

CARE

Celebrate the Art of Recovery

Everyone has a hand in recovery

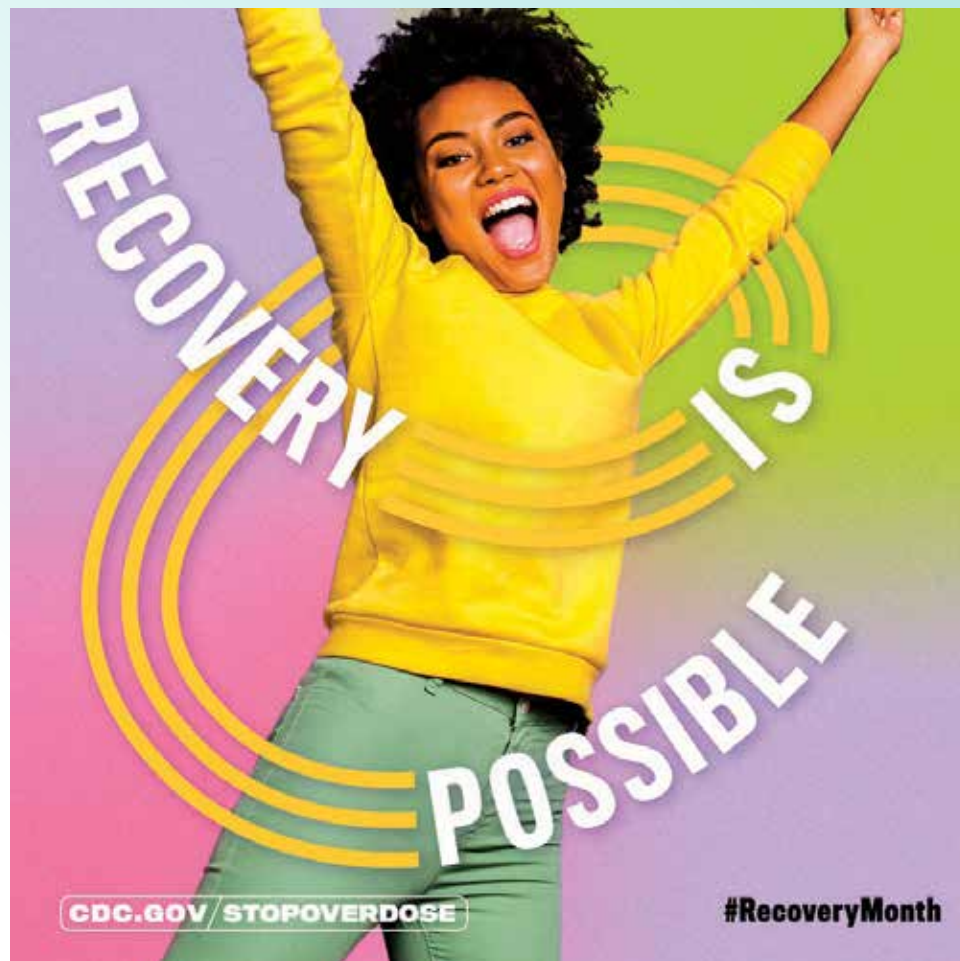
**Recovery Resource & Provider
Directory 2023**

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, and 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 Agency

Maintaining the Dignity of Human Life Since 1982

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.

Many of our employees are peers and they have been in your shoes. Peers are the heart of CBI, and they know exactly what it takes to help you discover the road to recovery. They provide daily assistance, hope, education, and support to people through treatment. Most importantly peers give our patients the individual care they need at the time they need it.

www.communitybridgesaz.org

(877) 931-9142



40th

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

📞 480.831.7566 | CRISIS 877.931.9142

📍 1855 W Baseline Rd #101
Mesa, AZ 85202

@communitybridgesaz



Alice Cooper's Solid Rock Teen Centers

The Rock Teen Center inspires teens (12-20) to grow through music, dance and art. We provide vocational training in sound and recording, lighting and staging, video production, as well as a computer lab and a cool, supervised facility for the teens to engage with their peers. In a time where public schools are cutting funding for empowering programs like music, dance and art, The Rock cultivates a love of the arts to inspire and challenge teens to embrace artistic excellence and reach their full potential.

The Rock Teen Centers are FREE and open to all teens 12-20 years old Monday through Friday from 2:00 pm to 7:30 pm. Phoenix and Mesa locations.

**www.alicecoopersolidrock.com/teen-centers
602-522-9200**



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
602-264-6214**



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
(480) 790-5701**



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
877-870-7012**



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



Life-Changing Residential Treatment for Teen Boys 13-17

Meadows Behavioral Healthcare's history of healing extends more than 45 years, treating various age groups and conditions. The Meadows Adolescent Center takes that proven model and applies it to the unique issues of teen boys in a residential treatment setting.

The program is unique in that it blends clinical expertise in trauma and attachment disorders with a highly experiential treatment approach designed to challenge, engage, and inspire teens to develop the skills necessary to change what isn't working and find lasting healing.

The Meadows Adolescent Center offers:

- Low patient-to-staff ratio
- Clinical input from the leading experts in the industry
- Complete psychiatric testing
- Live qEEG brain mapping
- Extensive family programming
- Accredited high school curriculum



Located outside of Wickenburg, Arizona
MeadowsAdolescent.com | 866-302-2327



**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.

To learn more visit
www.BannerUFC.com



Center for Discovery

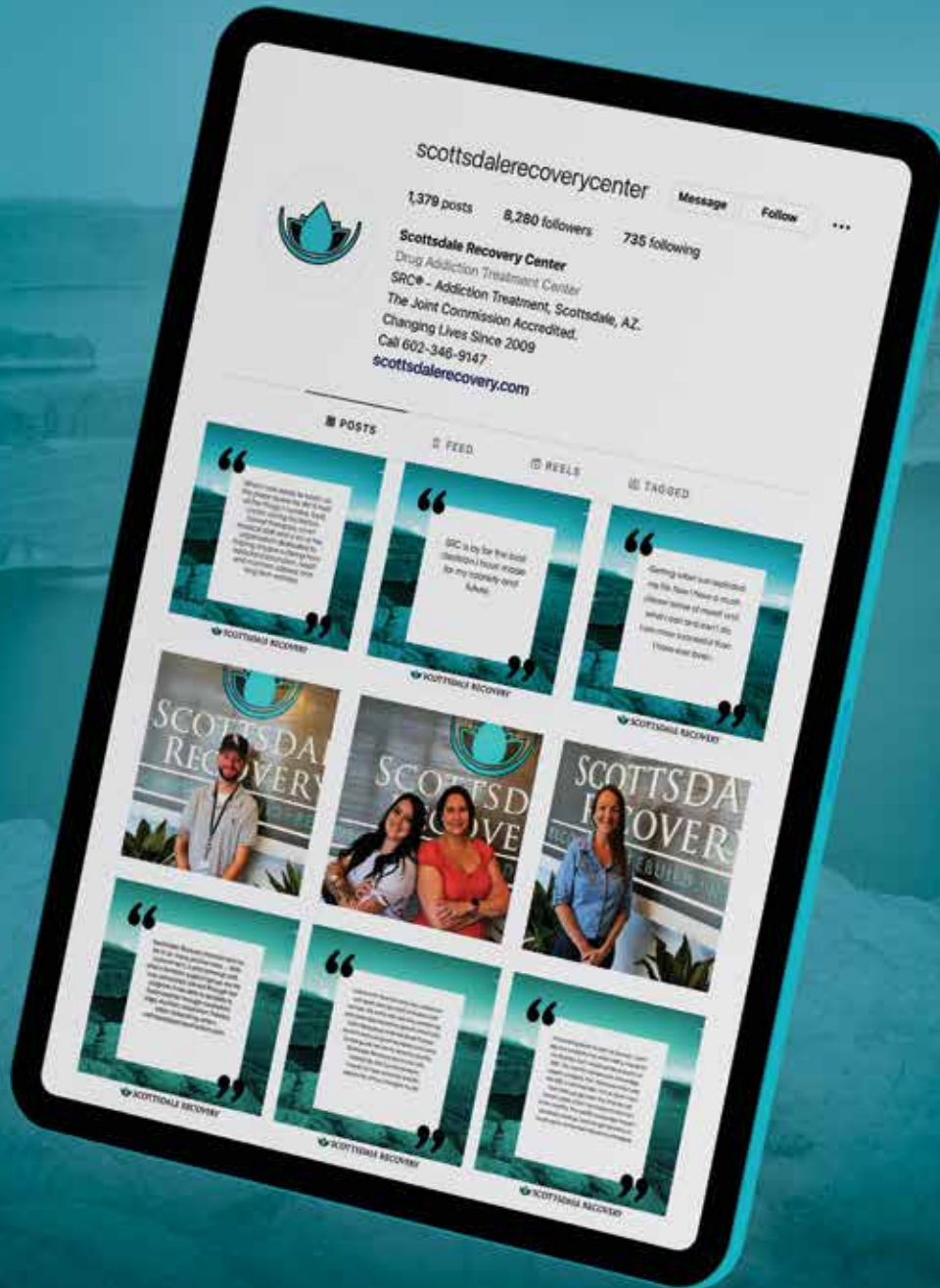
At Center for Discovery, we're passionate about providing compassionate care that utilizes the very best evidence-based treatment options. In fact, we're celebrating 25 years of helping thousands of patients discover their path to the full and rewarding lives they deserve. With us, you'll have a team of experts who will design a treatment plan that's just as unique as you are. You'll learn about what's underlying your eating disorder. You'll practice new coping skills, including how to forge a healthier relationship with food through hands-on meal preparation. You'll join us at one of our intimate estate-style homes or small outpatient centers that promote healing and personalized attention. And when you're ready to return home, you'll continue to receive recovery support for life through our Aftercare Program.

<https://centerfordiscovery.com>
866-326-0315



SCOTTSDALE RECOVERY

RECONNECT • REBUILD • RECOVER



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

info@scottsdalerecovery.com
ScottsdaleRecovery.com

Break the silence, break the stigma

of mental illness and substance use disorders.



BannerHealthPlans | www.BannerUHP.com



Banner
University Family Care

CORNERSTONE HEALING CENTER

Cornerstone Healing Center

We believe in helping individuals broken by addiction heal their minds, body, and spirit. We create an environment where rapid and miraculous recovery can and does happen. Our vision is to provide a safe space for long-term recovery, combining passion, structure, soul-searching, and fun to change lives from the inside out. Our vision is one we are passionate about. We offer Residential Rehab, Partial Hospitalization, Outpatient drug rehab, and Intensive Outpatient. We offer ongoing recovery coaching for all Cornerstone Alumni, emphasizing a holistic approach to lay the groundwork for sustainable recovery for yourself or a loved one.

cornerstonehealingcenter.com/
480-764-2654

embark BEHAVIORAL HEALTH

Embark

Embark Behavioral Health operates an exceptional network of treatment and therapy programs across the United States. We specialize in preteens, teens, and young adults, struggling with anxiety, depression, and other mental health and substance use issues.

Embark offers the country's most robust continuum of premier services that can be tailored to your family's needs. Our programs include virtual intensive outpatient programs (IOPs), outpatient clinics, outdoor therapy, residential programs, therapeutic boarding schools, and young adult transitional living options.

If your family is struggling, Embark – the nation's leading name in teen and young adult therapy - is a name you can trust. Our programs have served thousands of families over our 25-year legacy. We are experts in working with young people and their families.

www.embarkbh.com
844-289-0980

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
The Best of Arizona Business
ARIZONA

2023

AURORA BEHAVIORAL HEALTH SYSTEM
RANKED #1
BEHAVIORAL REHABILITATION



877.870.7012 | auroraarizona.com



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





Grace Sober Living

Scott Walker had a deep love for God and people. Sometimes at his lowest points, he would stuff his pocket with small wooden crosses and hand them out to broken, hurting people in need of hope. Even while battling his own addiction, he wanted to help others and shared many times his desire to open a sober living home due to the lack of helpful, quality staffed homes in the greater Phoenix area.

Scott's vision was for a non-profit, Christian sober living home that would be run with honesty, integrity, and care. In Memory of Scott, Grace Sober Living is a result of wanting to fulfill Scott's wishes to help others with their recovery. So much love, time and dedication has been given to bring his desire to fruition.

gracesoberliving.org
602 -675-2042



Living Undeterred

The Living Undeterred Tour is a mental health initiative started by founder of Choices Network, Ltd. Jeff Johnston and his family. For 95 days, Jeff and his team will be traveling in an RV across the United States. After losing his oldest son, Seth, to fentanyl poisoning in 2016, and later his wife, Prudence, to alcoholism in 2021, Jeff has dedicated his life to making a difference in the mental health and substance abuse space.

www.livingundeterred.org/
319) 899-3400

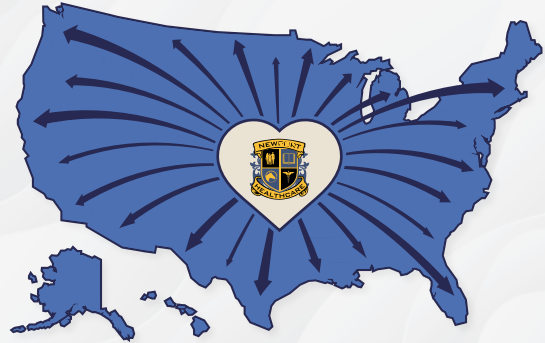


**NEWPORT
HEALTHCARE**

Leading Provider of Mental Health Treatment for Teens and Young Adults



OFFERING TREATMENT NATIONWIDE



Newport Healthcare provides the highest-quality mental health treatment to young people struggling with depression, anxiety, trauma, and co-occurring disorders.

Visit newporthealthcare.com to learn more about our programs and how we can work with you.

MENTAL HEALTH | TRAUMA | CO-OCCURRING DISORDERS

Insurance Accepted | Third-Party Validated



Meadows

The Meadows Adolescent Center provides life-changing residential treatment for teen boys 13-17, addressing trauma, substance use issues, and mental health conditions. Understanding that teens learn and grow the most when they're challenged, engaged, and inspired, our comprehensive program includes a wide range of proven therapy methods, from group and one-on-one sessions to outdoor and experiential options alongside complementary therapies like neurofeedback that help enhance the treatment process.

<https://meadowsadolescent.com/>



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

MENTAL HEALTH CENTER of AMERICA

Mental Health Center of America

When you receive the right kind of care, you notice the difference. You feel more confident, respected, and empowered to take back control of your life.

MHCA exists to be our patients' first and last stop for mental health care. Starting with our comprehensive psychological assessment, moving to our professional team approach for treatment, followed by our wellness support plan and services.

MHCA is designed so that each patient feels supported regardless of where they're at in their mental health journey.

<https://mentalhealthcenter.com>

602-704-2345



Amen Clinics is a global leader in research, diagnosis and treatment of brain health using brain SPECT neuroimaging. Established by Dr. Daniel Amen, founder and CEO of Amen Clinics and Brain MD, Amen Clinics has treated patients for over 30+ years from more than 155 countries and has eleven clinics nationwide with more to come in future years.

Our innovative methods have been proven to get better results, even for the most complicated cases. A recent study involving 500 Amen Clinics patients who were deemed as treatment resistant—failing 3.3 providers, receiving 4.2 diagnoses, and prescribed 4-6 medications before coming to see us—showed incredible improvement just 6 months after treatment:

85% reported a better quality of life. We continue to track our patients' outcomes. (Amen, Jourdain, Taylor, Pigott, Willeumier, 2013)



Melvin Stove
Clinic Outreach Manager – Cell = 704-302-3790
14500 N Northsight Blvd, Suite 113, Scottsdale AZ 85260



Newport Healthcare

At Newport Healthcare, we believe that the human connection is the most powerful experience that any of us will ever have. The foundation of our unparalleled treatment centers is our team, made up of the world's best mental health and therapeutic experts specializing in teen and young adult treatment, who accelerate our impact in changing a young person's life. As a leading healthcare enterprise, the more people we have behind our mission of empowering teens and young adults, the greater the endless circle of good.

Empowering Lives. Restoring Families.

<https://www.newporthealthcare.com>

Newport Academy: 866.298.6378

Newport Institute: 855.993.0447

For all other inquiries: 833.998.0779



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>

Paving the Way to

Healthy

Futures



RealGodShots 354

Playful and adventurous conversations with people from all walks of life. We celebrate the inspirational nudges that we all receive. Our guests talk about their ups and downs and failures and successes. In the process we have a lot of fun.

<https://realgodshots365.com>

Embark Behavioral Health's Continuum of Care

Embark Behavioral Health is a leading network of outpatient centers and residential programs across the United States. We offer premier mental health treatment for preteens, teens, and young adults struggling with anxiety, depression, and other mental health and substance use issues.

How We Treat

- Embark Virtual IOP (intensive outpatient program)
- Outpatient treatment
- In-home therapy
- In-person IOP
- Therapeutic day treatment program (partial hospitalization program, or PHP)
- Short-term residential treatment
- Wilderness therapy
- Therapeutic boarding school
- Young adult transitional living program
- Long-term residential treatment



Visit embarkbh.com • 855-617-0952



Scan for more information.



Recovery Syndicate

Recovery Syndicate specializes in culturally sensitive treatment for substance abuse, co-occurring disorders, and mental health issues, with on-site providers who can address all these areas. Our effective treatment approach incorporates trauma-informed care, advanced treatment modalities, and therapeutic group sessions. To ensure our clients receive comprehensive care, we offer case management services, 24-hour peer and field support, family support and support groups, and alumni programs. With our personalized and holistic services, we achieve low recidivism rates and excellent outcomes for our clients, promoting sustainable long-term success in recovery.

**<https://recovery syndicate.com/>
480-409-4787**



**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**

*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.*



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
(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”

**www.togetheraz.com
602-684-1136**

One essential ingredient of recovery is knowing you are not on this journey alone.



Support Groups:

ANCoR

www.coda.org 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

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 (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 (480) 442-3869

Email - 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

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 (602) 601-9913

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

Debtors Anonymous 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 Office – (480) 827-1905 24-hour AA hotline – (480) 834-9033 E-mail - info@aamesaaz.org 12 Step recovery program for alcoholism.

Pills Anonymous 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 (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.

Helplines

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





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.

