

FREE *SPREADING THE MESSAGE OF HOPE & RECOVERY FROM ALL ADDICTIONS - READ IT, SAVE IT PASS IT ON*  
*KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY*

June 2017

# KEYS TO RECOVERY

— NEWSPAPER, INC. —

**JUNE**

PTSD Awareness Month



P T S D A W A R E N E S S • J U N E 2 0 1 7

Learn

Connect

Share



# P.T.S.D

NOT ALL WOUNDS  
ARE VISIBLE

by Jenni Schaefer - page 12

**How We  
Grow Up**

Page 4

**Worthy & Deserving  
of Recovery**

Page 7

**Acceptance,  
Courage, Wisdom**

Page 10

**PHILADELPHIA // JULY 20-21**

Join Pyramid Healthcare for an in depth look at the various facets of behavioral healthcare at the first Recovery 360 conference.

RECOVERY  
**360**

[RECOVERY360CONF.COM](http://RECOVERY360CONF.COM)

# A STEP IN THE RIGHT DIRECTION



## ADDICTION TREATMENT & LUXURY SOBER LIVING HOMES

### MOST PPO INSURANCE ACCEPTED

- Drug & Alcohol Detox
- Partial Hospitalization Program
- Extended Care Program
- Intensive Outpatient Program
- Outpatient Program
- Gender Specific Sober Living Homes
- Pet Friendly
- Couples/Group/Family & Individual Therapy
- Individual Treatment Planning
- Case Management
- Meetings & Support Groups
- Discharge Planning & Aftercare Programs
- We treat Dual Diagnosis, Anxiety and Depression

Call us today for a FREE consultation:

**1-855-975-HELP (4357)**

[www.AStepintheRightDirection.org](http://www.AStepintheRightDirection.org)

9535 Reseda Blvd, #300, Northridge, California 91324

# Contents

Editors Column	Page 3	Beth, Jeannie, Marcus
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Mark David Goodson
Ask Dr. Nita	Page 6	Dr. Nita Vallens
Food For Thought	Page 7	Bianca Sandoval
Freedom From Bondage	Page 8	Marilyn Davis
Matters of the Heart	Page 9	Rudy & Kelly Castro
The Journey Continues	Page 10	Marilyn Fowler
Quit to Win	Page 11	Catherine Lyon
<b>P.T.S.D.</b>	<b>Page 12-13</b>	<b>Jenni Schaefer</b>
Book Reviews	Page 14	The Crew
Ageless Recovery	Page 15	Charlotte Grey
Events	Page 16	
Healing The Family	Page 17	Kip Shubert
Classified Ads	Page 18	
Advertising Information	Page 19	
<b>Resource Guide</b>	<b>Page 20-21</b>	

# 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

Cover Photo: © Jakub Krechowicz | Dreamstime.com

**Editorial Contributors:** Beth Dewey-Stern • Marcus Marshall

• Jeannie Marshall • Mary Cook, M.A., C.A.T.C. • Mark David

Goodson • Dr. Nita Vallens • Bianca Sandoval, LMFT • Mari-

lynn Davis • Rudy & Kelly Castro • Marilyn Fowler • Catherine

Townsend-Lyon • Jenni Schaefer • Peggy Salazar • Charlotte

Grey • Kip Shubert

# About Us

**Advertising Rates - page 19**

**Distribution Information - page 19**

**Visit our website for more detailed information on Keys to Recovery Newspaper.**

## Miracles in Action Intensive Outpatient Treatment Center

*We understand that you may need a support system.*



Our Doctors, Psychiatrists, Therapist and Counselors are trained to specialize in:

- Substance Abuse
- Co-Dependency
- Dual-Diagnosis
- Bi-Polar
- Anxiety Disorders
- Eating Disorders
- PTSD and Trauma

We Accept Most Insurances

290 East Verdugo Ave. #105, Burbank, CA 91502

**CALL TODAY for a Consultation 818-429-9103**

## Miracles in Action Sober Living At It's Finest

We provide a smooth integration into a twelve step lifestyle. Miracles in Action is dedicated to helping you maintain your sobriety in a safe, comfortable and drug/alcohol free environment in beautiful Glendale, California. We provide food, transportation to 12 step meeting as well as many other sober events!



Members of the Los Angeles County Sober Living Coalition

[www.MiraclesinAction.info](http://www.MiraclesinAction.info)



Hi Guys. Another month passes, and another issue goes to print. First I would like to thank all the writers, advertisers, and everyone else that makes it possible each month to carry the message. When I first came on board with Keys to Recovery, my main objective was to carry the message...the message of Hope. Hope has been shown to be an important part of the recovery process. As addicts and alcoholics our lives have been infused with pain and suffering. I know I came into the rooms completely beaten, broken, and yes...hopeless. It wasn't until after my first meeting that I felt that glimpse of hope. Maybe, just maybe, I could get out of the brutal and destructive cycle of my addiction.



The definition of **Hope**, is a feeling that what is wanted can be had, or the events will turn out for the best. Hope is a remedy for all sorts of hardships and misfortunes. Yes, I wanted someone to sign me up. Hope motivates us to persevere, to help overcome hardship, to keep trying, to keep hoping despite the obstacles, setbacks, and hardships. Hope is not wishful thinking, nor is it magical thinking. It's an emotion, a mind-set. A belief that your life will work out. We do incredible things when we have enough hope. Each month we look for articles that do just that.

**"Hope is being able to see that there is light despite all the darkness." It whispers, "You'll overcome this hardship," It reassures us, soothing our minds by reminding, life will improve." - Desmond Tutu.**

Till next time, Beth Dewey-Stern, C.E.O. & Cofounder

Welcome to another issue of Keys to Recovery Newspaper.

I am so excited for everyone to read this issue. Our feature, about P.T.S.D, is a subject close to my heart. Thank you Jenni, for your contributions month after month. Jenni Schaefer has been writing our "Food For Thought" column, since the beginning. We will now expand her writings to a new column starting next month, on P.T.S.D. She will switch back and forth between the new column and our "Food For Thought" column. Stay tuned and let us know how you like it, as we will be introducing quest writers for both columns.



Beth, our C.E.O. wrote about Hope and how it is ignited in our recovery.

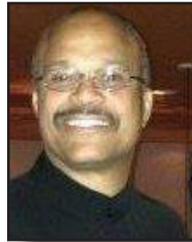
Marcus, our Vice President writes about Focus, and being committed to our recovery process. I am writing about Love this month. This month Love has been a focus point, at my church and bible study, in my daily readings, and in my conversations...when a subject is all around me, it influences my thoughts, my feelings and my editors column.

There are just as many different types of love, as there are ways to show it. Some people make their entire life about Love, as did Mother Teresa. Her ability to show and give Love seemed endless. We can't all be Mother Teresa, but as she said, **"Not all of us can do great things. But we can do small things with great love."** I have learned I don't have to be perfect to be productive...just as my love doesn't have to be perfect to heal me and others. I believe there is one perfect love, God's Love. I believe in the power of love, the power to change and transform anyone and anything.

Sometimes my heart gets heavy when I see the lack of love in the world. But, I realize there is no lack of love. We all have an endless supply of love inside us. We just need to learn to live in love. We need to feed our Love. Talk about love, think about love, sing about love and most importantly practice love whenever, and where ever possible. Remember this song? **"What the world needs now is love sweet love, It's the only thing that there's just too little of. What the world needs now is love sweet love, No not just for some, but for everyone."** Perhaps the most powerful way to spread love, is to be an example of love, to our friends, our children, our co-workers. People are more impressed with what they see, than with what they hear. Let's show them love. Start small and work your way up to great acts of love. Perhaps we start with a smile and a kind word of love.

I am blessed beyond measure, I thank God each and every day for His mercy and grace. - Jeannie Marshall, President & Cofounder

Hello everyone, I hope that my editor's column finds you in good spirits. Summer is almost upon us, having its temptations that can create distractions, which may take our eyes off the prize. There are ways to stay focused and diligent in maintaining our routine of sobriety, such as limiting our excursions to areas that we're not familiar or comfortable with. Setting dates and times for attending 12 Step meetings, and sticking to your guns regardless of the appeal of invites to other activities. Our sobriety comes first, when we allow ourselves to put it on the back burner for whatever reason, the results can be disheartening and one of regret.



Most of us in the 12 Step programs understand that individuals during the holidays can disappear. We have come to know this as the "Bermuda triangle" Thanksgiving, Christmas and New year. Some of our members succumb to the temptations, and unfortunately relapse. I have seen this happen during the summer season as well, we must keep our guards up at all times. That's not to say that we can't have fun, I'm only saying that we must not get too comfortable, and forget where we came from, and how far we have come! I hope that every one of you enjoy this summer, and will have a safe and fun time. Until next month, may God bless, strengthen and guide your steps towards success.

Marcus Marshall, Vice President & Cofounder



**Los Angeles Personal Injury Attorneys**  
At the Law Offices of Lee Arter, we have handled more than 11,000 cases and won over \$100 million for victims of negligence. Our clients are individuals not large class action suits

- A law firm with a true record of success
- The Experience to handle the toughest cases
- Our lawyers have decades of experience
- Serving The Latin Community



**We handle**

- Motor Vehicle Accidents
- Premises Liability
- Construction Accidents
- Dog Bites
- Serious Injuries
- Claims against Government Entities
- Insurance Bad Faith

toll-free **800-799-9999**

Five locations throughout California to serve you.

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

**TRUE INTENTIONS**

Call Now **818.288.6075**  
[www.TrueIntentionsSoberLiving.com](http://www.TrueIntentionsSoberLiving.com)



**TRUE INTENTIONS** Sober Home provides a safe environment, free of alcohol & drugs. Our Intentions are to assist each client in their journey of recovery, in the hope they will find their authentic self and discover their purpose in life. Sobriety is a gift that we wish all will experience.



**Located in Tarzana, California**

- On site Manager
- Heated Outdoor Pool
- 12-Step Meetings
- Work closely with IOP & Treatment Centers
- Pet Friendly
- Refuge Recovery
- Meditation Meetings
- Jacuzzis in some Suites
- Private & Semi-Private Rooms

**THE VILLA**  
**ANGEL VILLA SOBER LIVING**  
 Providing Quality Sober Living Homes Since 1997

Beautiful Encino Estate  
 Structured Sober Living  
 Luxury Accommodations  
 with all the amenities.

12 Step Support Groups  
 Alumni Program  
 Pet Friendly  
 24 Hour On Site Staff



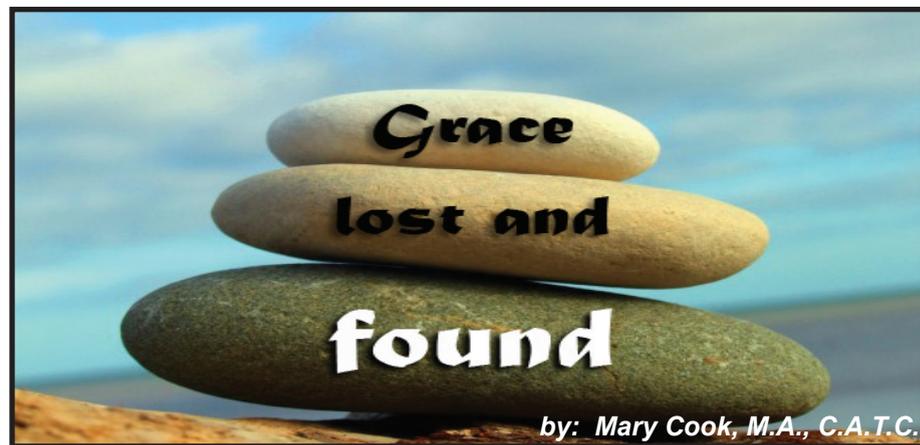
Discreet addiction treatment  
 and aftercare services. Direct  
 connection to local treatment  
 & recovery experts.



NOW IOP center in Sherman Oaks

**Call Now 818-571-8946**

**www.AngelVillaSoberLiving.com**



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

**HOW WE GROW UP**

Children internalize their role models and how they are treated, and this becomes the initial blueprint for their relationship with themselves and others. Parents or other caretakers are the child's first experience of a "Higher Power". These examples along with religious or spiritual beliefs and practices learned in childhood, form an early idea of God. How addicts act in relationship with their substances, carries the energy of, and reaction to internalized early relationships. Generally, addicts seek from substances what they failed to receive from important people in early life. As the disease of addiction progresses, addicts relate to their drugs like their Higher Power.

Adult relationships commonly contain energies of unhealed childhood wounds. When as infants and children we lack safe, trustworthy, reliable caretakers to adequately meet our physical and psychological needs, this is likely to transfer into adult relationships with infantile needs, and chronic fear and anger. We do not experience ourselves as whole individuals, thus we are unable to be psychologically close or separate with significant others. Domestic violence relationships reflect these feelings of powerlessness and painful imprisonment. And the addict's relationship with alcohol and other drugs typically progresses to mirror these same dynamics.

When middle to late childhood is fraught with difficulties in establishing a sense of autonomy and creativity, we can have adult relationships that are enmeshed, distant and superficial, or ones in which there is chronic conflict between one partner asking for greater closeness, and the other wanting more distance. The latter can be expressed passively or aggressively in hurtful actions toward the partner, rather than honest dialogue. These relationships lack spontaneous joy, playfulness, humor and imagination. There is constant concern about losing a part of oneself in the relationship, because autonomy is not stable. This means that our sense of self is fragmented or weak, and we are attempting to artificially strengthen it through defense mechanisms, or by aligning with someone who seems to be a stronger partner. Spiritual beliefs are also immature and characterized by ambiguity, or are superficially determined through affiliation with a person or group that has dogmatic beliefs. The origin of these patterns generally arise from parents who interfered with the child's autonomy by imposing excessive authority, conflict and enmeshment, or punitively withdrew from the child during this time of development.

If we had significant problems in our teenage years, then we likely did not pursue an honest, soul-searching relationship with ourselves. Healthy adolescents undertake a deep, thorough self-examination process, and try out different beliefs and behaviors to determine what feels most right, healthy and comfortable to them. Values, priorities, goals and core beliefs about philosophy, psychology, politics, and spirituality ideally form in this period. Sufficiently healthy teens perceive their strengths, weaknesses, and talents, and begin to have a deeper understanding of emotions and their healthy expression. They learn to take responsibility for themselves and their well-being, which prepares them for self-sufficiency and interdependence. They set internal and external boundaries between their own impulses, and what they know is right for them, and between others who attempt to pressure them to agree or act on what feels uncomfortable and unhealthy.

When this period of development is disrupted by excessive control, over-permissiveness, trauma, abandonment or enmeshment from family members, immature teenage energies and family dynamics transfer into adult relationships. This leads to chronic power struggles with partners, attracting over-controlling or dependent partners, and internal conflicts and disappointments. Anger and attempts to assume God-like power over others, or feelings of fear, pressure and confusion are typical in a relationship with a Higher Power.

Also, negative elements of earlier relationships generally worsen with the disease of addiction. Incomplete identity development results in significant difficulties with personal understanding and responsibility, boundaries and self-esteem. Additionally, we assume defensive roles and values of the addicted culture, which exacerbates earlier dysfunction. Mature bonding and intimacy is not possible without full identity development, nor is it possible in active addiction.

Healing these difficulties starts with finding a safe, supportive, and understanding recovery community. We begin to trust that this community can help us to cultivate sustainable sobriety. We experience compassion for our past suffering and deficiencies, and for their continuing negative impact on our life.

Con't Page 22

Sober Water - Mints - Candles - Meeting Coffee - Mugs - Greeting cards - Meeting Chips - Medallions - Medallion Holders - Plaques - T-Shirts - Hoodies - Tank Tops - Hats - Keychains - Books - Book covers - Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs

**MY 12 STEP STORE.COM**  
 Recovery gifts InStyle!

**WE SHIP TO THE WORLD!**  
 visit us online or in-store  
 My 12 Step Store  
 8730 SANTA MONICA BLVD  
 WEST HOLLYWOOD CA 90069  
 310 623 1702

got 12



**CLOSE**

I have a confession to make. It's one of those confessions that if I heard it in my first year sober, I'd be all like "get a real problem, man." But, I'll share it anyway because I think it weighs more than it looks.

I'm a church-goer. No, that's not the confession. It's a Baptist church, although I identify more as a believer than a Baptist, or even Christian for that matter. Each Sunday, I take my two children to the back of the sanctuary so they can be in children's church. My son, as I've posted about, is a perpetual stage-five clinger. He sticks to us like a young marsupial. So, drop-off is never easy. What's more, my daughter, his younger sister, had a recent stranger-danger instinct explosion. For half a year, I've been dropping them off and waiting in the hallway by the pastor's office, where the coffee and cookies are. I have been waiting, you know, until the kids mellow out so I know they'll be OK. And for this half year, it has been a mere happy coincidence that I, a loving father—am forced to wait near a massive supply of caffeine and sugar, scrolling through twitter and see what my #recoveryposse is up to.

As my children became more and more comfortable with children's church, I've had less and less reason to sit there in the hallway and enjoy that smooth cup of Joe. But, I've stayed there nonetheless. In fact, last week, neither of the kids even cried, or flailed a limb when I handed them over. Still, I go for my cup, and I sit, and I nibble a cookie, and I tweet.

I created this habit where I reenter church after the folks in the sanctuary "greet each other in the name of the Lord." After they get out of their seat, shake hands with others, and, as our pastor says, "meet someone [they] haven't met before." After this greeting comes the sermon. And that's the part of church I love. I need that message once a week, because we live in an upside-down world. And if you live in an upside-down world for long enough, you'll begin to think that down is up. And that makes for a hell of a struggle to figure out the smallest of things, such as elevator buttons.

While I joke, it is the weekly sermon that informs me a higher power intends me to live apart from how the world would intend me to live. I don't know any other way to draw breath and be happy, than apart from this upside-down world.

So, I get my sermon fix every Sunday. And if I miss the greeting part, because I'm doing my fatherly duty of children's church drop off, then so be it, right?

I've come to the realization that one reason our world is upside down is, because people are afraid to be close to one another, afraid to let people see our own brokenness, to carry over from the last post.

We have people making laws at a distance; an educational system where administrators tell teachers how to do their jobs; a government that thinks it knows what's best from a distance; we're losing trust with our neighbor and while gaining trust in online shopping. It seems that most of our ills stem from not wanting to get proximate, get close, to listen and tolerate the beautiful ways in which we are broken.

I know too well what it's like to keep people at a distance. I did it for the fourteen years of my drinking and using career. The Keys to Recovery newspaper generously printed my blog post on this phenomenon. I am very good at saying what I need to say in order to keep people at a distance. Keeping people at a distance is a problem for me. I've worked my ass off to stay sober for as long as I have, and I aim to keep it that way. So, avoiding all those church-going people, some of them new to our church, eager to hear a message or tell me about their lives, just as eager to hear what is going on with mine, is a problem.

Everything is perfect from a distance. Cue Bette Midler. But I'm sorry, Bette, God is not watching us from a distance where all looks like peace and harmony, not the God that got me sober.

The God that got me sober filled the gaping imperfections in my life with grace. The God that got me sober closed the distance between me and the worst things I've done. The God that got me sober made me forgive myself first so, that I could forgive others more importantly. The God that got me sober showed me the miracle of the mundane, the unspeakable bliss of just being alive. The God that got me sober tells me that I need to freely give away what's been given to me.

The God that got me sober is invasive, penetrating, near.

What I'm getting at is that the God that got me sober was never at a distance. In fact, The God that got me sober was so near, that knowing God became knowing myself.

Mark David Goodson is a writer in long-term recovery. He calls his blog "the Miracle of the Mundane." Follow him at [www.MarkGoodson.com](http://www.MarkGoodson.com)

**PAX HOUSE**  
Where Peace Begins

**Pax is the Latin word for peace, referring to a time in history marked by absence of war. In recovery, we learn to stop fighting ourselves and others. We surrender in order to end the war of addiction.**

PPO Insurance accepted - find out if your treatment is covered.

Health Net UnitedHealthcare VALUEOPTIONS Cigna aetna

626-398-3897 PaxHouse.org

**TruthTalks™**  
Bringing the conversation about addiction to the table.  
**424.276.0218**

**We can come to understand our own kids by talking with others who've found recovery.**

**PARENTS ~ THERE IS HOPE**

- (4) 90-Minute Workshop Sessions
- Parents Dialogue with Sober Kids in Solid Recovery
- Ask Hard Questions and Get Honest Answers
- Gain Awareness & Insight
- Cultivate Empathy for our Children and Ourselves
- Each TruthTalks™ Workshop is Facilitated by a Licensed Therapist who Specializes in Addiction

**[www.truthtalks.us](http://www.truthtalks.us)**

# Ascend Healthcare

A Residential Treatment Center for Adolescents

Located in Encino, California



## Our Focus

### FAMILY

A Clinically Based Treatment Program for Adolescents, Centered on Family

### PASSION

Commitment to Your Teen's Individual Potential

### EMPOWERMENT

We Provide Support and Guidance for The Road Ahead

- Substance Abuse • Co-Occurring Disorders • School On-site • Pet Friendly • We Accept Insurance

**Call NOW (747) 247-2176**

We are A Licensed Care Provider of The L.A. County Dept of Child & Family Services

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

# Ask Dr. Nita



by: Nita Vallens

Dear Dr. Nita,

I spoke to you a couple of years ago about my wife supporting me in my sobriety, and you suggested she go to Al-Anon, but now she is depressed and won't go to any more meetings, and says her traumatic past is bothering her and she can't face it, and her sobriety might be at risk. I'm worried about her and I don't know anything about trauma, or how to help her right now.

Mark (bewildered)

Dear Mark,

I'm sorry to hear your wife is struggling, and I sense that you feel helpless about how to assist her. Let me give you some information about trauma and some suggestions to offer her.

If you think back to the early days of using drugs or drinking, it may have been preceded by traumatic events in your life that were too much to cope with - perhaps your parents divorced, or you were bullied in school, or worse, you felt your very existence was threatened. What did you do to survive this?

While living through traumatic events doesn't mean one will absolutely develop addictions, research does show there is a link between a history of trauma and addictive behaviors:

- Post Traumatic Stress Disorder often co-occurs with substance use. According to one national study, 46.4% of individuals with lifetime PTSD also met criteria for Substance use disorder (SUD).

- In another national study, 27.9% of women and 51.9% of men with lifetime PTSD also had SUD.

- Women with PTSD were 2.48 times more likely to meet criteria for alcohol abuse or dependence, and 4.46 times more likely to meet criteria for drug abuse or dependence than women without PTSD. Men were 2.06 and 2.97 times more likely, respectively. (Source: [www.ptsd.va.gov](http://www.ptsd.va.gov))

It is often said that addictive behaviors begin with a desire to cope with pain, hurt; being overwhelmed or just plain scared. For those with a traumatic past, the search is for safety, comfort, and peace within. If drugs or alcohol provided an immediate solution, then imagine if the traumatic events are processed, healed and let go, the need for the alcohol or drugs to cope drops away, and healthier ways of dealing with life's issues can be learned.

As we learn more about the connection between trauma, the brain, and addiction, it becomes imperative to learn better tools for living to move through our issues and maintain better health. Here are some suggestions:

- 1) Find a therapist to begin resolving the trauma using cognitive behavioral therapy (CBT), as well as other methods to move stuck energy such as eye movement desensitization (EMDR), somatic experiencing (SE), and Emotional Freedom Technique (EFT), also known as "tapping" on powerful acupuncture meridians or pressure points.

- 2) Learn mindfulness and movement techniques such as meditation, breath work, yoga, Pilates, Tai Chi, or self-hypnosis. These tools help decrease fear, anxiety and help manage feelings in general.

- 3) Create a support team by finding a group where you would feel safe to discuss past traumatic events. Use the support of your 12-step program.

Often, people have changed and feel differently after traumatic events, and no matter when the trauma or how severe, your wife can heal. We always have the opportunity to change, and within our brains and every fiber of our being, we have great healing potential. The idea is to work on it despite being fearful, and to heal the hurt and pain, utilize our support systems and free ourselves from the past.

In closing, a quote I like is:

**"Grateful People may recover faster from trauma." Deborah Norville**

I believe in you!

Dr. Nita

Please send your questions or comments to Nita Vallens at: [doctornita@gmail.com](mailto:doctornita@gmail.com) and be sure to catch her radio show, Inner Vision on Tuesdays on KPFK Los Angeles, 90.7 FM at 1:00 pm PST.

# RECOVERY 360

AN INTEGRATED BEHAVIORAL HEALTHCARE CONFERENCE  
Hosted by Pyramid Healthcare

## THE FIRST OF ITS KIND

Join Pyramid Healthcare and other dedicated providers for an in depth look at the various facets of behavioral healthcare at the first **RECOVERY 360** conference.

### Featuring:

20 relevant presentations // Up to 10 CEUs  
Endless networking opportunities with premier providers

**PHILADELPHIA // JULY 20-21**

[www.recovery360conf.com](http://www.recovery360conf.com)





by: Bianca Sandoval, LMFT

## WORTHY AND DESERVING OF RECOVERY

As summer approaches one begins to plan family vacations (or in my case vacations from my family), picnics, barbecues, beach days, and nightly concerts. However, these wonderful experiences remain in the background when someone is struggling with an eating disorder, because the overwhelming thoughts of swimsuits, "summer bods", and vacations that consist of unfamiliar meals that perhaps are not found on MyFitnessPal can paralyze the individual.

I was speaking with a colleague a few months ago and the question of recovery was discussed. I have had countless clients, colleagues, and friends directly ask, "Can someone ever really be recovered? Won't the thoughts, urges, and feelings remain even when the behavior has long disappeared? Basically, won't these non-recovered individuals be doomed for all eternity, left to sit with their dark thoughts?" My immediate reaction is to tell this individual to leave my presence, however my professional manner invites an in-depth discussion of recovery, and the potential that everyone has to recover.

It is imperative to know how someone defines recovery, because this will provide meaning and perhaps open the door to a powerful discussion. Just as some associate feelings of freedom with summer, others dread the insect-filled environment and scorching conditions that summer entails. Or is that just my visual and definition? When someone is struggling and in the depths of an eating disorder, substance abuse, depression, anxiety, or perhaps all of the above, definitions and meanings are difficult to verbalize, as emotions arise as a result. Feeling feelings seems like the most terrifying task in the world. Moving forward and change seem nearly impossible, and sometimes loved ones share similar feelings. The glimmer of light does not seem within reach or even visible. Without the assistance of professionals, loved ones, one's own motivation, and treatment the future seems bleak. My peers and colleagues struggle when they point out the inner and outer havoc that the behavior or symptoms are causing. "Bianca, I pointed out their job losses, dysfunctional relationships, and legal issues, all I was given was a blank stare." I will proceed by asking what their definition of recovery is. Then, I am faced with that same blank stare by my colleagues.

Definitions and meanings are useful, but they vary from person to person. I was recently out to dinner with a friend and she was discussing how she and her husband state they are each "close" to their families of origin, and how she completely disagrees with him. I pointed out that their definitions of "close" are likely different. The response didn't sit well with her as she defended her stance on the matter. For some people the definition involves each family member knowing each other's deepest thoughts, whereas some see their immediate families once a year and engage in an occasional phone call, which to them signifies closeness.

Everyone will have a different response to the discussion involving recovery. Some will share their personal story, offer a metaphor, minimize the issue, or explain the brain as well as body chemistry. I have a rather honest, funny, and dark response which ironically is how I am usually described.

Will the feelings remain? - Unfortunately. Will you isolate from gatherings because of the thoughts or avoid your loved ones because of something you are shamefully engaging in, no. Sadly, you won't wake up to the sound of music and birds dressing you. However, the fog will dissipate, the sunglasses will be removed, trust will grow, relationships will improve, and a life will be lived.

This is relevant for all forms of recovery; whether it is in recovery from a substance, eating disorder, self-harm, depression, anxiety, gambling, basically anything that is impairing your functioning and/or relationships. A professor once said, "If you want to see if you're struggling with something, abstain from the behavior or the thing itself". Moans and mumbles in the back of the classroom signified that many of the students had ultimately answered their own question.

The individual who is moving forward is present in their daily life and is able to define recovery. Truly embracing their existence and showing up each day. My definition involves, someone who recognizes their errors, expresses gratitude, and truly soaks up, each experience in recovery. I see strength in recovery. I often avoid discussions regarding behavior and symptoms, not because I don't want to hear it, but because I rather hear how someone is doing emotionally. How you are doing emotionally will provide insight into motivation and relapses. There is something about being open and receptive to the unknown that seems daunting to some, but for the person in recovery offers possibility. As the saying goes, "take one day at a time." Everyone is worthy and deserving of recovery. This summer I invite you to define recovery, wear your favorite bathing suit, eat the burger with the bun, and jump into the pool because you are worthy.

Bianca Sandoval, LMFT is a bilingual (English and Spanish) Licensed Marriage and Family Therapist who specializes in adolescents and adults struggling with eating disorders. She is currently the Program Manager at Alternative Options Counseling Center, Inc, Huntington Beach, Partial Hospitalization Program and Intensive Outpatient Program. She has had the opportunity to have worked in the residential level of care, school settings, court mandated therapy, community based settings, and continues to be advocate for adequate treatment through utilization reviews. Bianca is driven by the inner-strength, determination, and potential for growth that becomes evident. She instills hope while assisting individuals as they discover themselves and develop healthy fulfilling relationships.



## SOBERGUARD RECOVERY

~COME HOME TO YOUR RECOVERY~  
DRUG & ALCOHOL TREATMENT FACILITY

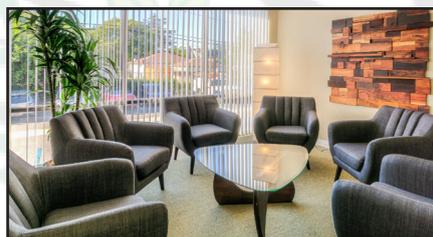
- SUB-ACUTE DETOXIFICATION PROGRAM
- RESIDENTIAL TREATMENT
- CASE MANAGEMENT SERVICES
- DISCHARGE & AFTERCARE PLANNING
- QUIET RESIDENTIAL NEIGHBORHOOD LOCATION IN LOS ANGELES
- LICENSED & CERTIFIED BY THE STATE OF CALIFORNIA
- STAFF MEMBERS INCLUDE LICENSED LMFT, MA, CADC II, CATC I & RADT PROFESSIONALS

Call (844) 533-3906  
to speak to a member of our staff or visit us at  
[www.soberguardrecovery.com](http://www.soberguardrecovery.com)



## ROOTS Through Recovery

Outpatient Treatment Center - Located in Long Beach



We believe that no one should have to fight this battle alone.

Reach Out Today  
Call us at

(562) 473-0827

### WHAT MAKES ROOTS THROUGH RECOVERY DIFFERENT?

We provide care and treatment that is:

- Inclusive, holistic and individualized
- Evidence-based and client-centered
- Compassionate and trauma-informed

Developing life skills and ongoing support, to create sustainable life change.

We are inclusive of all those in need of treatment and meet people where they are in recovery.

**Incorporating:** Meditation & Mindfulness, Somatic Experiencing, EMDR, DBT, Yoga, Art Therapy and Nutrition .

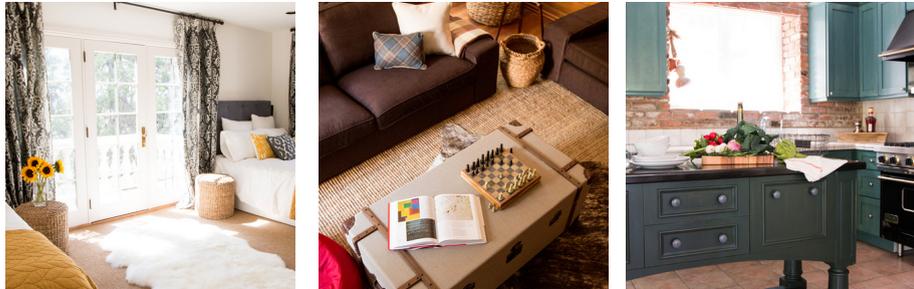
[www.Roots-Recovery.com](http://www.Roots-Recovery.com)

3939 Atlantic Ave., Ste. 102, Long Beach, California 90807

# POLARIS

TEEN CENTER

## COMPREHENSIVE ADOLESCENT RESIDENTIAL TREATMENT CENTER



- Insurance accepted
- Primary Mental Health
- Customized Treatment Planning
- Integrated Family Programming
- Innovative Therapeutic Strategies
- Located in Encino, Los Angeles

[www.polaristeen.com](http://www.polaristeen.com) (818) 616-8650



## Do You Work With Those Suffering From Eating Disorders?

**REGISTER NOW!**

**8th ANNUAL Seed**  
 Southeastern Eating Disorder  
**CONFERENCE**  
**“Integrated Treatment for Eating Disorders”**  
**August 18th - 19th, 2017**  
 Hilton Sandestin Beach Resort,  
 Miramar Beach Florida



Be a part of an evolution in understanding and treating Eating Disorders. You will hear current experts in eating disorders, including those with specialization in evidence-based treatments and innovative treatments. We invite you to join us for this information packed event and earn CE's when you attend.

**WHO SHOULD ATTEND:** Mental health professionals, dietitians and interns who work with children, adolescents, adults, and families with eating disorders.

**Exhibitor & Sponsorships Are Still Available**

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



# Freedom from Bondage

by: Marilyn L. Davis

## RESENTMENTS, LIKE OLD SHOES, SHOULD BE RETIRED

“Here’s a question every angry man and woman needs to consider: How long are you going to allow people you don’t even like, people who are no longer in your life, maybe even people who aren’t even alive anymore, to control your life? How long?” Andy Stanley

Would You Wear Clothes from 50 Years Ago? It’s not always about style; sometimes we just retire clothes because they no longer fit. They’re too tight, too loose, not the right shade, or we realize that we bought something on impulse and weren’t thinking about the practicality of the item.

It’s easy to discard old items of clothing in favor of new apparel. We may even feel proud that we’re doing something for others when we donate those items to a shelter. Or we reward ourselves with something new because we earned or deserve it. But we will hold onto a resentment for years.

They are the worn comfortable shoes that we can’t let go of; the frayed and threadbare flannel shirt, or the comfy jammies that have all seen better days. While we all like comfy clothing, we’ll hold onto a resentment for much the same reason, it’s cozy and familiar. We know each time we think about that resentment, we can justify our feelings of anger, betrayal and injustice.

We can resent people that we perceive have harmed us in some way. I am not dismissing the fact that people have been injured by others, nor am I excusing the actions that created the resentment. I’m merely saying that holding onto the resentment is further damaging the individual who harbors the resentful feelings.

For instance, I had resentments towards my mother. I didn’t think she was caring, supportive or kind towards me growing up. From those opinions, I then developed the resentments. To bolster my opinion, I looked for any slight and added that to the evidence to make my belief valid. As if that weren’t enough validation, I would then relate the injustice to someone else who invariably got on the bandwagon with me. In my early recovery, when I talked with my mentor about my resentments, he asked me if I’d ever taken the time to discuss them with my mother. His point was that talking about them with others didn’t seem to resolve the issues, so why not take it to the source.

**Talking to the Source or Not:** I don’t necessarily believe that everyone can take their resentments to the source, and you should think about this and get advice from trustworthy people before you directly approach the individual, but in my case, that’s what I did.

Growing up, I did not know that my mother suffered from Obsessive Compulsive Disorder, nor did she. She also grew up in a home with an alcoholic, and when he was drunk and angry, someone got hurt. Although my mother was not an alcoholic, she had angry feelings sometimes. And her response to them was to “go silent.” In her mind, not talking to my sister and me was better than voicing her displeasure, especially if her anger was not about us.

The problem with this faulty logic was that I had no clue why my mother wouldn’t talk to me, console me, or demonstrate love during the silent times. I just knew that she was in her workroom giving time, energy and effort to her hobbies. I resented her for not being more involved with me, and I was jealous of the attention she gave to her crafts. I created the illusion that she loved her crafts more than she loved me.

When I risked asking her about these times, I was shocked at her response. She said that she released her anger when she worked on her hobbies; anger that she was afraid would come out in her tone of voice, what she said, or how she acted towards my sister or me, and that it wouldn’t be appropriate to take it out on us; therefore, she went silent.

In that exchange, I felt the anger, resentment and judgment leave my body; almost as if it were a physical affliction rather than mental and emotional. We talked about how I perceived the silence and my mother cried.

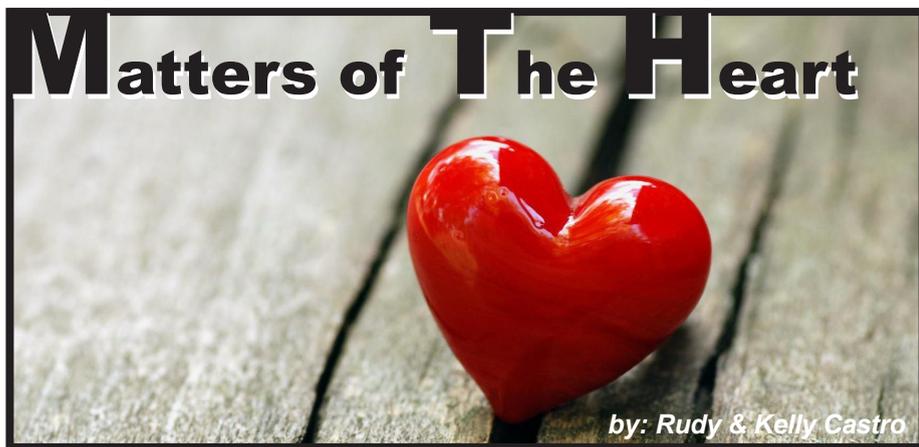
**Healing the Rift:** In that moment, I realized there was nothing to forgive in my mother’s actions; she went silent out of a misguided sense of love. I also realized that because I was unwilling to view the incidents of silence over the years from any other perspective but my own self-centered views, I had harbored a grudge and judgmental attitude that hurt me just as much as the silence.

This conversation, along with others, allowed us to heal the relationship and move beyond the years of built up animosity. I was able to let my mother know that she could tell me when she was angry with me as well. Giving her permission to voice her anger about my past actions, or even my behaviors in early recovery meant that she didn’t have to hide her own feelings, could talk about them with me, and we could understand and better accept each other.

When you can speak to the source, it is freeing. If you can’t have a conversation, for whatever reason, you can still forgive them and move on with your life. The problem with holding onto resentments is that they no longer serve their purpose. It’s done, and while there may be lingering ramifications as a result of their actions towards you, there is help available to you. Counseling, therapy, or writing out your life story can often help to resolve the pain, forgive and in doing so, give up the resentments.

After all, each of us deserve a new pair of shoes; they are still making flannel shirts, and those jammies with the dolls on them? Well, some things should just be retired because we’re becoming adults in our recovery.

*Marilyn L. Davis is a Certified Addiction Recovery Empowerment Specialist, who opened and ran an award winning residential facility from 1990-2011. She recently celebrated 27 years of abstinence-based recovery. She is the author of Therapeutic Integrated Educational Recovery System, and her blog is FromAddict2Advocate. In 2008, Brenau University created the Marilyn Davis Community Service Learning Award, ongoing to honor individuals working in recovery and mental health. In 2010, Marilyn received the Liberty Bell award, given to non-judges and attorneys for contributions to the criminal justice system and communities. [www.twodropsofinkat.wordpress.com](http://www.twodropsofinkat.wordpress.com)*



### REFINE TIL YOU SHINE

Often times the matters of our heart don't come as quickly to us as we would like. We want the right partner, family, career, and on and on - when it comes to our desires. Trusting in any process is something that takes time. Faith is built one experience at a time, and it is often through hardship and struggle that our shine begins to break through. If you look at some of the shiniest things such as glass, precious metals, diamonds or other polished gems - one thing is for certain; each of them has gone through a process of fire, and/or experiencing insane amounts of pressure.

Same thing is true for us humans. Show me those who shine brightly and I guarantee each one of them has been through a process that has somehow - intensely - extracted and released those elements that were keeping them dull. With precious metals/gems nothing is ever added. Everything they ever needed to shine was always there. It is the extraction that they begin to reflect light in a new way.

This is exactly what we are doing in our own process of transformation. Everything we have ever needed to shine has always been inside of us. It is about stripping away and releasing all of the illusion that keeps us small.

Let's take a close look at the process of refining gold. There are three steps;

1: Ore is mined and is then SMASHED into fine powder

2: The powder is cleansed and washed several times to eliminate all non-metallic elements.

3: The cleansed powder is put into clay crucibles and put in the furnace. The gold ore melts at 1948°F. That is SO HOT! During this process all of the impurities rise to the surface, and the refiner is able to skin them away. The more times this process takes place - the more pure the gold is.

Sound familiar? How many trials have we all experienced? Many. An important piece to examine is how we are looking at our trials. Are we looking at them as opportunities to examine the impurities of our heart, or are we looking at them as opportunities to collect more evidence to back up our story about being a victim? Earth is hard. We all have our struggles, and they hurt. It is our choice as to whether or not grow and connect to deeper love as a result of walking through them.

And, let's face it, sometimes walking feels too slow! We want to run through the painful experiences in our attempt to make it go faster. Unfortunately, we actually prolong these experiences by doing so. The real pain we feel is in our resistance. When we resist something, someone, or our own feelings we cause ourselves suffering. The Magic happens in letting go, and surrendering. Neither one of us have been able to manufacture this type of surrender inside of our own power. It is a level of surrender that comes with the help of a power much greater than any human.

Ultimately, none of us know what fires we will need to walk through in order to become our highest and best selves. We also don't know what fires other people will have to walk through. Sometimes it's easier to remember that we will be OK in whatever it is we are walking through, than to look at people that we love - in their suffering - and know that they will be OK too. No one ever promised that this path would be comfortable. The only promise we've ever heard is that it would be worth it, and so far every process of being refined has led us into a life we never possibly could've imagined on our own.

Maybe you are wondering how does refinement exactly work in a human being, and evolve to a level of shining that reflects exactly the natural state of who we are. Well just like there is nothing added to precious gems to have them shine, a human being was born with everything it will ever need to shine and reflect such individual beauty. That's why when you look at the purity of a newborn, a sense of wonder is reflected, their essence pure and untouched. Each one of us as adults, if you allow, can enter refinement, stripping away layers and layers of beliefs, traumas, agreements in the world that are false or limiting, experiences that shut down our dreams that have been accumulated over our life. If one is willing and committed enough to strip each blemish that is in the way of our true state, that where we hope to return to is the pure essence of our natural talents...

Con't Page 22



FOOTPRINTS  
BEHAVIORAL HEALTH

A Kool Living Company

866-921-8893

### Blended Approach

We know that there is no such thing as a "one size fits all" approach in addiction treatment. Our recovery program combines all the key elements necessary to achieve successful and long-term recovery. Our programs are designed to fix the root of each client's addiction problem, regardless of what phase, or state they are in.

- Holistic Treatment
- Mind & Body
- Client Centered
- 12-Step Based
- Dual Diagnosis
- Individual & Group Therapy

YOUR FIRST STEP TO RECOVERY

## Starts Here

### Levels of Care

- Detox
- Residential Treatment
- Day Treatment
- Intensive Outpatient

We're partnered with a wide variety of insurance carriers and financing companies.

We also accept private pay from clients who wish to stay confidential.



The Joint Commission  
Gold Seal of Approval

We are a fully accredited and licensed detox and residential rehab program.

866-921-8893

FootPrints BHC  
info@footprintsbhc.com

Located in Southern California, including  
Orange County and Los Angeles County.

www.footprintsbhc.com

# THERAPIST



#LNR 580311

**Sam S. Usher**  
LAADC, CADC II, CEAP

ADDICTIONS CONSULTANTS  
FOR INDIVIDUALS,  
PROGRAMS  
& EMPLOYERS

Call Now (818) 988-4183

Cell (818) 321-8637 • email: samusher@aol.com

5724 Stansbury Avenue  
Sherman Oaks, California 91401

**Dr. Tanya Peters -**  
Clinical Psychologist

**SPECIALIZING IN:** Depression •  
Anxiety • Eating disorders • Body image •  
Addiction • Trauma • Personality  
Disorders • Gay and Lesbian Issues

2730 Wilshire Blvd. Suite 650  
Santa Monica, California 90403

For a Free Consultation, call: **(310) 870-1009**



*Sacred Journeys*  
*Counseling*

**Specializing in Substance  
Abuse, Grief & Loss,  
Depression and Trauma**

*Natasha Dellinger Singer, LCSW*  
LICENSED PSYCHOTHERAPIST

**607-287-0490**

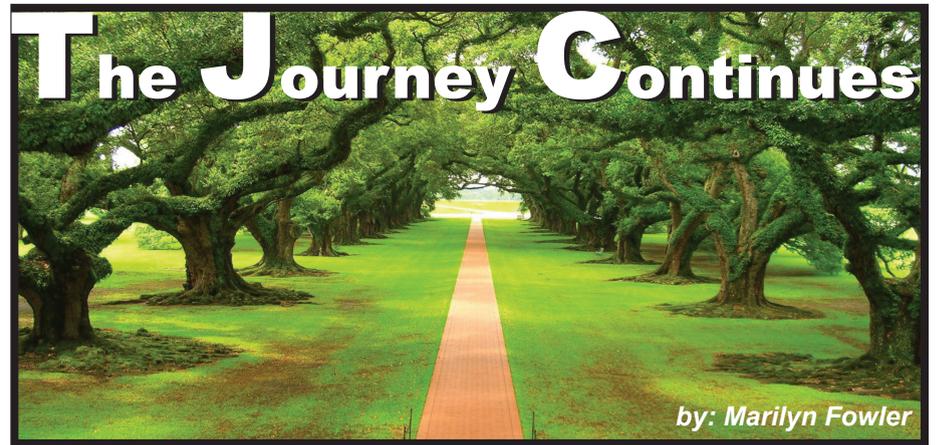
Studio City, California

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

Your Box Ad HERE  
\$100 per month...  
When your budget  
is limited... your  
exposure  
**SHOULDN'T BE!**



"You have a remarkable lack of curiosity about your co-workers."



by: Marilyn Fowler

## ACCEPTANCE - COURAGE - WISDOM

Do These Words Have Meaning In Your Recovery Life? Thoughts behind the Serenity Prayer have been around for centuries but, according to Wikipedia, the actual prayer as we know it was authored by the American theologian Reinhold Niebuhr (1892-1971) for sermons at Heath Evangelical Union Church in Heath, Massachusetts. Although, the prayer spread through Niebuhr's sermons and church groups in the 1930's and 1940's, and was later adopted by Alcoholics Anonymous and other 12-step programs. It was not published in one of Reinhold Niebuhr column's, until 1951.

The prayer has appeared in many versions, and the best-known form with 3 lines is today found in many homes, including mine. Its meaning is profound when examined with the mind and heart. But its words are simple, and it's so familiar, we take it for granted. I doubt that many could explain its meaning in depth, unless they knew it first hand as a source of hope and guidance in addiction recovery work. And unless someone is involved in this type of life-changing experience, the value of this meaningful prayer oftentimes is not being used.

How many times have you read the words in the Serenity Prayer and not related them to your own life? Are they just words, or could they have an important influence on the quality of your life? What does acceptance mean, and how is that done? What is courage, and where do we find it? What is wisdom, and how do we get it?

**"The real peace of mind is accepting reality as it is." ~ Swami Premodaye**

**Acceptance:** God, grant me the serenity to accept the things I cannot change.

The first line of the prayer implies that serenity is needed to accept what you can't change. Acceptance doesn't mean it's okay if you lose your job, you experience illness, you lose a loved one, your car breaks down, a storm blows the roof off your house, whatever the situation. That is the pain of human life, and it's not okay that it happened or is happening. But you must accept that it exists, and you can't change it. It doesn't mean you won't suffer, but rather than stew, fret, stress over it ... Let it be. Be willing to assume a more calm, peaceful mind and heart to accept the reality of it, and respond with the strength you need to survive, and not let it destroy you. One area you can really blossom is when first coming into recovery, learn self-reflection and begin to do the "inner work" that will help you achieve true peace from addiction, and the drama and chaos we live in daily. Have a little "faith" in the man above to help you through stormy seas and gain courage.

**Courage:** Courage to change the things I can.

You were born with all the courage you need. Your courage just gets lost sometimes behind a fear of the unknown, or in the false belief that you lack the ability to create change. But as you focus less on what you can't change and increase focus on what you can, your confidence...courage...will increase. So when there's something that you can and want to change, then assume a calm, serene mind and heart attitude toward whatever's holding you back, and respond with your courage in spite of it.

**John Wayne said, "Courage is being scared to death...but saddling up anyway."**

Sometimes the status quo may feel safer, but how would it feel to spend the rest of your life watching ships pass you by and leave you standing on the shore in your own prison of fear? Think on that and heed the prayer for courage to change the things you can. Because you can.

**Wisdom:** And wisdom to know the difference.

Your life belongs to you. You have the power to accept what you cannot change and the power to change what you can. And wisdom is the ability to know and understand what you're dealing with and to act accordingly.

It's been said that experience is the best teacher, and I think that's pretty true. So pay attention, and don't take your good times lightly or curse your suffering. Great lessons are learned from some of our best and worst times. And this teaches us to know the difference between what we cannot change and what we can. Read the Serenity Prayer thoughtfully in relation to your own life. Read it every day. There's much wisdom here with an opportunity to expand your life and in recovery in wondrous ways.

Much of what I've written in this article is from my own observations with the Serenity Prayer. I hope you find some of them useful, and that your life is enriched with some of your own.

I wish you happiness as you create what you want in your life.

Marilyn Fowler Author of "Silent Echoes", is a retired Licensed Clinical Social Worker/Psychotherapist. Her professional experience includes Mental Health Team Leader, then Director of Mental Health Services in the Duval County Jail in Jacksonville, Florida; coordinating Mental Health Services in nursing homes, working on inpatient units, and in private practice for a number of years. She Teaches a class at the University of North Florida on The Influence of Childhood Messages on Adult Life, and has a self-help blog <https://selfhelpbymarilyn.wordpress.com> to help others live a better well balanced life! She has two published books, a memoir, "Silent Echoes" and Fiction: "Me and Granmama in the Hill Country".





## WHAT DOES IT MEAN TO BE RECOVERED?

It is interesting to me the lingo, words, and slogans used by others to describe their "recovery." But what does it mean to be recovered? Do we get to a point in our recovery from this cunning addiction and we are miraculously done? We stop having to go to meetings or support groups. That cannot be further from the truth.

Let's look at the meaning of Recover; it means to "return to a normal state of health, mind, or strength, and find or regain possession of (something stolen or lost). For me, recovery from addiction is an experience and journey, so it is hard to put it into words.

We know our life was stolen as we became lost in our gambling addiction. At least it was for me. And as far as; "return to a normal state"? That takes a lot of recovery work. Besides, is there really a "Normal State"? Not in the state of our society we live in today. Gambling has always been a form of entertainment and fun, and the offerings are ever expanding in both Indian Casinos, and State Lotteries, those trying to stay in recovery will never be totally "recovered" because of the temptations of these offerings are all around us, and It is why relapse is so high.

Why?: Because there are many phases to recovery that need to happen to break the "cycle" of gambling addiction. There is a healing process that needs to happen and address those underlying issues that may be the root, to why we turned to gambling to cope or escape "life" for one reason or another in the first place. So, how do we go about doing this? First? Get yourself help and reach out for it, your life depends on it. With gambling addiction now the #1 addiction claiming lives by suicide? Your life seriously depends on you receiving help. I know this as I had two failed suicide attempts myself when I was deep in my addiction.

There are helpful resources to get help from this disease. I would recommend visiting my friends at "The National Council on Problem Gambling and Gamblers Anonymous", for support and resources for a good start and direction. When you do, a transformation of your life will begin. Second? Accept surrender and know recovery is a process, not a race, recovery will be a lifelong journey. The sooner you understand and accept this, you'll be ahead of the work it takes to claim your life back. There is a lot stigma around those who chose to recovery, so never give or listen to naysayers. No shame in admitting you need help.

Third, DO THE WORK and INNER WORK. Whether you chose a 12-Step program or traditional treatment path, you need to know there are many ways to recover. One over the other doesn't matter, just as long as you chose one or more. Be open minded and work all areas of recoveries like mind, body, and spirit, religious or not, there is a force, a being and power far greater than ourselves that can restore us to a well balanced and happy life in recovery. I feel the internet has changed the face of recovery today. There are many resources you can learn and get right from home to keep your anonymity in place.

What helped me in my 10+years in recovery? I keep a journal and write how my day went to identify any weak areas I may need to work on, or be more careful. Like with high stress or live events, and WHY you need a Relapse Prevention Plan as part of your recovery. I also read many books. I am an advocate and have a recovery blog where I share my journey in words. I sponsor others in recovery as recovery service to others. When we begin to gather days and months with the principles contained in recovery, put in practice with the guidance of compassionate individuals, and sponsors we rebuilt our lives.

We need to share with others, and why I share experiences of my gambling addiction here in "Keys To Recovery." Stories are powerful tools. It can help others learn from the mistakes or roadblocks I may have encountered along the way and how to work through them. Being with people just like us also validates that we are not alone in this, and others have faced the horrors of this addiction as well. You walk into a room of completely broken souls and find men and women ready to walk with you on the road to redemption!

Lastly is the most important aspect of your recovery from gambling addiction is how to take responsibility for the financial devastation from this illness that YOU caused. That can be a hard thing to tackle in early recovery. You need to know it WILL take time! Of course, there are many ways to do this, but after you have taken a long, hard, and honest look at your financial inventory, and it is a painful step, but it's one that you absolutely have to take to move forward, remember, work ALL areas in recovery.

If you are a member of GA, then ask for a "Pressure Relief" group meeting, as your trusted servants can help and point you in the starting direction. You can then look at options and different payment arrangements. A good place to explore is "Consumer Credit Counseling" services. CCCS is a nonprofit organization that offers credit counseling and debt management plans, and have offices throughout the United States. Every counseling office in the CCCS network provides a set of services, including financial education, budgeting assistance, and Debt Management Plans.

These are just some areas you need to keep in mind when it comes to your personal choice to recover from addicted gambling. We all come from different problems with gambling addiction, but end up on the same road. RECOVERY. Having a steady plan is a must to avoid relapse and temptations in recovery. The bottom line is? We can "Quit to Win and We Do Recover!"

*Catherine Townsend-Lyon is the Best-selling Author of her debut Memoir titled; "Addicted to Dimes, Confessions of a Liar and a Cheat", available at Amazon.com. She has been in long-term recovery from gambling addiction and advocate on how it effects and impacts our communities and families. She is a recovery writer and columnist for "In Recovery Magazine" and shares her experiences and recovery in many popular recovery publications and interviewed articles. She can be reached at LyonMedia@aol.com*

## BIPOLAR?



Have you been diagnosed with Bipolar Disorder?  
Are you currently taking medication to treat your Bipolar Disorder?  
If so, you may want to consider participating in a clinical research study.  
Qualified participants receive study- related medical care and investigational medication at no cost and may be compensated for time and travel.

844-949-7979  
[www.cnstrial.com/bipolar](http://www.cnstrial.com/bipolar)



THE PREMIER 12-STEP CONFERENCE



**core**  
Clinical Overview of the Recovery Experience

Amelia Island, FL // July 16-19, 2017

Join **KEYS TO RECOVERY** at the  
2017 premier 12-Step conference!

Register now online and  
receive a **\$145** discount on  
us using the code **KEYSVIP**.



C4 RECOVERY SOLUTIONS  
CONFERENCING

[www.core-conference.com](http://www.core-conference.com)





# P.T.S.D

## NOT ALL WOUNDS ARE VISIBLE

by Jenni Schaefer

This month's feature, about P.T.S.D, is the kick off for our newest column, "**P.T.S.D. Not All Wounds Are Visible**", written by Jenni Schaefer. Jenni has been writing our "**Food For Thought**" column, since the beginning. We will now expand her writings to the new column beginning next month. She will switch back and forth between the "**P.T.S.D. Not All Wounds Are Visible**" and "**Food For Thought**" column. Stay tuned and let us know how you like it, as we will be introducing guest writers for both columns.

### **PTSD: Post Traumatic Stress Disorder**

*What is PTSD: Post Traumatic Stress Disorder is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.*

*It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. At first, it may be hard to do normal daily activities, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months.*

*If it's been longer than a few months and you're still having symptoms, you may have PTSD. For some people, PTSD symptoms may start later on, or they may come and go over time.*

June is PTSD Awareness Month. This treacherous disorder impacts a wide array of people struggling with all kinds of life experiences. Even though the events that trigger PTSD differ widely, the symptoms, some of which are described in this article, can be remarkably similar.

PTSD used to be listed as an anxiety disorder. Now it is listed in its own category, trauma and stressor related disorders.

The person was exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, in the following way(s):

- Direct exposure
- Witnessing the trauma
- Learning that a relative or close friend was exposed to a trauma
- Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics)

Many clinicians will argue the above. People can develop PTSD symptoms from anything they experience as overwhelming and/or life-threatening (even if it isn't life-threatening).

Trauma is really about perspective. What is a trauma to someone, might not be to someone else. The key is: did you experience the event as being overwhelming and life-threatening?

It might have been falling off a bike at age 5, if this really overwhelmed your sense of self and you thought your life/existence was in danger.

The DSM will say, to have PTSD, you have to fit within certain criteria listed earlier.

I will be starting a monthly column in Keys to Recovery Newspaper, on PTSD. In this column, we will explore PTSD from a broader view.

We will also pick it apart. We will look at avoidance in particular, as we all can relate to avoiding/procrastinating. I might tackle anxiety in one article. I might look at the hyper arousal fight/flight response in another article. We will examine PTSD from all angles!

PTSD is remarkably homogeneous, meaning, the symptoms similarly fall into 4 clusters:

- 1} Hyper arousal: Hypervigilant, on guard, startle response, possibly anger.
- 2} Avoidance: Avoiding triggers of trauma, a car accident victim might avoid driving. While avoidance reduces anxiety in the moment, it perpetuates PTSD, makes it worse, grows it.
- 3} Negative Cognitions and Mood: This is a new cluster added to DSM-5 as so many with PTSD are also clinically depressed
- 4} Re-experiencing: e.g., flashbacks, feeling like you are back in the event, nightmares.

So, a combat victim and a rape victim have PTSD that looks like the 4 symptoms above. The difference might be in the types of symptoms within the cluster. Someone might have more daytime flashbacks, no nightmares. Someone else might have all nightmares, no daytime flashbacks.

A key is avoidance, if you want to create PTSD, avoid. So, if you get in a car wreck, the best thing to do is drive the very next moment that you can. Show your body that it doesn't have to be scared

Brain scans show that PTSD is real. Think brain injury, as real as a shrapnel wound. Brain scans show hypothalamus is smaller in people with PTSD as an example.

# FORTITUDE RECOVERY



We are dedicated to provide the opportunity and guidance necessary to assist individuals in finding a life path no longer navigated by substance use and psychological stress.

## A PHYSICIAN-LED DUAL DIAGNOSIS PARTIAL HOSPITALIZATION & INTENSIVE OUTPATIENT PROGRAM

2477 Fletcher Drive, Los Angeles, CA 90039 • 323-632-0171 • info@fortituderecovery.com • www.fortituderecovery.com

### 10 Reasons Why I Can't Just 'Get Over' PTSD

1. *My brain is injured.* When I broke my foot several years ago, no one thought that I would just “get over it.” I wore a pink cast and used crutches. I had a loud rolling knee scooter. Everyone knew I was struggling and offered to help out. PTSD is an invisible monster. No one can see it so they don't know to help. But my brain is truly injured. Like my broken foot, my brain can heal, but it needs time.

2. *My world is constantly ending.* My injured brain sees the world through “PTSD glasses.” As much as I want to, I can't just take off the glasses, not until my brain heals. These glasses are constantly scanning for danger. **All. The. Time.** Again, no one can see it. To me, everyone and everything — every day, even in my dreams — is out to get me. What is most confusing is that, with the glasses on, I can't tell fact from fiction. That, of course, adds fear on top of the fear.

3. *I think I am a horrible person.* My injured brain tells myself negative messages like this all day long. I know it's the PTSD glasses talking. But it feels real. And it is so hard to move forward when you feel like you don't deserve to take up space. I didn't always feel this way. In fact, I sometimes look at the books I've written about personal growth, and wonder where in the world that person went! Because, when PTSD takes over, I don't feel like someone who has a lived a life worth writing about. I feel like a monster.

4. *I am enraged.* PTSD drives me to do things completely against my core values and beliefs. I worry that even my friends in my PTSD support group won't understand my outbursts, as many don't experience this type of anger at all. Worse yet, I am afraid that I will remind

them of their abusers. In fits of rage, I become my biggest nightmare. Sometimes I think I'd rather be in a terrifying nightmare than constantly be living in a real one.

5. *I am exhausted.* The PTSD glasses don't even come off at night. Sleeping is quite a challenge when I'm always on alert towards impending danger. And, when sleep does happen, it is only to be interrupted by sweating and screaming. I wake up in a panic — exhausted from drowning (again), being chased by snipers, and from riding in runaway trains and cars. This all makes me so, so tired.

6. *I have flashbacks.* And then there are the flashbacks: how can I be re-living a part of my life that happened years ago — over and over again? Somehow my brain will not let it go.

7. *I am sad.* I have been hopeless before in my life, but this depth of hopelessness is new to even me. Sometimes, I cry like someone might cry after losing a child — a pain I have never even known.

8. *I have no idea who I am right now.* The former me, the one who wrote those books, knew how to navigate life, but that version of me seems all but gone. I am trying to pick up the pieces of myself and put them back together. With an injured brain and PTSD glasses, this is very difficult.

9. *Sometimes I am not even in my body.* It is hard to explain what this is like. I can be yelling at my husband, but I'm not really there in the moment. It feels like I am watching myself do it. I am just above and to the right of my body, as if detached and floating. “Who is that person?” I question. I realize it is me, but I am so confused inside.

10. *I am so ashamed.* Shame is heavy. It is hard to

move even an inch sometimes when weighed down by shame. The reasons I feel shame stretch far and wide. I am ashamed of what PTSD drives me to say and do. I am also ashamed that I experienced this trauma. I feel guilty — like it was my fault — even though I have been told by plenty of people it wasn't. Again, this is the PTSD glasses, the injured brain. I need time to heal.

Thankfully, I took the time that I needed to get better. With professional help and support from loved ones, I overcame all of the above. Writing this today feels surreal. It took time (lots of it) but I was finally able to take the glasses off. I am now able to breathe. I sleep. I feel joy again. My brain healed and I found my body again. I found me. I now realize that the trauma wasn't my fault. However, to heal, I needed to become accountable for my actions. My job was to take steps to break down that PTSD wall. What makes me most happy now is that I'm no longer afraid.

To read this article in its original version, published on April 11, 2017, please visit Eating Recovery Center's profile on [TheMighty.com](http://TheMighty.com). Jenni Schaefer is a bestselling author, popular speaker, and a National Recovery Advocate for Eating Recovery Center's Family Institute. In partnership with Insight Behavioral Health Centers, Eating Recovery Center provides specialized treatment for eating disorders as well as related disorders, including PTSD. Visit [JenniSchaefer.com](http://JenniSchaefer.com).



Please see page 14 for resources for PTSD. There is help and hope for recovery.

# PTSD RESOURCES

Help Yourself. Help Others.

**SMH** Screening for  
Mental Health®

[www.helpyourselfhelpothers.org](http://www.helpyourselfhelpothers.org)

Operation  
We are here

[www.operationwearehere.com/PTSD.html](http://www.operationwearehere.com/PTSD.html)



National Center for  
**PTSD**

POSTTRAUMATIC STRESS DISORDER

[www.ptsd.va.gov](http://www.ptsd.va.gov)

**UNDERSTANDING PTSD BOOKLET:**

[www.ptsd.va.gov/public/understanding\\_ptsd/booklet.pdf](http://www.ptsd.va.gov/public/understanding_ptsd/booklet.pdf)

**NATIONAL CENTER FOR PTSD:**

[www.ptsd.va.gov/public/index.asp](http://www.ptsd.va.gov/public/index.asp)

**VA'S PTSD PROGRAM LOCATOR:**

[www2.va.gov/directory/guide/ptsd\\_flash.asp](http://www2.va.gov/directory/guide/ptsd_flash.asp)

**VETERANS CRISIS LINE:**

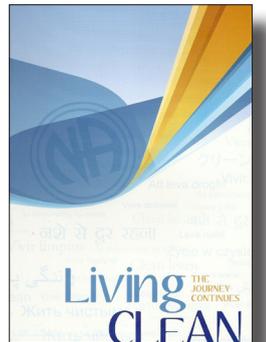
1-800-273-8255 – Press 1

## Book & Video Reviews



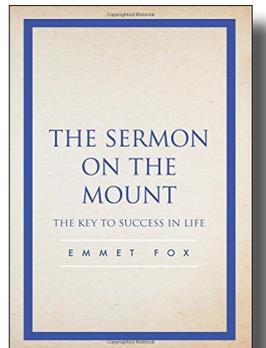
**LIVING CLEAN "THE JOURNEY CONTINUES".** Published by Narcotics Anonymous World Services, Inc.

Written by addicts for addicts. This book is about finding the spark that makes our recovery an ongoing, rewarding and an exciting journey that requires active change in our ideas and attitudes. For many of us, this is a shift from desperation to passion. "Clean Living" is meant to be useful at any stage of recovery, whether it's the first introduction to being clean, or if Narcotics Anonymous has been a guiding force in your life for many years. This book will help you to discover how to adjust to Life-On-Life Terms. It is about the practice of recovery in our daily lives, in our relationships, in our service to others and is a snapshot of our fellowship. This book addresses it all, hits every aspect of adjusting to recovery and how to navigate life again. It is great for old-timers and the newcomers alike. It addresses topics like growing old in recovery, getting sick in recovery; times that many get very weak. This is a book you can re-read many times and still learn something new, the title says it all "Living Clean". Parts of this book can be helpful to a newcomer, but I felt as though this book is geared more for those that have a better understanding of their program, and are navigating a clean lifestyle, but at times need reassurance, encouragement and guidance. More than that, this a great supplement to your step work, meetings, sponsorship and the NA Basic Text Book. I think this book would be so helpful to both NA and AA members, living a life of recovery, for those times when we all need reassurance. This book has the means to save lives. Available at [www.Amazon.com](http://www.Amazon.com).



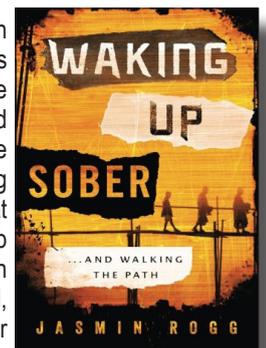
**THE SERMON ON THE MOUNT THE KEY TO SUCCESS IN LIFE.** Written by Emmett Fox.

The Sermon on the Mount is one of the most influential texts for AA literature. It is simple and appealing to those struggling for answers outside of traditional religion. The first AA's were also known to have gone to hear Fox's sermons after their meetings. The object of this book is to present the reader with a practical manual of spiritual development. It is the sermon that Jesus gave in Matthews 5 1:2 . It is the most famous sermon he gave and probably the best known teachings of Jesus. I am a seeker and this book was introduced to me during a marketing appointment. I was struggling with my faith, and the client mentioned this book. This book teaches us how to live a life that is dedicated to pleasing God. Free from hypocrisy and full of love and grace. It offers practical guidelines to people of all faiths who seek to bring health, happiness, and true prosperity into their lives, and the lives of others. A must read for anyone continuing to seek and grow in their relationship with their higher power. Available at [www.Amazon.com](http://www.Amazon.com).

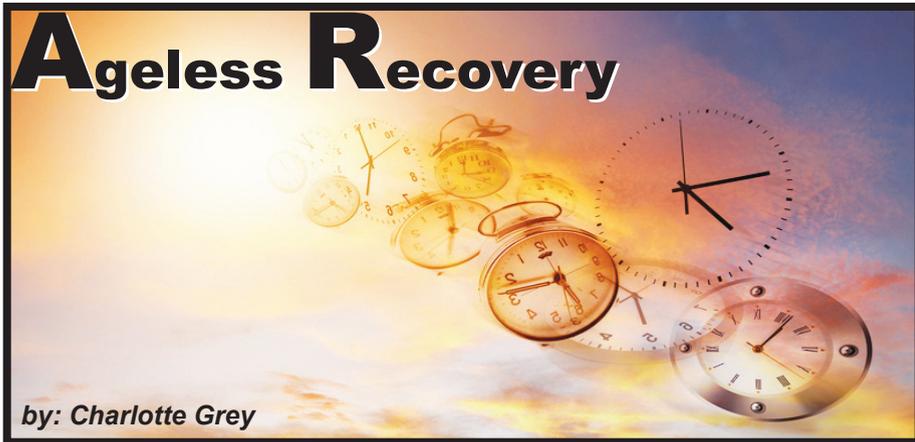


**WAKING UP SOBER...AND WALKING THE PATH:** By Jasmin Rogg MA, MFT. Published by CreateSpace Independent Publishing Platform.

This is a must read for all of us that are walking the path, which leads to spiritual enlightenment. Jasmine invokes through her writings and awakens our subdued ambitions, which yearns for a return to the wholesome values, we once held in high esteem for our families and friends. While reading this remarkable book, I was reminded about the different Chakras I studied in college, it's an ancient form of acquiring and developing higher levels of consciousness. She reminds us that we are God's divine children, who He equipped with attributes to help ensure that we succeed in this life. Jasmine demonstrates through knowledge that traumas that most addicts endured, can be addressed, confronted and resolved, when we forgive ourselves and turn our anger in to inner peace, and self-love. The poetry along with Jasmin's encompassing view of life's dilemma's, gives the reader a unique over view of the many solutions that are available for all of us. Waking up sober every day, gives one an incredible opportunity to obtain true happiness in this life. Available at [www.Amazon.com](http://www.Amazon.com).



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



by: Charlotte Grey

## GETTING SOBER YOUNG/STAYING SOBER YOUNG

Desperate and broken, I committed to AA because it was the last thing left for me to try. I took my first alcoholic drink at age 7, blacked out for the first time at 8, got alcohol poisoning at 15, was hooked on angel dust, weed, and cocaine by 17, and could polish off four bottles of wine in a night at 18. I was expelled from high school halfway through my senior year for cocaine use, and arrested with two felonies and two misdemeanors for heroin and Klonopin the following year. By age 20, having already been a daily drinker and user for five years, my tolerance was so high that I could no longer get drunk or high, no matter how much I ingested. So the fun was gone, but my body became so physically dependent on drugs that I would uncontrollably vomit if I didn't smoke angel dust and weed every two hours. I was 30 pounds underweight, my nasal passages had swollen shut, and I started displaying symptoms of chronic pancreatitis.

But I was still addicted to the sensation of escape. I loved how hallucinogenics altered my perception, and seamlessly alleviated the emotional pain of years of psychological and physical abuse from my parents. My last nine months of using was a torturous reminder of how overpowering addiction is. I went to three inpatient rehabs, two detoxes, a halfway house, an outpatient rehab, and a psychiatric hospital, had woken up to my best friend overdosed next to me, was on probation, had been suspended from college and was facing expulsion, and none of it was painful enough to make me stop. I frustratingly conceded that consequences alone could and would not get me sober.

Enrolled in an outpatient program and attending non-spiritual recovery meetings, I couldn't put more than two days together. I identify with an AA speaker's acronym of HITTING BOTTOM: Hurting Inside, Totally Burnt Out, Turn To Our Master. Desperate and broken, I committed to AA because it was the last thing left for me to try. Suicidal, exhausted, and defeated, I finally got sober through AA at age 20.

I went to meetings everyday because I didn't want to do anything else. For the first time, I enjoyed them and genuinely looked forward to them. I frequented women's meetings because I felt comfortable to share openly, and the local 10 a.m. became my first home group. I was younger than everyone there by at least 20 years. At that point, I didn't care who was at the meetings, or how old they were, because I just wanted to recover. I don't feel like getting sober young means that I got sober too early, and I don't believe I was spared any amount of pain or hell, contrary to what the 12 Steps and 12 Traditions speculates. My bottom was as emotionally low as I could tolerate before surrendering. I didn't feel I had anything to prove to gain others' acceptance, or that I needed others to validate my alcoholic experience for me to believe that I was ready for recovery.

I quickly learned to not compare my story with others'. I identified with the hopelessness and insanity of the disease. Many would talk about how they spilled more than I drank. Someone told me that I had no right to share on the big book chapter "To Wives" because I never married, even though it resonated with me in light of the unmanageable relationship I was trying to end. I understood that the criticism wasn't coming from a bad place, but probably from that person's pain. None of those comments bothered me, none of it deterred me from coming back to AA, and that ageist perspective is by no means exclusive to AA. Some people would sadly confess they wish they could have come in young, feeling they had wasted most of their lives away.

Just after my 90 days, I got to speak at my home group. I shared honestly and without fear of judgment, because in my heart I knew there was nothing that separated us; those who felt we were different only had to discover and discard that false belief for themselves. If anything, drug addiction had accelerated my bottom. After my qualification, nearly every woman confessed that they were humbled and a little shocked at how much they identified with my story, and apologized that they ever had looked at me differently because I was young. I felt honored to have been the conduit of the message to break down those barriers for them.

Just going to meetings and working the steps wasn't enough to solidify my sobriety; I needed a community of friends who lived in the serenity and joy I craved. A woman in my home group took me to a recovery party one night and introduced me to the network I'd been missing, since I only went to morning women's meetings. They embraced me unconditionally. Together, we took road trips to Young People in AA (YPAA) conferences, where we would stay up until 6 a.m. dancing, playing Texas hold 'em, and smoking cigars. Years later, a group of girlfriends and I went clubbing until we got bored of it and stopped. With sober friends, I travelled to Puerto Rico, took frequent beach trips, and hopped on a Phish and Grateful Dead tour across the country.

I got to let the wild energy of youth out of my system, because I surrounded myself primarily with sober friends and cared for my recovery. I set aside time for daily prayer and meditation. On tour and on vacation, my friends and I make meetings. And because of our profound and real friendships, we're constantly checking in on each other and are a strong support when someone is in emotional pain or triggered. If any of us feel uncomfortable around the alcohol or drugs, we step outside or leave. Part of having fun in sobriety is being honest with myself about my limits when exposing myself to partying.

I also make sure that I'm there specifically to enjoy the non-drinking entertainment instead of seeking vicarious fulfillment from my former lifestyle.

Con't Page 22



**CHANDLER LODGE**  
-FOUNDATION-  
*Founded 1960*

**FOR OVER 55 YEARS WE HAVE BEEN PROVIDING  
SAFE 12-STEP BASED SOBER LIVING FOR MEN**

Chandler Lodge is a non-profit, foundation established in 1960 by sober men in the program of Alcoholics Anonymous, we are committed to providing services through the 12 step program that has been successful for many years.

Chandler has proven to be one of the most effective Sober Livings available, literally thousands have benefited from our inhouse and outreach programs. We are not a lock down facility; we function as a recovery program of attraction.

Call us today! **818-766-4534**  
*Sober Living for Men*

- 28 on-site AA Meetings weekly
- 12-Step Program Guidance
- Relapse Prevention with peer support
- Sobriety Monitoring & U.A. Testing
- Close to Buses • Gym • Cable TV
- Food • Internet • Laundry

**www.ChandlerLodge.org • 818-766-4534**



*That Piano Lady Music Studio*

- Private Lessons • Salon Performances
- Parties • Corporate Events
- Fund Raisers
- Weddings • Receptions & more...

**www.thatpianolady.com**



**MUSICARES®**

## Taking care of music people...

...with our Healthy Essentials programs, including addiction recovery assistance, dental and medical clinics, hearing screenings, vocal workshops, and more.

MusiCares East Region  
**1.877.303.6962**

MusiCares South Region  
**1.877.626.2748**

MusiCares West Region and  
MusiCares MAP Fund®  
**1.800.687.4227**

**We're coming to a city near you.**  
Visit [www.musicares.org](http://www.musicares.org)  
for more information.



For breaking news and exclusive content, please "like" MusiCares on Facebook and follow @MusiCares on Instagram and Twitter

CLARE Foundation Presents

A NIGHT OF COMEDY  
PRODUCED BY OMRAH MENKES

# Laughing MATTERS

SUNDAY · JUNE 25, 2017 · 6:30-8:30 PM

Featuring SNL Star

## DARRELL HAMMOND

### BUY TICKETS

For \$10 discount code, text **LOL** to **91065**

**TICKETS:** <https://lm17.abilafundraisingonline.com/lm2017>

**EMAIL:** [events@clarefoundation.org](mailto:events@clarefoundation.org)

MAGICOPOLIS

1418 4th Street  
Santa Monica, 90401

MUST  
BE 21+



# JUNE Events

**FRIDAY, JUNE 2ND TO SUNDAY JUNE 4TH, 2017:** ACYPAA Presents The 5th Annual Wet Brain Olympic Campout in Lake Berryessa. 6599 Wragg Canyon Rd., Napa, California. Pre-Reg \$20 SOCPAA.org.

**SATURDAY, JUNE 3RD, 2017:** BIKE-N-4-BOOKS, San Fernando Valley H & I Fundraiser. Woodley Park Picnic Area #3, 6350 Woodley Ave., Van Nuys, California, 91346. Call (818) 850-2313 or email [biken4books@gmail.com](mailto:biken4books@gmail.com).

**SATURDAY, JUNE 3RD, 2017:** (Weekly) Music and Meeting. 9:30-11:30 pm. The New Radford Hall 13267 1/2 Victory Blvd., Van Nuys, California. Contact Ron (818) 823-3633.

**SATURDAY, JUNE 3RD, 2017:** ASL American Sign Language. 4pm Garden Grove Alano Club. 845 Belfast Dr., Garden Grove, California [www.ggalano.org](http://www.ggalano.org).

**WEDNESDAY, JUNE 7TH, 2017:** (Weekly) 12th Step Yoga. 7:15-8:30 pm Santa Monica Yoga. Free Donation Weekly Yoga Class in Safe Environment. 1640 Ocean Park Blvd., Santa Monica, 90405 Contact Dennis (310) 266-2698, Or [dennislyonsyoga@gmail.com](mailto:dennislyonsyoga@gmail.com).

**THURSDAY, JUNE 8TH TO SUNDAY 11TH, 2017:** AA Desert Pow Wow with Al-anon Participation. Renaissance Indian Wells Resort & Spa. General Info Sherali J (760) 340-7540 Sandy W. (760) 776-1066.

**SATURDAY, JUNE 10TH, 2017:** Comedy Night @ Oasis. Adult Comedy. Come Have a Night of Non-Stop Laughter. Come Hungry We Will Have Our Famous Nachos and Other Snacks Available at Snack Bar. Tickets \$10 Donation. \$15 at Door. Info Call (818) 362-0986

**SATURDAY, JUNE 10TH, 2017:** Radford Hall Garage Sale 8am to Noon at Radford Hall 13267 1/2 Victory Blvd., Van Nuys, California. Gently Used Items can be dropped off between June 1st and June 9th. Call Ira for pickup (818) 618-1436.

**SATURDAY, JUNE 10TH, 2017:** 4th Annual 202 Block Party Hosted by Anaheim Alano Club. 10am-5pm. Proceeds Will Be Donated To Upkeep of The Club. Kid Zone, Face Painting, Bounce House, Photo Booth, Live Music, Food, Awesome Vendors, and 50/50 Raffle. 202 West Broadway, Anaheim, CA. (714) 535-0900.

**SATURDAY, JUNE 17TH, 2017:** NSDYPAA Dodgeball. Meeting @10, Reg. @11, Dodgeball @12. Suggested Donation \$10. Food and Drinks For Sale. Martin Luther King Jr. Park 4300 Mesa Dr., Oceanside, California. Contact Riley (760) 716-9616 Matt (760) 443-6837.

**SATURDAY, JUNE 17TH, 2017:** SCCYPAA Presents Basketball. 3rd Traditional Panel, Movie \$10 Donation. Alano West: 1555 South 7th St., San Jose, California. Contact Mike P. For Info (669) 300-7096.

**SATURDAY, JUNE 17TH, 2017:** Color of Money. 7:30-11:30 pm. Bowling Includes Shoes \$20 18 and over. Open Bowling For Those Who Are Not 18. Linbrook Bowling Center. 201 S. Brookhurst St., Anaheim, California, 92801.

**SATURDAY, JUNE 17, 2017:** Pancake Breakfast Every 3rd Sat. @ The Orange Friendship Club. All You Can Eat \$2.50, 2191 Orange-Olive Rd., Call Orange California Club (714) 637-9860.

**SATURDAY, JUNE 17TH, 2017:** Dance Party At Windsor Club. 9:45pm-1:30am. Fun Mix of Old School and New. \$7 Non members, \$5 Club Members, Platinum Members FREE. 123 West Windsor Rd., Glendale, California. 91204 Info (818) 242-1350.

**FRIDAY JUNE 23RD TO SUNDAY JUNE 25TH, 2107:** RENVYPAA Presents In-Tents Sobriety Taylorsville County Park, Taylorsville, California. \$20 Pre Reg. For More Info. Laura K (775)300-8818 Gabe S. (208) 703-7351.

**FRIDAY, JUNE 23RD, 2017:** LaVentana Presents Sober Café. 8:30pm-10:30pm. For a Complimentary Gourmet Mobile Bar, Music, Games, and Fellowship From Substance Abuse. 1408 East Thousand Oaks Blvd., Thousand Oaks. Info Gwendolyn (805) 433-3092.

**SATURDAY, JUNE 24, 2017:** Radford Hall Half Baked Variety Show. Comedians Plus Stand Up, Kitchen Baked Goods. 8pm. \$10 Tickets, \$7 for Rehabs & Sober livings. Tickets Sold at Radford Coffee Bar, 13627 1/2 Victory Blvd., Van Nuys, CA. 91407

**SUNDAY, JUNE 25, 2017:** CLARE Foundation presents a star-studded standup comedy event, featuring SNL alumnus Darrell Hammond, Fundraiser. Doors Open: 5:30 - showtime 6:30 - 8:30 PM. \$60 - Magicopolis 1418 4th St., Santa Monica, CA 90401. Must be 21. Email for more info [events@clarefoundation.org](mailto:events@clarefoundation.org), for \$10 discount code, text LOL to 91065.

**SUNDAY, JUNE 25TH, 2017:** 4th Annual Chili Cook Off & Car and Bike Show. Garden Grove Alano Club. 50/50 Raffle, Food, Fun, Live Music. For More Info. Denyse (714) 534-2244 Flagman Frank (714) 745-0948.

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



RJ Vied



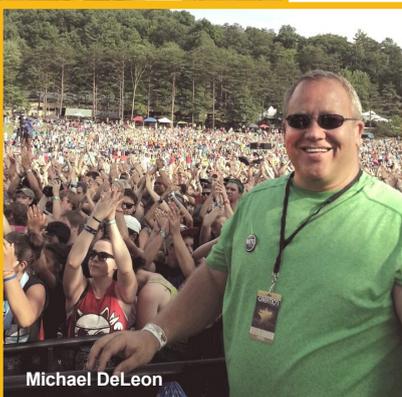
[www.RecoveryArmy.com](http://www.RecoveryArmy.com)



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

We are here to change the conversation about the impact and culture of addiction in America.

To become a part of the solution and learn more visit our websites.



Michael DeLeon

America's leading recovery team is now traveling the nation bringing trusted education and quality resources to people seeking answers to addiction and recovery.



## ALCOHOLISM THROUGH MY SON'S EYES

With all the accolades and celebrations for sobriety, which are well deserved, I can easily lose sight of the ones too often forgotten in my recovery. They are the ones that I have left in the wake of my alcoholism. They are my family, my loved ones, and my children that have suffered from the torment of my destructive disease. I can become overwhelmed with the relief of my recovery that I forget. With so much focus on recovery for the addict and alcoholic do we overlook the collateral damage. The same efforts for healing belong to those I have hurt. The casualties of alcoholism need to be heard.

While in the darkness of my addiction with alcohol I could scarcely think of anyone but myself. I knew my children were hurting, it was an understatement that they deserved better, the guilt and shame from knowing this deep down only fueled the fire of booze within me. Part of my recovery has been to accept the hurt and pain I inflicted upon others, especially my children. At times I am still in disbelief that I could have done these things, but I did. Alcoholism kills many alcoholics, but it kills the spirit of those we hurt and robs our children of hope, and replaces it with a fear of faith in their parents.

This past week my oldest son Blake turned 26 and our relationship is beginning to show signs of health for the first time, in a long while. The last words he spoke to me before I went into rehab were simply, "I want my Dad back". It was foolish of me to think a 30 day stay at rehab would fix everything. But like my sobriety, his recovery would need time as well, one day after another, one day at a time. I wanted so badly to fix all the harm that I had done, but I learned I had to give him time and let him come to terms with my alcoholism in his own way. I have asked him to write down some of the things he felt during the dark times, and also something that now, he sees hope in. The following is what my son saw through his own eyes, things we may be blind to, things we need to pay closer attention to for all those affected by alcoholism.

"There were things I thought were normal when I was younger. I used to think that it was normal for a dad to say, "I'll see you in the morning" when he left in the evening, because he wouldn't be there when I went to bed. After I realized my dad had a drinking problem I knew that it wasn't.

It turned from drinking as a social thing in the backyard, to a dark mess after certain events occurred to my Dad and my family. I spent many nights wondering when I would get the call that my dad was dead. I got to a certain point where I almost lived as if he was. I remember going to his apartment after the divorce and it was like the beginning of a downward spiral. Someone barely hanging on and trying to stay in it, just to stay in it.

Aside from the time not spent together, and the constant burden of having to deal with someone I loved who was essentially already dead, and wanted to be dead, I was trying to brace myself for that seemingly inevitable result. The worst part was the confusion of who he really was. It seemed like what my perception of my father was totally scrambled.

The bright side is getting to figure out the truth to what I already knew and wanted to believe. My dad is a great person who hit an all-time low. It is great to just have feelings again when it comes to me and fathers relationship."

Just to read these words stirred me to tears. To think of the great pain and suffering I inflicted upon my children is really tough to stomach. I must pursue efforts to bring awareness to the innocent ones who face destruction from addiction. Their stories must also be shared so that healing can find, not just the addict and alcoholic, but those left in our wake of devastation. My next chip, or milestone, holds little meaning if the experiences of the past cannot be used to bring healing to my children, and to other children who are treading the same water my kids have.

The fear of death, the burden of worry, we place upon our loved ones must be remembered in the fight against addiction. We cannot forget the damage we have done, and we must use the stories to prevent further dismantling of families and parent-child relationships. I am a warrior and my purpose is to share a message of hope for everyone in the fight of addiction. I am embracing the battle until my last breath, so no child will worry that their alcoholic or addict parent will end up dead. In my son's eyes I was dead to him. I came back and he has come back with me. We both "feel" now, and we both see beyond the scrambled past. None of us has to die, we all can live, and live is just what me and mine will do!

*Kip Shubert is the founder of Warriors On Purpose. Kip is a dynamic motivational speaker, educator, and writer. He is a recovering alcoholic and blessed parent of four children. Sharing the message of recovery and hope for restored family relationships. www.kipshubert.com*

## Handyman Services by John Paul

No Job is too BIG or Small  
I can do it all!

- Experienced
- Honest
- Hardworking
- Reliable
- Great prices

818.447.0613



[www.habitat.org](http://www.habitat.org)

Call  
1-800-HABITAT

We build strength, stability  
and self-reliance  
through shelter.



home is the key

# Classified Ads

# Box Ads

## SOBER LIVINGS

**12STEP SOBER LIVING.ORG:** Sunland Area, men's, shared rooms, \$140 week / \$20 day. Phone, Cable, Internet, TV in every room and all the coffee you can drink! [www.12stepsoberliving.org](http://www.12stepsoberliving.org). Joel & Lisa Moss (818) 293-2222.

## A STEP IN THE RIGHT DIRECTION

Luxury Sober Living Homes, Pet Friendly, Gender Specific. Call (855) 975-4357, [www.AStepintheRightDirection.org](http://www.AStepintheRightDirection.org).

## ANGEL VILLA SOBER LIVING:

Providing Quality Sober Living Homes Since 1997, Private & Semi-Private Rooms, Structured Sober Living, Executive Guest House, Luxury Accommodations with all the amenities, 12 Step Support Groups, Alumni Program, Family Counseling, 24 Hour On Site Staff, Pet Friendly, Gym Access, Direct connection to local treatment & recovery experts, Transportation Coordination, Minutes from the heart of Encino Commons. (818) 571-8946, [www.AngelVillaSoberLiving.com](http://www.AngelVillaSoberLiving.com).

## CHANDLER LODGE SOBER LIVING FOR MEN:

non-profit, since 1960. We are not a lock down facility; we function as a recovery program of attraction. WITH: 28 on-site AA Meetings weekly, 12-Step Program Guidance, Relapse Prevention with peer support, Sobriety Monitoring & U.A. Testing, Close to Buses, Gym, Cable TV, Food, Internet, Laundry. Call (818) 766-4534, [www.ChandlerLodge.org](http://www.ChandlerLodge.org)

## MIRACLES IN ACTION SOBER LIVING:

Sober Living at it's finest. We provide food and transportation to 12-step meetings. Located in Glendale, California. (818) 429-9103, [www.MiraclesinAction.com](http://www.MiraclesinAction.com)

## OPEN HEART RECOVERY AND SOBER LIVING:

Newly Remodeled Homes in and around The Los Angeles Area. Shared and Private Rooms with all Utilities Included. [www.OpenHeartRecovery.Com](http://www.OpenHeartRecovery.Com) (818) 408-9761 (888) 363-7933.

## THE SOBER LIVING NETWORK:

Supporting, protecting and expanding quality recovery housing since 1995. The BEST sober living homes in Southern California are Network Certified. Find quality homes at [www.soberhousing.net](http://www.soberhousing.net) or call (800) 799-2084.

## PRIMARY PURPOSE SOBER LIVING HOMES IN THE SAN FERNANDO VALLEY:

Are conveniently located. Our women's home (Valley Glen) is next to the Orange Line station and Valley College. Our men's home in No. Hollywood is near Cri-Help and the Van Nuys home is close to the Civic Center. Being an active participant in a 12-step program is required. We care about your Recovery! Call Marianne (818) 612-1439 or [marianne@primaryp.com](mailto:marianne@primaryp.com).

## PROSPEROUS ROSE SOBER LIVING HOUSE LLC:

Prosperous Rose Sober Living For Men: Structured sober living house. For men in Lakeview Terrace minutes from Hansen Dam. Residence includes laundry facility, gym, wifi, cable t.v. and nice spacious rooms. We offer transportation for grocery shopping and to 12-step meetings. Mellow house with a solid support network. Rent is \$600 per month which can be paid weekly or monthly. Move in today. Call Suzy for Info (818) 660-8070.

## SOBER SOLUTIONS RECOVERY:

Sober Living For Men & Structured Program. Based in Los Angeles, California. Sober Solutions Recovery is dedicated to providing newly sober men with the tools, resources and foundation needed to end the cycle of addiction and establish self-supporting lives with the goal of long-term recovery. For more information call (844) 762-7765. [www.sober-solutionsrecovery.com](http://www.sober-solutionsrecovery.com).

## TRUE INTENTIONS Sober Home

Located in Tarzana, California, provides a safe environment, free of alcohol & drugs. On site Manager, Heated Outdoor Pool, 12-Step Meetings, Work closely with IOP & Treatment Centers, Pet Friendly, Refuge Recovery Meditation Meetings, Gym Membership, Jaccuzzis in some Suites, Private & Semi-Private Rooms. Sobriety is a gift that we wish all will experience. (818) 288-6075 [www.TrueIntentionsSoberLiving.com](http://www.TrueIntentionsSoberLiving.com)

## HELP WANTED

### RIDGEVIEW RANCH TREATMENT CENTER IS ACTIVELY HIRING FOR THE FOLLOWING POSITION:

Marketer/PR with a background in the Substance Abuse field. Must have experience in substance abuse field. Please send resumes and cover letters to [jobs@ridgeviewranchca.org](mailto:jobs@ridgeviewranchca.org)

### WANT A JOB IN RECOVERY?

**SHARE! IS HIRING.** To apply, please send your resume and a cover letter detailing your passion for self-help support groups, your personal experience attending self-help support groups and why you want to work at SHARE! to: [jobs@shareselfhelp.org](mailto:jobs@shareselfhelp.org). See more info at [www.shareselfhelp.org](http://www.shareselfhelp.org). Under Programs/Jobs.

## SERVICES

### NICOLE'S LUXURY SERVICES:

Affordable House Cleaning for all now available. Basic CARE giving for seniors and others with special needs. Call today for Special Rates, (609) 305-8124.

*You can email, or mail your classified ads to us. Please, no later than the 15th of the month prior to the month of publication. The Cost for classified ads is \$40 for 25 words or less Call us to confirm receipt of your ad.*

## conclusions.

treatment center

The Premier Outpatient Recovery Center  
Servicing the San Fernando Valley

IOP: Day Treatment/PHP  
Day & Evening Groups

CALL TODAY **818-221-3076**

10200 Sepulveda Blvd. #370,  
Mission Hills, California 91345

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



**Open Heart Recovery Detox**  
Residential Treatment Facility

Quality Care For Your Loved Ones

For More Info Call

**818.408.9761**

**888.363.7933**

[www.OpenHeartRecovery.Com](http://www.OpenHeartRecovery.Com)

**Altadena Recovery Center**  
California Non-Profit

**626.765.6905**

**SERVICES:** Outpatient Alcohol & Drug Treatment, Domestic Violence, Parenting, Anger Management, Drug & Alcohol Testing.

We accept PPO & Private Pay

3025 N. Lincoln Ave., Altadena, California

[www.AltadenaRecoveryCenter.org](http://www.AltadenaRecoveryCenter.org)

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

CLASSIFIED AD HEADING : \_\_\_\_\_

Classified Ad Content: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Billing Address: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

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

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

# KEYS TO RECOVERY — NEWSPAPER, INC. —

## Advertising Rates

## Ad Sizes

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

Full Page	10" width x 13" height
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, Photo-shop files and In-Design files, again make sure that you include all artwork and fonts.

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

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

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

If you would like to receive Keys to Recovery Newspaper **FREE of charge** at your facility you can go online and fill out the "Distribution" form or e-mail your information to: [info@KeystoRecoveryNewspaper.com](mailto:info@KeystoRecoveryNewspaper.com) or call us at (818) 386-8400.

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a 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](http://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 Department 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 - HOW www.ceahow.org. World Service Office (323) 660-4333.

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

**CEA-HOW: NEVEDA** Compulsive Eaters Anonymous: 12-Step Recovery for Food Addiction. Las Vegas, Reno, Laughlin/Bullhead City. www.ceahow.org (702) 393-6570.

**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 & family of Sex Addicts:** www.cosa-recovery.org (866) 899-2672.

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

**Debtors Anonymous:** www.SocalDA.org (310) 822-7250.

**Eating Disorder Support** in Recovery Groups are free and open to the public. Thursdays at 7 pm. Center for Discovery, 21650 Oxnard St. # 2375 Woodland Hills; 8484 Wilshire Blvd., #510, Beverly Hills; 4281 Katella Ave #131, Los Alamitos; 1000 Quail St., #290, Newport Beach; 11455 El Camino Real, Suite 360, Del Mar. for more locations & info. visit www.centerfordiscovery.com

**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.ocfoundation.org (617) 973-5801.

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

**Overeaters Anonymous:** www.oa.org World Services (505) 891-2664.

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

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

**Pills Anonymous:** (PA) www.pillsanonymous.com

**Rageaholics Anonymous:** www.rageaholicsanonymous.org Recovering Couples Anon: www.Recovering-Couples.org (781) 794-1456.

**RumRadio.org:** 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.slaaloesangeles.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:** (410) 893-3322. www.siaawso.org

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

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

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

## 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.

**HOMELESS HEALTHCARE LOS ANGELES:** 2330 Beverly Blvd., Los Angeles, CA 90057, www.hhcla.org, (213) 744-0724.

**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.

## FOOD AND FINANCIAL ASSISTANCE

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

## MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

**THE MIDNIGHT MISSION** meals 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.

**ANGEL HANZ FOR THE HOMELESS, INC.** Vegan non-profit: Last Sunday of Each Month 1pm North Hollywood Park, 11455 Magnolia Blvd., North Hollywood, Food Served, Care Packs, Barber, Pet Food, Pet Groomer and a VET for the animals. For Info Call (818) 358-3663.

## 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., Pacoima, CA (818) 899-5122.

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

**First United Methodist Church** 18120 Satcoy 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., Reseda, CA. Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696.

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

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

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

**Salvation Army Glendale Corps:** Monday -Friday Food Pantry. 320 West Windsor Rd., Glendale, CA 91204 (818) 246-5586.

**Shepherd's Nest,** Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247.

**SOVA Food Pantry,** Jewish Family Services (open to all in need) 16439 Vanowen St., Van Nuys, CA (818) 988-7682.

**West Valley Pantry,** 7304 Jordan Ave., Canoga Park, (818) 887-6101.

**West Valley Food Pantry** (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554.

## INFORMATION & REFERRAL SERVICES

**www.SunshineCommunity2015.org** Social Services, (626) 600-9392, Resource Services to Children in Foster Care, Emancipated individuals, Single Women age 18+ with children & much more.

**www.Foundation2recovery.org,** Prevention, Education, Treatment (561) 981-6214.

**24 Hour DayCare,** Referrals and Crisis Intervention Services (310) 669-5933 or (310) 427-4022.

**The Sober Living Network** referral service (800) 799-2084.

**Sober Living Network** (310) 396-5270.

**San Diego Sober Living Homes Assoc:** (858) 483-5866.

**INFO LINE community service referrals,** shelter, food, medical, (800) 339-6993 or simply dial 211.

**AVYFS,** Antelope Valley Youth & Family Services (661) 949-1069.

**Council of Alcoholism and Drug Abuse (CADA)** Drop-In Center (805) 962-6195, www.cadasb.org

**CCBCDC:** California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org (562) 927-5143

**CADCA** Community Anti-Drug Coalitions of American (800) 54-CAD-CA.

**CCPG** California Council on Problem Gambling www.calproblemgambling.org (800) 522-4700.

**CENTER FOR LIVING&LEARNING** - employment & supportive services (818) 781-1073 www.center4living.lle.org

# 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.

## DISABILITY SERVICES

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

## HOMELESS SHELTERS & RELATED

**At The Fountain Transitional Living** (310) 631-1600.  
**Beyond Shelter: Homeless Services** (562) 733-1147.  
**Casa Youth Shelter** (562) 594-6825.  
**Centennial Place Permanent Housing** (626) 403-4888.  
**Children of the Night** (818) 908-4474 ext. 0.  
**Children's Hunger Fund** (818) 899-5122.  
**City of Refuge Rescue Mission Personal Good Service** (323) 759-2544.  
**Covenant House California** (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave., Hollywood, CA 90027. (323) 461-3131. www.covenant-housecalifornia.org  
**Dimondale Adolescent** (323) 777-6258.  
**East San Gabriel Valley Coalition For The Homeless** (626) 333-7204.  
**Ella's Foundation Homeless Services** (323) 761-6415.  
**Fervent Heart LLC** (626) 319-7479.  
**Family Promise of Santa Clarita Valley** (661) 251-2867.  
**Family Rescue Center** (818) 884-7587.  
**Global Childrens Organization** (310) 581-2234.  
**GRCN Connecting Communities** (562) 293-7595.  
**Glendale YWCA Domestic Violence Project** (818) 242-4155.  
**Global Human Service Inc** (818) 507-6026.  
**Friends helping Friends Inc:** Homeless, No Money, We can help - Sober Living. (323) 293-9778.  
**Family Promise** (818) 847-1547.  
**First Step Transitional Living Foundation** (323) 830- 6517.  
**HPRP Los Angeles Homeless Assistance** (213) 683-3333.  
**HPRP Pasadena Homeless Services** (626) 797-2402.  
**HPRP Huntington Park - Homeless Services** (323) 388-7324.  
**HPRP Lynwood - Homeless Assistance** (310) 603-0220.  
**HPRP Compton - Homeless Assistance** (310) 605-5527.  
**Habitat For Humanity** (818) 899-6180.  
**Harbor Rose Lodge** (310) 547-3372.  
**Hazel Transitional Housing** (213) 327-7986.  
**Higher Goals Inc.** (323) 755-9702.  
**Homeless Health Care** Los Angeles www.hhcla.org, (213) 381-0515.  
**Homeless Adult Center** (626) 403-4888.  
**Hope for Homeless Youth** (213) 353-0775.  
**House of Hope** (323) 663-1215.  
**Hope of The Valley:** (818) 392-0020, www.hopeofthevalley.org  
December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.  
**Jenesse Center** (323) 299-9496.  
**Joshua House For The Homeless** (323) 759-1625.  
**Jordan's Transitional Shelter** (323) 577-5941 or (424) 785-7781.  
**Lillie of the Valley Shelter** (323) 971-4432.  
**Lamp Community Homeless Drop In Center** (213) 488-0031.  
**Los Angeles Mission** (213) 629-1227 x305.  
**Long Beach Family Shelter** (562) 733-1147.  
**Long Beach Rescue Mission** (562) 591-1292.  
**Los Angeles Youth Network** (323) 957-736.  
**Los Angeles Family Housing** (818) 982-3895.  
**Mitchell House Substance Abuse Treatment Veterans** (310) 398-0191.  
**Nancy Painter Home Transitional Housing For Women** (818) 246-5586.  
**New Image Emergency Shelter** (323) 231-1711.  
**New Directions** (Veterans) Res. Drug Treatment (310) 268-3465.  
**NCH National Coalition for the Homeless** (202) 462-4822, www.nationalhomeless.org  
**OPCC Safe Haven** (310) 883-1222.  
**Passageways Homeless Intake Center** (626) 403-4888.  
**Pentecostal Outreach** (562) 313-1257.  
**PATH: People Assisting The Homeless** (323) 644-2200.  
**Rochester House Transitional Living** (213) 986-5599.  
**Runaway Homeless Youth Shelter** (310) 379-3620.  
**Rainy Day Emergency Shelter** (562) 733-1147.

## HOMELESS SHELTERS & RELATED

**The Salvation Army Adult Rehab Center**, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.  
**Salvation Army The Way Drop in Shelter for Youth** (323) 469-2946.  
**Salvation Army Westwood** (310) 477-9539.  
**Sunshine Mission for Women** (213) 747-7419.  
**Salvation Army Glendale Chester Village For Homeless Families** (818) 246-5586.  
**St Joseph Center Homeless Services & Meals** (310) 399-6878.  
**Sanctuary of Hope** (323) 786-2413.  
**Samaritan House** (562) 591-1292.  
**San Fernando Valley Rescue Mission** (818) 785-4476.  
**The Midnight Mission** (213) 624-9258.  
**The Children's Life Saving** (310) 450-3701.  
**TEAM HOUSING** (310) 631-9516.  
**Union Rescue Mission** (213) 347-6300.  
**Union Station Homeless Services** (626) 240-4550.  
**U.S. Mission Canoga Park Transitional Housing** (818) 884-4409.  
**Volunteers of America Homeless Support Services** (626) 442-4357.  
**West Side Homeless Outreach, Inc.** (310) 570-9065.  
**WLCAC Homeless Access Center** (323) 563-4721.

## 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) (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) (562) 864-3722.  
**House of Ruth** (909) 623-4364.  
**Human Services Assoc.** (walk-in center) (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.

## DOMESTIC VIOLENCE

**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.

## RAPE HOTLINES

**RAINN Hotline** (victims of sexual assault) (800) 656-HOPE.  
**Rape Hotline** (24 Hours) (800) 585-6231. www.elawe.org  
**S.A.F.E LA** www.safela.org/rape-and-sexual-assault  
**Rape Hotline** (800) 978-3600 (So. California): 24 hours a day, seven days a week. Callers can get help in eleven languages (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).  
**Rape Hotline** (213) 626-3393 (Central Los Angeles)  
**Rape Hotline** (310) 392-8381 (South Los Angeles)  
**Rape Hotline** (626) 793-3385 (West San Gabriel Valley)  
**Stalking Hotline** (877) 633-0044 (Stalking Hotline)  
**National Domestic Violence Hotline:** (800) 799.SAFE (7233) (800) 787.3224 TTY

## SUICIDE PREVENTION

**Jason Foundation A Youth Suicide Prevention Program**, www.jasonfoundation.com, (888) 881-2323.  
**National Suicide Prevention Lifeline** (800) 273-TALK  
**Suicide Prevention 24Hour Assessment Center** (800) SUICIDE (784-2433).  
**Suicide Prevention Center** (877) 727-4747.  
**TEEN LINE:** Teens Helping Teens US & Canada (800) TLC-HOPE or (310) 855-HOPE www.teenlineonline.org

## HEP C / HIV / AIDS INFORMATION

**AIDS Project Los Angeles - APLA, Los Angeles - HEP C - APLA**, www.apla.org, The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main line, (213) 201-1500 Client line  
**Asian Pacific AIDS Intervention Team:** (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, Los Angeles, California  
**HIV/AIDS Hotline** (800) 367-2437. Spanish (800) 400-7432.  
**Clean Needles/Harm Reduction LA** (323) 857-5366.  
**Friends of Aids Foundation** (310) 401-4755. Referrals to  
**National AIDS Hotline**, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)  
**REACH** (risk reduction education and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH.  
**HepCHope: www.hepchope.com** Hotline (844) 443-7246  
**On-Line Resources for Hep C:** www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

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

Organization/Company Name: \_\_\_\_\_  
Services offered: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_  
Contact person: \_\_\_\_\_  
What you would like us to print in the resource guide: \_\_\_\_\_

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



**Psychotherapist & Hypnotherapist**  
**Dr. Nita Vallens, Lic# MFC25909**  
**818.783.6258**  
**www.DrNitaVallens.com**

**Enjoy a better life today by**

- Living each moment to the fullest
- With less stress and more peace and joy
- Creating relationships that are fulfilling

**I will work with you to**

- Rebuild self esteem and integrity
- Be accountable and responsible
- Learn new life skills
- Release underlying issues that hold you back

**Free yourself from the past and create a passionate and fulfilling life!**

**call Dr. Nita Vallens 818.783.6258**

**Jasmine Skin Care**  
*Put Your Best Face Forward* + **Lash Studio**



*Dedicated to helping you erase the wreckage of your past.*



One Year Later

**Proud to Announce the NEW SALON LOCATION**  
 5149 Whitsett Ave, Valley Village, California 91607

**818.669.0333 • www.JazSkin.com**

Email: sayhitojasmine@gmail.com



**MARY COOK**

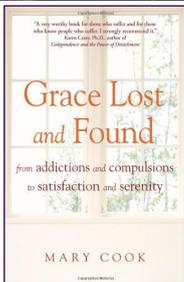
ADDICTION SPECIALIST COUNSELOR

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

40 Years of Experience

**310-517-0825**

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



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

**WWW.MARYCOOKMA.COM**

email: MaryCookMA@att.net



We recognize that we were not to blame for a traumatic or dysfunctional childhood. We practice spiritual principles which positively change our relationships with self, others and a Higher Power. We become curious and productive in our recovery.

We examine our adolescent years and identify the ways in which we betrayed ourselves and others, and commit to positive transformation and amends. We are willing to surrender old roles and defenses, in search of our true self. We learn to play, work and create from a state of caring, rather than a state of fear. We become open-minded, teachable and humble, for there are no limits on learning and personal growth. We practice honest, healthy, helpful relationships. We learn to trust in a Higher Power and understand that the value of life is not gratification, but spiritual evolution.

True happiness and fulfillment is not based on having what we want, and avoiding what we don't want. It comes from understanding the problems and traumas of life, and participating in solutions that benefit the well-being and growth of all life. Our wounds can teach us compassion, and their healing can teach us to unselfishly help others. Our defenses can teach us to look behind them to understand, and our surrender of them can teach us the serenity of authenticity. Our addictions can teach us of our longing for wholeness and happiness, and our sobriety can teach us that we have all that we need within us, and we can rely on our Higher Power for loving guidance toward our highest good.

WWW.MARYCOOKMA.COM *Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has over 40 years of clinical and teaching experience. Mary is available for telephone and office consultations, and speaking engagements. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com.*



**Matters of The Heart**

**CON'T FROM PAGE 9**



Our passions, our unique personality, our gifts, the drive and focus we feel guided to do, then all we can do is shine. There is no effort involved, we become ourselves doing what we love doing. Now that is GOLD.

So the next time you are in the line of fire, or witnessing a fire in someone's else's life, remember there is a refinement happening, something is being stripped away emotionally. A spiritual cleansing is in effect. Step back. Breathe. Let go. Watch the magic of surrender take place and let your natural being shine.

Love only, Rudy and Kelly Castro Conscious Partnership

*Rudy is a therapist, and Kelly is a Certified Relationship Coach. They facilitate groups at exceptional treatment centers such as, Inneractions IOP, The Villa Treatment Center, and PAX House. 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. Consciouspartnershipcoaching@gmail.com, www.consciouspartnershipcoaching.com.*

**Ageless Recovery CON'T FROM PAGE 15**

Most of my friends now are older; I've never felt that I needed to exclusively socialize with young people in sobriety in order to fully enjoy myself. By giving myself permission to savor life, I don't feel I'm missing out on anything, and I combat the part of my disease that tells me doing something high would be more enjoyable. At 10 months sober, I turned 21. Twenty of my closest AA friends and I celebrated at my favorite restaurant with my family, my mom ingeniously handing me a card that read, Now that you're 21 you can do all those things you've never done before...like, nothing. It was a funny yet comforting reminder that the glamor of legally drinking is a fantasy I had already shattered.

I have no regrets or reservations about getting sober at 20. I don't feel "lucky" that I came into AA young, because if I had continued drinking and using, I would have overdosed or committed suicide within months. By the grace of my higher power, my pain was great enough to motivate me to change not a moment too soon. Seven years and nine months later, I'm still in recovery and every new sober experience reinforces why I don't want to leave.

*Originally released 04/03/16 www.thefix.com (thanks for allowing the re-print), Charlotte Grey is a pseudonym for a recovery and spirituality writer. Her work explores her experiences in overcoming adversity by integrating 12-step solutions with other spiritual and psychotherapeutic methodologies to inspire healing, understanding, and compassion. For more of her published pieces, visit www.charlottegreywritings.com or follow her Instagram @charlottegreywritings.*

It's time to  
**MAKE CHANGES TO YOUR LIFE.**  
**TALK TO US.**



# BEYOND EXCEPTIONAL treatment

*This is our promise to you.*

Start your healing journey in a  
**private residential setting Located in  
Walnut Acres area of Woodland Hills, California.**  
A relaxing atmosphere, close to nature,  
to reset your mind and body

**THERE IS HOPE. CALL NOW**  
**855-995-0808**  
*End Your Addiction Today*

We accept most insurance  
[www.harmonyplace.com](http://www.harmonyplace.com)

## **HARMONY PLACE** DETOX, RESIDENTIAL & IOP ADDICTION TREATMENT OF SOUTHERN CALIFORNIA

- One on One Therapy
- Family Therapy
- Evidenced Based Treatment
- Equine Therapy
- Gender-Specific Transitional Living
- Group Therapy
- Brain Recovery
- Healthy Cuisine
- Yoga
- Massage
- Acupuncture



NATIONAL ASSOCIATION  
OF  
ADDICTION TREATMENT PROVIDERS  
Voice. Vision. Leadership.





# KEYS TO RECOVERY — NEWSPAPER, INC. —

**KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY**

**SOLD OUT JULY 20th, 2017 SOLD OUT**

Celebrating our 3rd Year of Publication  
with a Networking Awards Dinner

Presenting the award of “Outstanding Contributions  
to the Recovery Community”

to both **Roz & Richie Annenberg**

Keys to Recovery Newspaper’s 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 and mental health fields.

We are 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.

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.

We are able to do this month after month through paid advertisements, and private donations. When you use our advertisers - Let them know you saw their ad in Keys to Recovery Newspaper.

***This memorable evening is made possible by our generous sponsors:***

**Miracles in Action**  
Intensive Outpatient Treatment Center  
**818-429-9103**

**[www.MiraclesinAction.info](http://www.MiraclesinAction.info)**



**Motion Picture Behavioral Health**

**888.711.4539**

**[www.MotionPicturebh.com](http://www.MotionPicturebh.com)**

**SOBER SOLUTIONS RECOVERY**  
SOBER LIVING HOME FOR MEN + STRUCTURED PROGRAM  
844.762.7765 • [SoberSolutionsRecovery.com](http://SoberSolutionsRecovery.com)

**CENTER FOR DISCOVERY®**

*Transforming Lives*

**[www.centerfordiscovery.com](http://www.centerfordiscovery.com) • 866.482.3876**