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October 2016

KEYS TO RECOVERY

— NEWSPAPER, INC. —



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BEN C. WILSON

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Contributors

Jeannie Rabb-Marshall - President & Cofounder

Marcus Marshall - Vice President & Cofounder

Beth Dewey-Stern - C.E.O. & Cofounder

Staff Photographer - Shalimar Cambria

Graphic Designer - J Marshall

Outreach Directors - Peggy Salazar & Judy Gavin

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Editorial Contributors: Jeannie Marshall • Mary Cook, M.A., R.A.S. • Marilyn L. Davis • Abbie Wirick • Nita Vallens • Jenni Schaefer • Michael DeLeon • Rudy & Kelly Castro • Randy Boyd • Arnie & Sheila Wexler • Ben C. Wilson • Peggy Salazar • Beth Dewey-Stern • Marcus Marshall • Jason Wittman • Dr. Kevin Coughlin • Dorothy Hokulea

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by: Jeannie Marshall

Hello October, September was a great month here at Keys to Recovery Newspaper. In addition to, the ten plus local networking events we attended, we were in the registrant bags at CCSAD in Cape Cod, Massachusetts as well as Moments of Change in Palm Beach, Florida. And as you can see on the back cover of this issue, we were honored to be included in the gift tote bags at the Promises Foundation Polo Match in Pacific Palisades, California.

October is proving to be just as eventful. We will be at the AM Symposium, (Advertising and Marketing), in Los Angeles, California October 13th and 14th, as well as having our October issue in the registrant bags at the L.I.C. (Lifestyle Intervention Conference) in Las Vegas, Nevada October 17th-19th. Remember when you advertise with Keys to Recovery Newspaper, you go EVERYWHERE we go – And we are going everywhere!

WORDS – WORDS - WORDS

I understand how powerful words can be, which is one of the main reasons we started Keys to Recovery Newspaper. We knew if we could get “the written word” out there, about all types of recovery, from all types of addiction, we could possibly carry Hope to those who need it the most. We have been truly blessed with some of the best writers, who contribute to our publication each month, and help us carry that Hope. Words are powerful, written and spoken.

My understanding of how powerful “spoken words” can be, has grown tremendously these last few years. You know when you are learning something new, and everywhere you go you seem to hear about it? It’s like the universe is saying “Hey wake up, this lesson is for you, so listen closely”. Well that has been my experience this year.

The words I say to myself are just as important as the words I don’t say. One of my favorite speakers Joel Osteen, has authored a book, “The Power of I AM”. He goes into detail about how powerful the words “I AM” can be. Whether you are saying things such as “I AM healthy, wealthy and wise” or, “I AM a failure who never get any breaks”, you are filling your head with thoughts. Those thoughts lead to feelings, and those feelings affect how we carry ourselves in the world.

We basically walk along the words we lay down.

Joyce Meyers says you can’t lead a positive life with negative words always coming out of your mouth.

I’m not talking about wishful thinking. I am talking about paying attention to the words we say. Recently Larissa, a friend, reminded me how powerful it can be when we introduce ourselves at meetings.

When I first got sober, I did not like saying “I am an Alcoholic/Addict”. But I learned it was important, because in my early sobriety, I was, at times trying to convince myself, that my drinking and using “wasn’t that bad...was it?” Each time I said “I am an Alcoholic/Addict” I was saying “YES IT WAS THAT BAD”.

The longer I stayed sober the more words I added in front of the words Alcoholic/Addict. Such as “I’m a Grateful Alcoholic/Addict”. That became “I’m a Grateful Recovering Alcoholic/Addict”. The more I said I was Grateful and Recovering, the more Gratefully Recovered I became. My words were changing the way I felt and the way I acted.

When I listened to the “Joe and Charlie Workshop” tapes (if you haven’t heard them yet, put it at the top of your list), they talked about why letting go of resentments is so important. They break down the word “resentment”, going into detail about how each time we replay the resentment, in our minds or in our words, we RE-LIVE the event. The more we talk about it, the more we RE-LIVE it. We work ourselves up over something that is no longer happening. But our thoughts and feelings don’t always experience it as the past, it feels like it is happening right now.

Sometimes we change the event, and we get even more worked up – OVER THE PAST. Sometimes this brings feelings of anger, self-pity or any number of feelings – FROM THE PAST. As the Big Book states “Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease. (Page 64)”

Whenever we replay or reactivate these past hurts and RE-LIVE them, it becomes nearly impossible to let go, forgive, live in the present moment, and recover.

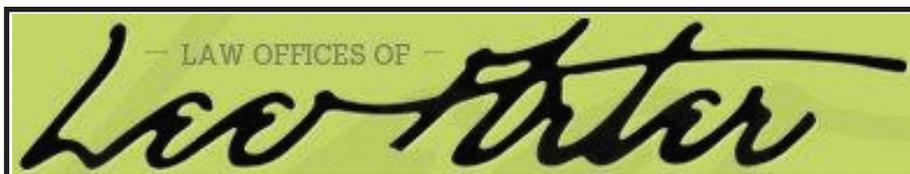
The Good News is we can use this same principle to recover, and feel good about our lives, and ourselves. Try this. Remember a time when you felt victorious, powerful, or happy. Now think and talk about the event - RE-LIVE it. You will find that you can reactivate that feeling of victory or happiness. It takes work, but IT WORKS. Sometimes just changing “I have to”, with “I get to”...“I have to go to work” with “I get to go to work”... “I have to go to a meeting” with “I get to go to a meeting”, you get the idea. Now try it.

I think that is the reason we take photos at various landmarks in our life. We want to remember the day we celebrated our love, or had a baby, those family holidays and so much more.

I have learned to start my day, with a prayer of gratitude. Focusing on what I have already been blessed with. This leaves me feeling grateful and blessed. I remember that God is doing a work through me, and for me.

Joyce Meyers says, “Feel it in your heart. Confess it with your lips”. I say back it up with some action and a whole lot of faith. Not only can you change your life with the words you say to yourself, you can affect others with the words you say to them. But let’s save that for my next Editors Column.

Have a great October.
Jeannie



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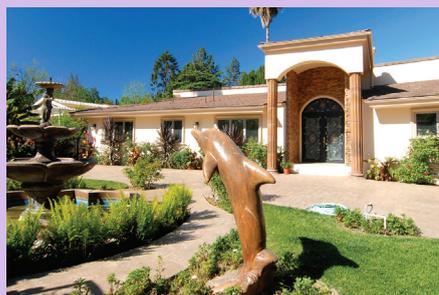
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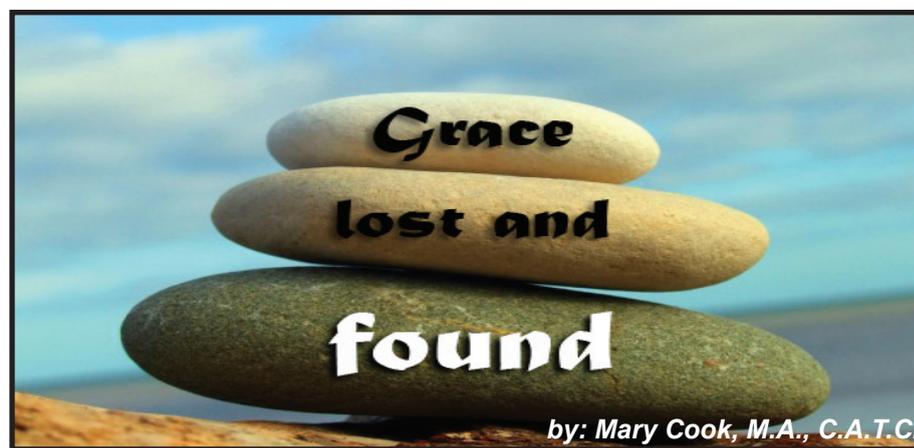
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by: Mary Cook, M.A., C.A.T.C.

ACCEPTING RESPONSIBILITY

The conflicts that we experience in our adult lives are created from the unhealed energies of our childhood wounds. These energies include the feelings, thoughts and actions of those that hurt us, as well as our emotional, mental, and physical reactions to them, including defense mechanisms. When circumstances are even remotely reminiscent of these past events, we re-experience the energies. This can cause us to re-enact past scenarios in the present.

When we lack personal insight and healing, we commonly project both the burden of our wounds and the responsibility to resolve them, onto the outside world. This leads to us making futile attempts to control or change others, especially in close, personal relationships. When we fail to perceive our inner duality and battles, we do not accept realistic responsibility for our lives. This arouses anger, blame, distrust, fear and self-pity in us, because we are expecting others to compensate for what we have failed to understand and mend within us.

Not only do we relegate negative energies and problems to others, we project our greatest inner treasures onto people, things and experiences as well. We have an amazing abundance of natural creative power and divine gifts. And yet we commonly believe that happiness can be captured outside of ourselves. So endless desires ensue and material possessions, people, substances and experiences become our Higher Power. We are living miracles, yet we micromanage our lives from defense mechanisms, fear and false beliefs, and thereby manifest spiritual poverty.

We lack a sense of a true, whole self, and this prevents us from bonding successfully with others. Our children suffer because we haven't healed our own childhood wounds. Our adult relationships suffer because of unmet childhood dependency needs. Fear of looking deeply within ourselves leads us to project personal responsibility onto significant others. This sabotages intimacy and genuine positive self-esteem. We maintain a mechanistic and functional view of our bodies, which denies their link with higher consciousness. We feed ourselves an excess of over-processed food, devoid of nutritive value and wonder why we need artificial stimulants for energy. We numb with medications and distractions, our body's signals that something is awry, thus circumventing a natural healing process. Our thoughts, feelings and actions carry a preponderance of defenses, distractions and quick fix attempts.

We left our sacred roots and thus instead of experiencing gratitude and generosity, we feel greedy and impoverished. We over-focus on our past and future and miss the only possible opportunity for transformation, which lies in the present moment. Health and happiness evolves from deep personal inquiry and positive change. It is our relationship with ourselves and our Higher Power that most needs our focus. Instead of complaining about world events or other people, we can question ourselves as to what parts of us bully, lie and harm. Which of our own attitudes and actions sabotage learning and growth, harmony and balance? What aspects of us are imprisoned, violated or denied? How do we nourish, heal and love ourselves? How do we actively listen to the varied facets of ourselves so that we gain insight, maturation, integration and wholeness?

Acceptance of personal responsibility means that we meet every part of life inquiring what element of us is reflected here, how might we practice spiritual principles, what is the lesson within the problem, what is our healthiest response and how can we grow? When we examine our childhood and heal the wounds therein, we are rewarded with joyful exuberance, creativity and awe. These are the hallmarks of healthy childhood energy. When we give positive attention, understanding and guidance to the adolescent within us, we receive confidence, courage and healthy assertiveness in return. When we identify and surrender all that hampers our highest beliefs and values from being demonstrated in daily life, the adult in us can live from integrity, positive esteem and benevolence.

The unhealthy parts of us are born of sickness and ignorance. Whether the genesis of the problem lies within us or within others, the resolution lies in compassionate inquiry to understand and transform negative energies into allies that can aid us in our personal growth. The improvement of mental, emotional and physical health evolves from spiritual rootedness. Through prayer and meditation we discover our treasure trove of inner resources. Our highest truth is that we are holy, whole, loving and united with each other in divine purpose. The depth of our daily spiritual communion determines the demonstration of these principles in ourselves and in our lives.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 40 years of clinical and teaching experience. Mary is available for telephone and office consultations, and speaking engagements. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com





FINDING YOUR TRIBE

Recovery is about finding your Recoveryposse. I was all set to run to the store and then the laundromat to get a week's worth of clothes done. That was MY plan.

What actually happened was that I got the Element loaded up, put the key into the ignition, and discovered that I had a dead battery. The battery that we'd replaced just a couple of short months ago. Hmmm.

My response was different. Way different than what it would have likely been, not so long ago. The only thing I can attribute my NOT being upset to, is that I've been consciously practicing the 11th step more.

What I did do was go back inside and get ahold of my friend from Celebrate Recovery. (She's an oldschool 12-stepper, too, but we met at CR.) It's only by the grace of God that I even had a friend to call, considering that my default is to pull away from folks and be a hermit.

Being aware of this tendency allows me to stop and make a decision, whether I want to rely on that (old and yet Ineffective, really) coping/survival skill, or whether I want to Practice These Principles. Funny how God will set up opportunities to practice things we would REALLY rather not practice.

What friends do. So, my friend came over (in spite of the 25-minute drive, one way), we got the jumper cables figured out, and here's the curious thing: my Element started right up! Yay, God! (And to a lesser degree, us!)

So, I was thinking as I wrote this, that having ONE friend that I can count on when I need help (Just ONE? After living in this area for OVER A YEAR?) is pretty sad. And I started to "should" on myself. Don't "should" on me!

Then the God of my semi-understanding reminded me of ME, and who I am. In fact, having a friend like this in ONLY ONE YEAR is pretty friggin' miraculous! I mean, it's not like I'm out in my community every day/week/month.

I've known more than a couple of instances where a person had a genuine, drastic change in their heart and mind, and without like-minded folks in their life on a daily basis, they went back to their old ways. Oh, it wasn't the next day, or even necessarily the same month, but there's a very good reason why the Big Book describes alcoholism (and it def applies to any addiction) as being "cunning, baffling, and powerful".

Even just the realization that we are the ONLY one trying to live differently can be a big stumbling point. Yet so many of us will ignore the internal warning bells, and use that Magical Thinking and/or Denial, which NEVER worked out too well, and "soldier on" to the inevitable crashing and burning.

Or...There is an alternative, but it IS scary. It involves other people, and we know how uncontrollable THEY can be. But, how well did it go when we were the Director? I can say for sure that I was a TERRIBLE Manager, especially when it came to running my life. There are, seriously, a LOT of people who think like you and feel like you, whose lives are changing for the better. Sometimes quickly, sometimes slowly. But changing, they are! All that is required is a small amount of Honesty (with yourself, primarily), some Open-mindedness (maybe they know something that can make your life less sucky), and just enough Willingness to get you in the door.

Where everybody knows your name...Back when I was drinking, there was no mystery as to where I would find "my people". There are bars and liquor stores on practically every corner, where folks will encourage me and cheer me on as I pursued The Elusive Perfect Buzz (yes, that was a Thing, you know it was). If we were willing to be around THAT bunch, it's really not asking much for us to give the sobered-up version a chance.

Easier today...Back when I got clean/sober, there weren't Sober Communities online. Nope. Not a one. The only place to find folks like me was face-to-face, in some kind of meetings, or possibly (but rarely) in a religious organization.

I had found Recovery "Chat Rooms", and that was a Godsend for me, especially since I was limited in how many meetings I could attend.

My point being, if you want to find a new and happier way to live, your best bet is to find a Community that will support you, whether face-to-face or online. Or a combination of the two. Chances are, after a little while, you may find yourself actually having someone (sober) willing to give you a jump on a Saturday night.

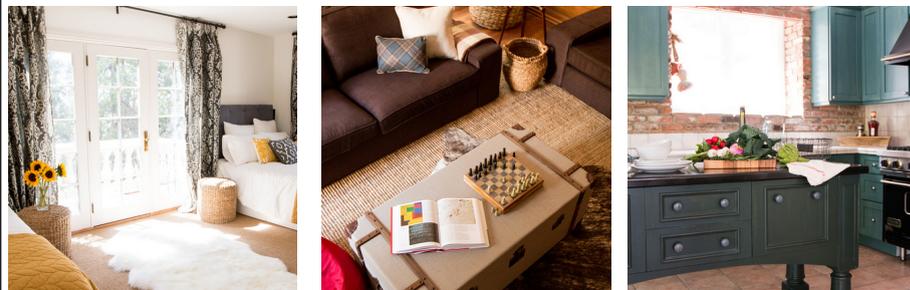
I've never regretted the time I've spent among my recoveryposse.

After so many years living as a reckless and irresponsible party girl, Abbie eventually woke up to begin the difficult work of sobriety. As a woman in longterm recovery from addiction and mental illness, she is delighted to be able to help anyone whose life is touched by alcoholism, addiction, or mental illness; she is not a professional, yet as such, she has ample life experience. She shares her experiences of over 23 years in continuous addiction recovery in her blogs and has her eye on writing a book when she grows up. You can find her www.abbieinwonderland.wordpress.com

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Ask Dr. Nita



by: Nita Vallens

Dear Dr Nita,

I've become kind of complacent in my AA program, feeling somewhat resigned to things just rolling along the way they are, same meetings, same old, same old stuff - I don't feel happy or sad, or glad or mad - I don't feel any motivation either - not in a procrastination or boring way, but just nothingness - I don't know what this is called let alone where to begin to get back to a place where I feel inspired. Help!

Thanks, Mel

Dear Mel,

From your statement of how you've been feeling, I would summarize it as apathy. This is not an unusual occurrence. Let's look at what the online dictionary says: 1} Apathy; absence or suppression of passion, emotion, or excitement. 2} lack of interest in or concern for things that others find moving or exciting. and,3} Stoicism. Freedom from emotion of any kind.

Now that we know what apathy is, let's delve a little deeper. First, indifference, detachment, numbness or apathy is also an attitude. Secondly, this attitude can drain our energy leaving us fatigued, without desire and unable to take action. This unconcerned and uninterested stance may have physical causes, such as depression, drug or alcohol use, or many other issues.

However, for our purposes here, we will focus on psychological and spiritual causes and solutions, as you said that you are clean and sober. In practically all of these conversations, I urge the author and all readers to make sure your self-care regime is as good as you can make it. That means proper diet and exercise, tailored to you, as well as plenty of sleep and periods of rest, and stress management strategies. I recommend also that you get a check up yearly, if not with a medical doctor, a practitioner of some sort.

There may be some recent events that you found upsetting, discouraging, or perhaps you experienced rejection or betrayal? Did you try something and instead of a successful outcome you experienced a failure? Have you had a recent loss or losses - either through death or other circumstances?

Are you feeling hopeless about things going on in the world, or the community around you? Are you stuck in a rut in your career? Or, are you simply bored, worn out, or exhausted? Has boredom got you watching TV or surfing the net mindlessly, because you aren't feeling challenged?

The above-mentioned issues and any other symptoms of apathy could result in loss of happiness or satisfaction with your life, lack of energy to accomplish your goals or dreams, and a giving up or resignation. Additionally, you may be telling your self stories or creating beliefs and myths, to justify the way you are feeling.

Let's explore some solutions now that we have defined several possibilities for you to consider that may be contributing to your recent state of mind.

1. Reach out to 3 people you trust, sponsor and two friends or sober brothers/sisters, this could even be a significant other and share what is going on and ask for encouragement and feedback, as you dig yourself out of the apathy pit.

2. Think of activities you enjoyed in happier times and begin doing them; listening to or playing music, painting or drawing, gardening or reading, and more. If you get stuck on this one, think back to your childhood to the activities you enjoyed then and resurrect them. Coloring books have great therapeutic value. Last year approximately 12 million coloring books for adults were sold. Research has found coloring to be good for focus, stress relief, relaxation, and creativity. In fact, it has become so popular that coloring-book groups are now popping up in libraries, coffee shops, Facebook groups, Instagram and there's even a free app for your cell phone.

3. Set a new goal or begin a project, nothing too complicated, something that would give you some joy. Looking for a hobby, starting a side-business, or going back to school, to name a few.

4. See a therapist, call me if you need resources for your area and don't let it go too long. The above mentioned solutions will help you change your routine.

In closing, I want to remind you that we are hard-wired from birth for bonding and connection, and I believe we are here to support each other. I have faith in you and know you can pull out of this. Warmest regards, Dr. Nita

Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks for more info visit DrNitaVallens.com or for consultation and appointments call 818.783.6258. Her radio show, Inner Vision, is on Tuesdays @ 1:00 PT on KPFK Los Angeles, 90.7 FM or live stream at www.KPFK.org (FREE podcasts on the Audio Archive Link)

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by: Jenni Schaefer

ED'S RULES

Excerpt from the tenth anniversary edition of *Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too*. Published by McGraw—Hill.

I stepped on the elevator with three other people. That made a total of five of us on that elevator. Yes, I did say five. Ed (aka "Eating disorder") was also along for the ride. As soon as the elevator doors shut and we headed up, Ed whispered in my ear. "Congratulations, Jenni. You are the thinnest person on this elevator. You are really special today." The elevator stopped at floor three, and a very petite woman stepped inside.

Ed immediately said, "Jenni, that woman is thinner than you. You are so large. You have really let yourself go." From the ground floor to level three, I felt as if I had gained twenty or thirty pounds. Have you ever gained weight while riding an elevator? If you have, then you must be familiar with one of Ed's favorite rules: "You must always be the thinnest person in any given place at any given time."

Ed has rules for everything. There are the wardrobe rules: "Your 'skinny' jeans must always fit your body loosely," and, "on the days that you binge, you must wear your baggy clothes." Then, there is the dining rule: "You must always eat less than the people you are dining with on any occasion." Your Ed may have slightly different rules for you, but one thing is for sure, he has rules, and he expects you to follow them.

What happens if you do not follow Ed's rules? When I don't obey Ed, he tells me that I am a worthless individual. He says, "If you don't do what I am saying, you will never be successful. People will just look down on you for your whole life. You will never realize your full potential."

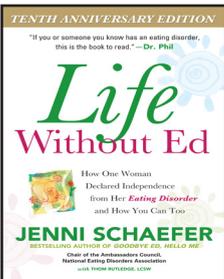
On the other hand, if I listen to Ed and do what he says, he tells me, "You are so special. You are doing what 'normal' people can't do. You are a success. If you keep listening to me, your life will be wonderful. You will always be in control." In reality, you must remember who is really in control—Ed.

When you are trying to begin your separation from Ed, it is important that you first recognize Ed's rules in your life. You must be able to distinguish between standards that Ed holds for you and healthy boundaries that you set for yourself. You must realize that Ed's rules do not make sense. For instance, many of Ed's rules contradict each other. On one day, Ed tells you not to touch that ice cream or dare drink that soda. Then, the very next day, Ed says, "Eat that entire gallon of ice cream, and drink three cans of soda. Eat as much as you can until you feel sick." Ed's rules are designed to harm us.

After you are able to recognize Ed's rules in your life, you must try to disagree with and disobey them. Even if it seems impossible for you to actually disagree with one of Ed's rules, you must still try to disobey him. If you are able to break his rules no matter what, you are taking a huge step toward separating from Ed. Disobeying Ed means you are moving in the right direction. Don't expect it to be easy.

Ed still has his same old rules for me, but I do not have to follow them anymore. Today I act from a position of personal strength and positive self-esteem. I order what I really want to eat in a restaurant. I wear clothes that are comfortable and that I feel good in. And I can even ride up an elevator without going up a dress size.

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 10th Anniversary Edition as well as audiobook. Jenni is a National Recovery Advocate of Eating Recovery Center's Family Institute. For more information, please visit EatingRecovery.com/Jenni and JenniSchaefer.com.



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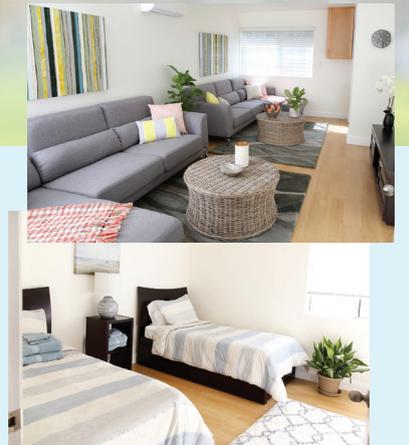
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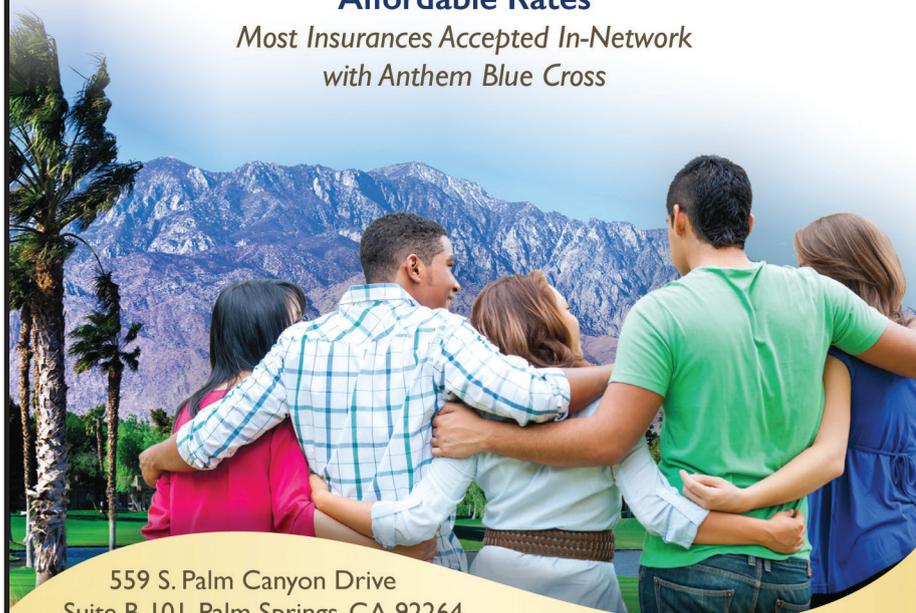
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Freedom from Bondage

by: Michael DeLeon



RECOVERY ON PURPOSE

Recovery.... By accident, or on purpose.

Pushing those suffering from substance use disorder into treatment is controversial. People say that the "addict" has to want the treatment for it to be successful. It's very contentious these days to force someone into treatment. Civil commitment is such a divisive issue. Does someone need to want it for it to work? Can someone seek and find it if they're seeking it for someone else? Does the person have to be ready, willing and able? Good questions. Can we find Recovery by accident? Can it find us? Great questions...I found Recovery on purpose, and I live it with purpose. For me, it's only with that purpose that I am able to maintain it.

Interpretation of this issue is not the same for everyone. Even the word Recovery means something different to different people. These days, for some, Recovery doesn't even seem to require living a drug-free life. I was told by a Florida NA meeting chairperson, that he is in recovery from heroin, and he smokes marijuana to maintain his "sobriety". I was told by a guy from New York that recovery from heroin for him was maintained by obtaining anti-depression and anti-anxiety medication from his new doctor – both of which he abused in his addiction. I'm not judging other people or even measuring their recovery. Recovery for them is their recovery. I don't even know how we define the word anymore. I will just define it for me, and for me, Recovery means more than just abstinence from the drugs and alcohol that destroyed me. It means living Recovery with Purpose.

I don't want my past to become other people's future. I don't want to see the people I am able to reach suffer from the same consequences I endured. I don't want the pain I endured and the chaos I caused, to all be in vain, so I live my life finding the purpose in all of it. Teaching my story to other people is the purposeful path I now choose. I have purpose in my life. I have passion in my life. And my passion has met my purpose. So now, in long-term Recovery from my addiction, the purpose in my life has become my life. A life of purpose.

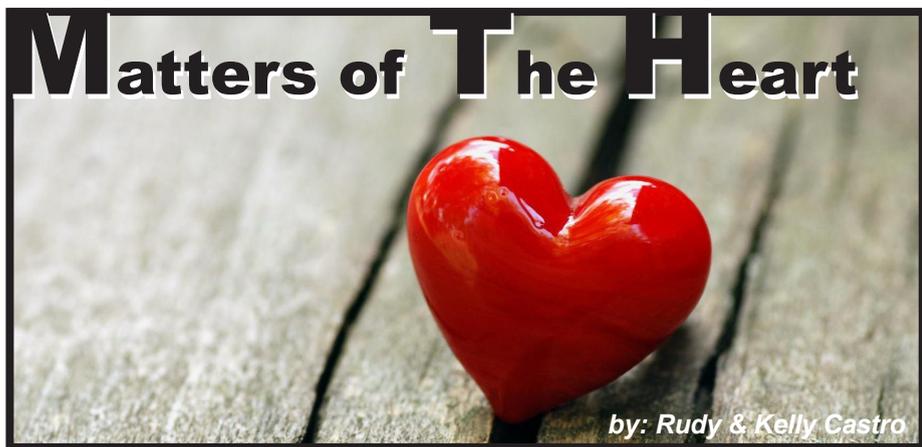
Eleanor Roosevelt once said, "The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for a newer and richer experience." I get that. In fact, I understand it more deeply than I ever have. The experience of addiction cannot be removed from the consciousness of our minds. The heartache and pain from our lives in addiction can't be erased from memories. It's there and will always remain, but we can't affect our present or our future other than to support it as a reference. A reference for ourselves and for others as a life not to be lived. We can grow from it, but more importantly, we can help others learn from it, so as not to repeat it. Recovery can unfold in a magnificent way through living this life of purpose. Every aspect of our lives can be positively affected. It's happened for me. I could have never imagined such a life of purpose, and here I am living it.

Russian Novelist, Fyodor Dostoyevsky came up with the greatest expression for living life, and living a life of purpose. He states, "The mystery of human existence lies not in just staying alive, but in finding something to live for." This has become my Anthem of Recovery. It's good to remain clean and sober, and for me, it's exceptionally good. However, without living this life of Recovery as I do, without teaching my story to others, without looking at Recovery as the specific thing I live for, I wouldn't really be living to the extent to which God desires me to live. Recovery, for me, must be LIVED, and it must be Lived with PURPOSE. It's actually become the purpose in my life and of my life. Sharing it with other people becomes the upside of all the downside of my addiction. I didn't want it in the beginning, but its become something I not only want, but can't live without. Living a life of purpose is extremely rewarding. Living a life of purpose in Recovery is beyond rewarding, it's actually the meaning of living itself.

Purpose drives recovery and recovery enhances life. It allows every day of every year to become that purpose and the life that unfolds is beyond my wildest dreams.

Michael DeLeon of Steered Straight, Inc., is on a mission: A mission to educate the youth to stay in the right direction when it comes to serious life issues, especially drugs. check out the website www.AmericanEpidemicMovie.com or www.KidsAreDying.com to buy the movie. Order the soundtrack to the movie, 30 Tracks, all music on Recovery & Addiction Struggles donated by 26 amazing artists around America including Colin McGuinness and Ricky Byrd. Check out his other websites www.steeredstraight.org • www.heroinolutions.org.





TRICK OR TREAT

We were so blessed by an opportunity to experience joy by means of luxury, and international travel. As we mentioned in last month's article, our family booked a commercial for a travel agency, and we were paid to go on a seven day/night cruise on the world's largest cruise ship.

Walking onto the ship was like stepping into a city. Just imagine a small floating town of about 6,000 people in the middle of the ocean with everything you can imagine. It was beautiful! Truly, an engineer's dream. All of the details were so carefully crafted both in mind, and form. Seventeen stories with floors that resembled the strip of any well-populated city. Restaurants, Coffee shops, Designer stores, photography studios, Bars, a Gym bigger than the YMCA we are members of, a mock NYC Central Park, with beautiful planted trees and flowers in stone casings. The ship was fully equipped with an ice skating rink, theaters, swimming pools, dance clubs, Vegas style shows, mini golf, a carousel, arcades, ice cream shops, and even a casino.

Close to the end of the cruise, stores began laying out tables covered in merchandise with big 50% off signs. There were designer handbags, sunglasses, fine art, and electronics. People flocked around, and stood in line to get in on this "deal of a lifetime." We found ourselves walking through crowds that buzzed with the need for more. It was hypnotizing. Before even stepping onto this massive ship, every guest registered a credit card before boarding just to make the purchasing experience much more convenient. We started wondering to ourselves "Do we need this stuff? We should probably stop and take a look.", touching a few items getting entranced briefly. Then we would have a moment of clarity, shake off the mild trance, refocus, and keep walking.

In a culture that is designed for massive consumption, how do we differentiate between the need for more, and the desire to BE more. Trick or treat! The trick is the illusion that someone, or something 'out there' is going to make us ok. This belief systems, our BS, makes us susceptible to the disease of more. More money, more friends, more stuff, more accomplishments, more attention, more food, more sex, more...EVERYTHING. This relationship is bound to lead to disappointment. There is nothing out there. Welcome to Earth, there is nothing to get, and nowhere to get to... Love and service are the answer.

Every fleeting moment of joy we experienced, by getting something we thought we needed, never gave either one of us something that was sustainable. We were on an unconscious mission to be fixed. That idea of needing to be fixed is one that needs some careful, loving investigation. The truth is this; there is nothing to fix. We are not broken, sick, damaged, and terrible. We have misdirected our attention, and because of that underlying belief that there is something wrong with us we have manifested chaos. In addition to that, the chaos, that we create continues to give us an infinite amount of evidence that we are right about these beliefs. This is the self-fulfilling prophecy which reinforces those underlying beliefs.

So, if there's nothing to fix, why would we do all of this work? Because it's about remembering. Remembering the truth about what we are. We are that two-year old child you see playing freely, fully self-expressed, connected to the moment full of joy and wonder. In order to do this it is necessary to unpack, and dismantle all the belief systems (BS) within our consciousness that are rooted in fear. We are consciousness, energy with focus, and we have the creative power to align/transform/transmute ourselves into whatever creation we feel impassioned to become. Think of Steve Jobs and Apple. Elon Musk and SpaceX. Gandhi and a free nation. When we are unconscious we have no choice! This is where the concept of powerlessness comes in. Had we been capable of doing things differently, we would have. We deserve forgiveness, and compassion for our darkest hours. We too were suffering.

Once we have had an awakening we are given the gift of choice. This is when we become responsible to care for ourselves, and nurture our transformation. The "trick" of GETTING more begins to lose its grip, and is gradually replaced with the authentic nature of that desire which is the "treat" of BEING more.

By design we are created for expansion. All you have to do is look to the cosmos as your greatest example. We are the full expansion of the universe in the drop of a human BEING. When we go inside, and heal those places in us that have been wounded, we have that opportunity to remember what we are. We get to let go of our addiction to hiding, and step into shining!

Con't Page 18

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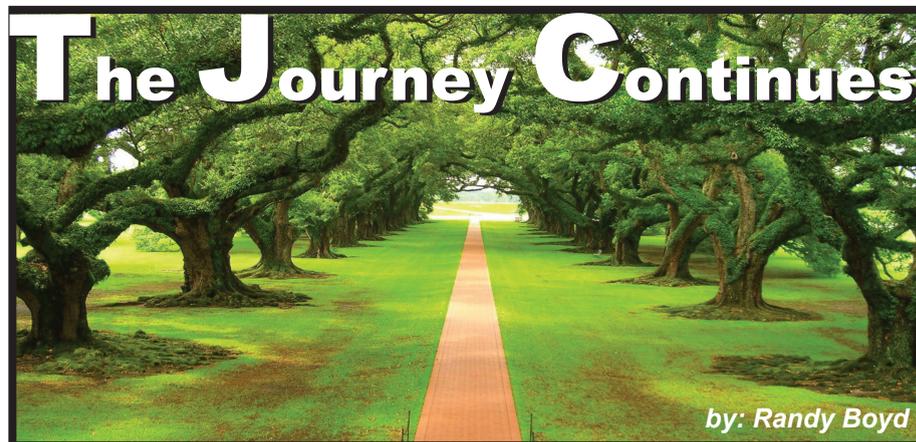
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by: Randy Boyd

FOLLOWING YOUR BLISS

One definition of bliss is to reach a state of perfect happiness, typically so as to be oblivious of everything else. Another explanation of bliss is that bliss is the pathway to happiness. Happiness is a state of mind and following your bliss is how you get there.

Renowned scholar Joseph Campbell, who studied the mythologies of people across cultures, races, creeds, geographical borders, ages, and genders, found that the underlying message of all of them was to "follow your bliss."

Growing up in an abusive home, I lived in a state of constant fear, uncertain of what the night would bring. Would my stepfather come home and start fighting with my mother? Was he going to unleash his violent outburst on me? Was he going to walk into my room in the middle of the night and molest me? I never felt safe, so I had to find my own safe place, and over time, I found several such places.

One of those places was in the hills behind my house. I would take my dog Taffy and walk up in the hills of the Southern California coastal community of Dana Point. I would walk to a place that overlooked the coastline from San Diego to Long Beach, including Catalina Island. I would sit on the side of the hill with Taffy next to me, the foxtails doing their magical mystical dance as the ocean breeze blew across the top of them. I would sit in the middle of them with the wind blowing through my hair, and the warm sun basking on my face. I had found my safe place where no one knew where I was, and no one could hurt me. I would sit there not wanting to go home, but knowing I had to. For thirty minutes or an hour, I had found my bliss—my happy place.



As I grew older and the abuse became more frequent and worse, I turned to drugs and alcohol, hoping they would bring me happiness and bliss. However, the drugs and alcohol only created more fear and turmoil in my life, exactly the opposite of what I was searching for.

Today, as a recovering man, I have discovered that bliss builds on itself and it starts off as peace. If I am very still and quiet and let it be, it grows bigger and bigger until it expands to include happiness, joy, ecstasy, and tranquility. But I can't go looking for the loudest point; I've got to start with the quiet peace.

That's how I find my bliss. First, I have to decide to make it happen. Then, I go looking for it. I have a general idea of things that can get it started.

For example, relaxing on a beach in the warm sunshine with the mesmerizing sound of the surf and the wind. Lying on my back in an alpine meadow, watching puffy white clouds dance across the powder blue sky. Smelling the scent of pine trees and fresh high country flowers, drifting through the air. Feeling the wind on my face when I'm coasting down a street at a well earned thirty miles per hour on my bike. Hearing the sound of a mountain stream as it makes its way down to a lake or the ocean.

When I've got just the smallest inkling of that deep inner peaceful zingy feeling, I start to feed it. Most of the time, I lose it. Following my bliss requires positive thoughts that increase my happiness and well-being; and most of the time, any little thing throws me out, and I have to start again.

Rude drivers, a bad memory from childhood, politicians, and any strong negative thought can kill my incipient bliss. But sometimes I can build it up until I've got a rocking fire inside me; pure joy that I made for myself, out of myself, just for myself is better than any other feeling on Earth.

Randy Boyd is a licensed California Alcohol and Drug Counselor, Certified Life Coach, the founder of the Courageous Healers Foundation, and an associate of "It Happens to Boys." He speaks at conferences, schools, and treatment facilities, about the effects of abuse on men, and how men can heal from those effects. Read more on Finding Your Bliss in his New groundbreaking book addressing the sexual abuse of boys entitled "Healing the Man Within," a book for male survivors and their families, written by a male survivor. Available at Amazon.com, www.courageoushealers.org. Contact Randy at (760) 702-5498, email: courageoushealers@gmail.com



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ALL BETS ARE OFF

I had a gambling addiction that started at age 7, and by age 14 I was already addicted, and stealing to support that addiction. My addiction lasted until I was 30 years old, and I went to my first 12-step meeting for gambling addiction. My last bet was 4/10/68 opening day of the 1968 baseball season.

Compulsive gambling is a progressive disease, much like an addiction to alcohol or drugs. In many cases, the gambling addiction is hidden until the gambler becomes unable to function without gambling, and he or she begins to exclude all other activities from their lives. Inability to stop gambling often results in financial devastation, broken homes, employment problems, criminal acts and suicide attempts.

The gambler is eventually able to remove them selves from reality, to the point of being totally obsessed with gambling. Eventually, they will do anything to get the money with which to stay in "action". They will spend all their time and energy developing schemes, in order to get the money to continue gambling. Lying becomes a way of life for the gambler.

They will try to convince others and themselves that their lies are actually truths, and they will believe there own lies.

As with other addictions, it is not unusual for compulsive gamblers to have cross-addictions. They may have switched addictions early on, or they may have been cross-addicted throughout their history. It is also important to note that they may pick up new addictions, while trying to recover from their gambling problem.

After they hit a real bottom they will have to do something, if they want to try to recover. Most gamblers at that point will want to stop, but can't (they wont be able to).

Most, even at that point will keep gambling, some will end up in jail, some will attempt suicide, some will die from their addiction, as they will not take care of their health or the stress will kill them. And a small group of addicted gamblers will seek and find real help.

Many people go for treatment for drugs or drinking and have a gambling problem also, but it's never addressed in treatment. As in most cases gambling is not asked about in treatment, or they don't have someone on staff that understands gambling addiction. So the client goes home and keeps gambling, and then soon they are back with a relapse of their other addictions. And soon will be looking for treatment again, hopefully the client will at that point want to address the gambling, and maybe they might end up in a treatment center that knows something about gambling addiction.

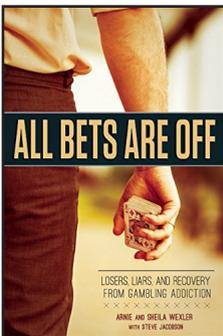
The real trick is to get in to real recovery. Not just abstinence. By the time the gambler comes for help, they have broken brains (Meaning their brains don't work like they used to when they were not in their addiction).

To get real recovery the gambler needs to work on themselves, one day at a time. And find someone to do there thinking for them, who has been in recovery some time, and who's brain is working right (a sponsor). After some time in recovery the recovering gambler's brain will start to work again. They will be able to get and keep their jobs, become better parents and spouses, and learn to live an overall more productive life.

Recovery is a process and does not happen without a lot of work on oneself, and making a moral and financial inventory. But people can recover and do.

We need to not let our addiction define us, but have our recovery define us.

Arnie and Sheila Wexler have provided extensive training on Compulsive, Problem and Underage Gambling, to more than 40,000 gaming employees (personnel and executives) and have written Responsible Gaming Programs for major gaming companies. In addition, they have worked with Gaming Boards and Regulators, presented educational workshops nationally and internationally and have provided expert witness testimony. Sheila Wexler is the Executive Director of the Compulsive Gambling Foundation. They also run a national help line (888 LAST BET) www.aswexler.com - email: aswexler@aol.com. Check out their new book *All Bets Are Off: Losers, Liars, and Recovery from Gambling Addiction* by Arnie and Sheila Wexler and Steve Jacobson, available on Amazon.com





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How to Clear Away the Wreckage of the Past & Move into a Healthier Way of Life.

WRITTEN BY:
BEN C. WILSON

Clearing Away The Wreckage

Most addicts and alcoholics have a window of time when their Drug of Choice (DOC) worked awesome: there were no consequences, we controlled it perfectly, stayed right where the best buzz was (the sweet spot), feeling exactly like we wanted to feel, and we could turn it on and off whenever we wanted to. We were the master. We called the shots. When we were using our DOC, it was fun at first. Then, right under our noses, (for me literally), unaware of the tolerance & progression, our disease grew in strength... it became a daily routine, a destructive habit, and then it became something far worse...our coping mechanism for everything. We were self-medicating in a perpetual cycle. But what was the reason? Why were we compelled to continuously escape reality? What were we running from? What was always the constant in every situation?

In family, friends, work, significant others, legal issues, school, and life in general, the constant was me.

What is a constant? The invariable: the one thing in any given situation that does not change. I can look back now at my time in active addiction and see that I was running from myself. One of the basic job requirements of active addiction is dishonesty. I had to lie to drink and use the way I wanted to, or face consequences, so I lied. I also betrayed my friends and family, stole money from them and my employers, and did some horrific things I swore I would never do. This caused the cycle of guilt & shame to repeat in my mind on an endless loop, and the only thing that shut it off temporarily was getting really wasted. I was sick of myself, I did not like myself & I wanted to escape from my own life. So I medicated... I used drugs and alcohol and preferred oblivion to reality.

For anyone who suffers from low self-esteem as an addict or alcoholic, is ready to give up their DOC,

and really try to get sober, one of the most intimidating questions is this:

"How can I live with myself sober? How can I be comfortable ever again in my own skin?"

The answer lies in Emotional Sobriety.

When you get clean and sober, reality smacks you in the face, and there is no more escape from life or medicating your feelings away. We have to face everything head-on...and confront reality without the fog of drugs or booze. We have to relearn how to handle emotions. When we realize that without the pacifying effect of our DOC we are emotional basket cases, and the roller coaster seems like it's never going to stop. Sobriety can seem impossible and relapse starts to look really good. Unless we learn how to work through this seemingly insurmountable uncomfortable emotional barrier, we have a good chance of self-destructing like we have done so many times before. That's why we need therapists, case managers, doctors, sponsors, a supportive sober community, and a program of action to follow.

There are 3 ideas we need to understand:

1} We are powerless over our DOC, our addiction, and because of that our lives are unmanageable.

2} Although we are not responsible for our disease, we are responsible for our recovery.

3} We can no longer blame people, places & things for our addiction. We must stop seeing things from a victim perspective, and adopt a solution based perspective. Believing there is a solution, even when the answer is elusive, is a character asset of many people with successful, long term recovery.

Our inability to control alcohol and drugs is just one aspect of the disease of addiction. We are powerless not only over chemicals, but also our feelings, mental states, thoughts and behaviors. Most of us used our DOC to manage all of those. When we first

get sober, the lie we believe is that we need our DOC to cope with and manage feelings, thoughts and behaviors. One of the problems is that we found it easier to change our perception of reality, than to learn how to accept and deal with reality. We must give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not. With the guidance and coaching of others who help us, we learn we can live clean and sober, and some are surprised that we have an inner reserve of strength we never knew was there.

Three Aspects of Addiction:

Addiction is a physical, mental & spiritual disease that affects every area of our lives.

1} The Physical aspect of our disease is the compulsive use of alcohol and drugs, our attachment to them on a material plane. Tolerance plays a part, as well as the chemical dependency some of us develop. Some alcoholics will need a drink just to get rid of the shakes. Heroin and opiate addicts will need to use so they won't go into withdrawal. For many people who relapse, the euphoric recall of how our body felt when we used is what we crave. A good way to recondition our bodies from the damage we've done to them, is to engage in physical exercise, like yoga, martial arts, lifting weights, running, cycling, walking and hiking. (Psst...there are free drugs inside our brain, released when we exercise, they're called endorphins, and they're awesome!)

2} The Mental aspect of our disease is the obsession, or overpowering desire to use, even when we are destroying our lives. Triggers and cravings are perfect examples of the mental obsession. It might seem daunting at first, but some of the best techniques to recover our mental strength have been around for thousands of years, and they work. There are many schools of meditation and mindfulness, the



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oldest being Zen and Yoga, the newest are ones like Transcendental Meditation, and DBT, which teaches mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

3. The Spiritual part of our disease is a little harder to understand, but a good explanation to start is our total self-centeredness. We are focused on getting our drug of choice (DOC) over everything else. When I first got sober, this was the hardest one to understand, and then try to incorporate into a personal part of my program. Then I remembered I am a kinetic learner. I learn best by doing. So I started doing and acting like I thought a spiritual person would. And it worked. Today, my spiritual program is all ACTION.

What does this mean? How would you define a person who had spiritual characteristics? The stronger the character defects (self) the lesser the character assets (spiritual) and vice-versa.

DEFECTS

DISHONESTY
PRIDE
SELFISHNESS
INTOLERANCE
HATEFUL
GREEDY
UNGRATEFUL
APATHETIC

ASSETS

HONESTY
HUMILITY
SERVICE TO OTHERS
TOLERANCE
LOVING
GENEROUS
GRATITUDE
CARING

Remember...Practice not Perfection! We are not going to be perfect. If we were perfect, we would not be human. The important thing is that we do our best. We use the tools and the skills available to us, and we

develop the ability to overcome the wreckage of our past. We get an opportunity to remake ourselves in recovery. By focusing on the three aspects of addiction, and developing them into assets and strengths in our recovery, we grow and maintain some seriously strong self-esteem. We do not want to lose any of what we have gained; we want to continue in the program. We can't change people, places or things out of our control. We can only change the way we react and the way we see ourselves. It is crucial for us to accept that change is gradual and recovery is an ongoing process.

Gratitude & Humility...

Why should we be grateful?

Countless times in our past we turned our will and our lives over to a destructive power. We were controlled by our DOC. We were trapped by the conditioned physical, mental and spiritual state of addiction. During that time, our total being— body, mind & spirit—was dominated by the disease. But despite the power of addiction, we lived through events that should have killed us. Things that terrify normal people, we laugh at. We are living miracles. We can have amazing lives with positive effects on everyone and everything around us. It's all our choice.

Now that we are clean, we have a choice!

- We are lucky we are alive
- We have not burned EVERY bridge
- We have a second chance!
- We have people that believe in us
- We are making the choices now, not our disease
- We have the potential for continuous growth in all aspects of our life
- We have been given a proven plan for living that can

keep us clean & sober; but also make us better people, who contribute to the lives of those around us, not drain them dry.

- We no longer act like the center of the universe, and we don't run the show
- We become teachable
- Recovery gives us a chance to be more open, aware and giving
- People are drawn to us because we are soothing and stable, not crazy & chaotic.

Emotional sobriety will happen for us only as long as we are willing to do the work that the program asks of us. So many of us run around like emotionally handicapped king babies, not even realizing consciously what we are doing to ourselves or others.

To empower ourselves we need to own our emotions & behavior.

We are solely responsible for our attitudes and reactions. It is up to us to get better or get worse.

Ben C. Wilson is a Recovery Advocate, writer, lecturer and educator. He has been in recovery from drugs and alcohol since 5.21.07. He currently works at Talbott Recovery in Atlanta, GA, mostly with the Adult and Young Adult Male patient population, and as the Alumni services liaison. He writes recovery awareness and education articles for both the Talbott Recovery Newsletter, and the Talbott Alumni Newsletter. Ben is also involved with supporting the students and staff of the Center for Young Adult Addiction and Recovery at Kennesaw State University. He can be reached at (678) 251-3114 or email ben.wilson@uhs.inc.com. www.soberwarrior.wordpress.com



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Book Reviews

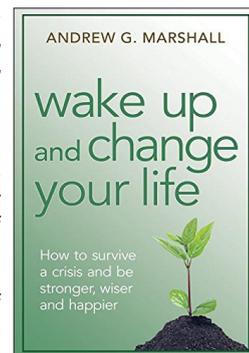
WAKE UP and CHANGE YOUR LIFE: How to survive a crisis and be stronger, wiser and happier: Written by Andrew G Marshall. Published by Marshall Method Publishing. This is a book that we can all benefit from; I am sure we all need to change at least one thing in our life, and if we are honest most likely a few things. At the beginning of the book, Andrew G. Marshall gives us a test to take. This lets us evaluate ourselves. So often others, our partners, our family, our employers and even our friends, tell us we need to change. If we take this test honestly you can see where you may need change, and how much.

Now if you decide you need to change in some area/s of your life, and are ready to make these changes, we need to know how to do that. This book clearly gives you good ideas on how to that.

This is more of a self-help workbook, that (if followed honestly) can and will help you without, going to a counselor for hours/weeks or even years.

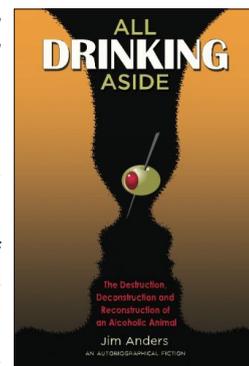
Mr. Marshall clears up many of the myths that make us afraid to try to change, or make us believe we can't. He teaches how to look at our problem for what it really is. To set boundaries so we don't overdo. We are not 100% wrong and we can become a person that we like, a person we trust, and we will not always be worried about what other people are thinking or saying about us.

At the end he gives us a list of his Nine Maxims (practical principles) that we should keep near, where we can refer to them daily until we don't need them any longer. Available at www.Amazon.com

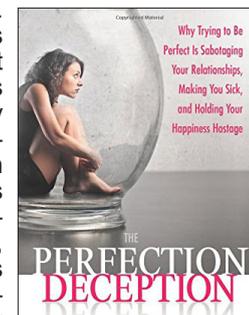


ALL DRINKING ASIDE: THE DESTRUCTION, DECONSTRUCTION, AND RECONSTRUCTION OF AN ALCOHOLIC ANIMAL. An Autobiographical. Written by Jim Anders. Printed by Create Space.

Loved it! Thank you Jim Anders for being so candid with your own personal battle with alcoholism and drug addiction. This book is so cleverly written that it kept me completely captivated, and I finished it within days. I love how he starts each chapter with a morning meditation. Ex. Pg.82 "The door to the prison of addiction opened and I was afraid to leave. Fear of leaving was fear of living, because I had not lived beyond that door for decades." Wow.. I can totally relate. Then he ends each chapter with an evening meditation and question of the day. "How is that tomorrow never comes, but the next drink always did." In between he writes about his descent into alcoholism, and his rise into recovery. Intense! Brilliantly written Jim Anders. A must read! Available at www.Amazon.com



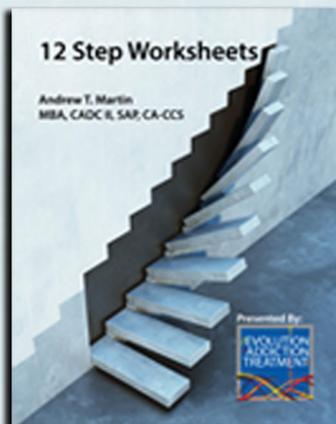
THE PERFECTION DECEPTION: WHY STRIVING TO BE PERFECT IS SABOTAGING YOUR RELATIONSHIPS, MAKING YOU SICK, AND HOLDING YOUR HAPPINESS HOSTAGE, Written by Jane Bluestein, PhD. Published by Health Communications, Inc. When reading this book my perception of my own perfectionism was given a shot of truth serum, I never clearly understood the impact that it has had on all aspects of my life. Having an outlook of impeccability when trying to accomplish what is set before us can be positively beneficial, but not being content with anything less than being letter-perfect, causes us to find fault in people, places and things because they're not flawless. This negatively hinders us from becoming mature and truly whole and complete, psychologically, emotionally and spiritually. Jane Bluestein's comprehensive exploration of how perfectionism causes destructive results in peoples relationships, awareness of their bodies and how they reason. This book is a must read for those who have an inner voice, which tells them they're not successful, even when they have exerted themselves and accomplished all that was sought for. The desire to always say yes to others request, and neglecting one's own goals and visions, is a destructive part of our character. Dr. Jane Bluestein gives the reader a workable approach to start acquiring genuine completeness, resulting in assurance and self-realization. I personally want to thank Dr. Bluestein for giving me the enlightenment needed for my overall growth, in every part of my life. Available at www.Amazon.com



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HOW MUCH IS TOO MUCH?

Based on forty years in the substance abuse field, here is my best answer to the question of how much is too much, when it comes to using alcohol and drugs? Assuming that people asking this question are looking to optimize their potentials, to grow emotionally and spiritually and to enjoy excellent mental health, my answer, therefore, is an optimum one.

The simple answer is that even one could be too much. For people with low-self-esteem and lots of fear, alcohol and drugs are an attractive alternative because of their abilities to, in various ways, ease people through social and other situations. Because the only real way to grow emotionally is to have experiences of walking and working through their fears. The only thing learned, when using these substances, is that the best cure for social ill-ease, is using more of them.

The majority of the people who use drugs and alcohol, are unlikely to become addicted to a point where they will need professional assistance. I am sure, though, that their emotional and social growth will be stunted in proportion to the degree of use. Much of what I do with recovering users is to assist them to grow up emotionally, and build self-esteem. The rule of thumb is that when they started to depend on drugs and alcohol, their emotional growth stopped. A person, 35, who started using at 17, is likely dealing with the world with the emotions of a seventeen year old. Disastrous if that person is the father of three or a corporate CEO!

Everyone has the potential to be an addict or an alcoholic. Proclivity has a lot more to do with environmental factors than genetic ones. By environmental, I mean such things as how a person is taught as a child to cope with life; if friends and associates encourage and approve of use and abuse of mind altering substances; the frequency of opportunity for use; and, most important, how they feel about themselves (their self-esteem).

Although there are those who report they used addictively after their first experience, most report that it was extremely pleasurable and that the usage gradually increased until they crossed a line, where stopping became a difficult or impossible task. It is impossible to predict where that line is. What is insidious is that the process happens so gradually that only in retrospect, after stopping, is it even apparent that such a line even existed. This is why I believe that using drugs and alcohol at any level, even "recreationally" can be the equivalent of recreationally juggling dynamite.

I need to point out that the infrequent users of marijuana are probably at the greatest risk, because it is unlikely that they will just take one toke. They will usually smoke until they are stoned. In drinking terms, this would be like occasional drinkers drinking until they were drunk.

The euphoria of being stoned is a powerful experience for the inner mind. What makes marijuana even more potentially addictive is that, since there is little chance of there being any negative physical side effects, gradually increased usage can be easily rationalized under the guise of fun or, at least, the absence of any obvious negatives.

Marijuana is the only substance where people who are addicted to it have no realization of just how much it controls their lives, until they stop using for a while and look backward. Marijuana addicts seem, to themselves, to be operating super-functionally, when in fact the opposite is true.

As I stated in the beginning of the article, I am writing from the point of view of how to get the most out of one's life experience. My bottom line advice for the person who insists on using alcohol and/or drugs recreationally, is to be ruthlessly honest by doing the following self-test at least once, preferably twice, a year: For a period of a month, abstain from all mind-altering substances; drugs, alcohol, poppers, all of them, while you carry on your life as usual. Go to your business lunches, your first dates, your cocktail parties, do all the sex-type things you normally do, and make that after dinner speech. The only thing that will be different is that you will be doing everything without alcohol and/or drugs.

If your use of drugs and/or alcohol was strictly a recreational want and not a need or dependence, then you will have found no difference in your stress or tension level when you did all those activities drug and alcohol free. To the degree that you experienced increased stress and tension, will indicate how much you have been relying on those substances to get you through. The more stress and tension noticed, the more you were relying on them and the greater the risk of becoming dependent on them. This gives you a way to decide for yourself what level of usage is right for you. I am not saying "don't use", just keep your eyes open to what is going on and then make your decisions.

If you could not stay alcohol and drug free for the entire length of the test period, you either are, or are about to be in serious trouble. For the purposes of this test, there is no valid reason to start using your mind-altering goodies again, before the entire period you committed to before the test started, is over. If you will not even consider taking the abstinence test, you might already be in deep water.

If you think you are headed for or are in addictive trouble, it might be a wise to get involved with a 12 Step program like AA, CMA or OA, prematurely.

Jason Wittman received both his B.S. degree in business management and his Master of Professional Studies in Counseling Psychology from Cornell University in Ithaca, New York. He is a Certified, Level IV, Addictions Counselor (CAADE #155970-IV) a Licensed Advanced Alcohol & Drug Counselor (LR01700815) and an Internationally Certified Clinical Supervisor. He is also a Certified Hypnotherapist and a Certified Practitioner of Neuro Linguistic Programming. Jason has had a private practice as a Counselor and Coach since the middle 1980s. Currently, his practice, <http://Stage2Recovery.com> focuses on coaching and advising business and professional clients, who are recovering from alcoholism and addictions to work and live at their exquisite best. He also consults with Sober Living and Drug and Alcohol Treatment facilities, writing the license proposal, designing the elements of a successful program, guiding the start-up process including hiring of staff and advising on general business start-up concerns and on-going operations.

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Events

OCTOBER 1, 2016: Saturday: NEW meeting INTERVIEW WITH AN ALCOHOLIC starting on Saturday Nights in Sherman Oaks started July 9, 2016. Meeting starts at 7PM to 8:15PM. Bringing new energy to your Saturday Night! Try an AA meeting with a different meeting format: Leader interviews speaker, spontaneous, fun, and focused on RECOVERY. Sherman Oak East Valley A=Adult Center: 5056 Van Nuys Blvd, Los Angeles, CA.

OCTOBER 8, 2016 Saturday: 2nd Annual Endless Summer. Desert Cities Young People in AA and District 9. Wet 'n' Wild Palms Springs. Come Join Us at Wet 'n Wild' for an awesome day in the sun 11am-5pm. 1500 South Gene Autry Trail, Palm Springs, CA. 92264 Purchase tickets on line- www.DCYPAA.com For info. Nicki (760) 668-5216 or Ruby (760) 851-8646.

OCTOBER 13-16, 2016 Thurs-Sun. SOCALYPAA Conference. Ontario Convention Center and Radisson Hotel. Pre- registration is \$20 at door. <http://host.socslypaa.org/> For info call Kristina K (626) 252-2146. Ontario CA

OCTOBER 15, 2016: Saturday, Fantastic Comedy show at The Spirit of Studio 12. 6006 Laurel Canyon Blvd. North East Corner of Laurel Canyon and Oxnard. North Hollywood. 8PM – 10PM, \$5 – almost free! For more info call: David Z (818) 566 1442. Will W – (818) 915 0534. www.sos12.org

OCTOBER 15, 2016: Saturday, Founder's Day. All Day Meetings, Pot luck & BBQ, AA Trivia Tournament, 50/50 Raffle, Fellowship and Fun. 7:00 am to 10 pm. Unit A 10641 Burbank Blvd. North Hollywood CA (818) 505-1905

OCTOBER 15, 2016: Saturday, Take your sponsor to breakfast. 8am to 10am Breakfast, Speaker meeting 10:30am Tickets \$15 for 1 \$25 for two. For the benefit of San Fernando Valley Central Office. Disabled American Veterans Hall, 6543 Corbin Ave., Woodland Hills, CA. 91367.

OCTOBER 15, 2016: 3RD Saturday of each Month. Sober Dance at the World Famous Windsor Club. The Party gets jumping after the 8pm AA Meeting. 9:45pm. \$7 suggested donation. 123 West Windsor Road, Glendale CA 91204.

SUNDAY OCTOBER 16, 2016 CEA-HOW birthday party and abstinent luncheon. It will be from 12:00 noon to 3:pm at Maggiano's Little Italy at 6100 Topanga Canyon Blvd. in Woodland Hills, CA

OCTOBER 22, 2016: Saturday Windsor Club Fall Bingo Blitz. AA Meetings at 6pm and at 8pm. 123 West Windsor Road, Glendale CA 91204. (818) 242-1350, Dinner 6pm Game 7pm.

OCTOBER 22, 2016 Saturday: Cri Help's Halloween Fundraiser. Tickets are \$10 Can be purchased in advance or at door. 11027 Burbank Blvd, North Hollywood, California 91601. Dj Albert on the Decks, Awesome Raffles. 7pm-12am. Contact Cara Sandweiss (818) 985-8323

OCTOBER 22, 2016 Saturday: San Fernando Valley AA Unity Day. 9am-4pm at St. Innocent Church 5657 Lindley Ave. Tarzana CA 91356. "We Are Responsible" Panels and Roundtables on Sponsorship and Benefits of Service. Event is free and lunch is included. All are welcome to attend. Questions contact Dave L. 818-572-5086.

OCTOBER 23, 2016 Sunday: OC Sober Poker Run. 8am-5pm Garden Grove Alono Club. 9845 Belfast Dr. Garden Grove, CA.

OCTOBER 28, 2016 Friday: OC Sober Fright Night Bonfire & Costume Party. San Clemente Pier 615 Avenida Victoria, San Clemente, CA 92672 6pm-10pm Meeting at 7, Smores, Hot Dogs, Cider, & Donuts. Free event Hosted by The OC Intergroup Assoc.

OCTOBER 29, 2016 Saturday: Halloween Party Rogue-N-Garden Grove Alono Club Hall. 8pm-12am. Garden Grove Alono Club 9845 Belfast Dr. Garden Grove, CA 92844 For Info. Call Denise (714) 534-2244

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



HELLO, HOW CAN I HELP YOU?

"My son called home and said that he doesn't have any food or toilet paper!" At the time of the call this woman's son had been in a residential recovery program for approximately three weeks; do you think she is an enabler? This man was over forty years old and drinking himself to death for decades. Substance abusers and alcoholics know exactly which buttons to push to get their enablers to react. Enablers are codependent with the substance abuser; they make terrible decisions thinking that they're helping their loved one. Give the facility and the professionals a little credit; a residential facility that has been saving lives for more than two decades must be doing something right, not starving their clients.

"My son called me and said that he's dehydrated, that you're not giving him anything to drink!" This man's nineteen-year-old son was an IV-heroin abuser in a residential program for two, days when the call from his father came in. The father was assured that there was plenty of non-alcoholic beverages available to his son daily. The next day the father picked the son up because of the calls and complaints from his son at this facility. The son got in a fight with the father on the way home and exited the father's vehicle at a rest stop. The son's girlfriend picked him up an hour later; he never made it to her house. He overdosed and died in her car that day! The price of enabling.

One of the biggest problems that interrupts treatment plans is enabling by the families. Parents love their children and want to believe them, but how can they believe their substance abuser over the treatment professionals? Most treatment professionals even instruct families on what their loved ones might say or do at certain points of their recovery, yet some of the parents still enable their kids! It's really quite amazing! They are literally helping to kill their own kids.

If you have a substance abuser in the family, and you can't figure out who the enabler in the family is, it's probably you. The recovery process works when treatment plans and action planning are not interrupted, or derailed by enablers or codependency. When someone is ready to recover from addiction the process will work; families can make a huge impact by not enabling and learning all that they can about addiction and recovery. Support recovery, but do not enable, it kills!

They mean well; however, the enabler facilitates a substance abuser's problem by taking away all of the natural consequences of the abuser's behaviors. Because the enabler takes away consequences, they also diminish any incentives for change in the abuser. It can become a vicious cycle of abuse and enabling where the ends are jails, institutions, or death.

The ways substance abusers change is when they have an event or occurrence, where they become uncomfortable in their own skin, this is called "hitting a bottom." An intervention, where the family intervenes and confronts the abuser, or they contract with a professional interventionist, is another way substance abusers find change. Substance abusers also can change by going to prison and drying out, and becoming willing to change. Some other ways substance abusers can change are when their life's structure has a significant shift, a new baby, new career, where they stop (This is rare), some go to meetings on their own, others just become "sick and tired of being sick and tired." Are you an enabler? Ask yourself a few simple questions:

- Are you codependent with the substance abuser?*
- Do you ever make excuses or cover up for the substance abuser?*
- Do you ever give them money to buy their drug of choice?*
- Do you ever drive them to pick up their drug of choice?*
- Have you ever taken your loved one out of treatment early?*
- Do you want to feel needed and loved all the time by your substance abuser?*
- Do you believe the problem will just go away on its own?*
- Have you ever paid your loved one's bills, groceries, etc.?*
- Do you handle responsibilities that your loved one should be taking care of?*
- Do you ever act out on "risky behaviors" with your loved one?*
- Do you ever try to talk your loved one out of getting help for their problem?*

If you answered yes to any of these questions, the chances are that you are an enabler and codependent with the substance abuser. It doesn't mean that you are intentionally trying to sabotage you loved one's recovery from addiction; you may not even be in touch with enabling or codependent behaviors. You can change these behaviors and become a part of the solution.

It takes commitment. Set clear and firm boundaries. Be assertive in a loving spirit. Clarify all expectations. No means no. Learn to take care of yourself. Don't allow yourself to be manipulated. There is professional support.

There are professional family addiction recovery coaches who work with the family of substance abusers, to help them to understand how to deal with a loved one who suffers from addiction. There are also support groups for the family such as Al-Anon and Families Anonymous or "FA."

Con't Page 18



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Sam S. Usher
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These groups are twelve-step groups for the families of those suffering from addiction. They teach the families coping skills. You can help your loved one without enabling. There are plenty of ways to support family members in recovery without becoming co-dependent or enabling. The basic rule of thumb is don't enable addiction; however, do support recovery. Be very careful that you don't get manipulated. Verify all statements made by substance abusers in early recovery to make sure that they're not manipulations. Trust needs to be earned back over time.

"My son has been clean and sober for five years! He just graduated law school and is getting ready to take his bar exams to become an attorney. How can I ever thank you?" A call from a mother who never enabled or got in the way of the professionals helping her son. An excellent and rewarding call for everyone involved! Every life can't be saved, but we sure can try! "Hello, how can I help you...?"

Rev., Dr. Kevin T. Coughlin Ph.D. is a Best-Selling Author, CIP Interventionist, International Master Addictions Coach, Pastoral Counselor and Christian Therapist, and Domestic Violence Christian Advocate. He just released three new paperbacks, *Addictions: What All Parents Need to Know to Survive the Drug Epidemic*, *If You Want What We Have: A Journey Through the Twelve Steps of Recovery*, and *In The Sunlight of the Spirit: A Guide to Spirituality* all are available on Amazon.com. His site is www.revkevsvrecoveryworld.com.



We get that, at our core, we are love, abundance, and oneness. When we surrender more and more to this truth the external stuff sorts itself out and we no longer have to work tirelessly at making it all happen. We create our intentions, do the inside work, and let Higher Power sort out the details.

Happy Halloween! May we continue to love on those places within us that feel like ghouls, goblins, and monsters. May we not shame ourselves for any of those skeletons we have kept in our closets. May we come to understand that we are the darkness AND the light. Rather than say "be safe," as we tend to do on Halloween, we say to you: Walk in love, and know that you are safe.

Love only, Rudy and Kelly

Castro Conscious Partnership Coaching: Rudy is a therapist, and Kelly is a Certified Relationship Coach. They facilitate groups at exceptional treatment centers such as, The Villa Treatment Center, PAX House, and Inneractions.



Together they have created partnership, family, and a business designed for service. Whether you are an individual looking to create partnership in your life, or a couple looking to develop deeper levels of intimacy, they are here to help guide you. conscious-partnershipcoaching@gmail.com



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

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

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

KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

Ad Sizes

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

Full Page	10" width x 13" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
1/3 Page - Vertical	4.85" width x 9" height
1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/4 Page - Horiz.	10" width x 2.9" height
1/6 Page - Vertical	3.25 width x 5.95 height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
Front Cover Banner	10" width x 1.5 height

Materials & Deadlines

Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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 26 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
- Bail Bonds
- 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
- Recovery Conventions & Conferences, 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.

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. LA 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.
CEA-HOW: Compulsive Eaters Anonymous- Honesty, Open Mindedness, Willingness Recovery for Compulsive Over Eaters. 5632 Van Nuys Blvd. # 401, Van Nuys, CA. 91401
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.
Eating Recovery Center: (877) 957-6575, www.EatingRecovery.com/Jenni.
ERC Insight: (Mood, Anxiety, Trauma) (877) 737-7391, www.jennischaefer.com/seek-help.
Emotional Anonymous: www.emotionsanonymous.org
World Services (651) 647-9712.
Food Addicts Anonymous: www.foodaddictsanonymous.org World services (772) 878-9657.
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: www.nasfv.com (818) 997-3822.

Nicotine Anonymous National & World Services: www.nicotine-anonymous.org (877) 879-6422.
Nicotine Anonymous So. California Intergroup: www.scina.org (800) 642-0666
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: SFV www.ncadd-sfv.org (818) 997-0414.
International Obsessive Compulsive Disorder Foundation: (OCD) www.ocfdoundation.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: comprehensive 12 Step sponsorship informational resource website (512) 267-4707.
Secular Organization For Sobriety: (323) 666-4295.
Sex Addicts Anonymous: (SAA) www.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) 210-814.
SHARE: www.shareselfhelp.org (310) 846-5270.
Survivors of Incest Anonymous (SIA): (410) 893-3322. www.siaawso.org
TEEN LINE: (800)TLC-TEEN (in CA) (310) 855-HOPE, Teens helping teens. www.teenlineonline.org
The Other Bar: FREE12 step based peer recovery network for lawyers & law students (800) 222-0767; www.otherbar.org
Workaholics Anonymous: www.workaholics-anonymous.org (510) 273-9253.

DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792.
Battered Women/Children Hotline, (818) 887-6589.
Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790.
Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).
Center for the Pacific Asian Family (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 LA 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.
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: (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.



MARY COOK

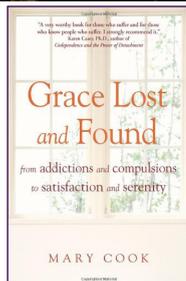
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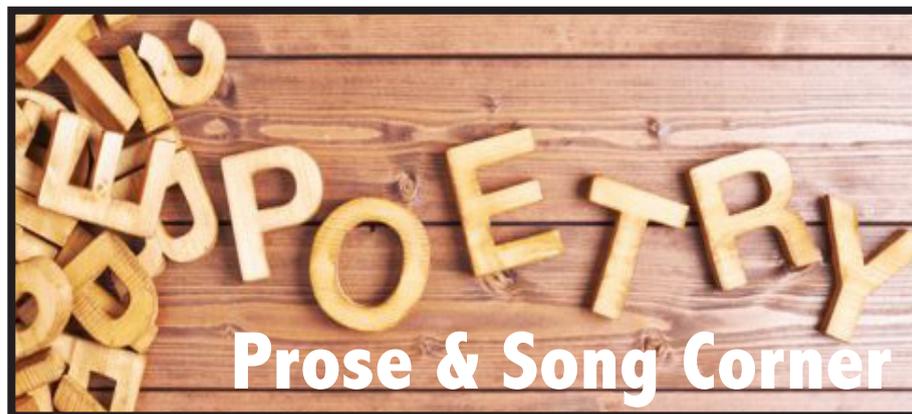
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THE RECOVERY CATERPILLAR

By Dorothy Hokulea

There are various caterpillar stories, like knowing beauty will come from the ugly cocoon if patient, or the one about it being worth the wait to fly and not crawl around anymore. What about one of trusting that you are at the right place, at the right time, for yes, a caterpillar?

I just had an encounter with one, and if this particular one didn't choose the right person to run into this day, ME, he wouldn't be around anymore. He must be in some type of recovery which got him on the right track today. I bet this morning he started with positive intentions choosing to see beautiful visions. Maybe he thought of having an adventure, even going out of his comfort zone, though it meant taking risks. His fears most likely came up, so he could have said a few prayers to move away from fear to faith; knowing that worry and fear are a waste of time; so much easier to go into faith and trust. He probably took the time to meditate to quiet his racing thoughts, using slow deep inhaling breaths where he breathed in peace, safety with contentment, followed by a long exhalation, ridding him of all the negative emotions he had churning inside.



It was after taking this particular time for himself that he then was ready to face the scary world, filled with so much uncertainty. One baby step at a time, using his eight tiny sets of feet, he set out for a walk. Each time he moves one set of feet he has to move the next, and the next if he wants to go anywhere. Taking its time, doing just that, he began to go far. However, I guess he got tired and stopped in my flip flop, slipper, thong, or sandal, whatever you call the summer slip-on. One of his visualizations this morning might have been about being a butterfly already, since he ended up on the hibiscus flower design on my flip flop. For some reason, unlike in the past, when I saw this furry guy, I did not fling it. Instead, I observed it, took photos, and let him crawl onto my finger. It was so different than my usual behavior towards little creatures. I helped the caterpillar crawl from one finger to the other finger, onto my hands, and even onto my sweatshirt, all the time keeping him from falling. Though, as I rethink it, he did keep looking slightly ahead, with occasional readjusting of his direction. Many times he stopped, lifted his head up high and made a complete change. Not once did I see this amazing creature quit. Once he started to stick to my sweatshirt with his little feet, it was frightening to be unable to take the next step. Bravely, somehow, not only did he lift his partly stuck feet up, even if it may have hurt his pride to have gotten into such a predicament, he wasn't afraid to get back on my hand. How did he know this was the same safe hand or one that could cause him pain? He didn't. Still, he kept putting one foot in front of the other.

After all of this caterpillar's challenges, I carried him to a beautiful tall green piece of dune grass away from any harm. Here he could rest until he was ready for another adventure. The next one would be even better because of his new awareness, that some tough work along the way can lead to a great outcome. He will not be as anxious when the trials and tribulations of life happen. Being so much wiser, he will know to be patient with himself, reevaluate each situation that shows up, and trust that all will be well.

And the magic of it all is that deep down inside this furry friend, you, me, everyone, is a beautiful butterfly waiting to fly free with peace and joy. We just forget sometimes.

We, here at Keys to Recovery want to hear from you in your most creative ways. Prose, poetry or perhaps a song. Original drawings will be accepted as well. You can email them to us at info@keystorecovery-newspaper.com or regular mail Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406.

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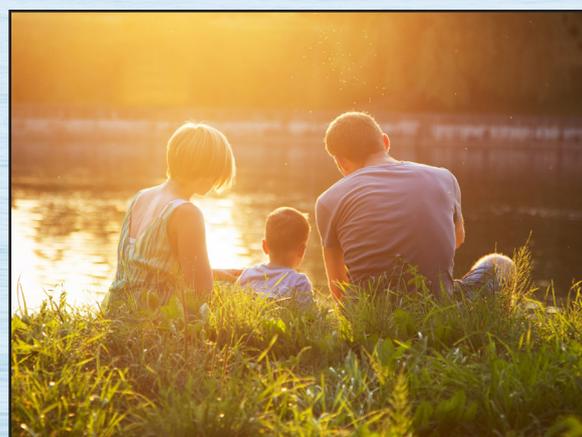
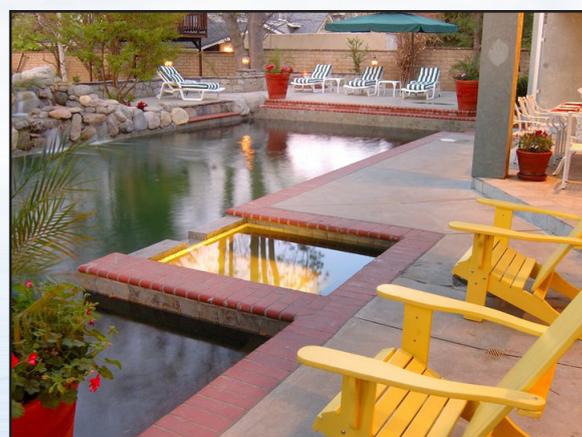
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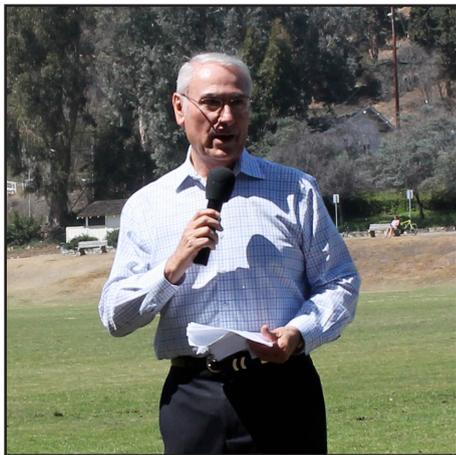
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the PROMISES foundation Miriam's House

The **11th Annual** Polo in the Palisades fundraiser - benefiting **Miriam's House** was a **Huge Success** and so much fun. There were polo matches played, awards given out, delicious food was served, new friends were made... And most importantly funds were raised to continue the work at **Miriam's House!**

KEYS TO RECOVERY was honored to have our September 2016 Issue in the beautiful tote bags that were given as a thank you gift to all who attended the event.



Hon. Judge Bernard J. Kamins
Accepts The Bob Timmons
Award for Outstanding Service



Shireen Janti Reid
Accepts The Promises Foundations Award for
Distinguished Service in the Field of Recovery



Jerry McDonald, ACATA
Accepts
The Lifetime Achievement Award



the PROMISES foundation Miriam's House

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Miriam's House is a non profit 501c3 sober living home for women and their children. It is a one year program that focuses on helping women maintain sobriety while raising their children. Our mission is to keep families together and empower them to lead healthy, self sufficient lives.



families



the house



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