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February 2016

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*The Pleasures and*

*The Perils*

*of Sober Relationships*

By: Kristen McGuiness

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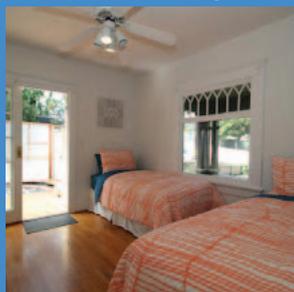
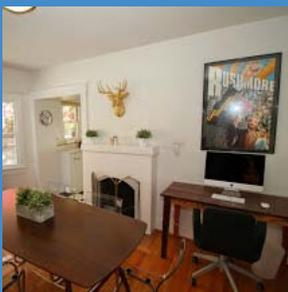
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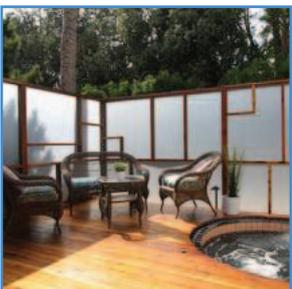
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by: Jeannie

This month we are starting the Editors column with a **BIG THANK YOU!**  
 To our gifted authors, who write monthly to fill our newspaper with HOPE and SOLUTION on every topic under the sun!  
 To our faithful readers, who let us know how much they enjoy reading Keys to Recovery Newspaper, and sharing that joy with others.  
 To our advertisers, without you we could not continue to distribute our newspaper to more and more readers each month.  
 To our delivery people, thank you for your tireless devotion.  
 To all our fans and supporters, thank you for all your help in reaching out to more facilities, public and private each month.  
 Without all of you, we simply wouldn't be, so **THANK YOU!**

This month being February and the month we celebrate love, I want to tell you my favorite Love Story. The one about me and my husband Marcus Marshall. Marcus and I dated when I was 17 and he was 19 (way back in the 70's), before cell phones, pagers and personal computers. And before I started my recovery. Even back then, Marcus was a man of faith. We both drank and used, yet my disease, at that point, was much more advanced than his. Marcus wanted to become a preacher and presented me with the idea. Although I loved Marcus very much, I could not see myself as a preachers wife, mostly because I knew I would have to give up drinking and using.

So I did what any good addict-alcoholic would do...I joined the Navy. I didn't have the heart to say good-bye, I just left.

The Navy didn't work out so well, but soon after I got home, my road to recovery would begin. I did not see Marcus again for 33 years. When we met again, I had over 26 years of sobriety. I was a woman in who the problem had been solved.

Marcus had been walking his own path, and had faced many hardships during the time we were apart. So when I presented the idea that he get sober, and walk on this path of recovery together, he never even hesitated. He took to sobriety like a fish to water.

Marcus soon found out, that we weren't just going to meetings every night, we were to live this program of recovery. He loved being of service as much as I did. He supported me sponsoring as many girls as God brought to me. He stepped up because he realized this program had saved my life, and could save his as well. That it isn't just about surviving, it is about thriving.

The program gave us a design for living, a purpose and a plan. He said he wanted what I had, and would do what it took to match my stride. And he did.

When you have long term sobriety and are active in the rooms, people get a little freaked out, when you show up holding hands with a newcomer. You can only imagine the looks we got. It was a bit uncomfortable being talked about, something I was not use to, anymore. But I was proud to stand by this incredible man, God had brought back into my life.

We joke about it now that he skipped newcomer boot camp, and went straight to officers training in sobriety. We were going to meetings every day, feeding the homeless, hosting sober events in our home, loving, laughing and living. We were making up for lost time.

You know that moment when somebody walks back into your life - and you see why it never worked with anyone else. My soul saw him, and it kind of went, "oh there you are, I've been looking for you".

Today our lives, center around God, service and sobriety. Our home is filled with love and laughter. I guess you could say ... "they lived happily ever after!"



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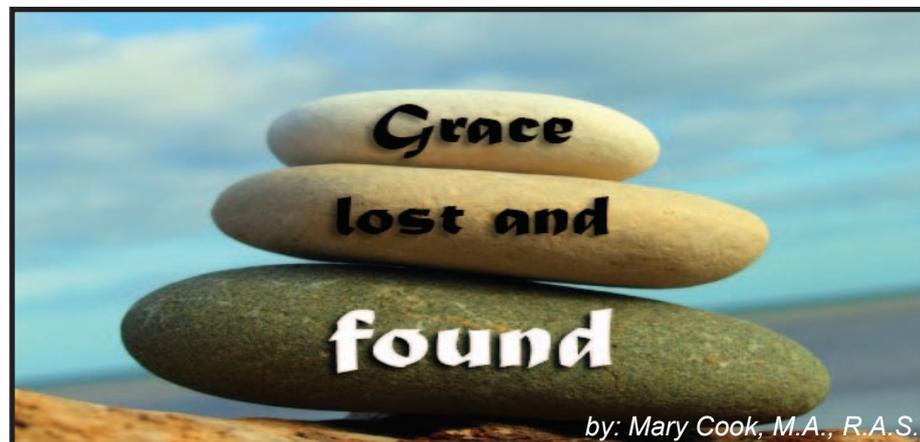
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## THE NATURE OF OUR DEFENSES

When our primary needs or desires in childhood are insufficiently gratified, we experience a deep and lasting sense of fear, incompleteness and inferiority. Because it is difficult to contain full conscious awareness of these feelings, defense mechanisms arise to dull, block or defensively glorify them. We might adopt narcissistic or avoidant behaviors, or dangerous thrill-seeking practices, in order to distract ourselves from original fears. Externalizing, projection and displacement are common defenses that deflect our original pain and problems onto people, places and things outside of us.

Because fear interferes with our ability to feel internally comfortable, secure and positive, we might attempt to artificially produce these emotions through addictive use of food, drugs, sex, shopping, etc. This is also our attempt to compensate for previous lack of gratification. When family or friends in our adult life confront our addictions, a sense of anger and entitlement arises in us, and we complain that they don't understand us. These feelings are from childhood and don't usually fit adult circumstances at all.

The energies of past pain and problems attract new similar experiences. And our defenses reinforce the themes of what we are defending. These energies are maintained, because in childhood we internalize deprivation and mistreatment into our sense of self, and feel unlovable, undeserving and unworthy. When we do not have a healthy dependency period, we do not mature into a healthy interdependent state. Thus when we experience childhood themes in our adult life, we lack a mature adult framework from which to understand and resolve them.

In order for us to heal, we must recognize not only the similarities of past and present circumstances, but also the differences between them. Are we older and wiser? Do we have more resources, support, options and courage? Even if the current event carries the same theme, does it contain the same level of danger or mistreatment? Do we have other experiences with successful positive change in thinking, feeling and actions? Do we have people in our life today that model healthy behaviors and positive growth? Do we currently have an ability to assert boundaries and limits with others? Do we have spiritual beliefs that afford us faith, trust and guidance in new endeavors?

Discovering the roots of unhealthy thinking and behaviors diminishes their power over us. Underneath narcissistic attitudes, lie significant past failures in empathy, sensitivity and understanding. Perhaps in childhood we lacked a sense of being seen, heard, felt, touched and understood for who we truly were. Self-absorption, and feigned grandiosity and arrogance are attempts to compensate for this. Ironically these defenses pass on empathic failures to others, and reinforce the theme of distrust and hurtful relating.

Avoiding situations that stimulate original fears has limited effectiveness. When we do not address and heal our fears, fear enlarges and the elements that stimulate fear increase. We also continue to attract situations that reflect what is unhealed within us. When we romanticize fear through recklessness and dangerous actions, we focus on how outwardly courageous we are. We hope this will undo the internal effects of earlier trauma, but it only reinforces the original fear.

Externalizing, projection and displacement are defenses that give us temporary illusions that our problems and pain are not internal, but lie in outward circumstances and other people. So now we blame and attempt to control what we cannot control. Even if those we blame do change according to our wishes, we quickly find new circumstances or new people upon which to project our inner problems.

Addictions dull our conscious awareness of what feels painful and threatening, and provide temporary artificial euphoria. Because we associate addictions with positive feelings, this further undermines our chances for healthy esteem. And because addictions cannot replace primary needs and desires, they involve us in an endless, futile struggle for satisfaction.

Our healing journey involves recognizing that we have a child and an adult sense of self. We can develop compassionate understanding, and ultimately loving guidance for our child self. We can view our adult self as equal to, rather than inferior or superior to others, and we can exhibit humanitarian and spiritual values. We can identify and appreciate the differences between past and present stress, and increasingly relinquish defense mechanisms in favor of deeper awareness and corresponding integrity. We can remember that as adults, we hold the keys to healthy self-care, and we teach others how to treat us through this example. We can thankfully demonstrate responsibility for our safety, serenity, health, happiness and fulfillment, and experience a deep and lasting sense of wholeness and goodness.

WWW.MARYCOOKMA.COM Mary Cook is an addiction counselor in private practice, with 39 years of experience and 29 years of University teaching. She has a Master's degree in psychology and is a registered addiction specialist. Mary is a speaker and the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Amazon.com, etc.



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## THE BENEFITS OF SPIRITUAL SOBRIETY

I was speaking for a recovery group over the Memorial Day weekend, and a young woman with three years came over and said "Leo, I've just bought a new car."

"What make of car is it?" I asked.

"A Mercedes. It's the first new car I've ever owned. A gift in my sobriety."

We laughed. Then I went out to the car park and saw her beautiful white Mercedes. I sat in the passenger seat and we both smelled the newness. There is nothing like the smell of a new car. As I drove home I began to ask myself the question: Why would an alcoholic want to get sober? I think it's an important question because, if I've understood the facts correctly, most alcoholics do not get sober. Or want to get sober. Or see a need to get sober. And yet a few, a precious few, do embrace recovery.

It is important to state that I'm really talking about the alcoholic in this article, although what is written here might equally apply to the heavy drinker. What is the difference between an alcoholic and a "heavy drinker"? Well, I suppose another article could be written on this very subject. It's not an easy question to answer. Many people have died early in life trying to prove that they were really "heavy drinkers" not alcoholics! Personally, I find the First Step of AA incredibly helpful for me; when a person is experiencing a feeling of powerlessness and their lives are undeniably unmanageable, that is my template for being alcoholic.

Why should an alcoholic want to get sober? For a Mercedes! Well, that's not a bad reason. However, the Mercedes is a template for "the good life". Most alcoholics (and drug addicts) live in a cloud of boredom, exchanging life for existence. Many are living hand to mouth; whatever money they do have goes towards drinking. But even if they have a job and money in the bank, the excitement of life is drained away by the slow progression of alcoholism. Whatever their lifestyle might be, it would be enhanced, should the alcoholic cease to drink.

Money is misspent. Even when I've asked the "high end" alcoholics how they lived when they were drinking, I've heard that they were prisoners in their luxurious homes. Not really enjoying what they have, rarely going for an evening ride in their beautiful car. Indeed, most alcoholics rarely walked in their garden, or took a swim in their pool or played with their grandchildren. Only the very few would be excited about the smell of their new car! Existence is exchanged for life.

Another major benefit is health. It is easy to generalize about the health challenges of the alcoholic, but they are surely immense. Remember, I'm talking about alcoholism. The regular drinker might have a few drinks in the evening, and some doctors have suggested this could be good for their health, no doctor has ever suggested that alcoholic drinking is good for your health.

And when I say health I'm not just thinking physical, but also mental and emotional sicknesses that are directly related to their alcoholic consumption.

Let's be clear: alcoholics who are drinking have tragic lives. Period. They are unable to smell the roses. They are dying in life, and their family and loved ones get to watch!

Why would an alcoholic want to get sober? Hello? Isn't it obvious? Isn't it common sense? There is no comparison between the life of an alcoholic who is getting sober, one day at a time and the alcoholic who is still drinking; no comparison. So, what are the benefits of sobriety?

You get a chance to enjoy the money that you earn. If you have no job, in sobriety you stand a much better chance of getting and keeping a job. For most of us work is the gateway to prosperity. With the money we are able to earn and save we can buy a Mercedes, enjoy the home we live in, purchase a better property, go on a vacation, sobriety enhances our life-style.

When we get sober our health inevitably improves immediately. We feel better because we are no longer toxic; we have put down the jug of poison. Our health improves; we eat regularly, take evening walks, return to the gym, rest and sleep at night. Mentally we know what we are doing and saying; we enjoy the precious gift of memory. Oh yes, and we begin to feel our feelings, expressing them when appropriate. Healthy living is life.

We reconnect with our friends and family. The crazy episodes are over. Children feel appreciated. Loved ones are respectful. Friendships are deepened. And this list could go on and on. Every aspect of life is touched by sobriety; just as every aspect of life is tainted by alcoholism. Have I said anything about spirituality? To my way of thinking all the above benefits are spiritual, and God is smiling with a gentle satisfaction.

Leo Booth, a former Episcopal priest is today a Unity minister. He is also a recovering alcoholic. Spiritual advisor for New Found Life – in Long Beach, California For more information about Leo Booth and his speaking engagements visit [www.fatherleo.com](http://www.fatherleo.com) or email him at [fatherleo@fatherleo.com](mailto:fatherleo@fatherleo.com). You can also connect with him on facebook: Reverend Leo Booth. Read more from Leo Booth [www.Amazon.com](http://www.Amazon.com)



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*by: Nita Vallens*

Dear Dr Nita,  
 My friend in the program told me I'm over spending, and says maybe I ought to talk to somebody about it. I'm going to meetings, working with a sponsor, so what can I do? Here comes Valentine's Day and I'm alone and I just want to treat myself.  
 Jackie F.

Dear Jackie,  
 I'm so glad you wrote as this is a very common issue in our culture for a variety of reasons, so you are not alone. I can help you clarify what might be behind the over spending, and how that might be remedied. I think it is also great to have a friend that will tell you the truth of how she is experiencing you, or call you out on behaviors she notices, where you might be harming or sabotaging yourself.

According to financial writer Jean Chatsky, research from Ebates, a website that offers cash back for online shopping, found that more than 60 percent of women and close to 40 percent of men, spend money to improve their moods.

**Chatsky has three money rules:**

- 1 - Don't shop angry,
- 2 - Don't shop sad
- 3 - Don't shop hungry. You would not go to the grocery store if you were hungry, and on a diet. So when you shop for other items, ask yourself "are you feeding the hungry heart?"

**Mine to add are:**

- 4 - Don't shop when fatigued,
- 5 - Don't shop when distracted, antsy, or anxious.
- 6 - Don't shop when you know you are trying to escape from any feelings, especially fear of change., or loneliness.

Shopping will not replace your need for human connection, the people that work in the store are there to sell their products, not be your friend. Stuff will never bring the satisfaction of a relationship, no matter what you buy or how much you spend.

Does shopping help people feel better? Yes for a brief period of time, but if you have stretched your self financially, you may feel even more stress later. We are so bombarded with advertising with emotional content that it is difficult to separate our feelings from the facts. Can you make a strictly intellectual decision with buying a new dress for a party, family event or someone's wedding? I think emotions enter into it and the more we are aware of it, and make this process conscious then the better our decisions can become.

You mentioned Valentine's Day and I hope you read this in time, but if not, these suggestions can be used anytime. Would you like to "treat yourself" by spending money, or would you really prefer to be with people and have a day or evening with friends? No matter what city you live in there are free and low-cost activities available for your enjoyment. For starters you can search on-line for "free things to do", and add the city you are in and you'll be surprised at all the things you'll find.

For those people not in relationships, some can feel left out, lonely or judged by others for not being "paired off" at this time of the year. When someone wants to avoid uncomfortable feelings they may act out, don't let yourself fall into this trap. Be with your feelings knowing, this too shall pass.

Consider taking better care of yourself with something positive like a bubble bath, a meal with a friend, or a visit to a museum. Also, make it a priority to see people that you care about and that care about you.

Other ideas for singles: Celebrate with your parents, gather with other singles, be of service to those less fortunate by making Valentine's for senior centers or children's hospitals, and let go of feeling sorry for yourself. We all have so much to be grateful for every day!

My best, Dr Nita

~~~~~  
 Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypno-therapist in Sherman Oaks for more info visit [DrNitaVallens.com](http://DrNitaVallens.com) or for consultation and appointments call 818.783.6258. Her radio show, Inner Vision, is on Tuesdays @ 1:00 PT on KPFK Los Angeles, 90.7 FM or live stream at [www.KPFK.org](http://www.KPFK.org) (FREE podcasts on the Audio Archive Link) Disclaimer: The content in this column is not intended to diagnose, treat, cure or prevent any disease mental health, or medical condition. If you have a serious problem, please contact your medical doctor or practitioner, and if you need resources, please check elsewhere in this publication.  
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## MIRROR, MIRROR ON THE WALL

Mirror, Mirror on the Wall: Who's the thinnest of them all?

Throughout my life, I asked myself this question many times. Some people said that I was the thinnest. The mirror gave me a variety of answers depending on what day, hour, or even minute I asked. Some extreme individuals had the nerve to say that I had anorexia. Others actually said that I looked really good and showered me with accolades. Still others stared at me from afar and did not say anything all. I only cared what the mirror had to say.

As time past, I began to realize that I spent a lot of time worrying about food and body image. I obsessed much more about these topics than my friends. For instance, a day that started out on a positive note would hit rock bottom when I realized that my belt fit on a larger notch than it had the day before. Subsequently, my meal plans for the day would change dramatically, including making up excuses to avoid eating with friends and family at social events. I became painfully isolated in my efforts to satisfy the mirror hanging on the wall and important, long-term relationships took a back seat to my body image.

My obsessions with food and weight quickly spiraled into a full-fledged battle with anorexia and bulimia. A common characteristic of those struggling with eating disorders is a misperception of body size and shape. In recovery from my eating disorder, I learned from others that --- no matter how clique it might sound --- it really is what is on the inside that counts. Even though my weight fluctuated greatly throughout my recovery, the people in my life who truly cared about me never treated me any differently. Despite the number on the scale, I was always given absolute love, respect, and even admiration. The clothes in my closet changed dramatically as I moved from size to size, but my friends remained constant.

Slowly I learned to treat myself with the same love and respect that others showed me. In the beginning, I cared for myself by simply not gazing into mirrors as much as possible. Yes, in our image-based society, I was actually successful in avoiding mirrors and even my reflections in store windows most of the time. I began focusing on the parts of myself I had always wanted to develop on the inside, rather than on what had started to die on the outside. When I felt more confident with my inner strengths, I gradually began allowing myself more glances into the looking glass. This time I did my best not to ask questions such as who is the thinnest or the prettiest. I did my best not to compare myself to others, to previous versions of myself, or even to possible pictures of what I could look like in the future.

I do not avoid mirrors today. I do not obsessively gaze into mirrors. I use mirrors as the tools that they were originally created to be. Mirrors are great for brushing my teeth and for ensuring that my contacts lenses are properly placed in each eye. Of course, I am not perfect. Even with my contact lenses in place, I sometimes see my reflection incorrectly. When this happens, I remember everything I have learned, and do not let the visual distortion impact my day. I just close my eyes, and I focus on the truth.

I am more than my body. I am more than any mirror on the wall.  
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Jenni Schaefer is a singer/songwriter, speaker, and author of *Goodbye Ed*, *Hello Me*, and *Life Without Ed*, which has recently been released in audio as well as a tenth anniversary edition. She is the co-author of *Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem?* For more information about Jenni's work, visit [JenniSchaefer.com](http://JenniSchaefer.com). Connect with her at [Facebook.com/LifeWithoutEd](https://www.facebook.com/LifeWithoutEd) and [Twitter.com/JenniSchaefer](https://twitter.com/JenniSchaefer).



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by: Jason Wittman, MPS, CATC-IV, ILAADC

### THE ROOT CAUSE OF ADDICTION

I have always had a problem with the concept that a physical allergy is the root cause of alcoholism and chemical addictions. It does not explain the cause of chemical type addictions (including alcohol) and it absolutely doesn't explain non-chemical ones like food addictions, compulsive gambling, compulsive sex and the like. I have observed many recovering folks, who with numerous years clean and sober, pick up non-chemical addictions. If the allergy explanation was the whole story, then working the 12 Steps for one of the chemical addictions should cover all the addictions, but it doesn't. Something is missing.

A clue to the real root cause of all addictions can be found by carefully listening in meetings of 12 Step programs, to members sharing their "how it was" stories. Somewhere in those shares they will usually state how, when they took that first drink, hit, sex act, gambling game win or whatever, it filled "that empty hole inside of me!" This is approximately the same rendition of that event for chemically and non-chemically addicted people. The narrative usually continues with a rendition of feelings of well being and relief, along with a new ability to do many things that heretofore they were inhibited from doing.

Everyone talks about "filling that empty hole," but few bother to ponder what exactly that hole represents and what was not present that caused that hole. As best as I can figure out, that missing ingredient is self-esteem and usually, but not always, a lack of self-confidence.

I once had a client who, when describing his feelings when he attended his first AA meeting said, "The speaker was talking about how when he was newly recovering, he had very low self-esteem. I thought to myself, "God, I wish I was able to have low self-esteem! Right now I have none!"

Although the terms, self-esteem and self-confidence are usually associated with each other, and sometimes used synonymously, they have quite different meanings and functions. Self-esteem is a measure of one's feelings of self-love and self-worth, whereas self-confidence is a measure of one's evaluation of one's ability to perform a task or a skill.

Although it is quite possible to develop a great degree of self-confidence without an equally high self-esteem, it is certainly a less than optimal state to be in, and in the case of very high performing people such as rock stars and high power executives, it becomes a perfect storm for the development of all sorts of addictions.

When people's performance greatly overshadows their level of self-esteem, they are susceptible to feeling like a fraud. The accompanying internal dialog (self talk) is along the lines of, "if they only knew how much I'm messing up" or "If they discover the real me, I'm toast!" That paranoia of being "found out" can be enough to trigger a variety of coping behaviors including addictions, suicide and perfectionism.

Perfectionists are an interesting group. They have little or no self-esteem and are usually fairly high performers in what they do. Their paranoia of being found out leads them to attempt to do everything perfectly. Unfortunately, perfection is impossible to attain, so they continually fail, which creates a feedback loop that reinforces their negative self-evaluations. That in turn feeds into the obsession and another addiction is born.

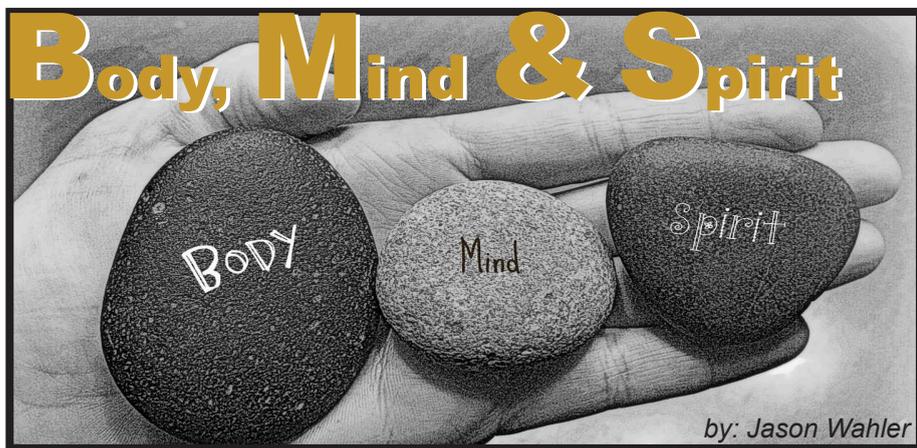
Most people with low self-esteem including, many people in recovery, also have a similar feedback pattern. Less obvious, it appears as a habit of harsh self-criticism of their actions, their appearance and just about anything else that touches their lives. Unlike the perfectionist, they are not obsessed with rectifying their uncovered flaws. They use their harsh self-criticisms and both actual and imagined failures as proof of their negative self-evaluations. These folks rarely give themselves an even break. For them the cup is always half empty. They beat themselves up at the drop of a hat. The slightest criticism from a boss, peer, or even a client can throw them into a depressive state akin to giving up.

High school age underachievers are a good example of this. Although usually misdiagnosed as kids lacking motivation, they are very smart with very low self-esteem. Actually they have very high motivation. It takes considerable motivation for a smart kid to intentionally fail. These are young folks who think of themselves as potential failures (aka, losers) and who voluntarily take themselves out of the competition. That way they don't risk being actual failures, and have a perfect cover story, "I could have won, but I chose not to play." They are perfect candidates for a variety of addictions.

The value of learning self-enhancing techniques to boost self-esteem.

Understanding that the lack of self-esteem is the core problem that drives people to adopt behaviors (addictions) in a futile attempt to cover up "that empty hole inside". It stands to reason that once folks have developed great self-esteem and self-love, that the empty hole will be truly and permanently filled, and the need for any addictions, chemical or otherwise, will be over.

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## REALITY VS. REALITY

I'm lucky to be alive. I know some people say that when they come out of a tough situation or through a trying time. I say it because a little over 5 years ago, I woke up in the hospital after a failed suicide attempt. My alcoholism took me to a place where the only option I saw for my life, was to end it.

The funny thing is if you looked at my life from the outside, I had everything society depicted as amazing. I was brought up in the affluent beach community of Laguna Beach, Ca. with three older siblings and loving parents. We surfed, skated, skied, went on vacations, and enjoyed a life reserved for very few. In high school I was a star athlete and received multiple offers to play baseball at the collegiate level.

However, before my senior year of high school I was asked to join the second season of the show 'Laguna Beach'. I was hesitant at first, but eventually decided to do the show never thinking anything would really come from it. Boy was I wrong.

Seemingly overnight, my world was transformed. We were told that the show had become the number one show on cable. Suddenly, the fame as a Reality TV star, brought money, girls, access, and a party boy reputation I loved living up to. While most of my friends were looking for fake id's, I was being paid to travel the world and party.

By the time I was 21 the dream had turned into a nightmare. I still vividly remember parties at my house with a couple hundred people where I would isolate in the bathroom, snort coke, slam vodka, and walk out pretending everything was ok. In actuality, I was dying from my disease and didn't know what to do. I finally decided to end my life by drinking a fifth of vodka, taking 20 antabuse pills, and washing them down with another fifth of vodka. Fortunately, earlier in the day I had gotten into a fight with my girlfriend. In her rage over another drunken fight, she had forgotten to grab her wallet. When she returned home to retrieve it, she found me convulsing on the floor of our living room, foaming at the mouth, with my eyes rolling back in my head.

Sadly, this still wasn't enough to make me stop drinking. It wasn't until I sat anxiously in my therapist office for the umpteenth time with my parents, that I began to have a moment of clarity. My parents, who mean the world to me, sat with me in the therapist office and expressed the fact that they lived their lives in complete fear; that the relationship had lost its intimacy, and that they were like two planks of wood waiting for the phone call letting them know I was dead. My father is an amazing man who doesn't readily show his emotions. I had only seen him cry once before, when his mother passed away. Yet, here he was, tears rolling down his face from frustration and fear about his youngest son. I decided then and there, that even though I didn't love myself enough to stop, I loved my parents enough to try.

I attended my ninth rehab in Florida beginning July of 2010. After putting together a number of months of sobriety I was contacted by the producers of 'Celebrity Rehab with Dr Drew' to be on the show and continue aftercare. Even though I was already sober, I decided to do the show. I did it for two reasons, one being that I wanted to change the public's negative perception of who I was as a person. Secondly, I wasn't about to pass up a chance to learn from Dr Drew about recovery and the disease of addiction. For most of the show I was a background prop as those that were still struggling became the main focus, and provided all the drama. Meanwhile, I made every effort to talk with Dr Drew and his addiction specialist, Bob Forrest, and learn everything I could about my disease, treatment modalities, and what long-term recovery really looks like.

I am very fortunate to now call Dr Drew my mentor and still regularly talk to Bob. I consistently apply the things they taught me about recovery in my everyday life. Of all the lessons they impressed upon me, four stand out as having the greatest impact. First, and foremost, I had to surrender. I had to give up the idea that I could ever drink again, and accept the fact that I had the disease of alcoholism. Secondly, I needed to drop the ego. I grew up with the classic alcoholic dilemma of having an over inflated ego, and an under estimated sense of self worth. Third, it became imperative that I learn to take guidance. I have always been driven by self-will and knew that my way was the best way. However, my best thinking brought me to where I was. I figured, if I was ever going to start taking direction, there is no one better to take it from than Dr. Drew. Lastly, I was told to be of service. Little did I know at the time, that this piece of advice would drive my life's goals and passions, but helping others is now the cornerstone of my sobriety.

Shortly after leaving the show, I landed my first 'real' job. Gone were the days of being paid to party. I now had a place to be, a boss to report to, and true accountability. I began my new career as a recovery advocate. My responsibilities initially included getting clients acclimated to treatment, inspiring them to stay clean and sober, and to help families heal from the devastating effects of the disease.

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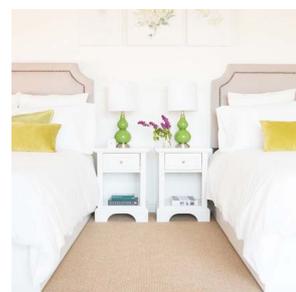
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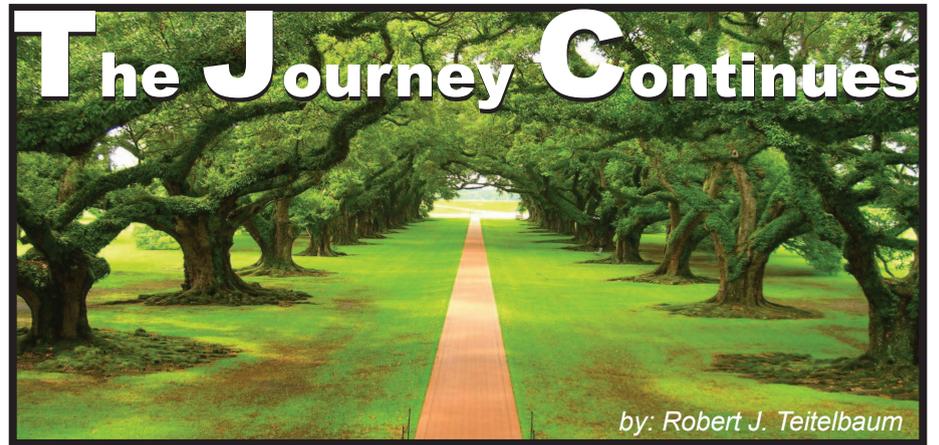
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by: Robert J. Teitelbaum

## FROGS AND SNAILS AND MOBSTER TALES

My parents knowingly crossed the line between right and wrong. When all they believed in was blown to hell, what they had left was called faith, and it was not enough, so welcome to the abyss.

My story starts in Chicago, when my parents as young attorneys in 1928, by a simple twist of fate and a gambling debt, became the Attorneys for Al Capone and his family, along with 14 top members of the Outfit. My parents believed that no matter the crime, guilty clients deserved the best representation that money could buy, and my parents did whatever it would take to get their clients off, which made them very popular with the Chicago Outfit.

There are many children in this world who grow up in ideal settings. They live in beautiful homes with all the trappings, the envy of everyone they know. They might have successful and popular parents, but if these children know anything, it is this: what looks perfect on the outside is often the sickest on the inside. The worst part of this story is that no one usually finds out, because the children will not tell. This is my story and I had no one to trust or talk to.

In 1948 my parents hired a bodyguard to care for their children. He married my aunt, and things went from bad to worse, placing my siblings and me in terrible danger. I am a survivor of physical, emotional, and sexual abuse from the age of 4 to 14.

Children can be robbed of their innocence, joy, and childhood. When that takes place, self-hate and loathing can rule the day. Often there is so much anger and nowhere to appropriately deal with it.

Some men, carrying all that heavy emotional baggage for years, will direct that anger outwardly through rage, domestic violence, spousal abuse, physical and emotional abuse are cycled and recycled in a destructive fashion that never lets up.

Others turn inwardly and self-medicate with alcohol, drugs, cutting, and other self-destructive behaviors. Sometimes the pain, shame, and self-hate become so overwhelming that suicide appears the only way out.

I left Beverly Hills High School in September of my junior year; I was just 17 and joined the Marines to get away from my family. Recently I learned about the ACE study, the 10 year study created by Kaiser and the Center for Disease Control, about young men with PTST from child abuse, joining the all volunteer military. Abuse survivors have been joining the military services already having PTSD then serving in combat, thus compiling the problem with additional episodes of PTSD, and without treatment, the suicide rate has become epidemic to our veteran's, a real problem that must be addressed.

In 1963 I married my wife, Carol. We have been together now for over 52 years. I know the damage and baggage that I have accumulated, hurting myself, and my family. Like most men, I thought that I could stuff my feelings and file them away forever. The trauma and abuse I stuffed so long ago as a child caused me to rage. My experience is one of broken promises and dreams that lead me to use of drugs and alcohol. I could snap and hurt feelings in less than a second, I would block out all my feelings and become absent from my wife, children, and friends. The drugs and alcohol was never enough. I could never allow anybody to see the real me. I had disappeared, when I was a child, from being abused. I was a total train wreck inside. I was successful in business, but sabotaged my success by listening to the old tapes in my head, "Robert, You are a worthless. Robert, you don't deserve anything good. Robert Shut up do not say anything."

Anytime things would trigger me; without even thinking I would revert to drugs and alcohol, and I was turning into someone I never wanted to be, my absent parents.

Recovery from child abuse is much like recovering from drugs and alcohol; it must be done one day at a time. Let the truth be known; no one is ever completely recovered, we are all just recovering. I still get triggered periodically, but now I have the tools to deal with my demons. The good news is that I am resilient and in recovery 7 years. Truly now I have a different look at life and my quest to help others by sharing my story. Every time I tell my story it mitigates my pain, and now it is like looking into my rear view mirror, as it gets father away from my own destruction.

Dave Pelzer said it best "No matter what abuse you suffered as a child you can do the work...You can do the work...and become a productive member of society... It was never your Fault." It is never the survivor's fault. Let's break this stigma, and stomp out Shame. Shame belongs to the perpetrator not to the survivor.

*Robert J. Teitelbaum is co-chair of the non-profit "Creative Change Conferences" and author of Frogs and Snails and Mobster Tales: Growing Up in Al Capone's Shadow. He is an active member of Screen Actors Guild, Casting Director, and Director of Palm Springs TheatreSports™. Robert is available to present his story to your organization Programs from 1 hour to a full day with CEU's Call: 760-346-4606. Get more info on Robert's book at [www.frogsandsnailsandmobstertales.com](http://www.frogsandsnailsandmobstertales.com)*

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# *The Pleasures and the Perils of Sober Relationships*



By: Kristen McGuiness

Why it's often hard to maintain solid relationships when you're struggling with sobriety.

There's an old joke in recovery circles that goes: how do you know when a date between two sober alcoholics has gone well? Punch line: They move in together before it's over. But not all sober relationships are of the shotgun nature; for many who find love on the AA campus, sober relationships can mirror the rest of world—meaning they're hard, scary, and (usually) worth the effort.

Bryan is a recovered insurance agent from Houston who, at 42, is 10 years sober and recently married to a woman he met in AA. For him, romance and recovery can be a highly successful combination—if done right. “I think it's much easier dating a fellow alcoholic,” he says. “First of all, we share a similar lifestyle. There is nothing worse than having to ask someone to brush their teeth before you kiss them, because they've been drinking. And second, it's much easier to date someone who speaks the same language.”

Bryan thinks about it for a second before adding, “Some will say it's two mentally ill people going out with each other, but I think many of us that are sober can work through our disease in order to have a healthy relationship.”

According to Melody Anderson, a family and addiction expert in Los Angeles, if both parties are working a solid program of recovery, they can have even better chances than non-alcoholics of a successful partnership. “All relationships are difficult—that's just a fact,” she says. “But if the sober couple uses the tools of the 12 steps and applies them to their relationship, they can find themselves in a better partnership than most. Though they might have a higher sensitivity to critical comments, they also have access to tools that can help them to be

both loving and kind and honest. It can be fantastic.”

“I just have to remind myself that I am not the Grand Designer of this world; if I was, I would stop famine in Africa, end all war, and make my boyfriend hang up his clothes every night.”

While Bryan admits it hasn't always been easy, he now believes that when both people are in the program, “they're more willing to work on themselves. They also usually have friends and sponsors and people they can get support from—a lot of whom are also in successful sober relationships.”

But what happens when only one person in a relationship is working a program of recovery, and the other one is not? Ryan, a 32-year-old post-production editor in Hollywood with long brown hair and piercings, is seven years sober, but over the years has found that meetings “aren't critical to my sobriety.” He still has a strong support group around him and tries to practice the principles that he learned in AA, even if he doesn't agree with all of them. He has been with his fiancé Jill for three years, and admits that “the hardest part is being with somebody who thinks they know what I should be doing, and who analyzes what I am doing: she can have her program and it may not be my program, and I can have mine—or lack thereof—and it might not be hers.”

For Jill though, standing on the sidelines is tricky. A graphic designer with 11 years of sobriety and a Bettie Page look, she struggles with what she calls her “Alanon issues.” “It's hard,” she says, “because I feel like I know what he's supposed to be doing and that's when I find myself analyzing whether he's doing it or not.”

Dr. Deborah Sweet is a psychologist who treats addiction and trauma. She is also 23 years sober and married to a fellow sober alcoholic. As she explains, “The

biggest challenge in sober relationships is allowing the person to work their own program, and not trying to control what they do even when we think we know what's in their best interest. When I want to suggest that my husband call his sponsor, I have to remember that he has his own program. There is nothing wrong with making a suggestion, but I have to practice letting go.”

Jill wishes she could. But she struggles with the fact that “alcoholics can be stubborn, and we always think we know what's right.” Yet she also admits that underneath her desire to control, is a fear that Ryan may relapse. “I try my best to live one day at a time—you never know what tomorrow will bring,” she says. “To me, keeping my program and my partner's program separate is the most important thing.”

Relapse is, of course, an all too real concern. “If both people are in recovery, there is always the possibility that a partner could relapse,” says Dr. Sweet. “Each couple needs to decide how they're going to handle that. I know some couples for whom relapse is a deal breaker. That's it. For a long-term relationship in the program, you're probably going to see the best success when one or both partners have at least five years sober, and when they both have a sponsor, a network of friends in recovery, and have worked the 12 steps. Ultimately, it's all about narrowing the odds.” While she adds that “two people with 30 days sober might make it, chances are, they will need more time, and to have gone through the program to find a healthy relationship.”

Anderson agrees, explaining, “There is always the timing element. I continue to see people with less than one year, who don't even have one step under their belt, try to get into a relationship. And basically, it's a disaster.”

For those with time however, relationships can still be daunting. Priscilla is a 29-year old nurse from Bridgeport, Connecticut with five years of sobriety, who has been with her current boyfriend, who is also a recovered alcoholic, for less than two years. "I love my boyfriend, but when it comes to restraint of pen and tongue, it's so hard for me not to want to tell him everything that's on my mind—good and bad," she confesses. "I just get so worked up about things, and then it comes out at him. I end up feeling—and looking—crazy and that's not who I am."

Melody Anderson, admits that one of the challenges in sobriety is walking that line between honesty and cruelty. "In sobriety, we can talk to someone else before we vent our anger at our loved one, and we can bring in a spiritual power that we can turn to for guidance," she suggests. "Essentially, we can bring in our support systems—whether it's spiritual or someone we trust in recovery. The issue is to put a pause between the frustration and anger, before going to the person [we're angry at]. We have to think the comment through all the way to its consequences, just as we would play the tape on having a drink or taking a drug."

According to a Hazelden's article on relationships in recovery, there are some solid steps that sober alcoholics can take to have better partnerships: "Get on the same ship by sitting down, and having a conversation about your vision for your relationship. Write it out in present tense (e.g., We meditate for 10 minutes each day. We treat each other with respect. We attend meetings together.). Post it somewhere easily viewed each day. Then commit to steering your ship together."

Despite his fiancé's fears, Ryan feels that the principles he has taken away from his time in Alcoholics Anonymous, are what helps him to have a healthy relationship. "I try to practice willingness, honesty and open mindedness," he says. "I don't need to be in a meeting or to talk to another alcoholic for that. I still call my friends from the program—even if it's just to bitch and complain."

"If each person is working their own program, whatever that means for them, a lot of things can go more easily," says Dr. Sweet. "There's more opportunity for balance—with money, with how they spend their time. One of the biggest benefits of being in a relationship with another recovering alcoholic, is that they can find support within their fellowship groups or by turning to a Higher Power. They can then take the pressure off that they don't have to be the one another's everything."

Priscilla has learned that ultimately, the most important element of her relationship is faith. "The minute I start trying to control things is the minute that it stops working," she says. "I just have to remind myself that I am not the Grand Designer of this world; if I was, I would stop famine in Africa, end all war, and make my boyfriend hang up his clothes every night. And as long as I know that in my heart I am with the right person, I need to have faith that the small stuff is just that—small stuff."

*Kristen McGuinness is a freelance writer. She is the author of 51/50: The Magical Adventures of a Single Life which can be purchased from Amazon.Com*



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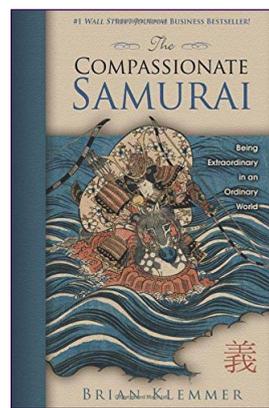
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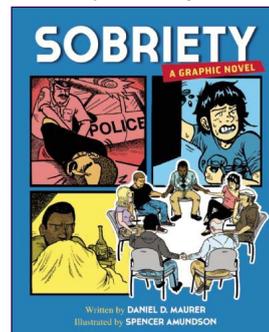
# Book Reviews

**Compassionate Samurai: Being Extraordinary in an Ordinary World:** Written by Brian Klemmer. Published by Hay House Inc. This book teaches one how to be content with what they have, and yet still keep the positive momentum to achieve exceptional benefits for themselves and others around them. Brian Klemmer expresses in detail how anyone can acquire their hearts desires without compromising their integrity. Although this is a hard and selfishly competitive world, one's ethics need not succumb to the self-centered, greedy practices, such as some of those who are the go-getters, shakers and movers of the world. We can maintain our focus of honesty, honor, and trust that is accompanied with the knowledge of how to exhibit the boldness, which will bring forth the abundance that one is looking for, allowing them to share with others. This is a must read for those, such as myself, who are what the world considers to be somewhat mediocre, a nice person with a good and compassionate heart, who really doesn't make a substantial contribution to society. Fortunately, with insight from Brian Klemmer, we can step out of the cocoon and spread our wings of creativity, strength, and courage to help us fly to greater heights, and gain the altitude that we need to feel truly liberated, not being held down any longer by the shackles of our own inadequacy.



**Sobriety - A Graphic Novel:** Written by Daniel D. Maurer. Illustrated by Spencer Amundson. Published by Hazelden.

Daniel Maurer engagingly take us inside the lives of 5 twelve step members, all searching for a common solution. Recovery. The illustrations and characters are brilliant. All with unique challenges, beliefs, and various forms of addictions. I fell in love with each and every character. It was like stepping into my home group, watching the miracles that happen daily. First there's Larry, an old timer who believes in the power of the big book. Still going to meetings with over 40 years of sobriety, sharing his experience and hope. Next there's Debby, a single Mom, on her 3rd round of treatment for benzos and alcohol, who finally wants to live a sober life. Then there's Matt, 19 year old Meth addict, with a tough exterior. Hannah, an 18 year old, high achiever, struggling with pain meds and bulimia. Lastly, there's the Brit Alex from African descent, who is gay and an atheist. His demons are Ecstasy and Heroin. Through the ties that bind them together. Each of their individual stories unfold and we gain an intimate look at the challenges faced by those in recovery, with the power of the 12 steps and the strength that the unity of the fellowship delivers. A must read! I absolutely loved this book and I look forward to passing it on to my fellow trudging buddies. Available at Amazon.com

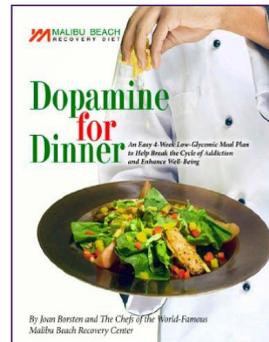


**Dopamine For Dinner:** by Joan Bosten and The Chefs of the World-Famous Malibu Beach Recovery Center. Published by Vidov Publishing.

Dopamine for Dinner is an easy to follow, 4 week low-glycemic meal plan, created to help break the cycle of addiction and enhance well being. Licia Jaccard was hired to translate, from French, the books of Michel Montignac. An executive in the French pharmaceutical industry, Montignac created a weight loss diet for himself, based on a method of classifying calories. His principles of how to eat according to a low-glycemic diet went on to become the basis for best-selling nutrition books, and a chain of restaurants.

There was a theory, that addicts of all sorts, can recover more easily by following a version of the Montignac diet. The goal was not to lose weight, but to regain emotional balance and health, restoring chronically low dopamine levels, and expediting brain repair. The diet also makes recovery more probable for diabetics.

I prepared the "French Omelette with Chives and Goat Cheese", on page 75. Not only was it easy to make, with step by step instructions, it tasted wonderful. Although I did not have time to follow the entire 4-week plan, I am very excited to do it next month. Available at Amazon.com



Do you have a book you want us to review? Send us a copy to at: 6930 De Celis Pl. #35, Lake Balboa, CA 91406.

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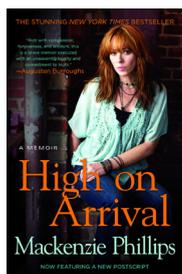
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## SPEAKING TO THE ELEPHANT IN THE ROOM

It seems as though everybody knows someone who behaves inappropriately, fueled by too much alcohol. This creates tension and uneasiness, which can then escalate into drama, chaos, antagonism and hurt-feelings. After the drama subsides, and the booze is blamed, it's only a matter of time before it all happens again. These repetitive occurrences of improper alcohol-related behavior may reflect more serious underlying problems. Yet, they are allowed to continue. It's this individual, who everyone is aware of, but whose behavior is tolerated, who is the elephant in the room.

We are all familiar with the person that does and says something ill-advised or is regretful when they are intoxicated, then blames it on the alcohol. Some people become very aggressive and mean-spirited when they drink. But the reality is, booze doesn't talk. What alcohol does is lower inhibitions, which brings us closer to how we are really thinking and feeling about ourselves.

Although some people believe that alcohol brings out the worst in them, the reality is that the good and bad traits expressed when intoxicated is really who we are. Our personalities are shaped and formed early on in life. We learn to model behavior we see in adults starting with how mom and dad coped with their problems. These experiences influence our expectations and associations with drinking later on in life. For some people who are unhappy, anxiety-ridden, chronically stressed, depressed, angry, frustrated and having difficulty coping with their lives, alcohol becomes a way to self-medicate.

At the same time we learn how to cope with our life challenges and circumstances, we are identifying with, internalizing and being reinforced by language. For example, the elephant in the room is likely to be beating themselves up with self-condemnation, negative self-talk, and negative rumination. Once learned, this mindset becomes part of the unconscious mind, directly affecting our behaviors. In essence, our personal narration, that is, the stories we tell ourselves about ourselves, are the driving force behind our behavioral choices.

We know we can't make anyone do anything they don't want to do. Research shows that confrontation, criticism and coercion do not support the ongoing self-motivation necessary to seek and maintain help. In addition, we also know that only 10% of people that meet the criteria for an alcohol/drug problem, seek out help in the first place. One reason is because there is still shame and stigma attached to these behaviors. Another reason may be the resistance to a language which is deficit-based, emotionally charged and carries negative connotations. Words like "alcoholic" "powerless" "disease" and the primary focus on abstinence-only, places an individual into an all-or-nothing situation. For the majority of people, this is not an attractive option.

Therefore, we can try a different approach. We can speak to the individual in a way which might have greater influence. Individuals preoccupied with alcohol and/or drugs have learned to use these behaviors, as a way to cope with the reality of their own subjective life. When friends and family express frustration, anger, judgment, criticism and freely use labels to reference and describe someone they care about, they are actually reinforcing the individual's internalized narration and their suffering.

When we approach individuals in this way, they become self-protective. This is why they learn to lie and manipulate, which further reinforces the stigma and shame. We can't remove the stigma and shame without changing the language we use, to better appreciate an individual's subjective experiences. We attract people and things into our lives, that have been influenced by our early learning experiences. We learned by "downloading" the experiences of observing and reinforcing our primary caregivers language and behavior. For example, if our mother or father was emotionally unavailable, neglectful, disconnected, or abusive, we unconsciously attract these types of relationships and situations as an adult. This will never be fulfilling. Hence, we will always be seeking something to fill the emotional void within us.

What separates us all in our uniqueness is how we experience our individual life, our subjective experiences, which no drug, brain scan, or therapy can really understand or measure. Whether or not someone is a happy or a mean drunk, the booze did not put words and actions into our brains. Rather, it's how we subjectively see our own reality. Do we experience joy, happiness and life satisfaction or are we always anxious and self-condemning?

Of course we need to take personal responsibility for our actions, and face the consequences for our choices, but we also need to understand all the contributing factors which preceded these uncontrollable behaviors. They did not just appear overnight.

We can rethink how we speak to people we care about by being more mindful of the words we choose to express ourselves. Our own self-expression, especially when attempting to influence someone else, should reflect more humility, understanding, respect and kindness. By improving the quality of our language, we can learn to be more responsible and generous in our chosen word-responses. We can learn to use caring, supportive, and self-empowering words. Words which reflect our connection to humanity. We can always choose to speak in this way with anyone we interact with, when we realize our behavior is driven by our own personal narration. That is, the stories we tell ourselves about ourselves. Knowing this, helps us respect the uniqueness of every individual's own subjective reality.

*Tony Bevacqua is an accomplished educator, corporate coach, lecturer and has a private practice in Los Angeles coaching people who have a desire to better understand their self-determining nature. Tony's first book (July 2015), "Rethinking Excessive Habits and Addictive Behaviors" outlines his belief system and encourages readers to see addictive behaviors differently.*



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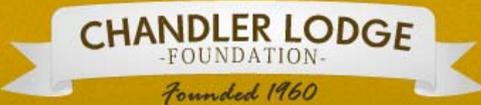
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# February



Events

**SATURDAY, FEBRUARY 6TH, 2016:** Homeless or Hipster Dance. Meeting starts at 8 pm Dance to follow. \$10 donation. Winsdor Club 123 W. Winsdor Rd. in Glendale. 91204

**MONDAY, FEBRUARY 15TH, 2016:** 3rd Annual Black Monday. This event is part memorial and part celebration for loved ones effected by Heroin. Doors open at 5:30pm. Music, dinner, and raffle. Salvation Army. 2900 Palomino Lane, Las Vegas, Nevada.

**TUESDAY FEBRUARY 16TH, 2016:** 7th Annual Experience, Strength & Hope Awards, Honoring Mackenzie Phillips, Author of *High On Arrival*. Host Ed Begley Jr., Special Guest Comedian Alonzo Bodden. Skirball Cultural Center. Tickets \$75 for more information contact (818) 762-0461 [www.writersintreatment.org](http://www.writersintreatment.org).

**FRIDAY-SUNDAY, FEBRUARY 19-21, 2016:** Eastern Area Convention of Young People in AA. Grand Hyatt Hotel New York 109 E 43rd St. New York, New York. Register at [EACYPANYC.org](http://EACYPANYC.org)

**SATURDAY FEBRUARY 20TH, 2016:** Windsor Club Clean & Sober DANCE Party: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 SUGGESTED DONATION. - 123 West Windsor Rd, Glendale California 91204. (818) 242-1350.

**SATURDAY, FEBRUARY 20, 2016:** 7 Deadly Sins Dance, OCYPAA. Reg.3:30, workshop 4:30-7:30, Speaker 8-9:30, Dance 10pm-2am. 109 East Wilshire Ave, Fullerton, Ca. 92832. Call Evan (714) 418-3891.

**FRIDAY-SUNDAY, FEBRUARY 26-28, 2016:** Adult Children of Alcoholics 2016 Area Convention. Crown Plaza Hotel Resort Redondo Beach, Ca. Info at [registration@acaconvention.org](mailto:registration@acaconvention.org) Or call (310) 220-1165

**UPCOMING EVENTS:**

**FRIDAY MARCH 18TH TO SUNDAY MARCH 20, 2016:** "Keep Coming Back" Radford Hall Mini Conference; Meetings, dances, panels, bake sale... food fun and fellowship. Radford Hall 13627 1/2 Victory Blvd., Van Nuys California.

Send us your upcoming SOBER or recovery related events. We will list it for fun and for free. Email events to: [info@KeystoRecoveryNewspaper.com](mailto:info@KeystoRecoveryNewspaper.com)

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# Fit This In Your Recovery

by: David Wiss MS RDN

## NUTRITION & RECOVERY

Introducing the concept of nutrition into an addiction treatment program is not an easy task. Many addicts in early recovery are not ready for health behavior change, since most are simply trying to get past the immediate crisis of addiction, and the associated life adjustments of abstinence. In fact, sobriety can magnify pre-existing dysfunctional eating behavior. Many addicts began using drugs and alcohol in their early teens, and never developed a healthy relationship to food.

Often times, drug addicts in early recovery have food preferences of a juvenile, and prefer candy, juice, cereal, grilled cheese, peanut butter and jelly, ice cream, etc. In addition to childlike food preferences, many may have damaged their guts through the use of alcohol, pills, opiates, and other substances. Needless to say, most addicts in early recovery have little interest in fibrous foods such as fruits, vegetables, whole grains, beans, nuts, and seeds.

Additionally, the reward deficiency syndrome created by chronic exposure to addictive substances, often requires that the food consumed be highly rewarding to the brain. These foods are typically sweet, salty, high fat, easy to digest, or some combination of these traits. Other examples include chips, cookies, and most processed snack foods. If addicts in early recovery are given unlimited access to highly rewarding food, they will predictably overeat.

While excessive weight gain is certainly an issue and can lead clients back to using substances, the bigger problem is malnourishment, which limits the ability of the brain to heal from the ravages of addiction. Low quality food leads to low quality thoughts and a low quality life, and can lead back to using drugs and alcohol.

Why Not Just Take a Multivitamin and Eat for Pleasure?

It is a common mistake to assume that the daily consumption of a multivitamin will "cover all of the nutritional bases." Of course, supplemental nutrition can be helpful if the person has a compromised ability to eat or has a limited diet. But too often, patients in early recovery fall into the trap of using multivitamins, to assume they do not have to concern themselves with the nutritional quality of their food. For starters, supplemental vitamins will never be able to contain the antioxidant potency of real food. Phytochemicals that flourish in real food cannot always remain stable in a supplemental form. Second, arguably the most important nutrient for addiction recovery is fiber, which is found in fruits, vegetables, whole grains, beans, nuts, and seeds. It is of paramount importance to eat fiber from food (not fiber supplements) to improve gut function and achieve balance in the microorganisms that live throughout the GI tract. Lastly, consumption of highly processed junk food throughout the day can significantly hinder the recovery process in numerous ways:

- Unstable blood sugar impacts mood and concentration
- Nutrient-void food can leave patients feeling sluggish and reliant upon caffeine (for the illusion of energy)
- Refined grains, added sugars, and added fats will negatively alter the microbiome (which we are discovering has an impact on mental health)
- Highly palatable food will condition the brain to expect food to taste a certain way, perpetuating the cycle of food addiction and promoting substance-seeking behavior. For example:
  - Eating candy will make eating fruit become less appealing.
  - Sweetened beverages will make drinking water less appealing.
  - Heavily seasoned and sauced food will make plain food be less appealing.

What are the Challenges and Barriers to Implementing Nutrition in Recovery?

The biggest barrier is that medical insurance plans do not cover nutrition services for addiction recovery. This is likely due to a shortage of data about the efficacy of nutrition interventions in addiction recovery. For a partial hospitalization program (PHP) or intensive outpatient program (IOP) to include nutrition education and counseling, it will become a financial drain for the program. Some medical billers will be able to get reimbursement for a nutrition education group, if there is proper documentation by the dietitian, but there is no coverage for individual counseling unless there is an official eating disorder diagnosis.

The biggest challenge however, is the need to change the food service system. A nutrition group should educate patients about proper eating and be synchronized with the food being served. Teaching about the importance of nutrition in addiction recovery, and then serving highly processed snack foods undermines the goals of recovery, especially for patients residing in a sober living facility that is essentially a toxic food environment. Generally the food is purchased in bulk from discount stores by operations staff, often someone in early recovery themselves. Many facilities hire chefs to prepare meals, but the chefs often prepare food to please patients by

creating highly palatable meals, that light up the pleasure centers in the brain. It is my strong belief that a registered dietitian nutritionist should supervise the menu in addiction treatment settings.

Most addicts will choose addictive food on a daily basis, instinctively selecting food that is highly rewarding and avoiding food that is not. Until upper management in treatment settings embraces the concept of nutrition in recovery, progress will be slow. Currently there is no requirement for nutrition education or the need for consultation with a registered dietitian nutritionist. A majority of treatment programs in Los Angeles serve and allow junk food, and seldom make fresh fruits and vegetables available. Understandably, real food is more expensive than highly processed snack foods that do not spoil. It does cost more to serve nutritious food, but when we serve non-addictive food, the addict eats less. When a treatment center or sober living attempts to save money on food, the entire recovery process continues to suffer.

Consider this a call to action to implement nutrition guidelines in your treatment facility. Consult with a registered dietitian nutritionist, particularly ones that have training and expertise in the addiction population.

David Wiss MS RDN is the founder of Nutrition In Recovery, which specializes in the nutritional management of: Food Addiction, Substance Abuse, Eating Disorders, Weight Management, Sports Nutrition, and General Wellness. Mr. Wiss has shared his expertise with a myriad of eating disorder and addiction facilities throughout the greater Los Angeles area. Nutrition in Recovery services includes consultation, screening/assessment, meal planning, process groups, group education, individual counseling, outings/events including supermarket tours, and multidisciplinary treatment planning. David is a co-founder of Dietitians for Professional Integrity and a major advocate for the role of nutrition in recovery from addiction and eating disorders. View some of his work at [www.NutritionInRecovery.com](http://www.NutritionInRecovery.com).

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## Con't from Page 8



by: Jason Wittman

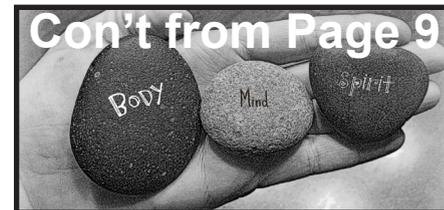
For this reason, a major component of treatment needs to be teaching the tools that effectively promote positive self-esteem. Many of these tools are quite simply taught and through daily repetition are quite effective.

There will be noticeable improvement in the degree of self-esteem after a month of daily practice. The real payoff of learning these tools will come upon completion of the 9th Step. It is very difficult to work on self-esteem when "the real self" is viewed through lenses clouded by feelings and trauma that working The Steps will remove. As those negative feelings are eliminated, it opens up space for self-esteem to grow, and with these new self-enhancing habits firmly in place, that new self-esteem will grow automatically and exponentially!

*©2015, Jason Wittman, MPS, CATC-IV, ILAADC received both his B.S. degree in business management and his Master of Professional Studies in Counseling Psychology from Cornell University in Ithaca, New York. He is a Certified, Level IV, Addictions Counselor (CAADE #155970-IV) a Licensed Advanced Alcohol & Drug Counselor (LR01700815) and an Internationally Certified Clinical Supervisor. He is also a Certified Hypnotherapist and a Certified Practitioner of Neuro Linguistic Programming.*

*Jason has had a private practice as a Counselor and Coach since the middle 1980s. Currently, his practice, <http://Stage2Recovery.com> focuses on coaching and advising business and professional clients, who are recovering from alcoholism and addictions to work and live at their exquisite best. He also consults with Sober Living and Drug and Alcohol Treatment facilities, writing the license proposal, designing the elements of a successful program, guiding the start-up process including hiring of staff and advising on general business start-up concerns and on-going operations.*

## Con't from Page 9



by: Jason Wahler

This led me to create and develop their Client Services division, become an integral member of the Marketing Department, start their 'Natural High' program, and create a very successful alumni system.

After several years of working in the trenches with clients and seeing where the industry was falling short, I partnered with a respected businessman to start a new program. Building on our belief that it's easy to get sober, it's incredibly hard to stay sober; our focus on aftercare is integrate. We should not isolate the addict. We want the person struggling with the disease of addiction to have the ability to go out into their natural stressors and have a safe, nurturing environment to come home to.

My work in recovery has allowed me to help hundreds of addicts and alcoholics find sobriety. It has, also, led me to some amazing opportunities. I am currently on the board of the EIC/PRISM Awards, The Brent Shapiro Foundation, and the LA Mission, as well as a regular contributor to The Huffington. The work of these three organizations continues to inspire me and change the lives of thousands of people in our communities that suffer from addiction.

Now, five years later, my life is incredible. If you had told me before I got sober that I would find my passion and calling working in recovery, I would have thought you were crazy! However, by finally surrendering and taking guidance, I have truly found what I love to do.

*Jason Wahler is a treatment and recovery advocate and the Co-Founder of Widespread Recovery, premier sober living residence. For more information on Jason Wahler and Widespread Recovery go to [www.JasonWahler.com](http://www.JasonWahler.com) or [www.widespreadrecovery.com](http://www.widespreadrecovery.com).*

The Cost for classified ads is \$40 for 25 words or less, .50 for each additional word. You can email, mail or call your ad into us.

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Email To: [info@keystorecoverynewspaper.com](mailto:info@keystorecoverynewspaper.com) or call us at (818) 386-8400

Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa CA 91406

# KEYS TO RECOVERY — NEWSPAPER, INC. —

## Advertising Rates

## Ad Sizes

	1x	3x	6x	12x
		ea.	ea.	ea.
Full Page	1,700	1,600	1,500	1,400
3/4 Page	1,400	1,350	1,300	1,275
1/2 Page	1,200	1,175	1,150	1,100
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
Banner	Each advertiser can only run once a year			
Business Box	\$100 flat rate			
Classified Ads	\$40 for 25 words or less Each additional word \$0.50			
<u>Additional Charges for</u> Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)				

Full Page	10" width x 13" height
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1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
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1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/4 Page - Horiz.	10" width x 2.9" height
1/6 Page - Vertical	3.25 width x 5.95 height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
Front Cover Banner	10" width x 1.5 height

## Materials & Deadlines

## Terms and Conditions

Advertising Materials: The best type of artwork/graphic to send is a PDF (with all artwork and fonts embedded), we can also accept JPEG's, Photoshop files and In-Design files, again make sure that you include all artwork and fonts.

Advertising Deadlines: Keys to Recovery Newspaper, Inc. hits the streets the first week of each month. Camera ready artwork is due the 15th of the month prior to publication.

All ads are due and payable upon acceptance of ad prior to publication unless otherwise authorized. The publisher assumes no liability if for any reason it becomes necessary to omit an ad. The publisher assumes no liability if for any reason we are unable to print an issue of the newspaper. It is the advertisers responsibility to proof ads, we will do everything we can to help but the publisher assumes no liability for any errors in ad. All advertising is subject to publisher's approval. The publisher reserves the right to reject advertising that we feel is not in keeping with our standards. The publisher does not assume responsibility for the contents of advertisements and all representatives or warrants made in such advertising are those of the advertiser and not the publisher. Publisher is not liable to advertiser for any misprints in advertising.

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

If you would like to receive Keys to Recovery Newspaper FREE of charge at your facility you can go online and fill out the "Distribution" form or e-mail your information to: [info@KeystoRecoveryNewspaper.com](mailto:info@KeystoRecoveryNewspaper.com) or call us at 818.386.8400.

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a 501(c)3 non-profit entity.

Our main objective is to carry the message of Hope and Recovery from all types of addictions and disorders to as many people as possible and to offer resources that may provide treatment and support. We do that by printing a traditional type newspaper as well as having an online presence. Our newspaper is filled with columns from today's top experts in the recovery field.

Keys to Recovery Newspaper, Inc. is educating our communities about alcoholism, drug addiction, eating disorders, sex addiction, gambling addiction, homelessness, domestic violence and so much more. We also print, at no charge, a resource guide listing free services and vital help offered within our community.

Keys to Recovery Newspaper, Inc. is making a strong effort to reach the many individuals currently in jails or other types of institutions and offer them information that will assist in their future recovery.

We are NOT affiliated with AA, NA, Al-Anon or any other 12-step program. We do, however, believe in the power of the 12-steps and the principles behind them. We strive to operate Keys to Recovery Newspaper, Inc. using these principles as a guideline - Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality and Service.

For more information visit  
[www.KeysToRecoveryNewspaper.com](http://www.KeysToRecoveryNewspaper.com)

## DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 13 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 90,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we are distributing our recovery newspaper to:

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Churches
- Clinical Professionals
- Coffee Shops
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Veterans Hospitals
- Sober Livings
- Transitional Housing
- Therapist Office
- Related Conventions
- Recovery Industry Networking Events & many more locations each and every month.

*From the most prestigious neighborhoods and facilities of all types to the impoverished streets of Skid Row, we carry the message of Hope & Recovery to everyone we can. Join us!*

# Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

## **Southern California COUNTY RESOURCE GUIDE**

12 Step Recovery Info Line: Phone meeting info & recordings of recovery 951-262-3623, Lisa Moss 818-293-2222. Alcoholics Anonymous (A.A.) World Services, P.O. Box 459 New York, NY 10163, www.alcoholics-anonymous.org, (212) 870-3400.

A.A. San Fernando Valley Central Office (818) 988-3001. A.A. L.A. Central Office 4311 Wilshire Blvd., #104 Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722

A.A. 8752 S Broadway Los Angeles, CA 90003, www.aa.org (323) 750-2039

A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.org (626) 914-1861.

A.A. Santa Clarita Valley Central Office: http://www.aas-cv.org (661) 250-9922

Al-Anon Family Groups www.al-anon.alateen.org 1-888-425-2666

Al-Anon/Alateen LA County WWW.ALANONLA.ORG (818) 760-7122.

Al-Anon/Alateen Spanish, LA County, (562) 948-2190.

A.C.A. (Adult Children of Alcoholics) World Service Organization: www.adultchildren.org (562) 595-7831

Adult Children/Codependents 12 step & recovery based meetings, Every Thurs. & Sun. at 6pm 8742 Mulberry Drive, Sunland, CA. For info call Lisa Moss 818-293-2222 Addicts for Christ Los Angeles www.addictsforchrist.org (310) 452-4328.

Anaheim Alano Club, 202 W. Broadway, Anaheim, CA

92805 - Meetings 7-days a week 714-535-0900

California Dept. of Health Care Services - www.dhcs.ca.gov (800) 735-2922

California Hispanic Commission on Alcohol & Drug Abuse - www.chcada.org (916) 443-5473

Cocaine Anonymous of the SFV, (818) 760-8402

Cocaine Anonymous World Service Office - www.ca.org. 1-800-347-8998 or (310) 559-5833.

Clutterers Anonymous (866) 402-6685.

Co-Dependents Anonymous (CoDA) Los Angeles (323) 969-4995.

Co-Dependents Anonymous (CoDA) San Fernando Valley (818) 379-3300.

COSA for friends and family of Sex Addicts, www.cosa-recovery.org - (866) 899-2672

(HOW) Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484.

Crystal Meth-Anonymous (CMA) (855) 638-4373

Debtors Anonymous www.SoCalDA.org 310-822-7250.

Emotional Anonymous -www.emotionsanonymous.org - World Services (651) 647-9712.

Food Addicts Anonymous www.foodaddictsanonymous.org - World services (772) 878-9657

**NEW:** DefiningME™ free resources www.definingme.com Food Addicts in Recovery Anonymous (FA) - www.foodaddicts.org (781) 932-6300 Families Anonymous - www.familiesanonymous.org (800) 736-9805.

Gamblers Anonymous (GA) www.gamblersanonymous.org - (626) 960-3500

Problem Gambling 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700.

Love Addicts Anonymous (LAA) www.Loveaddicts.org

**Laughing Yoga Recovery**, for Stress reduction and wellness, breathe, love, laugh and be happy, 760-832-9992.

MADD Mother Against Drunk Drivers, www.madd.org - 877.MADD.HELP

Marijuana Anonymous - www.marijuana-anonymous.org - World Services (800) 766-6779.

Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles 310.494.0189

Marijuana Anonymous - www.marijuana-anonymous.org Van Nuys (818) 759-9194.

Narcotics Anonymous (NA) www.todayna.org Regional Office (800) 863-2962.

Narcotics Anonymous of the San Fernando Valley - www.nasfv.com (818) 997-3822.

Nicotine Anonymous - www.nicotine-anonymous.org - (877) 879-6422

Nar-Anon Family Groups - www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188

National Council on Alcoholism and Drug Dependence Headquarters, (All NCADDs provide help & info and other alcohol/drug related services). www.ncadd.org - (800) 622-2255

National Council on Alcoholism and Drug Dependence - San Fernando Valley www.ncadd-sfv.org - (818) 997-0414

International OCD Foundation - Obsessive Compulsive Disorder - www.ocfoundation.org (617) 973-5801

Our House Grief Support Center - WLA & Woodland Hills, CA (888) 417-1444 - www.ourhouse-grief.org

Overeaters Anonymous -www.oa.org - World Services 505-891-2664

Overeaters Anonymous Meeting Hotline 24 Hour (323) 653-7499.

Overeaters Anonymous LA Intergroup - www.oalaig.org (323) 653-7652.

Pills Anonymous (PA) www.pillsanonymous.com

Rageaholics Anonymous - www.rageaholicsanonymous.org

Recovering Couples Anon. www.Recovering-Couples.org - 781-794-1456

RumRadio.org the most comprehensive Twelve Step sponsorship informational resource website in the known and in the unknown Universe. 512-267-4707

Secular Organization For Sobriety (323) 666-4295.

Sex Addicts Anonymous (SAA) https://saa-recovery.org - (800) 477-8191

Sex & Love Addicts Anonymous (SLAA) - www.slaalos-angeles.org (323) 957-4881

Sexaholics Anonymous (SA) -www.sa.org (866)424-8777

Sexaholics Anonymous (SA) www.sasocal.org (310) 491-8845

Sexual Compulsive Anonymous www.sca-recovery.org 1-800 / 977-HEAL

Sexual Recovery Anonymous (SRA) - www.sexualrecovery.org (323) 850-8565.

S-Anon (Friends and Families of Sex Addicts) www.sanon.org (800) 210-8141

SHARE - www.shareselfhelp.org - (310) 846-5270

Survivors of Incest Anonymous (SIA) (410) -893-3322. www.siaawso.org

TEEN LINE: 800-TLC-TEEN (in CA) 310-855-HOPE, Teens helping teens. www.teenlineonline.org

The Other Bar: free. 12 step based peer recovery network for lawyers & law students 800-222-0767; www.otherbar.org

Workaholics Anonymous - www.workaholics-anonymous.org - (510) 273-9253

## **DOMESTIC VIOLENCE**

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792

Battered Women/Children Hotline, (818) 887-6589.

Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790

Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).

Center for the Pacific Asian Family 1-800-339-3940

Chicana Service Center (English, Spanish) (323) 268-7564

Child Protection Helpline, (800) 540-4000 (24 Hour).

Children's Institute International (walk-in center only) (213) 385-5100

Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.

Domestic Abuse Center (walk-in center only) (818) 904-1700

East Los Angeles Women's Shelter (walk-in center only) (323) 526-5819 - 24 Hour Hotline (800) 585-6231

Family Crisis Center (South Central) - (323)737-3900

Glendale- YWCA Domestic Violence Project (818) 242-1106

Haven Hills, www.havenhills.org - (818) 887-7481 (818) 887-6589

Helpline Youth Counseling (walk-in center only) (562) 864-3722

House of Ruth - (909) 623-4364

Human Services Association (walk-in center only) (562) 806-5400

Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250

Jenesse Center www.jenesse.org (323) 299-9496

Jewish Family Service of Los Angeles/ Family Violence Project/Tamar House www.jewishla.org (818) 789-1293

Foothill Family Services (walk-in center) - (626) 338-9200

Legal Aid Foundation of LA (LAFLA) (323) 801-7991

Mental Health Center Inc. SFV Community (walk-in center only) (818) 838-1352

Project: Peacemakers, Inc.(walk-in center only) (English, Spanish) (323) 291-2525

Prototypes (walk-in center only) (323) 464-6281

Safe Horizons 800.621.4673 (HOPE)

San Pedro- Rainbow Services - (310) 547-9343

Santa Monica- Sojourn - (310) 264-6644

So. California Alcohol & Drug Program/ Angel Step Inn - www.scadp.org (562) 949-5358

The Good Shepherd Shelter - (323) 737-6111

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995 - 24 Hour Hotline (626)967-0658

## **EMERGENCY HEALTH & MENTAL SERVICES**

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.

Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.

Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or www.bily.org

County of L.A. Depart. of Mental Health has complete listing of mental health providers at www.dmh.co.la.ca.us/providers/allprov.htm, (800) 854-7771

Fetal Alcohol Syndrome Information (626) 793-7350.

HHS The U.S. Dept. of Health & Human Services, www.dhhs.gov - (877) 696-6775

Hope of the Valley (Mission Hills) Recuperative Care Shelter 818-392-0020.

National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free

National Runaway Switchboard (800) Runaway.

Meetings (818) 994-6747

San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

**MEALS SERVED:** Call the Homeless Shelters we have listed as most have food programs.

The Midnight Mission meals served 3 times a day 213-624-9258.

Hope of The Valley (Van Nuys) - Victory Blvd. & Tyrone - Monday Thru Friday 12:15pm. call for more info 818-392-0020.

San Fernando Valley Rescue Mission:call (818) 785-4476

**FOOD BANKS**

APLA's Necessities of Life Program 7336 Bellaire Ave., N. Hollywood Thursday 10:30am to 4:pm, (213) 201-1600

As You Are Church, 7855 Lindley Ave., Wednesdays & Fridays, call for hours, (818) 758-1700

Catholic Charities/Guadalupe Community Center 21600 Hart St., Once a month, or on emergency basis. Food recipient must register (818) 340-2050

Children's Hunger Fund 12820 Pierce St., (818) 899-5122

Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474

First United Methodist Church 18120 Saticoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135

INFO LINE of Los Angeles Phone: (800) 660-4026

Los Angeles Food Bank (323) 234-3030

North Hollywood Interfaith Pantry - 4390 Colfax Ave., M & F open from 9:am to 1:pm - (818) 980-1657

Manna, Ministry to the Poor 6642 Reseda Blvd., Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696

Our Redeemer Lutheran Church 8520 Winnetka Ave., WINNETKA, CA (818) 341-1629

St. Jane Frances Food Pantry 13001 Victory Blvd, North Hollywood, CA (818) 766-7393

St. Bridget of Sweden Catholic Church - Tuesday 11:am to 4:pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294

# Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

## **FOOD BANKS**

Shepherd's Nest, Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247  
SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Van Owen St., (818) 988-7682  
West Valley Pantry - 7304 Jordan Ave, Canoga Park, CA (818) 887-6101  
West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills(818) 346-5554

## **HOUSING & HOMELESS SHELTERS & RELATED**

At The Fountain Transitional Living 310-631-1600  
Beyond Shelter - Homeless Services (562) 733-1147  
Casa Youth Shelter (562) 594-6825  
Centennial Place Permanent Housing 626-403-4888  
Children of the Night (818)908-4474 ext. 0  
Children's Hunger Fund (818) 899-5122  
City of Refuge Rescue Mission Personal Good Service (323) 759-2544  
Covenant House California (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave. Hollywood, CA 90027. (323) 461-3131. www.covenanthousecalifornia.org  
Dimondale Adolescent (323) 777-6258  
East San Gabriel Valley Coalition For The Homeless (626) 333-7204  
Ella's Foundation Homeless Services (323) 761-6415  
Fervent Heart LLC 626-319-7479  
Family Promise of Santa Clarita Valley (661) 251-2867  
Family Rescue Center (818) 884-7587  
Global Childrens Organization (310) 581-2234  
GRCN Connecting Communities (562) 293-7595  
Glendale YWCA Domestic Violence Project 818-242-4155  
Global Human Service Inc (818) 507-6026  
Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.  
Family Promise (818) 847-1547  
First Step Transitional Living Foundation (323) 830- 6517  
HPRP Los Angeles Homeless Assistance (213) 683-3333  
HPRP Pasadena Homeless Services (626) 797-2402  
HPRP Huntington Park - Homeless Services (323) 388-7324  
HPRP Lynwood - Homeless Assistance (310) 603-0220  
HPRP - Compton - Homeless Assistance (310) 605-5527  
Habitat For Humanity (818) 899-6180  
Harbor Rose Lodge (310) 547-3372  
Hazel Transitional Housing (213) 327-7986  
Higher Goals Inc. (323)755-9702  
Homeless Health Care Los Angeles www.hhcla.org, (213) 381-0515  
Homeless Adult Center (626) 403-4888  
Hope for Homeless Youth (213) 353-0775  
House of Hope (323) 663-1215  
Hope of The Valley - (818) 392-0020 • www.hopeofthevalley.org December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776  
Jenesse Center (323) 299-9496  
Joshua House For The Homeless (323) 759-1625  
Jordan's Transitional Shelter (323) 577-5941 or (424) 785-7781  
Lillie of the Valley Shelter (323) 971-4432  
Lamp Community Homeless Drop In Center (213) 488-0031  
Los Angeles Mission (213) 629-1227 x305  
Long Beach Family Shelter (562) 733-1147  
Long Beach Rescue Mission (562) 591-1292  
Los Angeles Youth Network (323) 957-736  
Los Angeles Family Housing (818) 982-3895  
Mitchell House Substance Abuse Treatment Veterans (310) 398-0191  
Nancy Painter Home Transitional Housing For Women (818) 246-5586  
New Image Emergency Shelter (323) 231-1711  
New Directions (Veterans) Res. Drug Treatment (310) 268-3465  
NCH National Coalition for the Homeless (202) 462-4822, www.nationalhomeless.org  
OPCC Safe Haven (310) 883-1222

Passageways Homeless Intake Center 626-403-4888  
Pentecostal Outreach 562-313-1257  
PATH - People Assisting The Homeless Hollywood (323) 644-2200  
Rochester House Transitional Living (213) 986-5599  
Runaway Homeless Youth Shelter (310) 379-3620  
Rainy Day Emergency Shelter (562) 733-1147  
The Salvation Army Adult Rehab Center, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.  
Salvation Army The Way Drop in Shelter for Youth (323)469-2946  
Salvation Army Westwood (310) 477-9539  
Sunshine Mission for Women (213) 747-7419  
Salvation Army Glendale Chester Village For Homeless Families 818-246-5586  
St Joseph Center Homeless Services And Meals (310) 399-6878  
Sanctuary of Hope 323-786-2413  
Samaritan House 562-591-1292  
San Fernando Valley Rescue Mission (818) 785-4476  
The Midnight Mission 213-624-9258  
The Children's Life Saving (310) 450-3701  
TEAM HOUSING 310-631-9516  
Union Rescue Mission (213) 347-6300  
Union Station Homeless Services 626-240-4550  
U.S. Mission Canoga Park Transitional Housing 818-884-4409  
Volunteers of America Homeless Support Services (626) 442-4357  
West Side Homeless Outreach, Inc. 310-570-9065  
WLCAC Homeless Access Center (323) 563-4721

## **FOOD AND FINANCIAL ASSISTANCE**

Los Angeles County Department of Public Social Services, Info on General Relief, Aid to Families w/Dependent Children (AFDC), Food Stamps, MediCal and other forms for financial assistance, (800) 339-6993

## **INFORMATION & REFERRAL SERVICES**

Free Drug Testing Kit: www.Foundation2recovery.org, Prevention, Education, Treatment (561) 981-6214  
24 Hour DayCare, Referrals and Crisis Intervention Services 310 669-5933 or 310 427-4022  
California Rehab Guide: Free On-Line Rehab Directory - www.calrehabguide.com  
The Sober Living Network referral service (800) 799-2084.  
Sober Living Network (310) 396-5270.  
The San Diego Sober Living Homes Association: (858) 483-5866.  
INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.  
AVYFS, Antelope Valley Youth And Family Services (661) 949-1069.  
The Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, www.cadasb.org  
CCBCDC: California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org (562) 927-5143

CAARR California Association of Addiction Recovery Resources (916) 338-9460, www.caarr.org  
CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.  
CCPG California Council on Problem Gambling www.cal-problemgambling.org (800) 522-4700.  
CENTER FOR LIVING AND LEARNING - employment and supportive services Job Search Preparation Program 818-781-1073. 14549 Archwood Street #221, Van Nuys. www.center4living.lle.org

## **RAPE HOTLINES**

RAINN Hotline (victims of sexual assault) 800-656-HOPE.  
Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org

## **SUICIDE PREVENTION**

Jason Foundation A Youth Suicide Prevention Program, www.jasonfoundation.com, (888) 881-2323  
National Suicide Prevention Lifeline 1-800-273-TALK  
Suicide Prevention 24Hour Assessment Center (800) SUICIDE (784-2433).  
Suicide Prevention Center (877) 727-4747

## **DISABILITY SERVICES**

Job Accommodation Centers, Toll Free 1-800-526-7234 (voice & TDD).  
RIDE INFO Paratransit Referral Service, transportation voucher program, (800) 431-7882.  
Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

## **HEP C / HIV / AIDS INFORMATION**

AIDS Project Los Angeles - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line  
Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, LA California HIV/AIDS Hotline (800) 367-2437.Spanish (800) 400-7432.  
Clean Needles Now/Harm Reduction Central L.A. (323) 857-5366.  
Friends of Aids Foundation (310) 401-4755. Referrals to National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)  
REACH (risk reduction education and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH, (714) 834-7926.  
HEP C - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Dr. LA, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line  
HepCHope: www.hepchope.com Hotline (844) 443-7246  
On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

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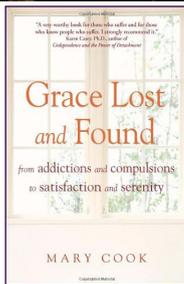
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**The SoberScopes are for entertainment purposes only - Enjoy and remember RULE 62!**

**ARIES:** March 22 -April 20: As you behold a new horizon in 2016, it will be good if you can give a closure to pending projects, debts, obligations and move on. You may not like the change happening around you, fortunately you have an option to turn it over to your higher power. Trying to depend on self could end in negative results, causing frustration. Therefore, use the 12 step principals to help you surge ahead. Don't let excessive focus on work keep you from paying due attention to loved ones.

**TAURUS:** April 21-May 21: There is a definite shift in your attitude this year. You may suddenly grow frantic as well as impatient in the face of opportunities you see. Don't be afraid that they are slipping by. Instead, apply what you learned in your meetings, and talk it over with your Sponsor. Meditate on the possible chances that could come your way, and with time and consistent effort, you will accomplish your goals! The more you remain focused, the better you'll perform.

**GEMINI:** May 22 to June 21: You may be at your creative best in this phase and a barrage of ideas come seamlessly to you. Consider feasibility and practicality before setting an idea into motion. The other big lesson for you in this phase is about tempering extreme enthusiasm with a bit of focus. You will also need to organize your day and discipline your mind through daily meditation for achieving better results. Maintain dignity and love in your relationships with God's help.

**CANCER:** June 22 to July 23: Straighten out your relationships this year, and give priority to your emotional well-being and stability. Once this has been handled well, other challenges in life can be handled with greater proficiency. Work pressures may intensify as the year progresses and it may affect the quality of interactions with loved ones. Some events may occur that disturb your equilibrium at work. The ideal way to deal with such issues is to ask your higher power to help you find the answers.

**LEO:** July 24-August 21: The coming year will bring spiritual progress, expect to experience success in all of your endeavors. Your existing responsibilities limits your freedom, until the principals are applied. Friction with spouse is not ruled out in case he/she is averse to change. This could be a challenging time for your relationship. Be patient and receptive to advice from your Sponsor as a lot of good may come out of it.

**VIRGO:** August 22-Sept. 21: The year 2016 is seemingly a journey into understanding yourself better, you may have grappled with issues of self-esteem and self-worth. On the relationship front, you will experience a smooth ride. Therefore, you will be able to concentrate better on your priorities in life. You may engage in acts of charity. You tend to feel spiritual in this phase of life. You embrace a more practical outlook towards life and confront problems with ease, thanks to guidance from your higher power.

**LIBRA:** Sept. 22-Oct.23: This year prods you out of the tendency to underplay your needs in order to keep others happy. You'll work on your body image and personality. As far as personal relationships are concerned, you may meet and interact with people who may rock your boat and challenge your existing paradigms. Growth in spirituality and attending 12 step meetings may increase.

**SCORPIO:** Oct. 24-Nov. 21: In the year 2016, you break new ground. You may want to break free of certain traps and constraints – be it relationships or the kind of work you engage in. You'll need to be patient and this will aid your evolution through a variety of situations. Cooperation and teamwork are keys to professional success this year. Involve your Sponsor proactively in your work and engage them in any significant decisions. Having a personal and intimate relationship with God helps you make sound decisions.

**SAGITTARIUS:** Nov. 22-Dec. 21: The New Year brings great promises in its wake but you'll have to push yourself and drop off any unnecessary psychological complex, wrong notions or emotional baggage that you've carried for long. Be optimistic and encourage people around you, leading by example. By being compassionate you relate better to people. If your equation with your spouse has hit rough weather, apply the principals of the steps to clear the storm. Meditate and read the big book daily.

**CAPRICORN:** Dec. 22-Jan. 20: There may be some recalibrations in personal equations by mid-2016. Scale down your targets to realistic levels to avoid disappointments later. Relationships from the past can be rekindled. If you have hurt someone, you should make amends to help heal those relationships. Spiritual practices of the 12 steps may be incorporated into everyday life for healthier living. Personal relationships will be strengthened.

**AQUARIUS:** Jan. 21-Feb. 19: You have the ability to do good work but you'll need to work hard to make your ideas work. You'll have to measure them against reality too. You are hot-tempered, especially at lack of efficiency on the part of others, pray and meditate to remain calm. It will be best to avoid getting angry, as accomplishing goals without their help will not be possible. Just gift yourself with some peace of mind. In personal relationships, be upfront and exact about what you expect from your partner.

**PISCES:** Feb. 20-March 21; After too many unsettling changes, 2016 will be more together for you. Your financial situation improves considerably. You may get a nice break or a lucrative offer. In any case, there will be at least one opportunity where you can make brilliant gains, which you are excited about. Your trust with spirituality acquires more depth and there's a sharpness and refinement to your power of perception. Practicing meditation daily will help your conscious contact with God as you know Him.

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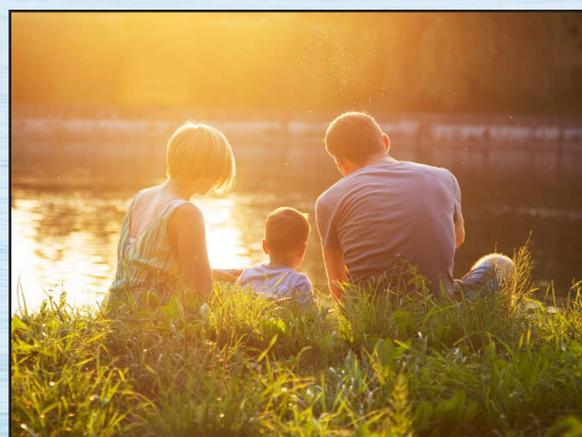
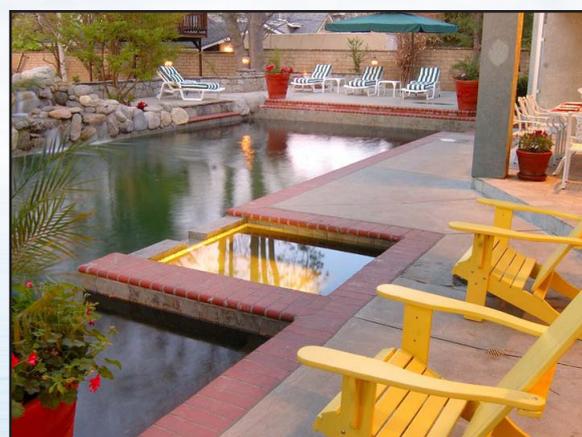
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