



Destiny Sober Living



June 2016 Newsletter

24hr Admission Line: 602-249-6674

HEROINE ANONYMOUS

Destiny has been blessed to partner with Terra Galor who has chartered the first all-female Heroine Anonymous group in Arizona. Ms. Galor has brought excellent HA groups to both our men’s and female houses. We appreciate her efforts and feel blessed to be a part of the HA community of volunteers. Our residents have given



excellent feedback about the sponsorships coming from these meetings.



Destiny has started a treatment group for family members, loved ones, and other supports who are affected by someone who has a mental illness or addiction. Groups are help every other Saturday from

9am – 11am at 5306 N 17th Ave Phx AZ 85015.

Please call and reserve your seat at 602-249-6674.

Next group is June 2nd. This group is not a support group, though you will definitely feel supported and grow your support network. This is a treatment group. Run by a licensed clinician, you will learn how to use interventions, strategies, and communication with your loved one who is struggling.

Have you thought that things just won’t ever change and that you have tried everything? Have you thought that it’s all your loved one’s fault and if they would just stop doing certain things your relationship with them would improve? This group will show you how to teach people how to treat you and how you can get what you need in the relationship with your loved one. You have nothing to lose except gaining an improved relationship. 16 and older can attend.

Do you need DUI, Substance Abuse or Domestic Violence Outpatient Treatment? Please contact Destiny for your confidential assessment. Most private insurance accepted. Most treatment programs can be covered by your private insurance plan. Contact us today to inquire about your benefits and the programs we offer.

Community Give’s Back

Value Card Alliance is a Business to Business Barter Exchange Company who chooses a monthly give back project where they have their trade members donate to a charitable organization. Destiny Sober Living has been chosen for their June project. So far they have raised \$6000 worth of goods for Destiny. All donations will go to support our members who are receiving services from us. Destiny is honored to have been chosen by them. Value Card Alliance has donated thousands of items to organizations throughout Arizona. Each year they hold a special event for Arizona Children’s Hospital. Their giving truly defines the meaning of “Giving Back”. For more information about Value Card you can go to www.valuecardalliance.com.

Please tell them that their friends at Destiny have referred you!





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Produce On Wheels - With Out Waste (P.O.W.W.O.W.)

Destiny has been purchasing produce from POWWOW. For \$10.00 you can purchase 60 pounds of produce!!! This is such a great organization. Destiny has been teaching its inpatient residents how to cook healthy and nutritious meals. Residents have been learning how to eat the right kinds of food in recovery as well as learning about the food that increase the urge and craving cycle. Many residents now prefer to make their own tomato sauce and they have realized that their love for nutritious foods was much greater than they previously thought.



Destiny is now an in-network provider of MHN insurance. MHN is the behavioral health service agency for those who have Health Net medical insurance. By becoming an in-network provider Destiny has strengthened its ability to help more people who need intensive and comprehensive mental health and substance abuse treatment. If you, or someone you know, needs treatment for one or both of these concerns, we would love to help.

Destiny continues to improve its website each month. On our resource page we have more resources and educational videos for you to watch. Stop by and stay up to date on the latest trends in the behavioral health field. www.destinyhouse.biz.



FAMILY INSTITUTE *for* HEALTH & RECOVERY

Destiny will soon have its youth and family treatment center open in Mesa – called Family Institute for Health and Recovery. Services will include individual, group, family counseling, in home services, crisis services and intensive outpatient counseling. Once open we will invite you to our Open House. Stay tuned for this coming event.



Hot weather presents physical risks, some related to certain types of medications. Destiny urges everyone to take special care of themselves throughout the summer months. Some psychiatric medications, blood pressure medicines and decongestants can prevent the body from increasing blood flow to the skin, which is necessary to cool body temperature. As a result, individuals who take any of these are at risk of overheating, which can be fatal. Other types of medications, including antidepressants, drugs of abuse and cold/allergy medicines, can prevent the body from sweating, which also leads to overheating. In addition, water pills and beverages with alcohol or caffeine can cause dehydration. Doctors should be consulted before deciding to stop any prescribed medication. Additional precautions should be followed, whether or not medications are being taken:

- Wear light clothing.
- Drink plenty of fluids.
- Stay in the shade or air conditioned buildings.
- Avoid intense physical activity during hot weather.
- Shower frequently.