

# Recovery Resource & Provider Directory 2024



*Everyone has a hand in recovery*

Presented by



COMMUNITY  
BRIDGES  
Development Foundation



Each September, prevention, treatment, and recovery programs and services gather together providing resources to families, friends, and community members in an effort to educate and inform about recovery, how it works, for whom, and why.

Many lives have been transformed through recovery, yet many continue to struggle, knowing where to turn for help is crucial.

**We all have a hand in recovery.  
For ourselves, our families,  
and our community.**

*CARE is dedicated to providing the message that  
prevention works, treatment is effective,  
and people of any age recover.*

**With the right treatment, support,  
and resources, recovery is  
possible for everyone.**



## **Integrated Behavioral Healthcare**

### **Our Mission**

To Maintain the Dignity of Human Life

Founded in 1982, Community Bridges, Inc. provides a full continuum of the highest quality substance use and mental health services in Arizona, Oklahoma, and Washington, DC.

Community Bridges, Inc. (CBI) uses a holistic—or integrated—approach to addiction treatment and behavioral health concerns. We take each person's unique traits and issues into account to design a treatment plan. Using a combination of education, therapy, housing, medications, peer support, inspiration, hope and other supportive services, our solutions are never one-size-fits-all. People are unique, and their treatment plan should be too.

CBI's passionate and dedicated team of medical and behavioral health professionals share a common philosophy to attend to the needs of our communities. With a mission of maintaining the dignity of human life, we can't help but be agents of positive change in our communities.

**[communitybridgesinc.org](https://communitybridgesinc.org)**

**(888) 224-2087**





## 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)





## Agave Ridge Behavioral Health

Agave Ridge Behavioral Hospital serves adolescents ages 11-17, adults age 18+, and senior adults age 55+ who are struggling with mental health concerns and substance use disorders. We provide holistic, age-appropriate care that addresses our patients' mental, physical, emotional, and social needs so that they can wholly heal. Our superior mental health and addiction treatment services help patients overcome challenges and pursue healthier lives.

Our comprehensive services include a detox program and an inpatient program. In each setting, we deliver individualized treatment to help our patients make positive behavior changes that can improve their overall quality of life.

[www.agaveridgebehavioral.com](http://www.agaveridgebehavioral.com)  
877-635-0711



## Amen Clinics

At Amen Clinics, we specialize in an innovative brain-body approach to diagnosis and treatment planning for a wide array of emotional, behavioral, learning, cognitive, and weight issues for children, teenagers, and adults. Amen Clinics, Inc. is one of the world leaders in applying brain imaging science to help people who struggle with emotional issues, behavioral challenges, cognitive problems and learning challenges.

[www.amenclinics.com](http://www.amenclinics.com)  
480-790-5701



## Arizona Women's Recovery Center

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.

[www.azwomensrecoverycenter.org](http://www.azwomensrecoverycenter.org)  
602-264-6214



## Empowering women in recovery for a healthy family and hopeful future

AZWRC is 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 outpatient treatment program

**HER HOUSE**  
For women in recovery

**TERRY'S PLACE** Coparenting women

**THELMA'S HOUSE** Transitional housing for women and children

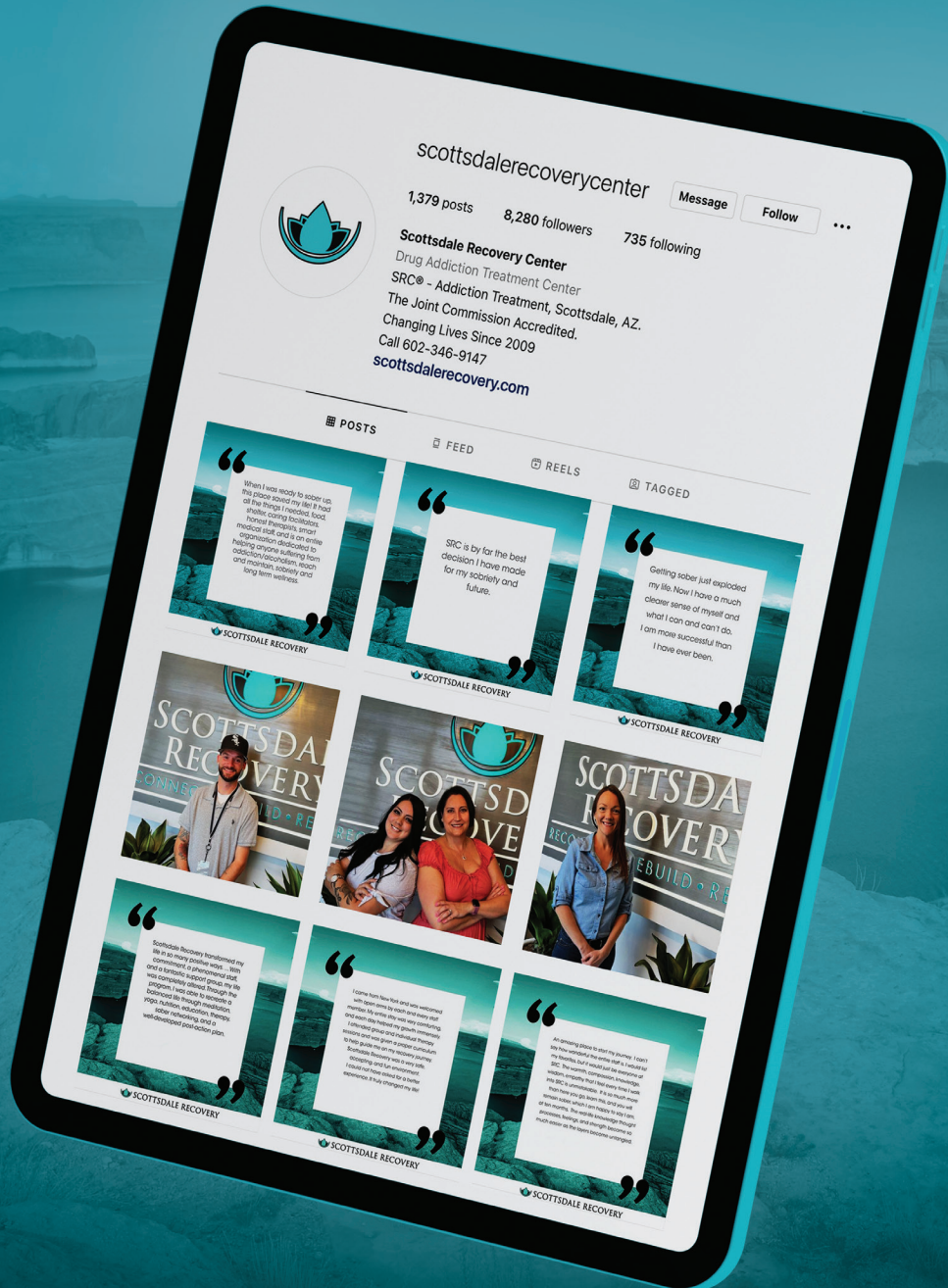
Treatment | Housing | Education

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



# SCOTTSDALE RECOVERY

RECONNECT • REBUILD • RECOVER



1-888-NO DRUGS  
or 602-806-1305

info@scottsdalerecovery.com  
ScottsdaleRecovery.com





### **Aurora Behavioral Health**

Aurora Behavioral Health System is dedicated to serving the behavioral health and addiction treatment needs of Arizonans. As the state's largest free-standing psychiatric hospital system, we are committed to the wellness of individuals, their families, and the community through prevention, intervention, and treatment. We offer a full spectrum of behavioral healthcare services where patients actively participate in their own treatment. Two convenient locations: West campus in Glendale and our East campus in Tempe. We offer inpatient and outpatient services for adults and adolescents in need of mental health and addiction treatment.

**[www.auroraarizona.com](http://www.auroraarizona.com)  
877-870-7012**



### **Axiom Care**

Our agency started with a focus on the specific needs of individuals involved in the justice system, making Axiom Care one of the most trusted resources for this population. We offer substantial programming to individuals specifically designed to build personal accountability, manage emotions, find pro-social alternatives and increase a sense of community. Axiom Care has developed treatment services and partnerships to become one of the leaders in helping clients find freedom from the life of probation, parole, and community supervision. We are committed to providing safe, quality care at our alcohol and drug treatment centers in Phoenix, AZ.

**[www.axiomcareofaz.com](http://www.axiomcareofaz.com)  
602-975-2194**

## **ADDICTION CARE THROUGH COMPASSION**

**NO INSURANCE, NO PROBLEM!**



Founded in 2012, Axiom Care is an AHCCCS/Medicaid provider specializing in substance use treatment. Axiom Care's mission is to ensure that every Arizonan has access to compassionate and effective addiction care, focusing on underserved individuals who are ready to make positive changes in their lives.

Axiom Care offers multiple levels of care, AHCCCS insurance assistance, and SUBG (grant funding) to ensure accessible addiction treatment. With locations in Maricopa and Pinal County, Axiom Care provides:

- 24/7 Crisis Care
- Detox
- Residential Treatment
- Reentry Program for Justice Involved



**[AxiomCareofAZ.com/Contact](http://AxiomCareofAZ.com/Contact)**



**CONTACT US**

**OR CALL (602) 612-6900**





**Banner  
University Family Care**

### **Banner University Family Care**

Banner University Family Care is a nonprofit, regional health plan provider dedicated to serving the health and insurance needs of the people of Arizona. For over 20 years, we have provided access to best-in-class health care with unparalleled compassion and responsiveness to help AHCCCS and ALTCS members live healthy and well.

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



### **Hushabye Nursery**

Hushabye Nursery's mission is to 'embrace substance exposed babies and their caregivers with compassionate, evidence-based care that positively changes the course of their entire lives.' The organization was founded by Tara Sundem, a neonatal nurse practitioner who witnessed firsthand the challenges of newborns exposed prenatally to opioids and those families trying to care for them. Hushabye Nursery offers a safe and inclusive space where mothers, family members and babies – from conception through childhood – can receive integrative care and therapeutic support that offers each child the best possible life outcomes. Programs include prenatal and postpartum support groups, inpatient nursery services and outpatient therapies.

[www.hushabyenursery.org](http://www.hushabyenursery.org)  
480-628-7500

**AURORA**  
BEHAVIORAL HEALTH

- Inpatient Services for Adults and Adolescents
- Intensive Outpatient Programs (IOP) for adults and adolescents
- Partial Hospitalization Program (PHP)
- Electroconvulsive Therapy (ECT)
- Equine Therapy
- Chaplain Services Program
- Special Needs Unit (SNU) Tempe Hospital only

**RANKING ARIZONA** 2023 **AURORA BEHAVIORAL HEALTH SYSTEM RANKED #1 BEHAVIORAL REHABILITATION**

877.870.7012 | [auroraarizona.com](http://auroraarizona.com)



**Banner  
University Family Care**

## **Stigma stops here.**

Working to break down societal stigma surrounding mental health conditions and substance use, fostering understanding and support for those on their journey to wellness.



Proud sponsor of  
CARE: Celebrate  
the Art of Recovery



**Banner Health Plans**



Maricopa County's mission is to provide regional leadership and fiscally responsible, necessary public services so that residents can enjoy living in a healthy and safe environment. The Board of Supervisors, along with other elected officers, creates a strategic plan every five years to align with the county mission.

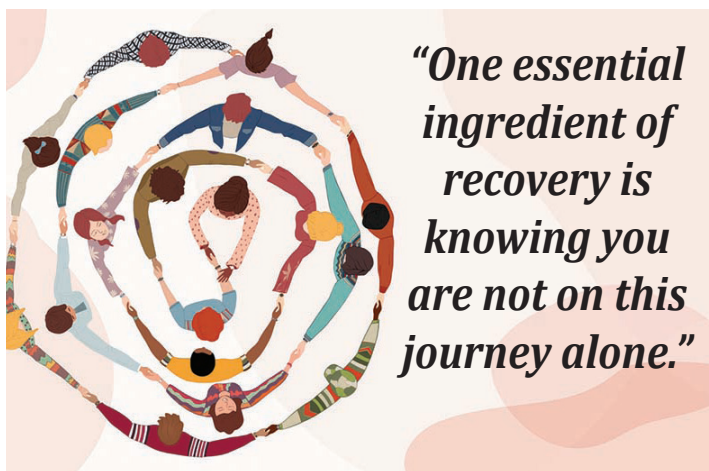
<https://www.maricopa.gov/>



### The Meadows

A leader in the industry, Meadows Behavioral Healthcare is a network of specialized programs including residential and outpatient treatment for drug and alcohol addiction, trauma, eating disorders, sexual addiction, behavioral health conditions and co-occurring disorders, as well as a whole range of workshops and standalone Brain Centers offering state-of-the-art neurofeedback and other services. Our evidence-based approach is rooted in decades of clinical experience, with more than 45 years in the treatment field.

<https://meadowsbh.com/>



### Mental Health America of Arizona

Mental Health America of Arizona (MHA-AZ) is dedicated to advancing mental health awareness, promoting well-being, and supporting individuals in achieving mental health recovery. We strive to empower communities through education, advocacy, and innovative programs that address the needs of those affected by mental health challenges. Our mission is to foster a compassionate and inclusive society where mental health is prioritized, stigma is reduced, and every individual has access to the resources and support needed for a fulfilling and healthy life.

<https://www.mhaarizona.org/>

## WE CAN HELP

Start your journey into recovery or continue your path of self-discovery.


You can choose from our outpatient treatment options, while fulfilling your other life commitments. Our caring staff and licensed therapists can help you change destructive behavior patterns, re-connect with your loved ones, and create a new life!

We offer comprehensive curriculum's for Addiction Treatment, Co-occurring Disorders and Mental Health. Supportive housing facilities, life coaching and outdoor activities are available.

Our programs include:

- Intensive Outpatient
- Psychiatry
- Outpatient
- Job Development
- Individual Therapy
- Grief and Loss Groups
- Peer Support
- ART Therapy

928-649-0077  
Konnnectwellness.org  
637 N Main Street Suite 1A, Cottonwood, AZ 86326



# Konnnect

WELLNESS CENTER



### **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)



### **Narcotics Anonymous**

Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The NA message is “that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live.”

**Arizona-na.org 844-991-2962**



### **Narstop – Overdose Rescue**

NarStop™ is a new, U.S. government-patented device for safely storing and dispensing Naloxone, the life-saving drug which can reverse an opioid overdose if administered quickly.

Due to the ever-increasing number of overdose deaths, there is an enormous national movement for a universally-recognized response to overdose emergencies – one that makes Naloxone more easily and quickly accessible and educates the public to administer Naloxone first and then call 9-1-1.

NarStop™ devices provide a solution. The NarStop™ patent was fast-tracked by the U.S. Government Patent Office and granted approval on May 7, 2024. No more fumbling for keys to a locked cabinet, no wasted time spent rifling through a drawer, no frantic search for who has the Naloxone. A NarStop™ is a permanent, life-saving, wall-mounted fixture that everyone knows where to find – right alongside other lifesaving equipment.

<https://www.narstop.com/>

**(888) 405-3121 info@narstop.com**



### **Oasis Behavioral Health Hospital**

Oasis Behavioral Health Hospital is dedicated to providing the highest level of treatment for all patients that walk through our doors. Our vision is to offer support and compassionate care that empowers individuals by encouraging hope, healing and recovery. We are able to achieve our vision by remaining true to our 4 core values: Compassion, Support, Empowerment and Recovery. Oasis Behavioral Health is an Acute Psychiatric Hospital and Residential Treatment Center serving the inpatient needs of children, teens, and adults. Programs for adolescents, adults and outpatient.

<https://www.obhhospital.com>

**877-347-751**





## PAL

Parents with an adult child addicted to drugs and/or alcohol can find hope and support with Parents of Addicted Loved Ones (PAL). PAL's free weekly meetings follow evidence-based practices and the curriculum used is designed specifically for parents by professionals in the treatment and recovery industry. PAL offers an educational component that offers tools for participants to use such as ways to help rather than enable. And a support component where participants interact, sharing what has worked – and has not worked – for them in their community.

<https://palgroup.org> Email [info@palgroup.org](mailto:info@palgroup.org)



## PURSE-IMPRESSIONS

### Purse Impressions

Purse- Impressions is on a mission to provide graduates from substance abuse recovery programs with a purse or backpack to, not only celebrate their accomplishment, but allow them to move forward with a sense of dignity. Purse- Impressions honors the life of Courtney Elizabeth Michaels, founder Patricia Brusha's daughter. Suddenly and tragically at 28 years old, Courtney was diagnosed with Stage 4 cirrhosis of the liver from years of alcohol abuse. A few months later, on June 4, 2019, addiction took her life. Donations are always accepted.

<https://purse-impressions.com/charity-boutique/>  
(602) 814-6679

**MEADOWS**  
Behavioral Healthcare

MeadowsBH.com  
866-702-5538

## An Industry Leader, a Community Resource

For 45+ years, Meadows Behavioral Healthcare has helped patients heal, addressing not just their symptoms or behaviors, but providing them with the tools needed to get to the root cause of their disorders and achieve lasting recovery.

Today, we are the nation's premier treatment provider for trauma, substance use disorders, sex addiction, eating disorders, and a wide range of mental health issues. And for residents of the Grand Canyon State, this trusted treatment resource is right here in your community, based in scenic Wickenburg, Arizona.

### We provide a full continuum of care including:

- Inpatient Treatment
- Intensive Outpatient Programs for Adults & Teens
- Partial Hospitalization Programs
- Virtual Outpatient Programs
- Detox & Stabilization
- Personal Growth, Relational, and Professional Workshops
- Private Intensives

Learn More



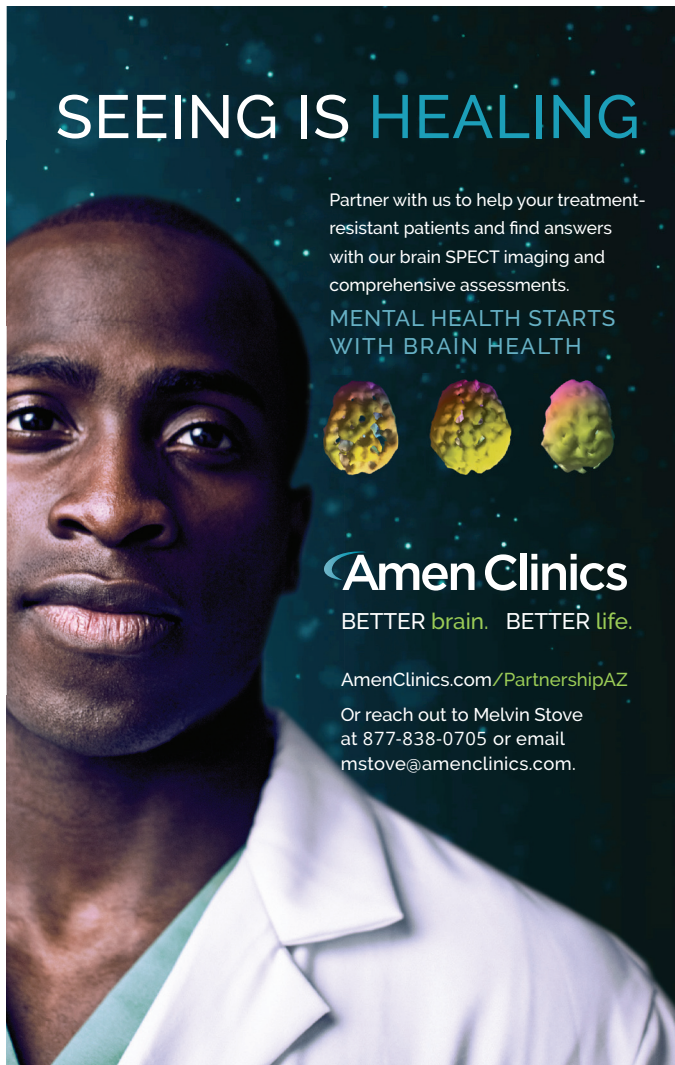
The Meadows



The Meadows Outpatient Center-Scottsdale Adolescent



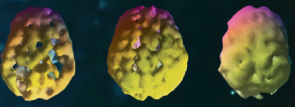
Rio Retreat Center



# SEEING IS HEALING

Partner with us to help your treatment-resistant patients and find answers with our brain SPECT imaging and comprehensive assessments.

MENTAL HEALTH STARTS WITH BRAIN HEALTH



**Amen Clinics**  
BETTER brain. BETTER life.

[AmenClinics.com/PartnershipAZ](https://AmenClinics.com/PartnershipAZ)

Or reach out to Melvin Stove at 877-838-0705 or email [mstove@amenclinics.com](mailto:mstove@amenclinics.com).



## Scottsdale Recovery Center

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 life-line of services to the community in which they live.

Making our clients comfortable is our top priority. Our state-of-the-art treatment and detox facility provides maximum levels of comfort while you go through our drug and alcohol treatment programs, then begin your new life in recovery. SRC® provides Inpatient, Residential, and Intensive Outpatient Programs (RTC, PHP, IOP, OP and MAT.) SRC®'s treatment locations are located throughout the Scottsdale and Phoenix.

<https://scottsdalerecovery.com/>

[info@scottsdalerecovery.com](mailto:info@scottsdalerecovery.com) 602-346-9142

## Pregnant and Struggling with Substance Use?



Hushabye  
Nursery®



Let us help  
you today!



[HushabyeNursery.org](https://HushabyeNursery.org) 480-628-7500





**SPIRITUALLY FIT CO-OP**

### **Spiritually Fit Co-op**

We offer yoga, mindfulness meditation, sound healing, and fitness classes. Our highly skilled staff have recovery and mental health training as well as their own life experience in these areas. Our teachers teach from the heart; they share the varying styles of movement and meditation that have impacted their personal lives most with our community. Their experiences and personalities shine in each of their unique classes.

<https://spirituallyfitco-op.com>  
(602) 809-0854

**Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential.**



### **Steps to Recovery Homes**

Steps to Recovery Homes, located in Cottonwood, AZ is passionate about helping others recover from all addictions while addressing other co-occurring disorders that can act as barriers to living a productive life. Our Wellness programs focus on all aspects of life, not just substance use disorders. Our goal is to guide you through obtaining and maintaining long-term recovery and learning how to live successfully in our world.

Steps to Recovery Homes offers many different programs that address Life Skills. These programs touch on all areas significantly affected by drug addiction. For example, substance use disorders impact an individual's employment, finances, relationships, personal boundaries, parenting, spirituality, mental state, health, and overall quality of life.

<https://stepstorecoveryhomes.org/>  
928.649.0077 [info@stepstorecoveryhomes.org](mailto:info@stepstorecoveryhomes.org)



## **Teen Challenge of Arizona**

Helping Youth, Adults & Families

### **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**







## 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



## Teen Challenge of AZ

Teen Challenge of Arizona is a worldwide 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



## Valley Hospital

Valley Hospital offers extensive inpatient and outpatient services for adults dealing with mental health issues and substance abuse. Located in Phoenix, Arizona, our facility provides specialized treatment programs customized to each patient's needs, fostering recovery and well-being in a supportive environment.

<https://valleyhospital-phoenix.com>

602-932-7220



## Your treatment needs are as unique as you are.

We offer a variety of programs on both an Inpatient and Outpatient basis. Valley Hospital provides a full continuum of care to meet you where you are and help you get to where you want to be.

- Crisis Stabilization
- Detox/Chemical Dependency
- Adult Mental Health Rehabilitation
- Partial Hospitalization
- Intensive Outpatient

**602-952-3939**

Learn more at [valleyhospital-phoenix.com](http://valleyhospital-phoenix.com)

3350 E. Pinchot Ave. Phoenix, AZ 85018

## 12 STEP GROUPS

Arizona Adult Children of Alcoholics Intergroup ACA  
[www.aca-arizona.org](http://www.aca-arizona.org)

AZ Regional Service Committee of Narcotics Anonymous  
[www.arizona-na.org](http://www.arizona-na.org) (520) 979-2363

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

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

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

East Valley Intergroup of Alcoholics Anonymous  
[www.aamesaaz.org](http://www.aamesaaz.org) (480) 827-1905 (480) 834-9033

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

Salt River Valley Al-Anon Information Service  
[www.srvais.org](http://www.srvais.org) (602) 249-1257

# Helplines

National Suicide Prevention Hotline  
988: 24/7

Crisis Text Line: Text Hello to 74174

YouthLine: Text teen2teen to 839863

Childhelp National Child Abuse Hotline  
1-800-422-4453

National Domestic Violence Hotline  
1-800-799-7233

RAINN: 1-800-656-4673:  
RAINN's (Rape, Abuse & Incest National Network)

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

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

SAMHSA National Helpline – 1-800-662-4357

An  
**OVERDOSE**  
is occurring...

EVERY SECOND COUNTS.  
ARE YOU PREPARED TO SAVE A LIFE?

**NARSTOP™**  
OVERDOSE RESCUE

A new lifeline for opioid  
overdose rescue and  
prevention.

Insist on the placement  
of NarStop™ rescue  
units alongside  
other life-saving  
equipment.



NARSTOP™  
OVERDOSE RESCUE By InterventionASAP

Patent Pending #63/452,487

**GET IN TOUCH:**

✉ info@narstop.com

☎ (888) 405-3121

🌐 www.narstop.com

**988** | SUICIDE & CRISIS  
LIFELINE





## Don't Travel the Road Alone

### The Importance of Support in Recovery

*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:

- **Friends help lower anxiety.** You might have started using alcohol or drugs to reduce social anxiety, but it took over your life and caused more pain. Having someone with you in social settings 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.
- **Facing challenges isn't as difficult.** When you faced with a challenge, you might become overwhelmed and stressed. These feelings may trigger your unhealthy reaction of drinking or doing drugs. Having people to rely on helps you handle the situation.

