines offer counseling and advice.

## **RAINN: 1-800-656-4673**

RAINN's (Rape, Abuse & Incest National Network) hotline for anyone who's experienced sexual abuse/assault.

## **The Trevor Project: 1-866-488-7386 or text START to 678678**

LGBTQIA+ kids and teens can reach out to The Trevor Project for support during a crisis, if they are feeling suicidal or need a safe space to talk about any issue.

**Trans Lifeline 1-877-565-8860**

**LGBT National Hotline 1-888-843-4564**

**LGBT National Youth Talkline 1-800-246-7743**

**LGBT Senior Hotline 1-888-234-7243**

**Crisis Response Network**

[www.crisisnetwork.org](http://www.crisisnetwork.org)

**602-222-9444 Get help 24/7**

**SAMHSA National Helpline – 1-800-662-4357**