

May 2016

KEYS TO RECOVERY — NEWSPAPER, INC. —

Addiction & Chronic Pain

A Crossroad of
Commonalities
& Misunderstanding

By: Peter Przekop, D.O. Ph.D



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by: Beth Stern

Hello everyone!

Happy spring.

I love this time of year. The weather gets warmer and the days get longer. The anticipation, of summer days to come.

It seems as if a lot has happened since I wrote my last editor's column in the January issue of Keys to Recovery Newspaper. It's funny how I always reflect on what I am going to write for this column, weeks before I actually start writing it.

I usually like to write a little about what is going on with me at the present time. But this month I was kind of dancing around the real issues. It felt too vulnerable to share about it in writing. I was going to share in, a "general way" about what has been happening in my life. Then I realized, that when I came on board with Keys to Recovery, I wanted to give people hope, and that is made possible by sharing sometimes, in a not so "general way". So in saying that, I want to share with my heart and not my head, and in doing that I have to get vulnerable.

***"So you want to be tough,
you want to be rebellious,
you want to be bad ass..."***

Then show your heart to everyone. EVERYONE." - Michael Xavier

And so here I go sharing my heart, which starts with Faith.

A simple definition of Faith: Strong belief or trust in someone or something; belief in the existence of God; based on strong feelings or belief rather than proof.

There isn't always a magical answer, and each of our journeys are unique, but I feel there is power in sharing our stories. I love hearing how God met others.

A few months back I met an amazing man, Paul, and fell madly in love with him. Very shortly afterwards he was diagnosed with a brain tumor. I was stunned. I truly could not believe it, and neither could he. It still doesn't seem real at times. Its like I am going to wake up and its all a bad dream. But it is a reality, another dose of "Life on Life's Terms". So we came to terms with it, and into action we went.

It has been an extremely long process...dealing with the HMO, referrals, denials, more referrals more denials, meeting with one doctor to the next... But with perseverance (and a lot of prayer) we finally have a surgery date within the next couple of weeks, and the rest is up to God.

I have to remember that God is everything or God is nothing. God either is or He isn't. That is what I was taught in my early sobriety. My comfort level is based on this; I can choose fear or faith. TODAY I CHOOSE FAITH.

Since I started working at Keys to Recovery, my faith has been strengthened on so many levels. One more time I am at another level. But faith without works is dead. So here is my works (action): I continue to go to meetings, call my sponsor daily, sponsor my girls, speak on panels, share what's going on, being of service whenever possible, pray and pray some more. I don't let the "stinking thinking" in, and I remember where my feet are in that moment, oh and PRAY some more.

I have been blessed with the most wonderful friends, family and business partners ever. Thank you Jeannie, Marcus, Shalimar and mom.

Sometimes God's greatest gifts come in the form of trials. God uniquely designs them, to help us grow in an area of our life while in the midst of walking through these trials.

Perhaps God wants to expand our level of trust. As we rely on Him to walk through our challenges, it allows us to deepen our relationship with Him. We learn when we let God drive our lives, and trust that He knows best, we are able to rest and ultimately experience his peace.

Faith is trusting God even when you don't understand his plan.

***"To trust God in the light is nothing –
to trust him in the dark – that is faith. - Charles Spurgeon.***



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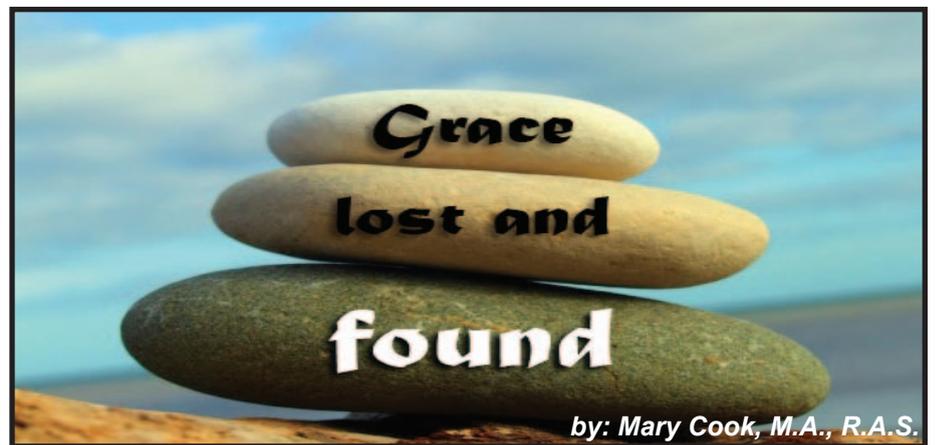



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WHY AM I SO ANGRY?

When anger is our dominant emotion, we become addicted to its' adrenalin high. Anger and adrenalin temporarily hide feelings of inadequacy, emptiness and despair, which makes this a popular addiction. Rushing thoughts, intense feelings and constant stimulus overload gives the illusion that we and our lives are important. This is the pretense of life where lust replaces love, mania replaces joy, and passing out replaces peace. Yet hidden behind inadequacy is a yearning for present moment acceptance, open-mindedness and learning. Behind emptiness is a desire to mourn important loss and establish heartfelt connections with others. Behind despair is a need to feel safe and hopeful, to be seen, heard, understood and valued as the whole person behind the mask and props.

We feel powerful, purposeful and opinionated when we are angry. We intend to intimidate others from doing or saying anything that offends or hurts us. Or we purposely provoke others' counter-attacks, so that we can escalate into rage. Our goal is to get our needs met. When that fails, at least we can make others feel badly for not meeting our needs and fearful of repeating such a travesty. Our aggressive self-expression denies accountability. We refuse to listen, learn or examine ourselves. We think anger protects us from being vulnerable or victimized. We like the attention and we like being heard loudly and clearly. We think we're releasing our negative energy onto someone or something else, in justifiable self-absolution.

The typical elements that give rise to a predominance of anger come from our own prior wounds. At one time, we were the ones full of fear, powerlessness, helplessness and hurt. We witnessed or were directly victimized by violence in actions, feelings or words. We lost the feeling of safety, security and self-esteem. We became terrified of vulnerability because that seemed to be the reason why we were wounded. For physical or psychological survival, we built a fortress around us and lost our real selves behind the protection. Defense mechanisms replaced our inner sense of direction. We discovered that our best defense was a good offense. Our thinking, behaviors and feelings became overly reactive, impulsive, rigid, constricted and hyperactive. In our limited view, the world was either aggressive or passive, and hoping to escape further mistreatment, we chose to model the former.

Thus chronic anger is a defensive emotion which dulls awareness of painful feelings. Verbal expressions of anger are attempts to compensate for past experiences where we were not allowed to voice our pain, ask for help, explain, or plead our case. Physical expressions of anger are attempts to remove the energy of past physical violations we sustained. The feeling of anger even without words or actions, defensively distances us from others, in an attempt to protect us from potential harm.

When we are ready for a solution, we need to find people who have broken their attachments to anger, in favor of personal examination and healthy assertiveness. In hearing others' stories and identifying with the feelings beneath their anger, we begin to feel safe to explore our own story. We see how we created external conflicts and drama that reflected our inner wounds. We realize how our assumptions and expectations resulted in self-fulfilling prophecies. We understand how holding other people responsible for our own well being, made us miserable prisoners of the past.

Our purpose is to learn and grow from past tribulations and trauma. In childhood, it is other people and circumstances that determine our well being. In adulthood, it is us. The defense mechanisms that initially protected us when we had no better tools or support, not only hold us hostage to earlier pain and problems, but actively attract similar scenarios. We repeatedly replay the same themes and emotions, until we take responsibility for our healing.

Healing old wounds allows us to relinquish anger. We must realize that we have expectations of others left over from childhood, which can never be fulfilled. As adults, we are capable of caring for ourselves mentally, emotionally and physically. Accepting that responsibility means that our relationships will either improve or dissolve. And those that end, create space to attract higher levels of engagement. The most important relationships are with our Higher Power and ourselves. When we shift our focus to spiritual and personal healing, all of our other relationships change.

When our opinions are rooted in reactions to stress, our life is diminished, dark and depressing. Becoming open-minded and teachable infuses us with hope and enlarges our life. The power that we thought anger brought us has no power to create happiness, health, fulfillment or peace. It can only attract more negative energy. There is no amount of anger or violence that can heal our wounds, make us whole, compensate for our pain, or insure a stress-free life. Instead, anger bonds us to and exacerbates the problem.

The solution lies in surrender. We must reach out for healthy assistance and voice our pain so as to release it. We can explore the vulnerable feelings beneath our anger and increasingly let go of the latter. We can cease harming the human body and value it as a vehicle for soul expression. We can practice patience, tolerance, compassion, and understanding until it feels genuine. Real safety, security and self-esteem, arise from healthy personal caretaking and demonstrating spiritual principles in our daily lives. Our highest purpose patiently waits behind our strongest defenses. The courageous commitment to surrender addictions removes the need for deception and pretense, and uncovers the magnificent treasure of our true self in the present moment.

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 "S" WORD - SURRENDER

There are certain words that are used in the treatment of addiction that are not commonly used in connection with other diseases or illnesses; surrender is one of them.

When I think about the word surrender, John Wayne comes to mind. The vision I have is that of a battle scene and Colonel John Wayne is either saying, "We will never surrender," or "If we don't surrender then not only will we die, but all the people in the fort will also perish." When I imagine him saying the latter, he is holding a white handkerchief. The interesting aspect of this vision is that it is a battle scene, therefore death is imminent. More than one life is at stake. The concept of surrender in either vision is never about cowardice.

It is undeniably true that people who surrender in any situation imaginable want to live. No-body surrenders to die. Surrender is about life. And this is an important point to consider.

Too often people emphasize the negative interpretation of surrender, meaning either cowardice or simply giving up. In the context of recovery, the word surrender is a powerful and hopeful word. Rather than cowardice, the recovering person has embraced the concept of courage. He or she is willing to face reality, knowing that the drinking cannot continue and an alternative remedy needs to be sought.

It is not about "simply giving up"; rather it is about confronting the issue of alcohol seriously and affirming a different way to live.

An alcoholic, who is drinking, is not really living, they are merely existing. A negative attitude has developed that blocks out authentic living and is replaced by destructive behaviors. A dullness pervades their actions and speech.

Creativity is exchanged for a "do nothing" approach to life. A.A. rightly calls this state of mind a powerlessness that eventually fosters unmanageability.

If you were writing a script where the concept of surrender would emerge, it would probably involve a person or people realizing that if they continue to fight they would either die honorably; ie: We will never surrender or; there is no possible way that we could win this battle.

When we consider the word surrender as it applies to addiction, particularly alcoholism, we see both concepts at work. Although I don't like to be pessimistic, it seems the considered view of many surveys that most alcoholics do not surrender.

They die in their disease. Families and close friends suffer and are affected by this suicidal stubbornness. "I'll never quit" says the active alcoholic. Why do most alcoholics not get well?

Well, the word addiction says it all; some people are so attached to the behavior that they believe that they cannot stop. For others, the love affair with alcohol is more important than life itself. Others, regardless of the apparent unmanageability, are in denial. Whatever the reason given, and they are legion, most alcoholics do not surrender; they do not embrace recovery.

What of those who do surrender and begin the journey to wellness? Invariably they have been hit by a severe dose of reality. An intervention, either natural or organized, has confronted the denial, and they surrender.

This was my story. After multiple incidents that revealed my powerlessness over alcohol, including a car crash, my situation became crystal clear. If I continued to drink, I would lose everything. And I was not the only person affected. My behavior produced suffering in family and friends. Reality preceded the surrender. And so I became the Colonel John Wayne who hoisted the white flag or handkerchief.

I surrendered to live. I had enough sanity to know that the writing was on the wall. It made sense to realize that if I didn't get in the boxing ring with King Alcohol, I would not get beaten up. A.A.'s slogan; "Don't pick up the first drink made sense."

Over the last year, in this newspaper, I have defined spirituality by being a positive and creative human being. The concept of surrender becomes extremely spiritual when we realize that it is the beginning of the journey towards wellness; surrender really is the First Step.

"We admitted we were powerless over alcohol - that our lives had become unmanageable."

That sentence says it all. The "spiritual awakening" that is later promised in the recovery program, is dependent upon the alcoholic's willingness to admit that there is a problem. In this sense, surrender and admittance become intertwined.

Once the surrender step has been taken, then everything starts to look better, healthier. We begin to look better and have more energy to face each day and create a better life.

We begin to see that real life involves more than our needs; we open recovery to the concept of a care for others, and the exploration of what a Higher Power might look like.

We clear away our painful baggage with serious amends that enable the possibility of healthy relationships.

And so, with this concept of surrender we begin to fall in love with life, and hopefully with ourselves.

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 or email him at fatherleo@fatherleo.com. You can also connect with him on facebook: Leo Booth. Read more from Leo Booth www.Amazon.com



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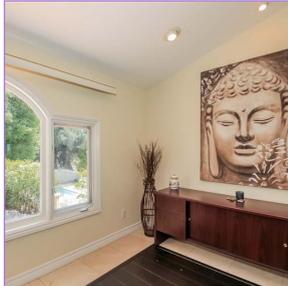
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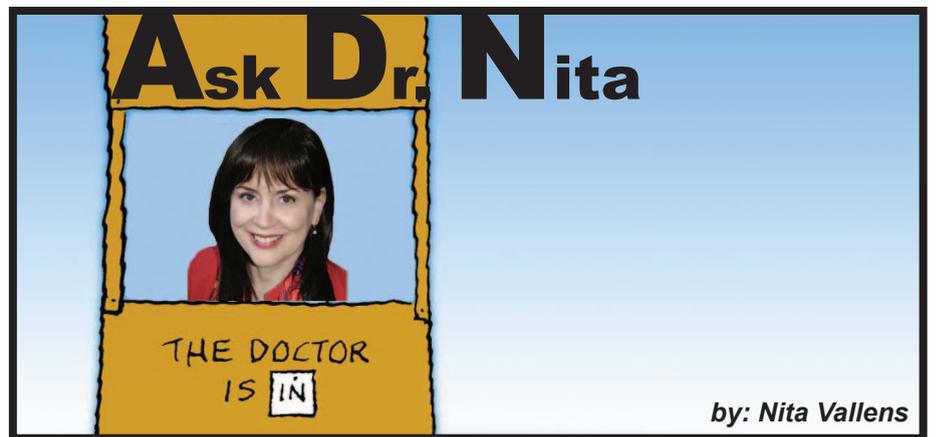
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by: Nita Vallens

Dr. Nita,

I work long hours and when I get home I like to stay up late and unwind by watching TV, so I end up repeatedly not getting enough sleep. Although it doesn't bother me that much, I can't ignore the fact that being tired most of the time is having a negative effect on my relationship with my wife. I'm wondering if lack of sleep is all that bad? Is it me or is it my wife, because she tells me that I'm not paying attention when she talks to me, and that I'm changing now that I don't get as much sleep as I used to.

Mike (aka Sleepless in Canoga Park)

Dear Mike,

I'm glad we're addressing this issue, because I have noticed that more and more people joke and minimize the importance of getting adequate sleep, and are in denial about their poor sleeping habits. I'm concerned because behind every stressed moment, can be lack of sleep, or lack of self-care in other areas. I teach self-hypnosis and other tools for relaxation and stress management, and what you're experiencing is very common. Let's look at some research:

Neuro-scientists have already reported that our brain remembers negative experiences more readily than positive ones. Loss of sleep causes us to focus even more on the negative and causes eruptions of anger - you could end up in an argument or fight you otherwise wouldn't react to if you had adequate sleep.

Of deeper concern is the fact that loss of sleep can cause emotional volatility by interrupting the communication between parts of the brain. I don't want to get too technical, but the amygdala (aids us in processing emotions) and the medial prefrontal cortex aids us in regulating our feelings. The result of the lowering of this connection is that our moods can feel out of control - and actually be so! Have you ever seen anyone slurring their words and they're not drunk or high?

The temporal lobe is a part of the brain where language processing happens. However, it is inactive in exhausted people and reduces our ability to articulate clearly. If you pull an "all nighter," you are killing brain cells in the brain stem that controls the flow of messages between the brain and the rest of the body, as well as basic body functions such as breathing, swallowing, heart rate, blood pressure, and more.

Also, even though we get distracted or lose focus, with sleep deprivation, that "head in the clouds" moment is linked to impaired visual sensory processing, and being more spaced out than you would be if you had slept a good night's sleep. This is the same as tuning out when you're bored! In summary, what your wife is telling you might be true. Source: (<http://todaysviralposts.com/sleepless/>)

Now let's look at how you'll begin to improve by getting adequate sleep. When we sleep the brain clears away toxic by products, forms new memories, human growth hormone is released into the blood stream, your cardiovascular system gets a break, and your hair grows faster as your body produces melatonin - a strong antioxidant which promotes hair growth! (Source: Huffington Post)

So, the bad news - yes, lack of sleep is a problem, good news - you can fix it. If you begin to get the recommended 7-8 hours of sleep, your health will improve. Although you enjoy TV, it's too passive of an activity to be your only tool for relaxation.

More good news: your marriage will improve. You'll be more attentive (her chief complaint) and probably more patient, compassionate, and responsive. Ask her for more info on what she means by "you're changing" then you can know exactly how she is experiencing you, make changes you want to make, and let me know what happens!

Yours in better health,
Dr. Nita

Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks. Visit DrNitaVallens.com or for consultation and appointments call 818.783.6258. Dr. Nita is now providing career assessments, call for information! 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 (FREE podcasts on the Audio Archive Link)



IT GETS BETTER: NOT JUST FOR EVERYONE ELSE

Hello. I would like to introduce myself. I am the only person in the world who cannot recover from an eating disorder. No matter how hard I try or how desperately I want to let go of the illness, I am doomed to failure. It will never get better.

That was many years ago. It turns out that I was not so special after all, not the worst case scenario, and not the hopeless one. I am thrilled to say that I was not the lone ranger and that it did get better, in fact, much better. Many of us battling eating disorders believe that we are the sickest and that we will never recover. I am walking proof that recovery is possible. Countless others - who were also the sickest of the sick - have arrived at this point of amazing freedom as well.

These are people with all types of eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder, and, importantly, the catchall category, Other Specified Feeding or Eating Disorder (OSFED). These include people with a wide range of subclinical eating disorders, and all of those who think the aforementioned categories do not describe them appropriately. The people who have broken the bonds with food and weight are ones who developed eating disorders as teenagers, at younger ages, or much later in life. Some individuals struggled for a few years and others for over forty. Those who battled for more years often heard from the experts that a successful recovery was less likely, because the disease was not 'caught' early. I heard this comment, too. I had strong tendencies toward eating disordered behaviors beginning at the young age of four, but failed to reach out for help until almost twenty years later. Needless to say, I caught nothing early except my unhealthy attitudes toward food and weight, but it got better. It got better through hard work, patience, and lots of pain.

Unfortunately, things sometimes get worse before getting better. In order to begin making true progress in my recovery, I had to begin tackling the difficult, gut-wrenching parts of the process. For those of us in recovery from an eating disorder, that means finally facing the food. Yes, we have to start following our food plan. If that means writing down what we eat on a little form to turn into our dietician like a homework assignment, we do it. Unlike our attempts in the past, now we actually write down the food legibly and accurately in the little blocks marked, 'lunch', 'dinner', 'breakfast,' and 'snacks.' We do our best to stop restricting, bingeing, and purging. If we have lapses in old behaviors, we are honest. Rigorous honesty is a part of getting better.

Another part of getting better means we have to be willing to look our worst nightmare in the face. Even though we might not like what we 'think' we see in the mirror, we have to be willing to maintain our recovery behaviors - not letting negative body image throw us off track. For those of us who need to gain weight in recovery, we must maintain a healthy size. In the beginning, there is nothing fun or exciting about this concept. Challenging our negative body image is excruciatingly painful. We must be willing to do whatever it takes to recover, because we know that half measures have not been working. Our therapists, dieticians, and doctors will pat us on the back and tell us that we are doing great. Despite the fact that we are doing well, we are feeling bad. This is progress, and it means things are actually getting better.

Slowly, the horrible feeling begins to feel good. Eating feels good and becomes natural and enjoyable. Even accepting our body's natural size and shape feels powerful and strong. Moments not consumed by food and weight string into hours and days. This means we do not have to enter a panic about whether or not we are accidentally served a regular soda instead of diet at a restaurant. It means a day occurring over ten years after our high school graduation is not deemed as good or bad, by whether or not we can still fit into our prom dress. But it means much, much more.

Eating disorders are not truly about the food and weight. Today I am able to engage in conversations with friends and become involved in relationships. I can pursue lifelong dreams and passions. Life exists in a full range of colors now, not just black and white. I am happy to be alive and am not just surviving day by day.

Let me introduce myself again. I am just like anyone else out there who has suffered from an eating disorder. I am no different. And I got better. It gets better.

Jenni Schaefer is a singer/songwriter, speaker, and author of Goodbye Ed, Hello Me and Almost Anorexic, a collaboration about subclinical eating disorders with Harvard Medical School. Her first book, Life Without Ed, has been released as a Tenth Anniversary Edition as well as audiobook. Jenni is a National Recovery Advocate of Eating Recovery Center's Family Institute. For more information, please visit EatingRecoveryCenter.com and JenniSchaefer.com.



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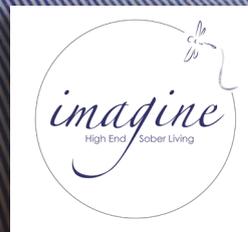
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LETTING GO OF THE PAST

"We will not regret the past nor wish to shut the door on it." (BB pg 83)

Letting go of the past means that I no longer have to carry the shame, regret, guilt and memories of the demoralizing chaos that drinking and using created. It means that I can be free in mind, body, and spirit to live life to its fullest, free from fear and old destructive patterns.

Through the process of working steps four through nine, we are given priceless tools to uncover, discover and discard the habits, hurts, patterns and defects that kept us imprisoned and hindered in almost every area of our lives. The key in working the steps is getting to the place where our past no longer dominates our lives. The feelings of uselessness, deprecation, and shame begin to be healed as we release the past. For many of us, we discovered that looking honestly at our mistakes, not trying to cover-up or justify our part was a beginning into true freedom. There was nothing left to hide or defend and we became more acceptable to ourselves, and to society as a whole.

Letting go of the past and making restitution to others is a way of clearing up the wreckage, and to reconcile broken relations. Letting go allows us to move from the chains of the past into freedom and self-acceptance in striving to clean up our part. Letting go of the past takes courage as we release our old ideas, plans, and schemes, behaviors that no longer work and are no longer necessary. Letting go of the past will require that we have faith in something else besides ourselves, a Power greater than ourselves. Our past no longer determines our future, and it takes courage every day to step into the unknown, trusting that our living loving God has us and all of the universe in divine order.

Letting go of past mistakes and hurts allows healing and forgiveness to transform every area of our lives. Learning from our mistakes and trying not to repeat the same ones requires wisdom, patience, and acceptance. Releasing ourselves and others gives dignity to the process of life where we can honestly say live and let live. There is a gradual acceptance of the way things are without trying to force anything. We do not have to beat ourselves up or anyone else as we are growing in our new way of life. We are humans who are not perfect and will make mistakes. Letting go means that we are no longer judge and jury and do not have to declare that someone else is guilty or not.

Humility is necessary for growth for without humility we will not be teachable. We would remain defiant, hard, and unreasonable without humility to soften our hearts for understanding rather than continued defensiveness and rigidity. Only maturity, wisdom (and age) will keep us from repeating patterns that never worked to begin with.

Letting go of the past requires faith and trust...trusting those who have gone before us who tell us that we must forgive and let go to be free, and faith in a Power greater than ourselves who can take our past and transform it into something new and meaningful. We will not regret the past as it no longer has power over us. We made a lot of bad choices in our active addictions, and will not repeat those same patterns in recovery. Some of the experiences from our past will help others, as we share how we have gained strength and hope. Carrying the message of freedom rather than hostility and unforgiveness, is much more encouraging to those who are stuck in the cycle of addiction with defects, hopelessness and the uncertainties of life. Our lives are a message of hope if we are living according to the freedom that we profess.

As our relationship with God deepens we can be assured of continued goodness in all areas of our life. We forgive and let go mostly for ourselves as we cannot hold onto bitterness and expect to live happily. We forgive and let go of others, because we no longer want to be chained to them in any form allowing them or the past circumstance to have power over us. We let go and release them to the care and love of God, allowing Him to do what He sees fit in every situation. In letting go we are set free.

Kay B.



by: Scott Stevens

GUARDING THE BODY, MIND & SPIRIT

Emphysema. Cancer. Type 1 diabetes. Rheumatoid arthritis. Alcoholism. These five diseases are examples of progressive diseases. Progressive means they go from bad to worse and don't just spontaneously go from diagnosis to recovery. They get worse... until serious disability or death. Some progressive diseases are halted and reversed by treatment. In alcoholism, we bring it into remission by not drinking. From a medical standpoint, that's a relatively simple order. In the real world, many thousands of people die each year thinking it's really that simple, they can do it on their own, they'll taper off or just cut back or worse – start tomorrow.

Think about cancer and alcoholism: Both incurable, chronic, fatal, progressive diseases can be in remission for life, or until something biological or chemical brings them back. Where diseases like these differ is what happens if/when the disease re-emerges.

In cancer, diseased tissue is treated, reduced or removed. If it comes out of remission, the person with the cancer will be back to when they were with their original diagnosis, or sometimes back where they left off before treatment. With alcoholism there isn't diseased tissue removed. By starting to drink once you're sober, you're not starting over like a non-alcoholic, you're not picking up where you left off before treatment. Your body's disease is picking up where it would be today if you had no treatment.

Some alcoholics think they can drink again, moderately, someday, like a non-alcoholic person does. Some pull it off for a day or a couple weeks. But inevitably, they find themselves back to the misery really quickly. When I do a presentation, I use a pillow case with a live snake, an Eastern Brown Snake, inside. Really fun, harmless-looking pet through glass, but commonly the world's third most deadly venomous snake. I can put ten fake ones in the case. You can reach in the pillowcase and statistically it's a good bet you'll pull out a non-fatal one, but there's a 100 percent chance you'll get bitten. Going back out to drink, the world's third-leading killer, is just like reaching in there.

And you won't be back where you left off, you'll be back where you would be today had you never stopped drinking in the first place.

A common error made by those who have never lived a day in their lives challenged by alcohol is that all someone who has a drinking problem needs to do is just stop drinking. There's some sort of finish line in their minds. Those of us who have quit or struggled to stay sober know with certainty there is no finish line. The quit date is just a start.

If you quit as a New Year's resolution, by Independence Day, biologically, your body has begun to repair some damage. Insomnia, headaches, dizziness, fogginess, trouble with balance, problems with hand/eye coordination and reflexes are in the rear-view mirror, or at least a whole lot better for most recoverers in that six months. A lot rides on four factors:

1) Diet and exercise - 2) Stress management - 3) Depression care and of course - 4) the severity of the drinking prior to quitting.

Nothing can be done about that last one: Nobody has the luxury of rewriting history. But the first three require attention in those first six months and beyond. Diet and exercise are crucial: Neither got much attention while drinking. If you do nothing else, eat veggies and fruit and take a daily walk. Doing so will help with stress management and depression care.

On the stress side, alcoholics have a higher level of the stress hormone cortisol. It's so important, I based one of my books on it because non-alcoholics and alcoholics alike drink for the same reason, to alleviate stress. You have a hole in your routine now that you've taken alcohol out of it. Plug something into that hole, whether it is exercise, spirituality, self-help meetings like 12-step groups or Women for Sobriety, etc.

An integral part of relapse prevention is keeping the mind healthy and focused. An engaged, healthy mind is less likely to be talking to you about alcohol. Staying occupied with positive things such as kids, career, school or personal goals are great ways to care for a healing mind. As you achieve these goals, it improves self-esteem, which has an added benefit of lighting the way out of depression.

Depression is a chicken and egg thing for alcoholics: How much was there before the alcohol and how much was caused by the alcohol? Let a professional help. Talking is cathartic, especially in recovery. And so is balanced brain chemistry. Just follow a doctor's orders, using anti-depressants as prescribed. Most older recipes are available as generics for \$4 these days.

Post-acute withdrawal can last a while – six to 60 months – not everyone goes through it, and it beats the alternative. Quit this month and imagine where you'll be by Christmas. The greatest gift recovery presents us – and we offer others – is there's hope and peace within the journey. Visualize yourself six months or a year from now, sharing your soul and your story of hope, helping others. The visualization is cathartic, too.

Journalist Scott Stevens is the award-winning author of alcoholism recovery books *What the Early Worm Gets*, *Every Silver Lining Has a Cloud*, and *Adding Fire to the Fuel*. Find out more about the books, his 'The A-Files' series, and the free *Alcoholology* app for Android at www.alcoholologist.com.

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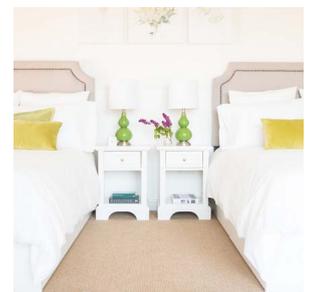
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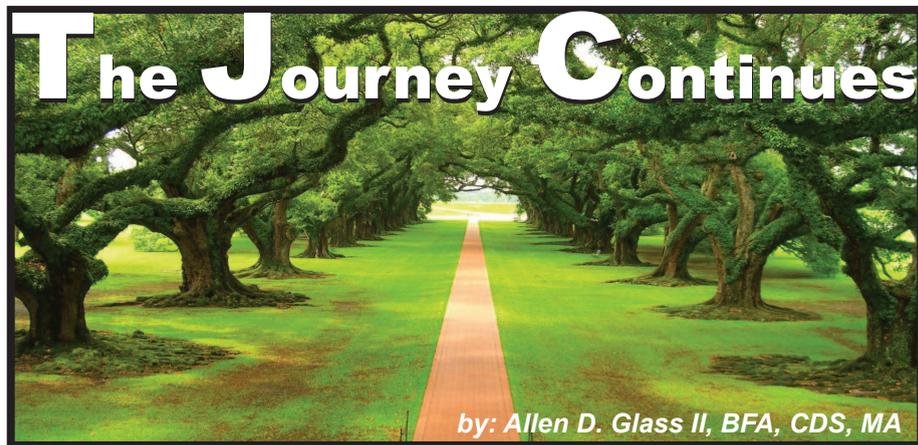
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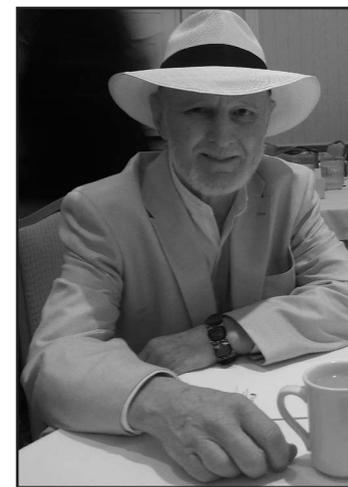
THINKING ABOUT DR. JAMES L. CROSSEN
...and a few nice things - July 7th, 1935 – April 2nd, 2016

Always keep a diamond in your mind: Everything is everything

“Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. These passions, like great winds, have blown me hither and thither, in a wayward course, over a great ocean of anguish, reaching to the very verge of despair.”

~ Bertrand Russell

The stars in the midnight sky blast away with a kiss all that I am.



It was my second semester as a student at Pierce, the day that I met him. The classroom was in the old business school building at that time, dug in with piles of boxes, neon posters covered in bursts of misspelled marker scribble, easels with more scribble, photos of Che Guevara, Malcolm X, and Gandhi stuck in anywhere he could fit them, an outrageous television box on an eight foot cart, a boom box, Benny the dog under the desk, and countless ephemera gathered over the years. I leapt into the madness, Nina Simone blasting from the boom box, a tornado of energy; he at the eye of the storm, impeccably dressed with his hat and matching belt, shoes, and pocket square, and in later days I would discover, matching car, asked, “To whom do I have the pleasure of speaking?” I muttered somewhat sheepishly, “Allen Glass.” “Ah, Mr. Glass, tell me about yourself.” We spoke briefly. A conversation cut short by yours truly because I was still embarrassed to be seen in those days. Within twenty minutes of class beginning, Dr. Crossen had suggested everything that mattered to me throughout my entire life: film, music, poetry, travel, social justice, recovery, and Joseph Campbell’s hero journey. He quoted Dylan Thomas, referenced his film projects in Gaza, discussed the Nina Simone record, and mentioned me to the class of fifty students, remembering my full name and details of our brief conversation. “Never again would birds’ song be the same. And to do that to birds was why he came.” I was forever changed, in that instant; the home I had known had vanished. It was where he stood.

Who the counselor or teacher or sponsor is being is always of greater value and influence than what they are doing. Being is becoming. This presupposes personality. What did Dr. Crossen do? He pioneered the Addiction Studies Program at Pierce College, and before that at Mission College, and before that at the Medical Center of North Hollywood, beginning January 15th, 1976. He moved like a fish through the world as a filmmaker, traveler, educator, psychotherapist, registered nurse, poet, anarchist, Renaissance Madman, forever scholar with notebook and pencil in hand (even if we were going to the movies); a collector of all spirit that matters. He could see a world in a grain of sand and heaven in a wildflower. He could hold infinity in the palm of his hand and eternity in an hour. Who was James Crossen? A man with a Personality! It was a personality that he refused to give up, at great cost. It was a personality that could simultaneously hold idealization and deference, that rejected conformity entirely, that was rooted firmly in being a true voice from the shadows, one of Skippy White’s “little people” or one of Manny Farber’s “termite artists”, practiced daily in small, “invisible acts of human spirit, so subtle, so small that they die when brought out under the Kliege lights.” As Jonas Mekas wrote, “In the times when everybody wants to succeed and sell, I want to celebrate those who embrace social and daily failure to pursue the invisible, the personal things that bring no money and no bread and make no contemporary history, art history or any other history. I am for art which we do for each other, as friends.”

Con’t Page 18



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LOVE RELATIONSHIP DYSFUNCTION

My fear of abandonment is exceeded only by my terror of intimacy. — ETHLIE ANN VARE

In the rooms of AA, it's suggested we not date for the first year because we need that time to focus on our recovery. Often we see someone replace their obsession with alcohol and other drugs with a craving for an intimate partner; sometimes they'll even put their children second to satisfying this need. We need to remember as parents in recovery that our primary goal now is to stay sober, and create a stable and safe environment for our children.

When I put down the alcohol, I picked up a man. My sponsor tried to warn me against having a relationship that soon. But I thought those guidelines didn't apply to me: I was different and could handle it. To make her point, she had me stand up and do the pillow exercise. She stuck one pillow under my right arm and said, "This pillow symbolizes your recovery". She then put three more pillows under my left arm and said, "These represent your children". Finally, she put one last pillow under my chin and said it represented my full-time job. As I stood there awkwardly, she gave the final instruction: "Now reach out and hug your new boyfriend". Of course when I reached out my arms, all the pillows dropped. Yet even with all this evidence, I didn't take her advice.

Of course it is normal to want love and romance in our lives. But when the pursuit of love and romance becomes compulsive and turns to obsession—we need the "hit" of being with this person—then it is another form of addiction, known as a love addiction. Love addicts need someone to tell them they are okay and are lovable, desirable, and worthy because they don't believe it about themselves. Love addiction can be an escape from reality, loneliness, and stress and a way to avoid true intimacy.

Some common signs of a love addict:

- compulsively fantasizing about, or focusing on, one person
- becoming attracted to emotionally unavailable or abusive partners
- moving quickly from one relationship to another
- becoming sexually or emotionally involved without knowing the other person.

Love addiction takes different forms: there's Steven the serial dater, Craig the cling-on, Francis the fantasy queen. Then we have Alice the avoider who dates married people or those not emotionally available. Amber is a relationship anorexic who has given up on relationships and hasn't gone out on a date in years. All of these behaviors come from a place of fear of abandonment, rejection, and/or feeling as if you are not enough.

The main role I played in my love addiction was Sandy the serial dater. I would spot a man, beeline to him, flirt up a storm, and if he gave me even the slightest bit of attention I was hooked. The shelf lives of these relationships were one to three months. One day I'd be saying, "I love you", and the next day, out of the blue, I was saying good-bye. I was going from man to man with an empty, bottomless cup, begging for love and attention. It was never enough because I didn't feel enough.

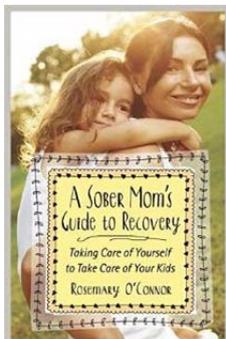
When I started my journey in recovering from dysfunctional love relationships, the women in the meeting rooms held my hand and taught me how to be present for my children. One night I called a friend from the program, complaining about having to do this and that for my kids. It was early evening and there was dinner to be made, homework to be supervised, dishes to be washed, laundry to be done, and three cranky children who needed me. I told the women I was going to run to my second AA meeting of the day. She asked if there was some chance I was trying to escape from my responsibilities as a mother. Was I running to a meeting hoping to see the man I had a crush on? Ugh, I was busted.

In recovery, I've learned again that my addiction is not about the drink, the drug, or the guy; recovery is about healing the core belief that tells me I'm not enough. This feeling of I'm not enough is a lie that haunts most people with addictions. It drives us to continually seek more, more, more love, confirmation of our worth, and approval from others. Instead of finding the man of my dreams, what I found was a wonderful woman who was hiding deep inside; I found me, the real me! I learned to love and respect myself. I discovered a deep feeling and knowing that I am lovable and I am enough. Warts and all!

Sober Mom's Tools for Overcoming Love Addiction

1. Regularly attend one of these Twelve Step meeting groups: Love Addicts Anonymous or Sex and Love Addicts Anonymous (SLAA).
2. Take a year off from dating, flirting, or seducing your next victim and learn to enjoy your own company.
3. Work on your own personal growth and developing your talents. Work on improving your relationship with your children.

Rosemary O'Connor is the author of *A Sober Mom's Guide to Recovery*. She is also an Outreach Manager for Hazelden Betty Ford. Rosemary has a Bachelor of Arts in Psychology, is a Certified Professional Life Coach and a Certified Addiction Coach. She has written numerous articles on recovery and has appeared on many radio shows. For the past 12 years, Rosemary has worked in the addiction field helping hundreds of addicts and their families recover from the devastating disease of addiction.



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Addiction & Chronic Pain

A Crossroad of Commonalities & Misunderstanding



By: Peter Przekop, D.O. Ph.D

Many of our readers have requested we run an article about chronic pain and addiction. We were lucky enough to hear Peter Przekop at the Betty Ford Women's Symposium held at UCLA in March 2016. We loved his presentation and asked him to write an article for our readers. Enjoy!

A FEW FACTS & DEFINITIONS TO HELP YOU UNDERSTAND:

Both chronic non-cancer pain (CNCP) and addiction account for tremendous suffering. When they occur in combination, the suffering is dramatically magnified. As many as 25% of Americans suffer from CNCP, and as many as 60% of Americans with addiction suffer from CNCP. People with CNCP are at risk for developing addiction while people with addiction are at risk for developing CNCP. A discussion of the relationship between addiction and CNCP and successful treatment is relevant and long overdue.

What is CNCP? CNCP is pain that has been present for three months or more. There is a tremendous amount of misunderstanding that surrounds CNCP, and this has contributed to a lack of adequate treatments much of which leads to more suffering.

FACTS ABOUT CNCP: Understanding some facts about CNCP will help to clear up some of the misunderstanding.

FIRST: CNCP is very different from acute pain. The purpose of acute pain is to make us aware of tissue damage. There is not a similar purpose when pain becomes chronic.

SECOND: in CNCP, a relationship between any observed anatomic abnormalities and the presence of pain has never been established.

THIRD: in CNCP, there is little relationship between observed anatomic abnormalities and the intensity, severity, and effects of pain. For instance, many

people with chronic pain have no apparent injuries and most people with observed anatomic abnormalities have no chronic pain.

FOURTH: CNCP should be considered a disease in and of itself that is distinctly separate from acute, cancer, and end of life pain.

FIFTH: CNCP must be treated as a distinct disease entity that has specific signs and symptoms.

SIXTH: CNCP is a disease of the brain, mind, spirit, and body and in order for treatment to be adequate, all four components must be effectively treated.

SEVENTH: all four components become reorganized and become less functional in CNCP. Structural and functional changes in the brain are paralleled by maladaptive changes in the mind, spirit, and body.

EIGHTH: CNCP can be adequately treated. This is true even when combined with addiction.

NINTH: medication alone is not an adequate treatment for CNCP, since it only addresses symptoms.

TENTH: successful treatment must go beyond symptom control, and must treat the whole person's experience and all factors that contribute to suffer.

ELEVENTH: successful treatment occurs when people are willing to change their lifestyle, and eliminate what they may attribute to CNCP and their suffering.

TWELFTH: for most people with CNCP, especially in those who also have addiction, pain began long before the onset of CNCP. For most people with CNCP and for most with addiction, painful experiences predated either diagnosis. *This makes it necessary to reconsider how pain is defined.*

PAIN REDEFINED

Many life experiences are painful. Painful experiences that are associated with negative emotions create pain in our body. For instance, the loss of a loved one, betrayal, or rejection all cause physical pain and

painful memories. We often do not acknowledge the physical pain because we become focused upon the story (narrative) in our minds. We ignore the uncomfortable feeling which really is pain. However, our brain, mind, spirit, and body remember them, and as the memories accumulate, they make one increasingly susceptible to the development of CNCP and addiction. Thus, pain can be thought of as "any sensation we experience that is associated with a negative emotion"

THE PROBLEM

The failure to recognize what has been explained in the above two sections has led to much misunderstanding about CNCP. It also helps explain why opioids have not been successful in treating CNCP, although they have become the mainstay of treatment. This, in turn, has led to an epidemic of opioid prescribing, misuse, dependence, addiction, overdose, and death. It is worth reviewing how this came about.

In the 1990s, there was a strong movement to aggressively treat chronic non-cancer pain. It was reasoned that opioid pain medications may be effective for CNCP, since they were reasonably effective for acute pain, cancer pain, and for palliative care. Two publish papers provided very weak evidence in support of opioids for CNCP. These papers combined with aggressive marketing by pharmaceutical companies, gave great impetus to the use of opioids for patients with CNCP. This trend has increased for over 20 years and has resulted in over 500,000 deaths, and millions of visits to the emergency room. The now epidemic level use of opioids to treat CNCP has occurred despite a lack of evidence for their use. Clinical trials have failed to demonstrate long-term benefits, even in a very selective subject pool in which difficult patients have been excluded, and the downside of their use continues to grow.

PREDISPOSING FACTORS

A number of research groups, including our own, have begun to uncover factors that predispose one to the development of CNCP. These studies have shown that the more stress one has experienced in a lifetime, the more susceptible one is to developing CNCP. Either one major stressful event or the accumulation of many stressful events can lead to the development of chronic stress. That is, the inability to turn off the stress response. When stress becomes chronic, the brain reorganizes and can cause symptoms of depressions, anxiety, catastrophic thinking, negative emotions, an unhealthy lifestyle, and poor self-care. All of these factors predispose one to CNCP and also the development of addiction.

CNCP AND ADDICTION OCCUR DUE TO A SIMILAR BRAIN DYSFUNCTION

CNCP and addiction appear to occur due to a similar brain dysfunction that leads to their development and maintenance. The entry point occurs when the brain/mind becomes overwhelmed with negative emotions and is no longer able to adequately manage these emotions. Thus, an acute physical injury can lead to CNCP if one becomes overwhelmed by the associated negative thoughts and emotions, and they persist. In similar fashion, people go from casual substance use to addiction when they become overwhelmed by persistent negative thoughts and emotions. In both cases, the brain/mind can no longer manage painful thoughts and emotions. The area of the brain that adequately handles these experiences reorganizes and becomes dysfunctional, and the area of the brain that lets us know that we enjoy life also reorganizes and becomes dysfunctional. One then becomes overwhelmed by invasive negative thoughts and emotions, and loses any sense of wellness.

SIMILARITIES BETWEEN CNCP AND ADDICTION

There are many similarities between CNCP and addiction and an examination of these similarities will give a clearer understanding of how people who have both diseases should be treated. First, the development of both diseases requires a strong environmental component. No one is born guaranteed to get either disease. One may be predisposed, but the signs and symptoms will not manifest unless there is a significant negative environmental influence. This environmental influence leads to chronic stress.

Second, in both diseases, there is a significant bias in attention (so called attentional capture). In addiction, this is seen by an inordinate amount of time spent and attention directed towards using and obtaining substances. In CNCP, there is a significant biased attention towards the signal of pain and the past, present, and future effect of pain. Third, people with either disease show significant impairment. In both CNCP and addiction, there it is a dramatic impairment in thinking and realizing the extent of the problems the disease causes. Thinking is impaired, irrational, and often nothing more than a reaction to uncomfortable feelings. People with addiction often do not recognize the effects the disease has on themselves and others. In CNCP, people perceive themselves to be much more ill and disabled than they actually are. Fourth, in both diseases, people develop tolerance. In addiction, there is tolerance to the effect of substances. In CNCP, there is tolerance to the brain's ability to shut off the pain signal. Fifth, people with either disease develop symptoms of withdrawal. When substances are abruptly stopped, those who are addicted experience withdrawal. When pain patients experience a pain-free moment, they wonder when the pain will come back. Sixth, people with either disease have increased and prolonged negative emotional states, each of which add to the continuation and the severity of the disease. Seventh, in either disease, there are significant cognitive, emotional, spiritual, and physical deficits.

ADEQUATE TREATMENT FOR THOSE WITH CNCP AND ADDICTION

In order to stop the cycle of suffering, both diseases must be treated. When treatment is inadequate, people continue to relapse. Treatment must consider the whole person and all of the painful memories that contribute to the development of the disease, and the disease risk factors. Each person must be treated as a unique individual. Chronic stress must be stopped. The cognitive, emotional, and spiritual deficits must be treated as well as the body. People must learn and practice daily healthy lifestyle skills. They include improved coping to reduce stress.

CNCP is a complex disease, but recent advances have led to successful treatment even when combined with addiction.

Peter Przekop, D.O. Ph.D., The Pain Free Kids Foundation, Betty Ford Center, Loma Linda University School Of Medicine, Departments of Pediatrics and Psychiatry. Author of Conquer Chronic Pain: An Innovative Mind/Body Approach. Email: pprzekop@llu.edu.

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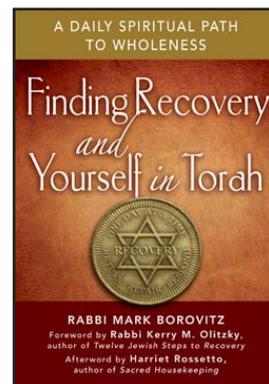


Book Reviews

Finding Recovery and Yourself in Torah: A Daily Spiritual Path to Wholeness. Written by Rabbi Mark Borovitz. Published by Jewish Lights

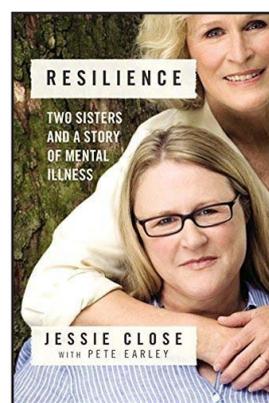
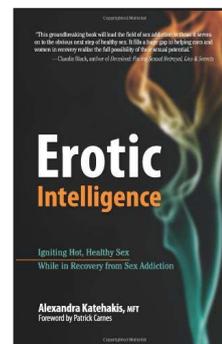
Through Rabbi Mark's knowledge of Judaism and his professional experience, working hands on with recovering addicts (He is the Senior Rabbi and CEO of Beit T' Shuvah) he brilliantly combines the two.

Each day it offers a daily devotional along with soul searching questions to help enlarge our spiritual life and enrich our soul. You don't have to be Jewish to experience the gift that this book offers. I got the pleasure to meet Rabbi Mark personally at an event yesterday. He literally blew me away. I was so impressed with him, he touched my heart within the first few minutes of his presentation. What a beautiful soul. I will definitely be adding this book to my spiritual tool box. Thank you Rabbi Mark for sharing with us your knowledge with such an open heart. Book available at www.jewishlights.com and www.Amazon.com



Erotic Intelligence: Written by Alexandra Katehakis, MFT, published by Health Communications, Inc. This book is phenomenal in how it gives us distinct and definitive information to unravel the misconceptions of exactly what healthy sex is, and what is sexual addiction. The totality of healthy sex is rewarding intimacy of a bona fide and true partnership, which embraces one's spirituality and honors life in its honesty and zeal for growth, erotic self is cherished. Sex addiction on the other hand, is unrewarding, disadvantageous by excluding spirituality, causes deviation which warrants more stimulation, unyielding and ordinary, lacking eroticism and admiration for life. This results in not being truly happy with oneself. The stories of couples and individuals who are enlightened through Alexandra Katehakis' applicable viewpoints and insights on just how to mend their relationships after the storm, shows that Alexandra redirected their energies onto the right path, through encouraging those who were willing, to induce wholesome habits that helped them to understand their past which promoted intimacy, honesty and closeness to flourish. It's a must read book for us all, who wants to have the knowledge to be able gauge our behaviors making sure they're in line with being healthy, strengthening our relationship with our partners for a lasting union. Available on Amazon.com

Resilience: Two Sisters and a Story of Mental Illness. By Jessie Close, with Pete Earley and Glenn Close. Published by Grand Central Publishing. From a very young age, Jessie Close struggled with symptoms that would prove to be severe bipolar disorder in her early twenties. Jessie and her three siblings, including actress Glenn Close, spent many years in the Moral Re-Armament cult. Jessie spent her childhood in New York, Switzerland, Connecticut, Zaire (now the Democratic Republic of Congo), and finally Los Angeles. Jessie's emerging mental illness led her into a life of addictions, failed marriages, and to the brink of suicide. She raised her children despite her ever worsening mental conditions. She was not properly diagnosed until the age of fifty. She tells of finally discovering the treatment she needs, and with the encouragement of her sister (Glenn Close) and others, the emotional fortitude to bring herself back from the edge. Not only is Jessie a productive member of society and a supportive daughter, mother, sister, and grandmother. She is an internationally recognized speaker, author, poet and advocate for mental health reform. She authored The Warping of AI, and she writes a blog for Bring Change 2 Mind. Jessie has received awards from the National Alliance on Mental Illness and Mental Health America, as well as the Jed Foundation Award and The McLean Award. This book is a must read. I had the pleasure of hearing Jessie Close speak this year, she is a modern day miracle. Available on Amazon.com



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OTHERS NEED TIME FOR RECOVERY TOO

When I finally sought help to overcome my struggle with the co-occurring addictions of alcoholism and an eating disorder, I could not understand why some of my loved ones weren't jumping up and down with happiness for this action step.

After I returned home from treatment and started to reach recovery milestones, or dates marking continuous sobriety, I couldn't understand why they weren't overflowing with gratitude. The more I tried to seek validation for my accomplishments, the more separate I felt from their support.

When I'd report new discoveries about why I behaved as I did for so long, I couldn't understand their indifference or emotional distance. I couldn't understand why, when I offered apologies for everything and anything I did to disturb them, my words were met with doubt.

The reason I couldn't understand any of this was because I had no idea how much I'd taught them for so many years before that.

Addiction, no matter what form, is delusional. Those who struggle with the disease live with an obsessed mind. I couldn't think beyond my need to get drunk and/or manipulate my way around food. This delusional perspective was how I moved through situations and led to my rejection of any attempt from others to help end the cycle of life-threatening behaviors.

To them, this ongoing manner of deflection was as if I were silently saying, "No matter how hard you try to stop me, I'm going to do what I want anyway." Without consciously knowing what I was implying, I taught everyone that my addictive needs took center stage over them or anything else.

Thus, in the "pink cloud" of early recovery, what I didn't understand was that, the people I cared deeply about needed time to work through their own feelings about why I would lie to, manipulate, and disregard them so easily and repetitively.

Magic fairy dust didn't sprinkle over my loved ones just because I finally surrendered to alcoholism and an eating disorder. By the time I finally asked for that much-needed help, most were numb to anything I said or did, exhausted from feeling unimportant and unheard. I had taught them to hear what I wasn't saying louder than anything I said.

What I didn't know then, but I certainly do now, is that the people in my life needed time to heal just as much as I did. They needed time for their own series of slow, deep breaths to catch up with themselves and all they went through to navigate the aftermath of my funnel cloud behavior.

Yet, in those early days of recovery, when I felt incredibly vulnerable, their indifference hurt. What I failed to consider was how much hurt I created with each elaborate story about how much I drank or ate. My life was nothing more than a string of lies stretching from one person to the next, with me in the middle. I lied about my lies, praying to keep everything straight.

I pushed my friends and family away through any of thousands, embarrassing, frustrating, and manipulative verbal or physical expressions of denial. Most were issued in the fog of addiction, but none-the less solid reasons why I lost their trust; the most important element of any healthy relationship.

In time, as I continued to put my recovery first, doing the things those who walked the path of recovery before me suggested I do, I started to get stronger. In turn, ever so slowly, my loved ones began to heal as they saw those changes in me. While this was not a quick turnaround by any means, we kept trying, and eventually our relationships shifted in a positive direction. There were many disconnects and reconnects as we found our way to mutual trust and respect. We were healing. We were changing. We were recovering.

Today my family and friends understand why so much importance is placed on putting recovery first for them, and for me, because none of us have any desire to go back to those days of struggle and emotional pain.

A Moment to Breathe: How often do you feel disappointed when those you love lack appreciation for the advances you've made in your recovery and to better your life? Are your expectations proving positive or negative? Take a deep breath and ask yourself what you've taught people about how to treat you. Just because you are changing doesn't mean they are too. Give them time to recover from who you were and adjust to who you've become.

After seeking treatment from 30-year lifestyle with co-occurring addiction, Alison stepped away from corporate world to focus on serving others seeking equal freedom from addiction. She offers practical recovery experience via her blog (www.alisonsmela.com), recovery-focused radio shows, webinars, teleconferences, HuffPost Live, and WGN-TV. She was featured in Chicago Sun-Times and Forbes.com and is putting final touches on her forthcoming book, *Slow Deep Breaths: How to Make Sense of Overcoming Alcoholism and Eating Disorders in Midlife*.



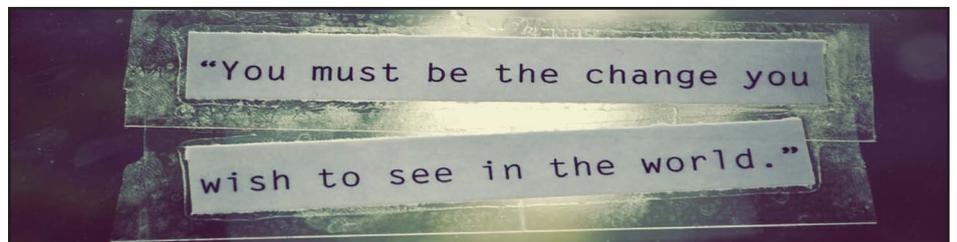
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<p>ccsad Cape Cod Symposium on Addictive Disorders HYANNIS, MA // SEPTEMBER 8 - 11, 2016</p>	<p>axis Addiction eXecutives Industry Summit NAPLES, FL // JANUARY 29 - FEBRUARY 1, 2017</p>

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Events

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SATURDAY MAY 14: Foothills H&I Bingo Night. Foothill Congregation Church 1200 Foothill Bl in La Canada. Doors open 6:30pm Bingo at 7pm. Food, Fun, Fellowship! Proceeds benefit Literature Fund. All CASH prizes. 50/50 Raffle too!

MAY 19TH TO MAY 22ND, 2016: 32 Annual Tri-State Roundup, Laughlin, Nevada. For More info visit www.tristate-roundup.com or call (702) 866-7744.

FRIDAY MAY 20 TO MAY 22, 2016: 33rd Annual LGBT AA Conference. Four Points Sheraton at South Mountain AZ. Visit website www.azspring-break.org For registration and information contact Steve B (602) 625-3686.

SATURDAY, MAY 21ST, 2016: Radford Hall 8th Anniversary Comedy Show. Still only \$5, 16 and over. Radford Hall 13627 Victory Blvd., Van Nuys CA 91401.

SATURDAY, MAY 21ST, 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, MAY 21ST, 2016: HAPPY CAMPERS - Lake Piru, California. Meeting starts at 8pm. Come early for fellowship, food and fun. 3rd Saturday of every month, March to October. \$5 at gate. go to Day Use Area.

FRIDAY MAY 27 TO MAY 29, 2016: 43rd Annual Gopher State Round Up. Alcohol Anonymous Event with Ala-Teen and Al-Anon. Doubletree Bloomington Hotel Minneapolis South 7800 Normandale blvd. Bloomington MN 55439 (952) 835-8733. Reserve Room (800) 222-8733 www.gopherstateroundup.org

FRIDAY MAY 27 TO SUNDAY MAY 29, 2016: 30th Annual Gathering of Eagles Celebration of Recovery. Doubletree Hotel near Galleria. www.dal-lasgatheringofeagles.org contact Searcyrw@gmail.com (214) 357-1478.

FRIDAY MAY 27 TO MAY 30, 2016: AALA Roundup. Members of the Lesbian, Gay, Bisexual, and Transgender Community of AA and Al-Anon. The LA Hotel Downtown 333 South Figueroa st. Los Angeles, CA 90071. www.aalaroundup.org

SUNDAY MAY 29TH, 2016 9AM TO 4PM: 21st Sober Day LA Walk-A-Thon. Sober Link, Sober Day LA 2016. Walk Starts in Panorama City - Ends at Van Nuys Civic Center. Free Admission - Food - Music - Exhibits - Performances. Call (818) 623-0945 or www.SoberDayLa.com

UPCOMING

JUNE 3RD TO JUNE 5TH, 2016: WOMAN TO WOMAN 37TH WORKSHOP WEEKEND. For Sober Alcoholic Women at Mount St. Mary's College, Chalon Campus. Register and Pay online \$195. www.WomanToWomanLA.org

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



MONEY DOESN'T GROW ON TREES

After the holiday season, we may notice a heightened sense of financial pressure in our clients (and ourselves). Earlier this year, I attended a group psychotherapy conference (AGPA), where one of the topics was Inter-generational trauma. Sometimes we have feelings (like anxiety or depression) that may not feel like our own feelings; it may feel like our feelings belong to someone else. These feelings may have been passed down from prior generations. I began thinking about financial anxiety and the way I sometimes worry about money during times when I have enough money. I learned about money from my parents, who learned about money from their parents. In his book *Moneylove*, Gillies (1978) writes about parental poverty messages. Parents say things like "Money doesn't grow on trees" or "Finish your plate there are children starving in Africa". What kind of poverty messages did your parents give you?

My mother, a successful writer, was irresponsible with money, she would say "It's only money". When she had a book contract there was money coming in; during other times the credit card companies would call asking to be paid. I was responsible for answering the phone and telling American Express that my mother was not home. My mother's chaotic way of dealing with money was frightening to me as a child. I responded by practicing "money anorexia", holding on tight to my money and saving for emergencies. Money felt like security to me. The main text of Debtors Anonymous (DA), entitled *A Currency of Hope*, lists 12 signposts to becoming a compulsive debtor. One of the signposts is "Living in chaos and drama around money: Using one credit card to pay another, bouncing checks, always having a financial crisis to contend with." Money was associated with chaos and drama.

My grandmother, Millie, lived through the Depression. Like any good Italian grandmother, she got upset if we did not finish our food. Millie worried a lot about money (and other things). Millie was given adult size chores as a child and her mother (Great Grandma Cascino), continued to rely on her for help throughout her adult life. Great Grandma Cascino, would summon Millie at any time of day or night to run errands. If Millie was in the middle of preparing dinner, she would take off her apron and dash out of the house to go help her mother. The strange thing was that Great Grandma Cascino was perfectly capable of getting things done without anyone's help until the day she died (she once hurt herself while moving a metal furnace). Italian children were taught to respect their fathers and mothers.

I'm pretty sure I was my grandmother's favorite grandchild. I spent many weekends at her house; where she taught me about cooking and attempted to show me how to sew. She opened a savings account for me and showed me the monthly deposits in what she called a "passbook". I learned to save and began squirreling away money at an early age. When I was 15 years old I had a paper route and worked as a babysitter. I worked hard to save up the money to purchase my first Onkyo stereo. Music was one of my favorite escapes as a child.

Each year, on July 4th my grandmother would declare "The summer is over," it was clear to me from an early age that Grandpa was the optimist in the family. Charlie Baldanza, was not afraid to take risks with his money, he joined his father's construction business and over time he helped grow the business into a highly profitable company. He was confident in his ability to earn money, often borrowing against the family home to fund the business. He believed in himself and did not worry about money. Charlie was active in local Italian charities and generous with his love, time and money. His attitudes about money and time are examples of what Gillies calls "prosperity thinking", the belief that money is a "never-ending event" and that there will always be enough. My grandfather was responsible with his money and confident in his ability to succeed. His company did well and he passed the business on to my uncle when he died.

My father's father was also successful; he was a pioneer in the early days of cable tv and a shrewd investor in the stock market. He was also an alcoholic and not very kind or loving. I am not sure about his attitudes toward money, he did have a reputation for being stingy. My Italian family tells the story of my maternal grandparents driving several hours to visit my paternal grandparents in Florida. When they arrived it was lunch time and they were offered a small tray of crackers and cheese. This was a quite an insult, if you visited my Italian grandparents at any time of day or night you would be served a delicious, full meal. I am not sure if my WASP grandparents realized the full extent of their cultural transgression.

My father started out in an entry level position at NBC, and worked his way up the ladder to becoming a successful radio advertising salesman during the 1960s, the "Mad Men" days. He was very generous with his money, but not very good at long term financial planning. Another signpost from Debtors Anonymous is- "Poor saving habits. Not planning for taxes, retirement or other nonrecurring but predictable items, and then feeling surprised when they come due; a "live for today, don't worry about tomorrow" attitude". My own attitude about money represents a blend of my parents and grandparents. I have an entrepreneurial spirit (like both of my grandfathers) and enjoy working for myself. I am a planner and a recovering worrier (like Grandma Millie).

During my years in the corporate world I was diligent about funding my 401K and making sure I had a healthy emergency fund. I continued to view money as a source of security as opposed to Gillies' idea that money is a never-ending event. It took me nearly five years to make the decision to go back to school to become a psychotherapist. I was concerned about starting a new business and giving up the predictable income I had earned in technology. The structure and heavy workload of the technology world felt so safe and familiar to me; it was like losing a close friend. When I returned to graduate school I took out student loans and had to use every spiritual tool I possessed to maintain my serenity. Like my grandfather Charlie, I was willing to take a chance on myself to pursue my dream and create the life I wanted.

The Debtors Anonymous (DA) program's main text is titled *A Currency of Hope*. The stories are great whether you struggle with debt (often from credit cards), are an "under earner" or are just anxious about money. DA has a great website which includes a quiz to see if you might have a problem with compulsive debting. One of the DA "signposts" is being unclear about your financial situation. DA recommends "keeping your numbers". You might create a spreadsheet or buy a notebook and track your spending every day. This will help you gain clarity over your financial situation and may lead you to brew your own morning coffee, when you realize your monthly Starbucks bill is the equivalent of a car payment. Or the opposite may happen and you will discover that you might need to relax about money and treat yourself.

As I continue to explore my relationship with money, I want to recommend several additional books that have been helpful to me. *Earn What you Deserve*, by Jerrold Mundis examines the way our beliefs and attitudes about money impact our earning power and our experience in life. *It's Not About The Money*, by Brent Kessel explores eight financial archetypes and how to identify your spending type. Finally, *Chellie Campbell wrote a book called The Wealthy Spirit*. I read the daily affirmations in her book every day when I returned to school; she has a great sense of humor. I will close with one of my favorite quotes from Chellie's book "Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you."—Carl Sandburg.

Maria Gray, LMFT, NMP is a psychotherapist in private practice with offices in West Los Angeles and Silver Lake. Maria is trained in EMDR, NARM and Brainspotting. Her approach combines a focus on the body and nervous system with an exploration of one's thoughts and emotions. For more information see, www.mariagray.net or call Maria at 310-319-6500.

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The Journey

CON'T FROM PAGE 10

by: Allen D. Glass

So, here's to you James, my dear friend and mentor and second father, "for thy sweet love remember'd such wealth brings, that then I scorn to change my state with kings." "Old age should burn and rave at close of day." You made a buzz somewhere on this earth and the world will never be the same. I will miss many things: our weekly date at Denny's after class until 3am, the impossibility of a "brief" phone call, speaking in non-sequiturs, endlessly referencing our love of all things poetic, our six hour dates at Hamburger Hamlet ordering only fries and coffee and leaving a fifty dollar tip, your relationship with all the suffering people of the world, (a monetary gift was always large and included a lengthy conversation, warmth, and touching), pacing back and forth with you to keep up with your thoughts, too many to get out at once! "Money is something you throw off the back of trains."

You were a termite artist, yes, and to borrow a line from Mr. C, your power of voice, soul and inspiration was as big as it gets: a heart full of love and a forever shout through the universe.

"Conduct your blooming in the noise and whip of the whirlwind." It wasn't what you did but who you were that changed our lives. "They also serve who only stand and wait." And, yes, we changed your life as well. And so it is and so it will be for now and forever. There is no end.

"Somebody lend me a helping hand. I can't understand. Going through this barren wasteland, I'm a crazy man." James Lynn Crossen was born on a fast train going off the rails, moving to the sound of the wheels, way over the line, out of his mind, nobody on his waveband, going across the desert sand - fast, fast, fast! How long could it last?

I will close with the last text message I received from James. He wrote to me just before his stroke:

"See soon in the Mecca. Gentle/Cool/Smile easy - and fierce love. Kin. We're the same?! Yes, talk soon. We trooly cool."

*"My life is my argument."
~ Albert Schweitzer*

*"My message is my life."
~ Mahatma Gandhi*

*"We are not now that strength which in old days,
Moved earth and heaven, that which we are,
we are;
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will,
To strive, to seek, to find, and not to yield."
~ Tennyson*

Allen D. Glass II, BFA, CDS, MA, is the director of the Addiction Studies Program at Pierce College and a volunteer psychotherapist at Homeboy Industries.



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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

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 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 non-profit 501(c) (3) non-profit Public Charity.

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

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 17 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.aascv.org (661) 250-9922

Al-Anon Family Groups www.al-anon.alateen.org (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 Dr, 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 (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.slawso.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.

Bienvendidos 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 (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 www.nami.org (818) 994-6747

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 (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 & 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 (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 (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

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

Organization/Company Name: _____
Services offered: _____
Address: _____
Phone: (____) _____ Cell (____) _____
Contact person: _____
What you would like us to print in the resource guide: _____
Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



MARY COOK

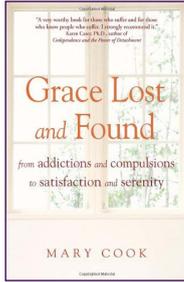
ADDICTION SPECIALIST COUNSELOR

M.A. Psychology, R.A.S.

40 Years of Experience

310-517-0825

Available for counseling in my office in San Pedro, California or by telephone.



AUTHOR OF: *Grace Lost & Found*
Available on Amazon.com

WWW.MARYCOOKMA.COM

email: MaryCookMA@att.net



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

TAURUS: April 21-May 21: When things are going badly, our minds can bring dysfunction, lies, secrets, mental health issues, into play. This month you are improving your spiritual and social life. It could be something minor like spending less, being thoughtful while out buying during social events. But it could also be something major like not arguing with your partner, not attending 12 step meetings or a disagreement involving a sponsor, committee, association, friend, etc. The good news is this is a short-term issue and it should not cause long-term repercussions if we take them to God.

GEMINI: May 22-June 21: Last month, you spent a lot of time soul searching about who you are and the path that you should be on. This month you still have your thoughts creating haziness, delusion, dysfunction, secrets, and/or lies in your public life and professional goals. By applying logic to this subject utilizing the big book, accompanied by God's direction will bring more clarity. You need to come at it from a more spiritual approach, when accompanied with guidance from your Sponsor it could bring a possible solution that will bring inner peace.

CANCER: June 22-July 22: Now that your partner or rival is finally done complaining about your reputation, leadership style, and/or professional path. Don't get upset about these things, take it to prayer to receive the peace from God. Be patient when the know-it-alls try to tell you how to think and feel about political, spiritual, cultural, legal, and academic topics. Apply the 12 step principals when you begin to tire of the bureaucracy and dramas at work. Plan for a spiritual getaway to help anchor your sobriety and to revitalize your spirit.

LEO: July 23-August 23: Last month, you were feeling really extroverted, social, open-minded, and you excelled as a team player by doing God's will. This month, you still want to do and be those things, but people in your social circles are sucking the joy out of your life, making it very difficult for you to have any fun, to spend time with your loved ones, and/or for you to experience a little "me time" with your favorite hobbies. They are also creating some financial or romantic trust issues and you should definitely have your guard up within these areas. Things may not be what they seem, talk it over with your sponsor to help find the solution.

VIRGO: August 24-Sept. 22: You are quite focused on your professional life this month, but your partner or a rival is not too happy about it. Because of your sponsor's involvement, when they're absent when you need them, or they are acting dishonestly, dysfunctional, gullible, secretive, and/or in some way bringing more bureaucracy into the dynamic than what is necessary, you turn it over to your higher power to bring you inner peace. Do God's will even if they're trying to smear your good name or simply trying to embarrass you, stay strong you are doing a great job, so just stay honest and ethical, continue applying the 12 step principals and things should turn out in your favor.

LIBRA: Sept. 23-Oct. 23: Issues involving language barriers, employee bigotry, long-distance communications or shipping, work related travel, mandates from the legal department, ineffective training classes, and/or a lack of formal education causing a drop in productivity levels for you and your coworkers. Soon you will be able to move past it with the help of the 12 steps. You might also find that a boss, high profile client, or some other authority figure is paying attention to how well you maneuver your way through these issues, and is seeing that you are a valuable and productive member of the team. Next month, you will have even more opportunities, to earn the respect and admiration of your colleagues when applying God's will instead of your own.

SCORPIO: Oct. 24-Nov. 22: You and your loved one could be dealing with trust issues, or differing physical and mental needs. Problems with your joint finances when given to your higher power, helps the two of you not to get stressed out and able to really enjoy yourselves. If you work in a happiness industry (music, theatre, fine dining, vacations, pet stores, etc.), you could find that revenues are low or you are having a hard time collecting your fair share of the profits. The good news is that you are doing really well at work and your boss and coworkers are appreciative of the spirituality, and enthusiasm that you bring day after day.

SAGITTARIUS: Nov. 23-Dec. 21: Your partner or a competitor is really making your life stressful at this time. They are angry and argumentative towards you, but more so towards someone or something in your home or private life. You come to agree with them, but that does not make it any less stressful. The two of you when the 12 steps are applied, have opportunities to diplomatically agree on issues, and you two are getting along fine. Next month, will be much better. You will have plenty of opportunities to kiss and make up or to at least have some fun together. Rest your cares on your higher power.

CAPRICORN: Dec. 22- Jan. 20: You are working a lot and trying to meet deadlines, but there have been a lot of issues creating delays and drama at work. As you battle these issues and try to get things done and try to get along with your coworkers, one of your partners or rivals is beginning to complain and nag about how something or someone at home is irritating them. They think you should be the one to fix it or they think it is your fault. There probably is not much you can do to resolve any of this, but a solution can possibly be found with the help of your sponsor. Try to keep from becoming self-willed and closed-minded while trying to implement your sponsors ideas, even if you think you're correct as to what ought to happen next.

AQUARIUS: Jan. 21-Feb.18: Like most people, you love to have a good time. But this month, your financial goals are clashing with your love life, parenting, hobbies, vacations, playtime activities, wish to splurge, and/or your desire to purchase luxury items. You need to be frugal and find ways to say, "I love you" and ways to entertain yourself without blowing your budget. The good news is that you are beginning to find it a bit easier to succeed at your financial and professional goals when asking for guidance from God, so you won't acquire financial damage created by splurging. You should have more financial stability in early July.

Pisces: Feb.19-March 20: You have had some time to evaluate your housing situation, roommates, private life, and/or relationship with your parents. You have decided that certain things needed to be healed, fixed, cleaned up, reorganized, etc. With the wisdom of the big book you are able to make a lot of progress in these areas, but they do not come easily and effortlessly. You end up ready to enjoy some playtime but find that once again, your financial goals clash with what you are trying to do when you hold on to old ideas. It is not easy to stay focused on one's financial goals when there is so much fun to be had, have your sobriety and house in order, so things are not as bad as it might seem.

ARIES: March 21-April 20: Some people can be unreal at times. Fortunately, you're in harmony with your coworkers, higher power, friends, children, sponsee's, sponsor and partners which brings peace. The downside is there are others that are bickering and arguing about any number of other topics. By taking it to your higher power and being naturally smart, you know that those opinionated know-it-alls refuse to listen to anything outside of their own ideas. You communicate extremely well, with your Sponsor's help you may be able to get your point across to these people without causing any strife or contention.



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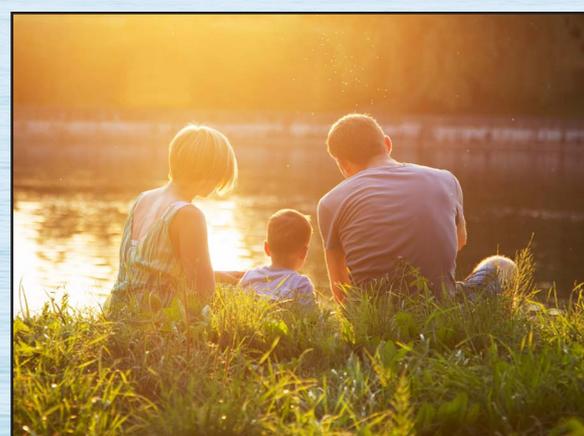
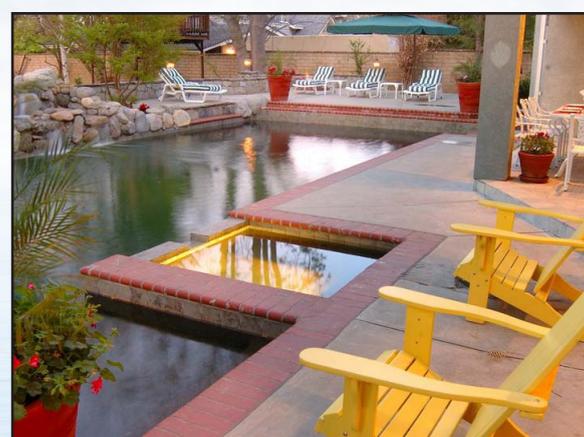
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