



# CARE

*Celebrate the Art of Recovery*



## Resources 2022

*Everyone has a hand in recovery*

Presented by





40<sup>th</sup>

# *Integrated Behavioral Healthcare*

MAINTAINING THE DIGNITY  
OF HUMAN LIFE SINCE 1982

## *Services Include*

- \* Counseling
- \* Crisis Services
- \* Residential Treatment
- \* Outreach Navigators
- \* Peer Support
- \* Medication-Assisted Treatment

## *Start Your Journey Today*

🌐 [CommunityBridgesAZ.org](https://CommunityBridgesAZ.org)

📞 480.831.7566 | CRISIS 877.931.9142

📍 1855 W Baseline Rd #101  
Mesa, AZ 85202

@communitybridgesaz



H U N K A P I

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/)

# Recovery Month

*Now in its 32nd year, Recovery Month celebrates the gains made by those in recovery, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.*

*Each September, Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.*



**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



# SCOTTSDALE RECOVERY

RECONNECT • REBUILD • RECOVER



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

info@scottsdalerecovery.com  
ScottsdaleRecovery.com



## **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.

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



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.

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



### **Axiom Care**

Acknowledging the need for help and being ready to start on a different journey is the first step to recovery. Axiom Care is here to help identify drug abuse and addiction problems, and is committed to providing the best possible 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.

**[axiomcareofaz.com](http://axiomcareofaz.com)  
602-626-8112**



## 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)



### Clean Slate

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**  
**833-505-4673**



## 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**



### Mojave Recovery Center

The Mojave Center for Recovery, located at 5847 S 16th St in Phoenix, AZ near the South Mountain Region. The Mojave Center for Recovery offers pregnant/parenting women and their families helpful information related to addiction and recovery by providing a range of alternative recovery tools and options. The Mojave Center for Recovery in conjunction with the SMART Recovery Program will support women and their families, choosing to abstain, or considering abstinence from any type of addictive behavior by honoring the concept To Walk in Beauty, meaning to live in balance and harmony - this balance includes a circle of containing our parts – body, mind, heart, and soul.

**480-818-9078**



## 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.

**scottsdalerecovery.com**  
**1-888-NODRUGS 602-346-9142**



## Steps to Recovery Homes

Located in Cottonwood, Arizona, 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 program Life Coaching sessions address all areas usually significantly affected by drug addiction. For example, substance abuse impacts an individual's finances, relationships, personal boundaries, and getting and keeping employment, to name a few. Therefore, we believe that treatment (or some say drug rehab) should include all the areas of your life that the continued drug use had hindered

**[stepstorecoveryhomes.org](http://stepstorecoveryhomes.org)**

**928-649-0077**



## 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.

**[tcaz.org](http://tcaz.org)**

**(800) 346-7859**



## 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"*

**[togetheraz.com](http://togetheraz.com)**

**602-684-1136**

## Via Linda Behavioral Hospital



## Via Linda Behavioral Hospital

Via Linda Behavioral Hospital is a joint venture of HonorHealth and Universal Health Services, is now providing inpatient services for adults. Serving adults, (18 + years) who are medically stable, voluntary status (non-Title-36) for admission needing inpatient psychiatric care and treatment. Individuals with alcohol or other substance use disorders or addictions can start their recovery journey with treatment for co-occurring substance use issues. In addition to inpatient treatment, our facility will also offer robust outpatient programs for teens and adults, utilizing a combination of group, family and individual therapy.

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



# JOIN THE MOVEMENT

- Volunteer
- Receive Support
- Attend Activities
- Host Trainings
- Share Your Story
- Empower Others

Axiom Community of Recovery is a Peer-Led, Peer-Driven Recovery Community Organization.

Our mission is to transform the lives of individuals and families struggling with substance use and co-occurring mental health disorders in Arizona.

## LEARN MORE

[AxiomRecovery.org](http://AxiomRecovery.org)  
[info@AxiomRecovery.org](mailto:info@AxiomRecovery.org)



**OUR VOICES,  
OUR COMMUNITY  
OUR RECOVERY!**



# 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**



**National Suicide Prevention Hotline: 988:** 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 74174:** 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:** Provides a safe space for children and adults ages 11 to 21, to talk through issues 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:** 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**

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



# 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 out-patient treatment program

#### HER HOUSE

For women in recovery

Treatment | Housing | Education

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

# Support Groups:

## **ANCoR**

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

CoDA: Co-Dependents Anonymous, a fellowship of men and 2women 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

## **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.

## **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.

## **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.

# AURORA

BEHAVIORAL HEALTH

## *Inpatient Services:*

- Inpatient Mental Health
- Addiction Rehab
- Inpatient Specialized Autism Unit
- Medical Detox

## *Outpatient Services:*

- Partial-Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Electroconvulsive Therapy (ECT)

### AURORA EAST

6350 S. MAPLE AVE  
TEMPE, AZ 85283

480.345.5400

### AURORA WEST

6015 W. PEORIA AVE  
GLENDALE, AZ 85302

623.344.4400

24/7

ADMISSION  
LINE

877

870

7012





## 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:

- **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.
- **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 provides 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.

**DRUG ENFORCEMENT ADMINISTRATION**  
**NOT ALL PILLS ARE REAL**

Taking a pill **not** purchased from a licensed pharmacy is a deadly decision.

**ONE PILL CAN KILL**

DEA.gov/OnePill